



ECB Recreational Cricket Safety Regulations



SCIENCE
& MEDICINE

Introduction and scope

These Recreational Cricket Safety Regulations (“Regulations”) have been developed by the ECB’s Science & Medicine and Recreational Game departments in order to enhance the safety of everyone involved in Recreational Cricket in England and Wales.

These Regulations apply from the Effective Date to all Recreational Cricket, including training activities, matches and net practice for players participating in Junior Cricket and/or Open Age Cricket.

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1. Definitions

Academy Player means a cricketer who is registered with a Boys' Academy Programme or a Girls' Academy Programme in accordance with the applicable registration regulations.

Acting Umpire means any person that performs the role of an umpire at a Recreational Cricket match who is not an Appointed Umpire.

Age Group means an age group in Junior Cricket which players are permitted to play in by virtue of meeting either the age eligibility requirements for that age group, or any playing up or down criteria (for those players that do not meet the age eligibility requirements).

Appointed Umpire means an umpire who is appointed by a League, Recreational Cricket Board or the ECB ACO to officiate at any match taking place in Recreational Cricket (including practice matches).

Boys' Academy Programme means the programme of support delivered by Professional County Clubs to develop robust foundations of future performance through an intensive and individualised programme of development.

Boys' Emerging Player Programme means the programme of support delivered by Professional County Clubs and Recreational Cricket Boards (including Cricket East) to players in the under 13 to under 18 age categories to develop basic foundations of future performance through an individualised programme of development.

British Safety Standard means the technical standards issued by the British Standards Institution which are designed to ensure that products are safe and fit for purpose.

Captain means (a) in Open Age Cricket, the person acting as the captain of the team from time to time; and (b) in Junior Cricket, the Team Manager.

Club means any cricket club or other team involved in Recreational Cricket.

County Age Group Cricket means the training and competition programmes which form part of the talent pathway programme for young players aged predominantly under 18 years and which are organised by Professional County Clubs (including Tier 1 Counties and Tier 2 Counties), Tier 3 Counties and Recreational Cricket Boards and includes competing in ECB National Age-Group Competitions.

County Talent Pathway Lead means the person employed or engaged by a Recreational Cricket Board, Tier 3 County or Professional County Club (including a Tier 1 County or a Tier 2 County) to manage and oversee the player development programmes operated by those cricket bodies.

Disparity Regulations means the ECB regulations which set out a process for managing disparities in strength, skill and physique that might arise between players in Recreational Cricket in force from time to time.

Early Engagement Programme means the broad-based, locally delivered entry point into the Talent Pathway Programmes, aimed at increasing diversity and improving access for children aged predominantly 12 or younger.

ECB ACO means the ECB Association of Cricket Officials, including the (i) Management Committee (ii) Regional Committees and (iii) County Committees, as those terms are used in the ECB ACO's constitution.

ECB National Age-Group Competitions means the ECB National Competitions which are designated for specific age-groups up to U19.

ECB National Competitions means those competitions designated as ECB National Competitions as listed on the ECB website from time to time (accessible [here](#)), consisting of ECB National Age-Group Competitions and ECB National Open-Age Competitions.

ECB National Open-Age Competitions means the ECB National Competitions which are designated as Open-Age Cricket.

Effective Date means 17 December 2025.

EPP Player means a cricketer who is registered with a Boys' Emerging Player Programme or Girls' Emerging Player Programme.

Fast Bowler means a bowler who attempts to deliver the ball at high intensity. This includes seam bowlers, swing bowlers and medium pace bowlers.

Girls' Academy Programme means the year-round programme of support for female players delivered by the Tier 1 Counties and Glamorgan County Cricket Club, to provide high quality individualised development opportunities and experiences to develop players for future performance.

Girls' Emerging Player Programme means the year-round programme of support delivered by Tier 1 Counties and Tier 2 Counties to female players aged predominantly 13 to 18 years to develop basic foundations of future performance through an individualised programme of development.

Hardball Cricket means any cricket activity, including matches, that is played with a hard ball in Junior Cricket and/or Open Age Cricket.

