**ECB REGULATIONS AND DIRECTIVES**

**ECB Fast Bowling Match Directives**

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| **Age** | **Max. overs per spell** | **Max. overs per day** |
| Up to U13 | 5 | 10 |
| U14, U15 | 6 | 12 |
| U16, U17, U18, U19 | 7 | 18 |

For the purpose of these Directives 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.

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 that he bowls the next over that 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.

In matches of 20 overs or less per team where the competition regulations only allow bowlers to bowl less than or equal to the number of overs specified as the maximum in a spell in the Directives the provisions requiring an equivalent number of overs from the same end to have elapsed before a subsequent spell can commence shall not apply (e.g. in any age group 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).

Once a bowler covered by these Directives has bowled in a match he cannot exceed the maximum number overs per day for his age group even if he subsequently bowls 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. Captains, Team Managers and Umpires are asked to ensure that these Directives are followed at all times.

For guidance it is recommended that in any 7 day period a fast bowler should not bowl more than 4 days in that period and for a maximum of 2 days in a row.

Age groups are based on the age of the player at midnight on 31st August in the year preceding the current season.

\*Any reference to he/his should be interpreted to include she/her.

**Fielding Regulations**

The ECB has regulations covering the minimum fielding distances for young players in all matches where a hard ball is used:

• 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 batsman’s position on the popping crease on a middle stump line, 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 8 yards (7.3 metres) from the batsman’s position on the popping crease on a middle stump line, 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.

• These fielding regulations are applicable to all cricket in England and Wales. Age groups are based on the age of the player at midnight on 31st August in the year preceding the current season.

**Safety Measures for Helmets within Recreational Cricket**

The ECB has recently announced new helmet safety measures, which are being introduced with a view to reducing the risk of head and facial injuries within the game. The purpose of this brief note is to assist Leagues and Clubs at the recreational level to understand the key elements of these changes and what they mean.

**Players over the age of 18**

The ECB strongly recommends that all adult recreational cricketers should wear helmets for certain activities, preferably which meet the most recent British Safety Standard (see below). This recommendation applies to batting against all types of bowling, wicket-keepers standing up to the wicket (who may as an alternative wear face protectors) and fielders fielding closer than eight yards from the batsman’s middle stump, except behind the wicket on the off side.

**Under 18s**

The position in relation to Under 18s currently remains unchanged, and is governed by the ‘ECB Guidance on the Wearing of Cricket Helmets by Young Players’ (www.ecb.co.uk/youngplayershelmetguidance). In essence, batsmen and wicket- keepers standing up to the stumps must wear head protection when playing or practising. That Guidance should be referred to in full for the position in relation to Under 18s.

**British Safety Standard**

The latest British Safety Standard is BS7928:2013 (for both adults and juniors). The full list of helmets meeting this standard is available at www.ecb.co.uk/helmets. For wicket-keeping face protectors the relevant British Safety Standard is BS7929-2:2009 (again, for both adults and juniors).

The ECB understands that there is currently no specific women's helmet and as a consequence no specific standard for women's cricket helmets. As the size of the standard women's cricket ball is between the standard men and junior balls, it is recommended that women use helmets that have been tested against both the men's and junior sized ball, or at least against the junior size ball (as that could potentially get through the gap above the face guard on a men's helmet).

**What do Leagues and Clubs need to do?**

Whilst it is strongly recommended that all adult recreational cricketers wear helmets in the on-field circumstances detailed above, it is not mandatory for them to do so. For the avoidance of doubt, Leagues or Clubs do not need to go above and beyond the ECB’s recommendation by forcing their cricketers to wear helmets.

However, Leagues and Clubs in recreational cricket should ensure that their cricketers are made aware of the ECB’s above recommendation in relation to helmets, including the need to check that any newly purchased helmets meet the latest British Safety Standard. The ECB recommends that Leagues and Clubs bring the link above i.e. (www.ecb.co.uk/helmets) to the attention of their cricketers and encourage all cricketers to carefully consider their own health and safety regarding helmet use.

Leagues and Clubs should always ensure that they have adequate public liability insurance.