

YORKSHIRE
CRICKET FOUNDATION

Rules for "Social" Walking Cricket

As of September 2021



Development of Walking Cricket

Below is an extract from the minutes of a meeting at Trent Bridge on 20th March 2020 regarding Walking Cricket, between the ECB, several interested County Cricket Board Representatives and the U3A.

Rules & Regulations

Extended conversations took place regarding rules for Walking Cricket. Each county and indeed in some cases, single groups made up local rules to suit the participants.

The essence of walking cricket is to provide a means of physical activity to latent cricketers over 50 as well as creating opportunities for older people to take part in a safe and enjoyable activity.

Walking Cricket is also about opportunity to engage with other people of similar ages in a sociable way. The benefits for this are well documented and the avenues for recruitment are vast.

It was agreed that at a local level, it would make every sense for those groups to continue to play walking cricket to those local rules as predominately the game is about friendly local challenges.

It was also acknowledged that as the game grows there will be a requirement for a set of rules that everyone can play to. As the local groups (teams) become more established, the structure for growth is likely to pit one 'county' team against another. At this point an agreed set of protocols needs to be agreed and in place.

RH presented a set of such rules that those at the table discussed and it was agreed that each CCB would take the rules away and a further meeting would be arranged to discuss them at length along with any proposed amendments. Action: RH to distribute rules to all.

Walking Cricket Rules

Introduction

Walking Cricket gives the opportunity for people to play a format of the game that may be seen as more accessible than other current formats.

As the name suggests the game is played at walking pace and as well as delivering cricketing skills to players who may not have played for a while, or for new players. The format provides an exciting way to keeping active and fit.

Aimed at people over the age of 50, the game is able to provide an opportunity for people to socialise and get involved in a very interesting format of the game.

In the following pages the rules of the game are explained:

Rules

Teams

1. Each team will consist of 8 players. Although teams can have more members, only 8 will be allowed on the court at any one time.
2. On match days, teams can name 9 players with one of those players acting as a substitute
3. Substitute players are not able to bat or bowl

Equipment & Playing Area

4. The playing area for Walking Cricket needs to be played in a restricted area. The size of the area can

- differ however, walls or fences should encompass the boundary.
5. Stumps – Normal sized cricket stumps will be used, and a set must be placed at both ends of the wicket
 6. Ball – The ball used will be a lightweight compound ball – the ball is slightly lighter than a standard cricket ball weight.
 7. Bat – ~~The cricket bat used in this game is a normal standard cricket bat.~~
 8. The length of the wicket should be no less than 18 yards and no more than 22yards.

Runs are scored based on target areas. The court should be set up as follows:

