

BELVOIR CC FAST BOWLING AND FIELDING POLICY – ECB REGULATIONS

FAST BOWLING (2014 season allowances – may be updated for 2015 season)

The following are the limits to the number of overs to be bowled in any spell and in total by a fast bowler:

U-13 5 in spell 10 per day

U-15 6 in spell 12 per day

U-17 7 in spell 18 per day

U-19 7 in spell 18 per day

When practicing there is a limit to the number of bowls to be bowled per session and the number sessions per week:

U-13 30 balls in any session 2 sessions per week

U-15 36 balls in any session 2 sessions per week

U-17 36 balls in any session 3 sessions per week

U-19 42 balls in any session 3 sessions per week

PLAYERS WHO EXCEED THESE DIRECTIVES WILL BE EXPOSED TO A HIGHER RISK OF INJURY.

In some instances the implementation of these directives will generate an increased work for other bowlers, particularly the spin bowlers. However, wrist spin bowlers should be carefully monitored as they can become predisposed to shoulder problems if they are bowled excessively.

The amount of overs a young fast bowler bowls must be carefully rationalised, and their summer programme prioritised.

The ECB encourages the principle of 'fast tracking' talented youngsters, but it should be noted that a fast bowler who has been selected at a higher age group should only be allowed to bowl the appropriate number of overs for his/her actual age. This includes any participation in senior cricket

FIELDING (In front of square on the offside round to behind the stumps including short mid-off and all short leg positions. Distances measured from the middle stump.)

U-13 not within 11 yds

U-15 not within 8 yds

Not Yet 18 if within 6 yds must have box and helmet*

* The **BS Standard for helmets** is BS 7928/1998

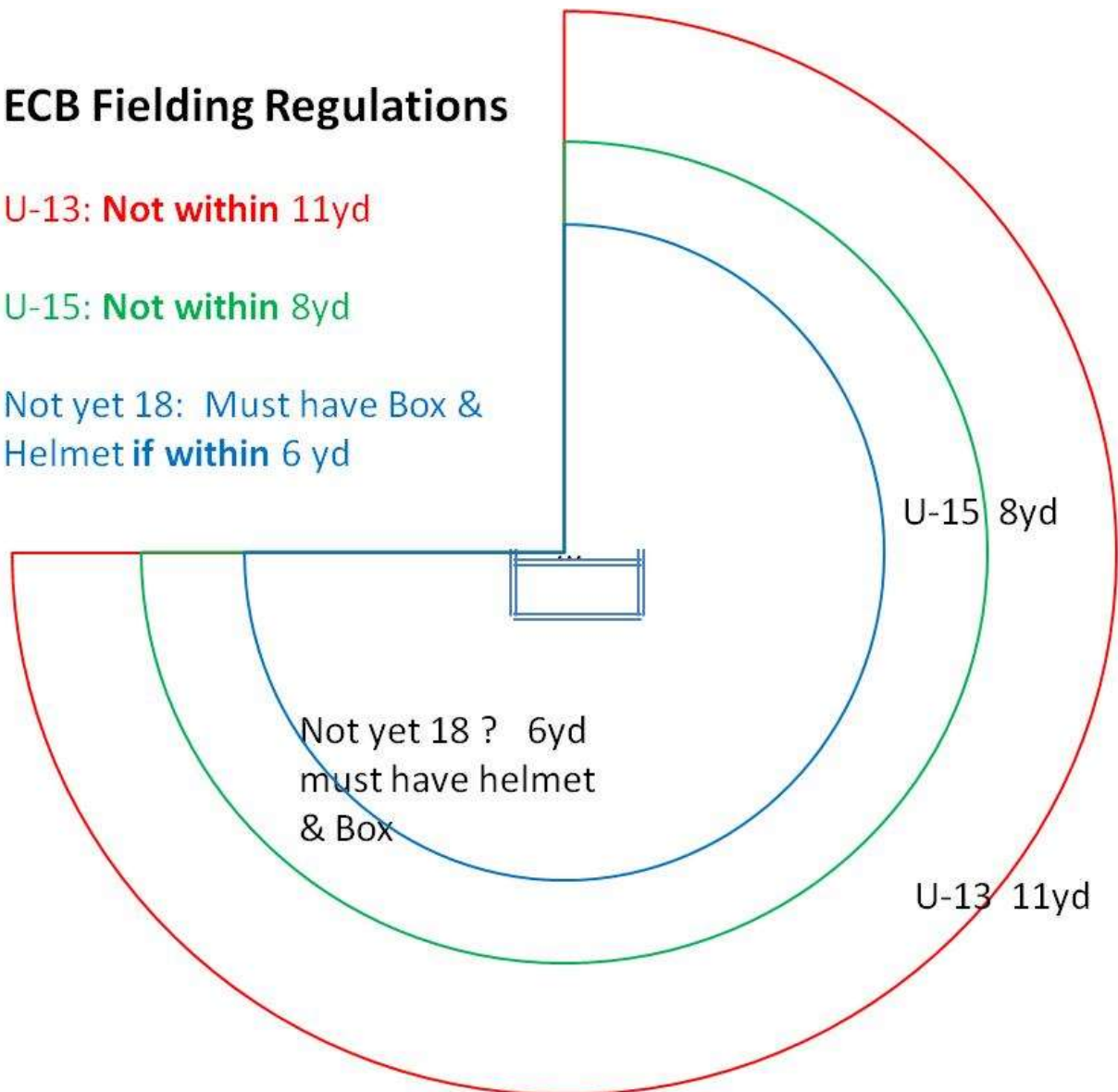
The **BS Standard for face grills** is BS 7929 – 2:2009

ECB Fielding Regulations

U-13: **Not within** 11yd

U-15: **Not within** 8yd

Not yet 18: Must have Box &
Helmet **if within** 6 yd



Adopted by the Committee 4 Feb 2015