Hundred means the ECB's domestic cricket competition in a hundred-ball format.

Hundred Team means any of the men's or women's teams playing in the Hundred from time to time.

Junior Cricket means any cricket activity, training, or match (including nets and indoor cricket matches) which is designed for, and played by, individuals under the age of 18 in Recreational Cricket, which shall include ECB National Age-Group Competitions and the Talent Pathway Programmes save where these Regulations stipulate otherwise.

Junior Cricketer means any player that is under the age of 18 who participates in Junior Cricket and/or Open Age Cricket.

Law means any of the Laws of Cricket as set by the Marylebone Cricket Club.

League means any league or other organisation running cricket competitions in Recreational Cricket.

Open Age Cricket means any cricket activity, training, or match (including nets and indoor cricket matches) which is designed for and played by individuals aged 18 or over in Recreational Cricket, and includes ECB National Open-Age Competitions.

Professional County Club means any of the clubs and/or companies listed in Schedule A of the ECB's Articles of Association from time to time and or any county cricket club from time to time playing in the County Championship and/or Tier 1 Competitions and/or Tier 2 Competitions.

Protective Equipment means any item of clothing designed for the purpose of shielding the head or body from contact with a cricket ball or other obstacles, including leg pads, gloves, groin protectors (box), helmets, arm guards and chest guards.

Recreational Cricket means all cricket activities carried out under the jurisdiction of the ECB which are not carried out by: (i) the England Men's or England Women's teams (ii) Professional County Clubs (including second XI cricket); or (iii) any Hundred Teams. For the avoidance of doubt, for the purpose of these Regulations, Recreational Cricket includes the Tier 3 Competitions, ECB National Competitions and the Talent Pathway Programmes.

Recreational Cricket Board means a body designated as such which is responsible for the organisation of Recreational Cricket and the development of cricket generally within a county and such other areas (if any) as may be agreed by the ECB.

Softball Cricket means any cricket activity, including matches, that is played with any type of ball other than a hard ball in Junior Cricket and/or Open Age Cricket.

Spell means the number of continuous overs a Fast Bowler is permitted to bowl as set out in Regulation 5.2.1 before they are required to take a rest.

Talent Pathway Programmes means the Early Engagement Programme, County Age Group Cricket, the Boys' Emerging Player Programme, the Girls' Emerging Player Programme, the Boys' Academy Programme and Girls' Academy Programme.

Team Manager means any person that has overall responsibility for the welfare of the players in a team, whether that be a coach, parent or manager.

Tier 1 Competitions means any women's domestic cricket competitions designated by the ECB as being a "Tier 1" competition, which, as at the Effective Date, includes the T20 Blast Women's Competition and the One Day Cup Women's Competition.

Tier 1 County means a Professional County Club playing in the Tier 1 Competitions.

Tier 2 Competition means any women's domestic cricket competitions designated by the ECB as being a "Tier 2" competition, which, as at the Effective Date, includes the T20 Blast Women's League 2 and the One Day Cup Women's League 2.

Tier 2 County means a Professional County Club playing in the Tier 2 Competitions.

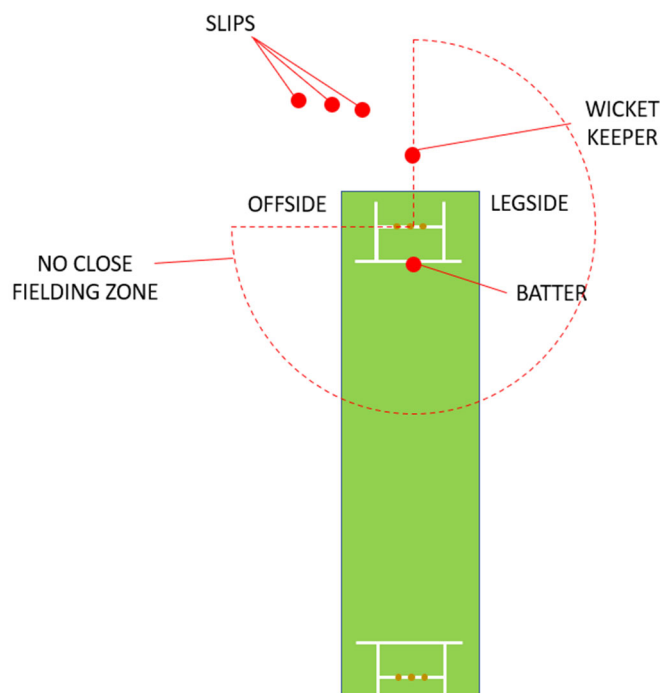
Tier 3 Competitions means any women's domestic cricket competitions designated by the ECB as being a "Tier 3" competition, which, as at the Effective Date, includes the T20 Blast Women's League 3 and One Day Cup Women's League 3.

