



Nomansland Cricket Club – Youth Playing & Equipment Policy.

- All players Under the age of 18 (eighteen years) when playing either open age group or youth cricket, when batting or wicketkeeping with a hard ball, will all wear suitably cricket approved helmets with faceguards and grille. This will not only apply to competitive matches and any kind of training session or cricket related activity regardless of league, cup competition, charity event etc.
- In addition to the wearing of cricket helmets, Youth cricketers when batting and wicketkeeping, will also be expected to wear additional normal protective equipment in the form of appropriate cricket leg pads, gloves & abdominal protectors (box).
- 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.
- 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.
- With regards to Youth Bowlers, the following are ECB directives with regards to the amount/duration young bowlers can bowl, when partaking in Cricket related matches and practice training sessions and the club will adhere to these as follows:

Matches : Up to 13 years of age: 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.

Practice Sessions:

Up to 13 years: 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.

****Review / Endorsed by Nomansland Cricket Club Executive Committee and adopted by Club on 23/10/2022.**