

Sandbach U3A Walking Cricket Guidelines

Group Leader: Mick Jackson

**Venue: Sandbach United Football Ground
Hind Heath Road**

Day/Time: Thursday at 14.00

The pitch has an artificial 3G surface.

Introduction

The essence of Walking Cricket is to provide physical activity for cricketers of both sexes and all abilities who are members of Sandbach U3A. The aim is to have an enjoyable session with like-minded participants in a safe and welcoming environment.

The English Cricket Board (ECB) have taken an interest in this growing sport and are in the process of providing 'rules of play'. Currently, they acknowledge that local guidelines are the way forward, allowing each playing group to get the best out of participants, venues and facilities.

As the sport develops and groups enter competitive games, then the guidelines of the home team will prevail, unless an alternative agreement is reached between the two competing teams. Teams entering formal competitions will abide by the format and rules of the competition organisers.

The Game Format

At Sandbach the format of play is dependent upon the numbers attending. When numbers are low, everyone has a chance to bat in a pair; and to bowl one over. All bowling takes place from one end. Each batting pair faces 4 overs of 6 balls with the aim being that each batter gets an equal share of the bowling. For the fourth over, 6 legal balls have to be bowled.

If sufficient members turn out, then 2 teams are selected. There is a toss to decide which group will bat and which will field. Team captains allocate their team numbers. As above, each batting pair faces four overs with the final pair guaranteed an over of 6 legal balls.

In Sandbach the field of play is a full-sized football pitch, fenced on all sides. This is too large for a cricket match and so the wickets are placed in the most sensible position in one half of the pitch. The fencing marks the boundary on three sides and the fourth boundary is close to the centre line of the football pitch.

Scoring

Each side starts with a zero score and incurs a minus 5 for a dismissal. Runs are scored in the normal way with a boundary along the ground scoring 4 runs, and one that does not touch the ground scoring 6. Non-boundary runs are gained when both the batters reach the batting crease at the opposite end from which they started, without running. It is not compulsory to try to score.

A no ball or a wide ball adds 2 runs to the batters' score. However, if the batter hits a wide ball then it is deemed no longer a wide and runs are only scored in the normal way. If a no ball is hit and runs are scored, then 1 run is added to any that are scored conventionally.

The last over of an innings must contain 6 legal balls, so any wides or no balls are retaken.

If available, an umpire has the final say on runs scored, and indicates a no ball or wide.

At the end of each over the batters change ends; except when an odd number of runs have been scored from the last ball.

Methods of Getting Out

- **Caught:** anywhere on the playing area, including indirectly off another player.
- **Bowled**
- **Stumped**
- **Leg Before Wicket (LBW)**
- **Run-Out:** to equalise the number of balls each batter faces, after a run-out the non-striker becomes the striker and the striker becomes the non-striker regardless of which end the run-out occurs.

Bowling

Each player has a chance to bowl.

Bowling is at a walking pace and can be over-arm or under-arm, with a recommendation that female batters and those less able receive only under-arm bowling.

A wide is called when the ball is outside the crease guide lines, the width on the offside being greater than that on the leg side.

A no ball is called if:

- The ball bounces more than once before reaching the batter
- The ball reaches the batter on the full, above waist height
- The bowler's front foot is in front of the crease at the point of delivery.

Intimidating bowling is not allowed, such as short-pitched, bowling intended to attack the body of the batter.

Fielding

There should be three fielders, as a minimum, on each side of the pitch, numbers permitting.

A nominated wicket keeper is allowed but the wicket keeper must bowl when required.

At the end of each over the fielders must rotate in a clockwise direction.

A five-metre safety zone in front of the batter is to be employed.

Running is not allowed and at the discretion of the umpire incurs a penalty of 5 runs.