Tier 3 County means a Recreational Cricket Board which (i) operates in a county without a Professional County Club and (ii) runs a team which participates in the Tier 3 Competitions.

2. Fielding Distances

2.1 General

- 2.1.1** Regulation 2 applies to all Junior Cricketers that participate in Hardball Cricket and Softball Cricket.
- 2.1.2** Regulation 2.2.1 sets out minimum fielding distances that players must comply with depending on their age.
- 2.1.3** The minimum distances specified in Regulation 2.2.1 must be measured from the batter's position on the popping crease on a middle stump line.
- 2.1.4** Players who are fielding behind the wicket on the offside are not required to comply with the minimum fielding distances.
- 2.1.5** The following diagram provides a basic illustration (not to scale) of the zone within which a fielder must not stand unless permitted under this Regulation 2:



- 2.1.6** The minimum distances set out in Regulation 2.2.1 apply even if the player fielding is wearing Protective Equipment.
- 2.1.7** For the avoidance of doubt, a player must adhere to the restrictions associated with their age and not the level of Age Group they are playing in. For example, a 13-year-old playing in an U15 match must follow the minimum fielding distance for a 13-year-old (11 yards or 10 meters).

2.2 Minimum Distances

2.2.1 Players must observe the following minimum fielding distances:

| Age in years | Minimum Fielding Distance (from the striking batter) |
|--------------|--|
| 9 or younger | 11 yards (10 meters) |
| 10 - 13 | 11 yards (10 meters) |
| 14 - 15 | 8 yards (7.3 meters) |
| 16 – 17 | No minimum distance but if fielding within 8 yards (7.3 meters) in Hardball Cricket cricketers must comply with Regulation 4.2.3 |
| 18+ | No minimum distance but if fielding within 8 yards (7.3 meters), in Hardball Cricket see ECB Recreational Cricket Safety Guidelines for safety recommendations |

2.3 Consequences of Non-Compliance

Any reference to ‘Captain’ below means (a) in Open Age Cricket, the person acting as the captain of the team from time to time; and (b) in Junior Cricket, the Team Manager.

Where an Appointed Umpire is officiating

- 2.3.1** If at any time a Junior Cricketer takes their position in the field in breach of the applicable minimum fielding distance outlined in Regulation 2.2.1, the standing umpire at the bowler’s end must stop the game and inform the Junior Cricketer and their Captain that the Junior Cricketer must move back until they comply with the applicable minimum fielding distance.
- 2.3.2** If the Junior Cricketer refuses to comply with the umpire’s request, the umpire concerned must deem the fielder to be wasting time and, if the ball is in play, call and signal dead ball, and inform the other umpire. The umpire concerned must then warn the Captain of the fielding side, indicating that this is a first and final warning, and must inform the batters.
- 2.3.3** If the Junior Cricketer still refuses to comply with the umpire’s request, the umpire concerned must deem this a further waste of time and must inform the other umpire. The umpire

concerned must then award 5 penalty runs to the batting side and inform the Captain of the fielding side of the reason for this action (in accordance with Law 41.9).

- 2.3.4** If following the imposition of this penalty the Junior Cricketer still refuses to comply with the umpire's request, the umpire concerned must deem this as the fielding side refusing to play and award the match to the batting side (in accordance with Law 16.3.1.2).

