

# Tarleton Cricket Club – Fast Bowling Directives

## ECB Fast Bowling Match Directives

Age	Max Overs per spell	Max overs per day
11 and below	4	8
12 and 13	5	10
14 and 15	5	12
16 and 17	6	15
18 and 19	7	18

*For the purpose of these Directives a fast bowler is defined as a bowler to whom a wicket keeper in the same age group would **in normal circumstances** stand back to take the ball.*

### 5. Fast Bowling

#### 5.1 General

5.1.1 Regulation 5 applies to all players aged 19 (which is the maximum age for Age Group Cricket) or under in Hardball Cricket excluding Academy Players and EPP Players, who are subject to specific protocols established by the Talent Pathway Programmes. Regulation 5 does not apply to Softball Cricket.

5.1.2 These Regulations provide a mandatory limit to the amount a Fast Bowler can bowl during a Spell, and during a game, in order to reduce the risk of significant injury. They should be read alongside the ECB's Recreational Cricket Safety Guidelines (available here) which set out, amongst other things, a minimum and maximum number of overs that it is recommended a Fast Bowler should bowl per week.

5.1.3 A bowling delivery will count towards the overs limits set out in Regulation 5.2.1 (table above) when it is delivered during a match or in training with the intention of bowling at match (or near match) intensities. Deliveries where there is a clear intention to bowl slower should not be included, for example walk throughs or running in at half (or slower) typical run-up speed.

5.1.4 Having completed a Spell, a Fast Bowler must begin a period of rest and cannot bowl again, from either end, until the equivalent number of overs to the length of their Spell have been bowled from the same end.

(i) A Fast Bowler can change ends without ending their current Spell provided that they bowl the next over allowed by the Laws from the other end. If this does not happen, their Spell is deemed to be concluded.

(ii) If play is interrupted, for any reason, for less than 40 minutes any Spell in progress at the time of the interruption can be continued after the interruption up to the maximum number of overs per Spell for the appropriate Age Group. If the Spell is not continued after the interruption the Fast Bowler cannot bowl again, from either end, until the equivalent number of overs to the length of their Spell before the interruption have been bowled from the same end.

(iii) If the interruption lasts for 40 minutes or more, whether scheduled or not, the Fast Bowler can commence a new Spell immediately.

5.1.5 A Fast Bowler must adhere to the restrictions associated with their age, not the level of Junior Cricket they are playing in. For example, a 13-year-old playing in an U15 match must follow the bowling regulations for a 13-year-old.

5.1.6 Once a player has bowled (or attempted to bowl) one ball at high intensity, they are deemed a Fast Bowler, and must therefore adhere to the overs limits in this Regulation 5.