



DRAKENZICHT CRICKET DEVELOPMENT

How to play indoor cricket - basic guidelines

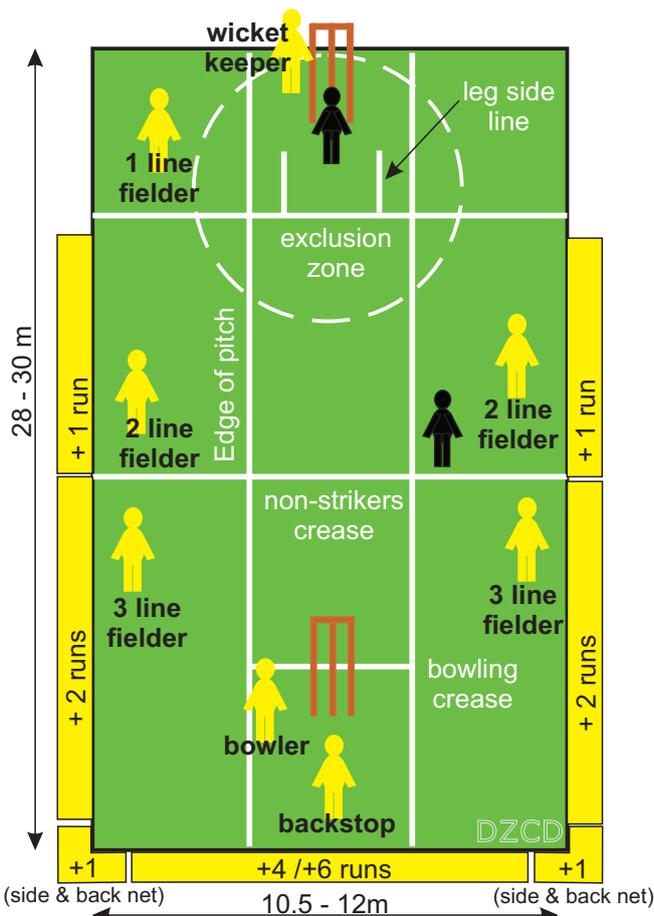
Indoor Cricket is a 1 hour 20 minute game of fun, fitness and competition for all ages to play: men & women, young & old, cricketers & non-cricketers. It has the basic principles and skills of traditional cricket: running, batting, fielding and bowling.

Batting

- Kit: batsman wears gloves & abdo guard
- 4 batting pairs, each pair facing 4 overs (24 balls)
- non-striker stands at running crease
- If you are out you lose 5 runs and do not leave the net, you stay and continue until the 4 overs are up.
- When there are 2 good balls delivered with no runs, the batsman must run on the next ball (third ball rule), but may abandon the forced run of no-ball/wide is delivered
- non-striker may leave the crease to start the run when ball leave the bowlers hand

Getting out = minus 5 runs

- caught before touching the floor (anywhere except off the back net when a batter hits a six)
- runout
- bowled
- stumped
- Interference
- Mankad (non-striker out of running crease before ball leaves bowlers hand during delivery)

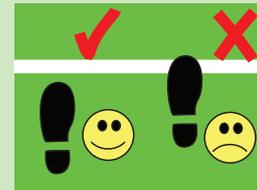


Format of the game

- 8 players per team
- 16 overs per game, 6 balls in the over
- everyone bowls 2 overs and bats 4 overs
- a softer ball & lighter bat than normal cricket is used

Bowling

- you can bowl underarm if you prefer
- each player bowls 2 overs (6 balls per over)
- No-ball is called when the ball pitches outside the pitch, bounces above shoulder height or is at hip height at full toss
- Wide ball is called when ball pitches outside the wide ball lines
- if you bowl a wide or no-ball the ball is not re-bowled, the batting team is rewarded 2 runs (except if it is the last 3 balls of the batting pair's overs then the batting team may request another delivery)
- bowler may not use back net to assist in run-up
- IMPORTANT!! Landing feet must be behind the bowling line, no part of the foot may touch the line as this is a no-ball front foot fault



Fielding

- there are 8 fielders in the nets
- the field has to have 4 players in each half when a delivery is bowled
- fielders should try and keep the ball off the nets as that awards extra runs if the batsman run
- throw / bounce the ball back in to the keeper/backstop at the wicket
- don't throw too hard - there are many players in close proximity that might get hurt!
- wicket keeper wears gloves, may wear shin pads
- all players wear abdo guards, any other protective gear is optional

Scoreboard

1st Skin won by the 1st batting team

GLADIATORS				94
45	24	33	-8	
PANTHERS				61
26	38	-3	0	
05:32	OVERS 13 BALLS LEFT 5			