Where an Appointed Umpire is not officiating

- 2.3.5** If at any time a Junior Cricketer takes their position in the field in breach of the applicable minimum fielding distance outlined in Regulation 2.2.1, the Acting Umpire must stop the game and inform the Junior Cricketer and their Captain that the Junior Cricketer must move back until they comply with the applicable minimum fielding distance.
- 2.3.6** The Acting Umpire must not continue the game until the Junior Cricketer complies with their request. If the Acting Umpire allows play to continue despite the Junior Cricketer not complying with their request, or in circumstances where the Acting Umpire has not requested that the Junior Cricketer move back, the Captain of the batting team must not allow their batters to face another delivery until the Junior Cricketer has moved back. If play does not resume within 15 minutes, the game must be deemed forfeited by the fielding team and awarded to the batting team.

3. Eligibility of Junior Cricketers to Play in Open Age Cricket and Playing out of Age Group

3.1 General

- 3.1.1** Regulation 3 applies to all Junior Cricketers that participate in Hardball Cricket and Softball Cricket. It addresses the eligibility of Junior Cricketers to play in Age Group and Open Age Cricket, including Junior Cricketers that wish to play out of their usual Age Group.
- 3.1.2** Subject to the rules on player eligibility contained in this Regulation 3, Recreational Cricket Boards and Leagues may set their own Age Group eligibility requirements for their Junior Cricket competitions.
- 3.1.3** Subject to the provisions of the ECB's Player Gender Eligibility Regulations, only girls may play in any girls' Leagues or competitions unless the rules of that League or competition allow otherwise.
- 3.1.4** Subject to the provisions of the ECB's Player Gender Eligibility Regulations, girls may play in boys' competitions and Open Age Cricket, and the considerations outlined in Regulation 3.4 must be considered in order to decide whether this is appropriate. Particular attention should be given to ensuring that appropriate changing facilities are in place prior to a girl participating in boys' or Open Age Cricket.
- 3.1.5** Nothing in this Regulation 3 affects a player's eligibility for the Talent Pathway Programmes or ECB National Age-Group Competitions, which have their own age eligibility requirements.
- 3.1.6** Notwithstanding anything permitted by this Regulation 3, if a competition acts as a qualifier for an ECB National Competition, teams participating in that competition must meet ECB National Competition eligibility requirements.

3.2 Juniors Playing in Open Age Cricket

- 3.2.1** Subject to Regulation 3.2.2, Junior Cricketers are not eligible to play Open Age Cricket until they are 12 years old.
- 3.2.2** In exceptional circumstances only, a player who:
 - (a)** is 11 years old;
 - (b)** has started school year 7;
 - (c)** is either selected for a squad in County Age Group Cricket or is selected for an Early Engagement Programme;
 - (d)** has written approval from their County Talent Pathway Lead; and
 - (e)** has written parental consent,is eligible to play Open Age Cricket.

- 3.2.3** Junior Cricketers who are eligible to play in Open Age Cricket may only participate in Open Age Cricket where written parental consent is provided (please see the template consent form at Appendix 1).
- 3.2.4** Before allowing any Junior Cricketer to play Open Age Cricket, Clubs must consider the factors referred to in Regulation 3.4 below.
- 3.2.5** Captains must inform the Appointed Umpire or Acting Umpire (as applicable) of any Junior Cricketers playing in their team in Open Age Cricket.

3.3 Juniors Playing Up Out of Age Group

- 3.2.3** Junior Cricketers may play in an older Age Group in Junior Cricket than their age if this is permitted by their Recreational Cricket Board or League.
- 3.3.3** Before allowing any Junior Cricketer to play in an older Age Group, Clubs must consider the factors referred to in Regulation 3.4 below.

