



PE: Cricket

Rules for Kwik Cricket

Pitch. Two sets of wickets, the recommended length being 15 yards apart for under 9s and 17 yards apart for under 11s. Recommended boundary to be a maximum of 30 metres for under 9s & 35 metres for under 11s

Teams. Each team comprises of up to 8 players.

Batting & Scoring

- i) The batting side shall be divided into pairs, each pair batting for 2 overs, with a new pair starting at the start of the third, fifth and seventh overs.
- ii) Each team starts batting with a score of 200 runs.
- iii) Each time a batter is out, 5 runs are deducted and the other batter of the pair faces the next ball.
- iv) A batter may be out bowled, caught, run out, stumped, hit wicket.
- v) There is no LBW rule unless the batter deliberately kicks the ball with a leg or foot.
- vi) Runs will be scored in the normal way, as will byes.
- vii) 2 runs will be awarded to the batting team for each wide ball and no-ball bowled, but no extra ball will be allocated, except in the final over of each innings when, in addition to the 2 runs, an extra ball will be bowled (until you have had 6 good balls).

viii) At the end of the first 2 overs, the first pair of batters retires and are replaced by the second pair until all pairs have batted for 2 overs each.

Bowling and Fielding

- i) All players on the fielding side must bowl 1 over.
- ii) All players on the fielding side must keep wicket for 1 over.
- ii) Bowling will take place from one end only.
- iii) Bowling should be overarm where possible.
- iv) All players including the wicketkeeper must rotate fielding positions at the end of each over.
- v) With the exception of the wicketkeeper, no fielder is allowed within 10 yards of the batter until the ball is played by the batter.

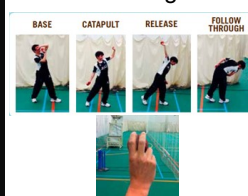
Vocabulary and Key Skills

Batting



Grip – hands together with right hand below left (right handers)
Watch the ball. Step forwards and next to the ball to create a base (WHY? Create power.) Swing bat vertically (WHY? Increases chance of hitting the ball when it is low). Hit it hard and along the ground (WHY? Means you cannot be caught).

Bowling



Grip – index and middle finger either side of seam (Bunny Ears) and thumb on bottom of ball. Opposite foot forward to the bowling arm. Bowling arm straight when it comes over the top (WHY? It's the laws of the game). Cut through partner with front arm (WHY? Helps with momentum towards your target. Where you go the ball will go). Follow through straight towards your partner (WHY? Helps with momentum towards your target).

Fielding (Long barrier)



Body should be behind the ball, bend down into a sideways kneeling position, keep eyes on the ball at all times. Player's hands should be in a position where the heel and the knee join. Hands together, palms open facing down ready to scoop up the ball. Create a barrier with the body.

Throwing



Opposite foot forward to throwing arm. Big stride forwards towards your target. Powerful follow through with the arms coming right across the body.

Glossary

LBW (Leg Before Wicket): This rule will NOT be used UNLESS a batter deliberately kicks the ball with his/her leg or foot.

A Bye: If a batter misses the ball, or if it hits their body, they may still run and score "byes".

Wide Ball: A ball that is too far from the batsman to strike will be called a "wide". A ball will not be called a wide, no matter how wayward it may be, if the batsman manages to hit it! You can be stumped off a wide or run out if going for extra runs (but you would still get 2 runs for the wide!!) If a ball results in more than 2 "wides", they will be added to the batting team's score and the 2 runs for the wide will be ignored.

No Ball: If a ball, bowled overarm, bounces more than twice before reaching the batsman or if bowled underarm bounces more than once before reaching the batsman, bounces over shoulder height or reaches the batsman above waist height without bouncing. A batsman may hit a "No Ball" and if that shot results in 3 or more runs being scored, that score will count and the 2 runs for the No Ball will be ignored. If 1 or 2 runs are scored, the batsman will be credited with 2 runs for the No Ball. The only way you can be out due to a No Ball is if you are run out (but you would still get 2 runs for the No Ball !!)