



Christleton C.C. – General Guidance



(Supervision/Coaching Ratio's, Drinks Breaks, Helmets, Fielding, Bowling, Juniors in open age games, Girls playing in Boys teams)

ECB Guidelines on Supervising Children at Cricket Sessions

It is important for clubs to remember when planning children's cricket, or general, sessions, sufficient adults must be present to adequately supervise all participants and manage any incident that may arise.

It is a basic requirement of all sessions and matches involving children that a minimum of two responsible adults will be present in all circumstances. Clubs should always plan accordingly and coaches must feel confident in raising concerns if they find themselves placed in a position where they are expected to work alone and unsupervised.

In matches there must always be at least two adults present and responsible for the team.

The ratios of **qualified coaches** to children are as follows:

Net Coaching	1 coach : 8 children
Group Coaching	1 coach : 24 children
Hard Ball Coaching	1 coach : 16 children

These coaching ratios are very different to the child supervision ratios, which are required at all sessions regardless of where these are held or which activities the children are doing.

Details of **supervision ratios** are shown below:

For single sex groups, there must be at least one same gender member of staff. For mixed groups there must be at least one male and one female supervising adult.

There must always be a minimum of two adults present.

The supervision ratios that must be adhered to as a minimum for clubs looking after groups of children are as follow:

Aged 8 and under	1 adult : 8 children
Aged 9 and over	1 adult : 10 children

It is also important to note that these ratios relate to adults and children i.e. those over 18 looking after those under 18.

Volunteers who are under 18 years of age must not be used in the calculations for supervision ratios.

Drinks breaks

It is vital all players drink appropriate amounts of water to avoid any possible risks of dehydration during matches and practice sessions. Coaches and umpires are encouraged to:

- Ensure regular intervals for drinks are arranged, particularly in matches of more than 20 overs per innings, or in hot weather



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- Plan drinks breaks in practice sessions and matches every 20-40 minutes on warm sunny days
- Avoid waiting for children to say they are thirsty before planning a drinks break as thirst is an indication of dehydration.

Wearing Helmets

This guidance applies to all players up to the age of 18, during match and practice sessions. Any individual taking responsibility for players should take all reasonable steps to ensure this guidance is followed at all times.

Helmets are widely available and are covered by a British Standard (BS7928:1998). Face protectors represent an alternative head protection system for young wicket keepers and are covered by a new British Standard (BS7929 – 2:2009).

Helmets with a faceguard or grille should be worn when batting against a hard cricket ball in matches and in practice sessions.

Wicket keepers should wear a helmet with a faceguard, or a wicketkeeper face protector, when standing up to the stumps.

All young players should regard a helmet with a faceguard or faceguard or a face protector as a normal item of protective equipment when batting, together with pads, gloves and, for boys, an abdominal protector (box).

Parental consent to allow a child to play without a helmet **should not** be accepted in any form of cricket.

Fielding Regulations

- No young player in the Under 15 age group, or younger, shall be allowed to field closer than 8 yards (7.3 metres) from the middle stump, except behind the wicket on the off side, until the batsman has played at the ball
- For players in the Under 13 age group, and below, the distance is 11 yards (10 metres)
- These minimum distances apply even if the player is wearing a helmet
- Should a young player in these age groups come within the restricted distance the umpire must stop the game immediately and instruct the fielder to move back
- In addition any young player in the Under 16 to Under 18 age groups, who has not reached the age of 18, must wear a helmet and, for boys, an abdominal protector (box) when fielding within 6 yards (5.5 metres) of the bat, except behind the wicket on the off side. Players should wear appropriate protective equipment whenever they are fielding in a position where they feel at risk

Fast bowling

These regulations are designed



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to minimise the possibility of injury.

The Directives relate to all competitions under the auspices of the ECB at U19 level and below as well as all Premier League matches. It should be emphasised that the age of the player is the key criteria and not the level of cricket being played.

Injury prevention for fast bowlers

A fast bowler is defined as a bowler to whom a wicket keeper in the same age group would, in normal circumstances, stand back to take the ball.

There are four main areas to be aware of when assessing injury risk to fast bowlers:

1. Overbowling
2. Technique
3. Physical Preparation
4. Equipment

1. OVERBOWLING:

Directives for matches:

AGE:	MAX OVERS PER SPELL	MAX OVERS PER DAY
Up to 13	5 overs per spell	10 overs per day
U14, U15	6 overs per spell	12 overs per day
U16, U17	7 overs per spell	18 overs per day
U18, U19	7 overs per spell	18 overs per day

Directives for practice sessions:

AGE:	MAX BALLS PER SESSION	MAX SESSIONS PER WEEK
Up to 13	30 balls per session	2 sessions per week

U14, U15	36 balls per session	2 sessions per week
U16, U17	36 balls per session	3 sessions per week
U18, U19	42 balls per session	3 sessions per week

For guidance it is recommended that in any seven day period a fast bowler should not bowl more than four days in that period and for a maximum of two days in a row.

Having completed a spell the bowler cannot bowl again, from either end, until the equivalent number of overs to the length of his spell have been bowled from the same end. A bowler can change ends without ending his current spell provided he bowls the next over he legally can from the other end. If this does not happen his spell is deemed to be concluded. 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 bowler cannot bowl again, from either end, until the equivalent number of overs to the length of his spell before the interruption have been bowled from the same end. If the interruption is of 40 minutes or more, whether scheduled or not, the bowler can commence a new spell immediately.