3.4 Decision-Making Framework for Juniors Playing In Open Age Cricket or Playing Up Out of Age Group

- 3.4.1** In addition to any other requirements contained in a Recreational Cricket Board or League's competition eligibility rules, before playing a Junior Cricketer in Open Age Cricket or in an Age Group above that player's usual Age Group, Clubs must have regard to the following considerations:
 - a. The decision to play up should be a positive step in that Junior Cricketer's development and should not be based on a need to make up numbers in an older Age Group team or in Open Age Cricket.
 - b. The Junior Cricketer should be of sufficient skill and/or physical capability to safely participate in the higher Age Group or in Open Age Cricket. Clubs should also be satisfied that the Junior Cricketer has sufficient confidence and emotional maturity to fit into a different Age Group team or in Open Age Cricket. A Junior Cricketer should not be put in a position that involves an unreasonable physical or emotional risk to them.
 - c. Before playing their first game, the Junior Cricketer should have been invited to train with the older Age Group or Open Age Cricket team or should otherwise be familiar with at least some of the individuals in that team, for example through being coached by them or having interacted with them around the Club.
 - d. The Junior Cricketer should be involved in all aspects of the game wherever possible, such as socialising, team talks, practice, decision making etc., so that they feel part of the team.
 - e. The Club must ensure that they adhere to the ECB's Safe Hands Policy to ensure that a Junior Cricketer can safely participate in Open Age Cricket with adults. For example, the Club should have a plan in place, or suitable facilities, to ensure that the Junior Cricketer will not be required to change or shower alongside adults, and consideration must be given to use of social media groups and transport to/from cricketing activities.
 - f. The Club must have appropriately DBS checked adults to supervise Junior Cricketers playing in Open Age Cricket

- 3.4.2** Clubs must ensure that a Junior Cricketer playing up does not create a situation that places members of the opposing team in a position whereby they cannot play cricket as they normally would do against adult players. Where a Club considers that the playing of a Junior Cricketer out of their Age Group and/or in Open Age Cricket is leading to situations of potential disparity where there is a concern regarding the safety or ability of a player (or players) to compete, the processes contained in the [Disparity Regulations](#) must be followed.

3.5 Juniors Playing Down

- 3.5.1** Junior Cricketers may play down Age Groups if this is permitted by their Recreational Cricket Board or League.
- 3.5.2** If girls are permitted to play down Age Groups in a particular Recreational Cricket Board or League's competition, the relevant Recreational Cricket Board or League must specify a maximum age for such players and confirm how many older girls can play in any team. These requirements must apply to all Clubs in that competition.

3.6 Consequences of Non-Compliance

- 3.6.1** In Open Age Cricket, if a Captain suspects that any player in the opposing team is not eligible to play Open Age Cricket by virtue of their age, they must raise their concern with the opposing team's Captain. If after discussing the matter they are still not satisfied, the Captain concerned must report the matter to the relevant competition organiser.

4. Protective Equipment

4.1 General

- 4.1.1** Regulation 4 applies to all Junior Cricketers playing Hardball Cricket and is designed to reduce the risk of head, facial and other injuries within the game of cricket. Regulation 4 does not apply to Softball Cricket.
- 4.1.2** Any helmet required to be worn under this Regulation 4 must meet the latest British Safety Standard BS7928:2013. A list of helmets which currently meet this standard can be found here: <https://www.icc-cricket.com/about/cricket/rules-and-regulations/helmets>. If a wicket keeper chooses to wear a face protector instead of a helmet, it must meet British Safety Standard BS7929 –2:2009. If a player chooses to wear a neck protector with their helmet, it must meet the latest British Safety Standard BS 7928:2013+A1 2019. Please refer to the ECB's Recreational Cricket Safety Guidelines for further information about selecting the appropriate helmet.

