

Whitkirk Cricket Club

Junior Guidance

There are a number of restrictions which junior (aged Under 18) cricketers must adhere to in relation to helmets, fielding and bowling.

Helmets

Young players up to the age of 18 must wear a helmet with a faceguard or grille when batting against a hard cricket ball in matches or in practice sessions. Helmets should be regarded as a normal item of protective equipment, together with pads, gloves and, for boys, an abdominal protector.

Young wicketkeepers up to the age of 18 must wear a helmet with a faceguard, or a wicketkeeper face protector when standing up to the stumps.

This guidance applies to all junior players up to the age of 18 in both junior and open age cricket.

Fast bowling and fielding

	**Bowling spell/day	Fielding
Under13	5 overs/10 overs	11 yards/10 metres
Under15	6 overs/12 overs	8 yards/ 7.3 metres
Under 17	7 overs/18 overs	not less than 6 yards
Under 19	7 overs/18 overs	

****No more than 2 consecutive days and not more than 4 days in any 7.**

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