



FOUNDATION

LEAGUE RULES: FOR PLAYERS

KIT

Soft ball, senior size
Plastic bats
Stumps

BOWLING

An over = 6 balls
Always bowl from the same end
Max. 3 overs per bowler
Overarm bowling
players may bowl underarm whilst
they learn

Wides & No Balls...
Overs 1 to 15 = 2 runs & no extra ball
16th over = 2 runs & 1 extra ball
up to the max. 9 balls in 16th over

THE GAME

A 19 yard wicket
40 to 50 yard boundaries
16 overs per innings
Teams of 8 players

special rules apply if a team is short
Each team must have an umpire and a
scorer
*they don't have to be qualified, they just
need to understand the rules*

SCORING RUNS

Batters run, switching ends = 1 run
Ball crosses the boundary without bouncing = 6 runs
Ball crosses boundary along the ground = 4 runs
Bowler bowls a wide or no ball = 2 runs
Getting 'out' = 5 runs deducted

BATTING

Bat in pairs
Each pair bats for 4 overs
Each team starts on 200 runs

You could be 'out' by...
Bowled
Caught
Run Out
Stumped
Hit Wicket

...but...
after getting out, the pair continue
to bat, they just loose 5 runs and
switch ends