4.2 Players Under the Age of 18

- 4.2.1** Junior Cricketers must wear a helmet with a faceguard or grille when batting against a hard cricket ball during matches and practice sessions, and any Junior Cricketer whose sex is male (regardless of gender) must also wear a groin protector (box). It is strongly advised that neck protectors are worn with a helmet.
- 4.2.2** Wicket keepers under the age of 18 who are standing up to the stumps must either wear a helmet with a faceguard or grille, or a face protector, and any such player whose sex is male (regardless of gender) must also wear a groin protector (box). It is strongly advised that neck protectors are worn with a helmet. For the purposes of this Regulation 4, 'standing up to the stumps' is where the wicket keeper can reach the stumps with an outstretched arm without having to move their feet.
- 4.2.3** Junior Cricketers aged 16-17 who are fielding within 8 yards (7.3 meters) of the striking batter must wear a helmet with a faceguard or grille, and any such player whose sex is male (regardless of gender) must also wear a groin protector (box). It is strongly advised that neck protectors are worn with a helmet.
- 4.2.4** Parental or guardian written consent allowing a player not to wear a helmet (or face protector) or groin protector will not be accepted.
- 4.2.5** If exceptional circumstances exist why a Junior Cricketer is unable to wear a helmet (or a face protector) as required by these Regulations, they (via their parents/carers) must contact the ECB for further advice by writing to safetyincricket@ecb.co.uk. They must explain in detail why they are not able to wear a helmet (or face protector), and provide supporting evidence as appropriate (for example, correspondence from a doctor or other health professional explaining why the player is unable to wear a helmet). The player must not carry out any of the activities described in Regulations 4.2.1, 4.2.2 and 4.2.3 until the ECB has confirmed that they can do so.

4.3 Consequences of Non-Compliance for Batters

Any reference to 'Captain' below means (a) in Open Age Cricket, the person acting as the captain of the team from time to time; and (b) in Junior Cricket, the Team Manager.

Where an Appointed Umpire is officiating and the batter has not started their innings

- 4.3.1** If at any time a Junior Cricketer joins the field of play and takes up their position at the crease to bat without wearing a helmet as required by Regulation 4.2.1, the standing umpire at the bowler's end must stop the game and inform the Junior Cricketer and their Captain that the Junior Cricketer must wear a helmet. The umpire concerned must instruct the Junior Cricketer to leave the field and return wearing a helmet.
- 4.3.2** If the Junior Cricketer refuses to comply with the umpire's request, after three minutes has expired the Junior Cricketer is deemed to be timed out and must be given out, and play will continue with the next batter (in accordance with Law 40.1).

Where an Appointed Umpire is officiating and the batter has started their innings

- 4.3.3** If at any time a Junior Cricketer that has started batting takes off their helmet, the standing umpire at the bowler's end must stop the game and inform the Junior Cricketer and their Captain that the Junior Cricketer must wear a helmet.
- 4.3.4** If the Junior Cricketer refuses to comply with the umpire's request, the umpire concerned must deem the Junior Cricketer to be wasting time, warn both batters and indicate that this is a first and final warning, and inform the other umpire and both teams' Captains.
- 4.3.5** If the Junior Cricketer still refuses to comply with the umpire's request, the umpire concerned must deem this a further waste of time, award 5 penalty runs to the fielding side and inform both batters, the other umpire and both teams' Captains (in accordance with Law 41.10).
- 4.3.6** If following the imposition of this penalty the Junior Cricketer still refuses to comply with the umpire's request, the umpire concerned must deem this as the batting side refusing to play and award the match to the fielding side (in accordance with Law 16.3.1.2).

Where an Appointed Umpire is not officiating

- 4.3.7** If at any time a Junior Cricketer takes up their position at the crease to bat without wearing a helmet or removes their helmet once they have started batting, contrary to Regulation 4.2.1, the Acting Umpire must stop the game and inform the Junior Cricketer and their Captain that the Junior Cricketer must wear a helmet. The Acting Umpire must instruct the Junior Cricketer to either wear a helmet or be replaced by another batter that has not already batted and that is wearing a helmet (if required to do so by Regulation 4.2.1).
- 4.3.8** The Acting Umpire must not continue the game until the Junior Cricketer either wears a helmet or leaves the field and is replaced by another batter that is compliant with this Regulation 4. If the Acting Umpire allows play to continue without either of these events occurring, the Captain of the fielding team must not allow their bowlers to bowl another delivery until either the Junior Cricketer is wearing a helmet, or they are replaced by another batter that is compliant with this Regulation 4. If play does not resume within 15 minutes, the game must be deemed forfeited by the batting team and awarded to the fielding team.

