



## 2025 LEAGUE RULES

### GENERAL

1. The two wickets should be 19 yards apart
2. Boundaries should be as close to 40 meters as possible but no bigger than 45 meters
3. An innings consists of 16 overs
4. All players must be registered on the Sussex Cricket Foundation Woman & Girl's Club Cricket, Play Cricket site, before playing a match
5. Soft Ball Cricket equipment should be used, this includes a senior size incrediball and non-wooden bats
6. Team Captains will decide which team bats and bowls first by means of a coin toss
7. Rotation of players during a match is not permitted (except to replace a player injured during the match)
8. Teams should consist of 8 players however a team may play with a minimum of 6 players. In the case of a short team, the match should be played under the following conditions:
  - a. Team of 7
    - Team may only use 7 players when fielding, opposition may field their full 8 players
    - When batting, the opposition Captain should choose which player bats again, in the last pair. This should be decided before the start of the game
  - b. Team of 6
    - Team may only use 6 players when fielding, opposition may field their full 8 players
    - When batting, the last pair (4<sup>th</sup>) will consist of one player chosen by each team Captain. This must be decided before the start of the game.
  - c. Late Arrivals

If the 7<sup>th</sup> and/or 8<sup>th</sup> player arrives during the 1<sup>st</sup> innings, she may join the game only if she joins the field of play:

    - if fielding first, before the first ball of the 5<sup>th</sup> over is bowled
    - if batting first, before the first ball of the 7<sup>th</sup> over is bowled. IE, she can bat in the final pair

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### BATTING

9. Batters will bat in pairs
10. Each pair will face 4 overs
11. Batting team starts their innings on 200 runs
12. 1 run is scored every time the batters change ends
13. 4 runs are scored if the ball is struck over the boundary, touching the ground first
14. 6 runs are scored if the ball is struck over the boundary without touching the ground first
15. If a batter is out, 5 runs are deducted from their team's total. The batter continues to bat but swaps ends with her partner
16. Modes of dismissal – Bowled, Caught, Run Out, Stumped, Hit Wicket or LBW

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### BOWLING

17. An over consists of 6 balls
18. All overs are bowled from the same end
19. Bowlers should bowl overarm, with a straight bowling arm, but may bowl underarm while learning
  - a. Underarm bowling is not permitted in the semi-finals or final
  - b. 'Learning' may include no more than 3 matches
20. Wides and No Balls
  - c. A no ball will be called if the ball bounces more than twice or rolls before reaching the popping crease

- i. When the bowling is underarm, no ball will be called if the ball bounces more than once or rolls before reaching the popping crease
  - d. If the ball reaches the batter above waist height and without bouncing, no ball shall be called
  - e. When a wide or no ball is bowled, 2 runs are awarded to the batting team
  - f. No extra balls are bowled after wides or no balls in overs 1 to 15 of an innings
  - g. If a wide or no ball is bowled in the 16<sup>th</sup> over an extra ball will be bowled in addition to the 2 runs awarded to the batting team. The 16<sup>th</sup> over should have a maximum of 9 balls bowled
  - h. Additional runs may be scored off wides and no balls
  - i. The ball directly following a no ball will be a 'free hit', the free hit will carry over to the following ball if another extra is then bowled
21. A player may bowl no more than 3 overs in an innings

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## UMPIRES/SCORERS

22. Each team must have an umpire and scorer but they do not need to be qualified, they just need to know these rules. It is requested umpires complete the ECB online 'Introduction to Umpiring' module.