Once a bowler covered by these Directives has bowled in a match he cannot exceed the maximum number of overs per day for his age group even if he subsequently bowls



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spin. He can exceed the maximum overs per spell if bowling spin, but cannot then revert to bowling fast until an equivalent number of overs to the length of his spell have been bowled from the same end. If he bowls spin without exceeding the maximum number of overs in a spell the maximum will apply as soon as he reverts to bowling fast.

Directives for Nets:

Outdoor:

The emphasis on all nets should be quality rather than quantity. These Directives will encourage young fast bowlers to focus their efforts on shorter, more intensive spells. Consequently young fast bowlers should be made aware of the importance of warming up and warming down as part of their preparation.

Indoor:

In the period between the end of the cricket season and Christmas, indoor practise for fast bowlers should be kept to an **ABSOLUTE MINIMUM**.

2. TECHNIQUE:

It is crucial that bowlers are encouraged to adopt a safe action early in their development. Bowlers should either have a **SIDE-ON**, a **FRONT-ON** or a **'MIDWAY/NEUTRAL'** action, but **SHOULD NEVER MIX THE ACTIONS**. The mixed actions (of which there are two main types) are a major cause of back injuries, because

they cause an unnecessary spinal twist. Excessive hyperextension of the back during the delivery stride is also a contributing factor.

For further clarification of mixed actions consult the 'ECB Coaches Manual' or an appropriately qualified cricket coach.

3. PHYSICAL PREPARATION:

A well structured, cricket specific training programme is essential to develop, and maintain, the strength, endurance and flexibility required for fast bowling. It is one of the most injury-labile non-contact activities in sport and the need for the fast bowlers to be amongst the fittest and best prepared players in the team cannot be over emphasised. Bowlers should **WARM UP** and **STRETCH** thoroughly before bowling and training, and should **WARM DOWN** and **STRETCH** afterwards.

4. EQUIPMENT:

Impact forces of up to eight times body weight can be experienced during the delivery stride. Without the appropriate footwear, these forces must be absorbed by the feet, ankles, knees and lower back of the bowler. It is therefore essential that bowlers minimise these effects by absorbing them with the use of efficient, well-fitting, cushioned boots or shoes and if required, absorbent insoles. The use of running shoes, basketball-type boots or good cross trainers is also essential as they are designed to cope with the types of forces experienced when bowling on hard surfaces.



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The year starting date of midnight on the previous 31st August is assumed throughout these Directives

Junior Players in Open Age Group Cricket

The guidance is as follows:

General

- Making the step up from junior to open age group cricket is a significant event in any player's cricket experience. Ensure the player's safety, personal development needs and overall cricket experience are considered
- Clubs, squad coaches and managers must take into account the requirements on age detailed in this guidance.
- Each case is to be determined on an individual basis, depending on the player's ability and stage of cognitive and emotional maturity to take part at this level – however, the minimum age guidance provided below must be adhered to.
- Juniors should be involved in all aspects of the game wherever possible i.e. socialising, team talks, practice, decision making and so on, so they feel part of the team
- Children will often feel more comfortable and able to perform if they have a family member or friend also playing in the side

- Remember, children's early experiences will remain with them always and will often determine whether they want to remain playing the game or give up and do something else

- Provide an opportunity for players to show their talents in an appropriate way. Children who are just used as fielders will not fully experience the game

- Be supportive, at all times, for all forms of effort even when children are not successful. Try and put them in situations where they will experience some success (however small) and ensure plenty of praise and encouragement

- The captain should inform the Umpires of under 18s in the side.

Restrictions

Minimum age

Players who are selected in a County U12 squad in spring for a summer squad or in another squad deemed by ECB Performance Managers to be of a standard above 'district level' for that season are eligible to play Open age cricket. This is providing they are at least 11 years old, are in School Year 7 on 1st September in the year preceding the season, and have written parental consent to play.

In allowing these players to play in open age cricket it is essential clubs and coaches recognise the



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'duty of care' obligations they have towards these young players
This means boys and girls who are county squad and area squad players, are able to play open age group cricket if they are in an U12 age group and are a minimum of 11 years old on 1st September of the year preceding the season.

District and club players who are not in a county or area squad must wait until they reach the U13 age group, be in Year 8 and be 12 years old on 1st September of the preceding year before being able to play in any open age group cricket. As before written parental consent is required for these players.

The duty of care should be interpreted in two ways:

- Not to place a young player in a position that involves an unreasonable risk to that young player, taking account of the circumstances of the match and the relative skills of the player
- Not to create a situation that places members of the opposing side in a position whereby they cannot play cricket as they would normally do against adult players In addition, the guidelines note the need for clubs and leagues to recognise the positive experience young players should have in open age cricket. Clubs should provide an opportunity for players to show their talents in an appropriate way.

Girls Playing in Boys Age Group Leagues and Competitions

- The Club wishes to encourage the development of girl cricketers and is happy for them to participate in boys' cricket
- Team managers and coaches have a duty of care to all players and girls should only be allowed to participate if the responsible adults are satisfied they are competent to do so
- Suitable arrangements need to be in place, particularly in relation to changing facilities and transportation arrangements, if applicable
- In ECB national competitions the age group requirements apply to all players regardless of their sex
- In local Leagues, and other competitions, it is up to each League, or competition, to specify age group requirements. If girls who are older than the specified age group are allowed to play, the League must specify a maximum age for the girl players and confirm how many older girls can play in any team. The same regulations must apply to all clubs in that League or competition