4.4 Consequences of Non-Compliance for Wicket Keepers and Fielders

Any reference to 'Captain' below means (a) in Open Age Cricket, the person acting as the captain of the team from time to time; and (b) in Junior Cricket, the Team Manager.

Where an Appointed Umpire is officiating

- 4.4.1** If at any time a Junior Cricketer takes up their position to keep wicket or field without wearing a helmet as required by Regulation 4.2.2 or 4.2.3, the standing umpire at the bowler's end must stop the game and inform the Junior Cricketer and their Captain that the Junior Cricketer must either move back or leave the field and return wearing a helmet.
- 4.4.2** If the Junior Cricketer refuses to comply with the umpire's request, the umpire concerned must deem the Junior Cricketer to be wasting time and if the ball is in play, call and signal dead ball, and inform the other umpire. The umpire concerned must then warn the Captain of the fielding side, indicating that this is a first and final warning, and inform the batters.
- 4.4.3** If the Junior Cricketer still refuses to comply with the umpire's request, the umpire concerned must deem this a further waste of time and inform the other umpire. The umpire concerned must then award 5 penalty runs to the batting side and inform the Captain of the fielding side of the reason for this action (in accordance with Law 41.9).
- 4.4.4** If following the imposition of this penalty the Junior Cricketer still refuses to comply with the umpire's request, the umpire concerned must deem that player's team as refusing to play and award the match to the opposing side (in accordance with Law 16.3.1.2).

Where an Appointed Umpire is not officiating

- 4.4.5** If at any time a Junior Cricketer takes up their position to keep wicket or field without wearing a helmet as required by Regulation 4.2.2 or 4.2.3, the Acting Umpire must stop the game and inform the Junior Cricketer and their Captain that the Junior Cricketer must either move back, leave the field and return wearing a helmet, or be replaced by another player that is wearing a helmet (if required to do so by Regulation 4.2.2 or 4.2.3, as applicable).
- 4.4.6** The Acting Umpire must not continue the game until the Junior Cricketer either moves back, leaves the field and returns wearing a helmet, or leaves the field and is replaced by another player that is compliant with these Regulations. If the Acting Umpire allows play to continue without one of these events occurring, the Captain of the batting team must not allow their players to continue playing until either the Junior Cricketer moves back, returns to the field wearing a helmet or is replaced by another player that is compliant with this Regulation 4. If play does not resume within 15 minutes, the game must be deemed forfeited by the fielding team and awarded to the batting team.

5. Fast Bowling

5.1 General

- 5.1.1** Regulation 5 applies to all players aged 19 or under in Hardball Cricket excluding Academy Players and EPP Players, who are subject to specific protocols established by the Talent Pathway Programmes. Regulation 5 does not apply to Softball Cricket.
- 5.1.2** These Regulations provide a mandatory limit to the amount a Fast Bowler can bowl during a Spell, and during a game, in order to reduce the risk of significant injury. They should be read alongside the ECB's Recreational Cricket Safety Guidelines (available [here](#)) which set out, amongst other things, a minimum and maximum number of overs that it is recommended a Fast Bowler should bowl per week.
- 5.1.3** A bowling delivery will count towards the overs limits set out in Regulation 5.2.1 when it is delivered during a match or in training with the intention of bowling at match (or near match) intensities. Deliveries where there is a clear intention to bowl slower should not be included, for example walk throughs or running in at half (or slower) typical run-up speed.
- 5.1.4** Subject to Regulation 5.1.5, having completed a Spell, a Fast Bowler must begin a period of rest and cannot bowl again, from either end, until the equivalent number of overs to the length of their Spell have been bowled from the same end.
- (i) A Fast Bowler can change ends without ending their current Spell provided that they bowl the next over allowed by the Laws from the other end. If this does not happen, their Spell is deemed to be concluded.
- (ii) If play is interrupted, for any reason, for less than 40 minutes any Spell in progress at the time of the interruption can be continued after the interruption up to the maximum number of overs per Spell for the appropriate Age Group. If the Spell is not continued after the interruption the Fast Bowler cannot bowl again, from either end, until the equivalent number of overs to the length of their Spell before the interruption have been bowled from the same end.
- (iii) If the interruption lasts for 40 minutes or more, whether scheduled or not, the Fast Bowler can commence a new Spell immediately.
- 5.1.5** In matches of 20 overs or less per team where the applicable competition regulations only allow bowlers to bowl less than or equal to the number of overs specified as the maximum per Spell in Regulation 5.2.1, the rest period required by Regulation 5.1.4 will not apply. For example, in any competition where a maximum of 4 overs per bowler is allowed these may be bowled at any time in the innings irrespective of the number of Spells bowled.
- 5.1.6** A Fast Bowler must adhere to the restrictions associated with their age, not the level of Junior Cricket they are playing in. For example, a 13-year-old playing in an U15 match must follow the bowling regulations for a 13-year-old.
- 5.1.7** Once a player has bowled (or attempted to bowl) one ball at high intensity, they are deemed a Fast Bowler, and must therefore adhere to the overs limits in this Regulation 5.