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## PLAYER ELEGIBILITY

23. Junior players are permitted but they must be in school year 8 (12 years old on 1<sup>st</sup> September of the preceding year)
24. A team may include a maximum of 4 players aged 17 and under
25. Current county squad members & pathway players are ineligible for this league
26. Any player who has been a county squad member or a pathway player, at U13 level or above, in the preceding 4 years, is ineligible for this league
27. Any player who has participated in the following women's cricket leagues in the current or previous 5 years is ineligible for the Soft Ball Cricket League:
- Women's Southern League
  - Sussex Womens Premier League
  - Any league or cup competition of an equivalent standard, played outside Sussex
28. Any player who has participated in the below open age cricket leagues or cup competitions, more than once, is ineligible for the Soft Ball Cricket League:
- Division 10 or above, of the Dean Wilson Sussex Cricket League
  - Men's Sussex Slam Cup
  - Sussex Cricket League T20 Cup or Trophy
  - Any league or cup competition of an equivalent standard, played outside Sussex
29. In the spirit of getting the game on, a player may play for more than one team during the league as a 'borrowed player.' This is permitted only to ensure a team has enough players for a match to go ahead or to fill the team.
- j. 'Borrowed players' are not permitted in the semi-finals or final
30. Teams may submit to the Competition Manager a request for a player to be exempt from an eligibility rule whereby the player only played a limited role in the matches which restrict them. This should be submitted via email and should be completed no later than 48 hours before the commencement of the match.
- 31.

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## RESULTS & QUALIFICATION

32. Fixtures and results must be recorded onto Play-Cricket on the week of the match (by 11:59 on the Sunday)
33. Teams will be awarded league points as follows:

Win = 5 points  
 Loss = 2 point  
 Tie\* = 3 points (*when runs and wickets are both equal, see rule 34 for clarification*)  
 Abandoned = 2 points each  
 Team Conceded = minus 1 point / Conceded to = 5 points  
 Result not recorded by deadline = 0 points each

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## TIED MATCHES & LEAGUE POINTS

34. In the event of tied scores in a match, the following will apply:
- k. Group stage fixture – match declared a tie
  - l. Knockout stage fixture – a super over should be played\*\*
35. In the event of 2 or more teams being tied on points in the group stage, the team who won BOTH head-to-head fixtures will take the higher place in the group. If this did not happen, a tie remains, so the team who scored the most runs on aggregate, in their group, will take the higher position. If the number of games played by these teams is not equal an average will be taken; total runs scored divided by number of matches played. If a tie still remains, the team who lost fewer wickets across their group matches will take the higher place, as above, this will be worked out on average if necessary.

\*\* The Super Over involves each team having a 'one over innings' and the winner shall be the team that scores the most runs. Team Captains will toss a coin to decide who bats or bowls first. Team Captains should nominate on their own batting pair and bowler. In the case of a tied Super Over the team who took the most wickets in the over shall be the winner. If a tie remains, another Super Over should be played.

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## POSTPONEMENTS, CONCESSIONS & ABANDONMENTS

36. If both innings are not completed due to adverse weather conditions but 4 overs or more of the second innings have been completed, then the team who scored more runs by the end of the 4<sup>th</sup> over of their innings will be declared the winner. If these scores are equal after the 4<sup>th</sup> over, the rules for 'tied matches' apply
37. If adverse weather conditions delay the start of play, the length of a match may be reduced by agreement between the team Captains but should be no shorter than 4 overs per innings, with each pair batting for at least 1 over
38. In the case of total abandonment, due to adverse weather or other circumstances beyond the control of either team, the match should be played on the pre-arranged reserve date. If the abandonment is already on the reserve date, 2 points will be awarded to each team. If either team can no longer accommodate the pre-arranged reserve date they should concede
39. Should a team be unable to field a team of 6 or more players on the agreed date, they should concede the fixture by midday the day prior, as the fixture was agreed, the conceding team cannot use the reserve date for a league match but can be used for a friendly match if both teams agree. See rule 30 before conceding a match

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## ARRANGING FIXTURES

40. The home team should offer at least 3 dates within the allotted window  
Dates offered should include at least 1 weekday evening and 1 Sunday, unless both Captains agree otherwise
41. The away team choose 2 dates, a fixture date, and a reserve date  
The reserve date should be after the fixture date