5.2 Maximum Overs per Spell and per Day

5.2.1 The following table sets out the mandatory maximum number of overs a Fast Bowler can bowl per Spell and per day:

| Age in years | Max overs per Spell | Max overs per day |
|--------------|---------------------|-------------------|
| 11 and below | 4 | 8 |
| 12 & 13 | 5 | 10 |
| 14 & 15 | 5 | 12 |
| 16 & 17 | 6 | 15 |
| 18 & 19 | 7 | 18 |

5.3 Consequences of Non-Compliance

Any reference to 'Captain' below means (a) in Open Age Cricket, the person acting as the captain of the team from time to time; and (b) in Junior Cricket, the Team Manager.

Where an Appointed Umpire is officiating

- 5.3.1** If at any time a Fast Bowler exceeds the bowling limits set out in Regulation 5.2.1, the standing umpire at the bowler's end must stop the game and inform the Fast Bowler and their Captain that the player has exceeded their bowling limit and that the player must stop bowling. If the Fast Bowler has already commenced an over, another bowler must replace them to complete the over, provided that player has not exceeded their maximum bowling limit. That over will then count towards the replacement player's bowling limit under Regulation 5.2.1.
- 5.3.2** If the Fast Bowler refuses to comply with the umpire's request, the umpire concerned must deem the Fast Bowler to be wasting time and if the ball is in play, call and signal dead ball, and inform the other umpire. The umpire concerned must then warn the Captain of the fielding side, indicating that this is a first and final warning, and inform the batters.
- 5.3.3** If the Fast Bowler still refuses to comply with the umpire's request, the umpire concerned must deem this a further waste of time and must inform the other umpire. The umpire concerned must then award 5 penalty runs to the batting side and inform the Captain of the fielding side of the reason for this action (in accordance with Law 41.9).
- 5.3.4** If following the imposition of this penalty the Fast Bowler still refuses to comply with the umpire's request, the umpire concerned must deem that player's team as refusing to play and award the match to the opposing side (in accordance with Law 16.3.1.2).

Where an Appointed Umpire is not officiating

- 5.3.5** If at any time a Fast Bowler exceeds the bowling limits set out in Regulation 5.2.1, the Acting Umpire must stop the game and instruct the Fast Bowler and their Captain that the player has exceeded their bowling limit and that the player must stop bowling. If the Fast Bowler has already commenced an over, another bowler must replace them to complete the over, provided that player has not exceeded their maximum bowling limit. That over will then count towards the replacement player's bowling limit under Regulation 5.2.1.

- 5.3.6** The Acting Umpire must not continue the game until the Fast Bowler stops bowling and is replaced by another player. If the Acting Umpire allows play to continue without this occurring, or in circumstances where the Acting Umpire has not requested that the Fast Bowler stop bowling, the Captain of the batting team must not allow their players to continue playing until the Fast Bowler is replaced. If play does not resume within 15 minutes, the game must be deemed forfeited by the fielding team and awarded to the batting team.

Enquiries

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