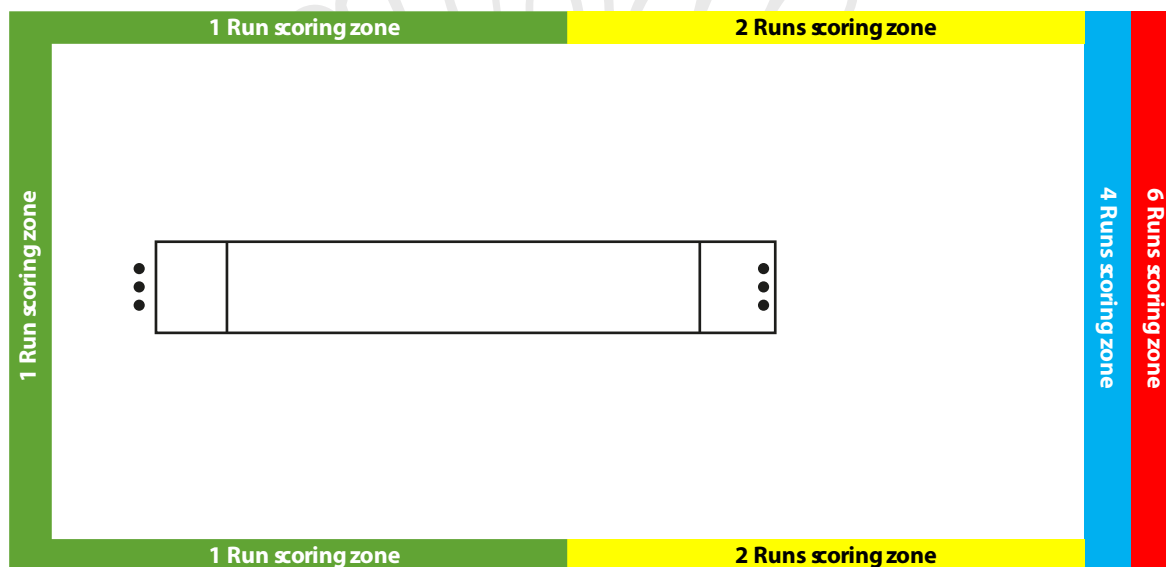


Diagram 1 – Layout of Walking Cricket Court

The Game Format

9. Each team will consist of 8 players. A substitute may be named; however, the substitute player will be unable to bat or bowl and can only perform fielding duties.
10. Every game will consist of 32 X 6 ball overs. Each team will bowl 16 x 6 ball overs.
11. Each bowler will be allowed to bowl a total of 3 overs per game.
12. Each batsman will bat for 4 overs, in pairs.
13. Each over will consist of 6 balls
14. If a bowler bowls a wide (any ball delivered down the leg side or any ball delivered sufficiently wide on the offside as deemed by the umpire, then 2 runs will be added to the batting total and no extra ball will be bowled (except in the last over of each innings – see details below)
15. A no-ball will be signalled if the ball bounces more than once before reaching the batsman.
16. A no-ball will be signalled if a ball reaches the batsman on the full and its height is deemed above waist height.
17. No-balls will not result in an extra ball being bowled but two extra runs will be added to the batting total (except in the last over of each innings – see below)
18. In the last over of each innings, no balls and wides as described above will realise 1 run extra, however, extra balls will need to be bowled, until six legitimate deliveries have been made.

Batting

19. Batsmen will bat in pairs for 4 overs.
20. All 4 overs will be completed even if a batsman is out during the overs.
21. If a batsman is out, a penalty of 5 runs will be deducted from the batting total and the batsmen will change ends (unless the wicket falls on the last ball of the over).
22. The batsmen MUST change ends every over unless a physical run is scored on the last ball of the over.
23. The 'back Wall' will realise 4 runs if hit direct (i.e. not deflecting from another wall) and contacting the ground on its way to the wall. 6 runs will be scored should the ball hit the 'back Wall' providing the ball does not contact the ground or a side wall after leaving the bat.
24. Batsmen do not have to run to score; however, they can do. If the batsmen decide to take a 'run', they will need to cross over and reach the opposite end to complete the 'run'. This action will give the

batting side an additional 2 runs. These runs are additional to those scored when the ball reaches a boundary target, except in the case where the ball hits the boundary four and six wall.

25. When running, batsmen can be run out if they do not have part of their body or bat inside the relevant popping creases.

26. All batting takes place from one end. At the end of each over, the batsmen swap ends.

Scoring runs

27. Runs are scored as follows:

28. The indoor hall is divided up into zones and each zone is worth a set number of runs as shown in diagram 1 above

29. The wall behind the wicketkeeper will attract 1 run (either if hit by the batsman or as an extra (bye)

30. The side wall will be divided up into zones with different values depending in where the ball strikes. The umpire will be the final arbiter of runs scored

31. The furthest wall will attract a score of 4 runs if hit direct by the ball and where the ball contacts the ground.

32. The furthest wall will attract 6 runs if hit direct by the ball where the ball makes no contact with ground between leaving the bat and striking the wall.

33. If the furthest wall is hit by the ball after it has struck another wall, then the relevant run score will apply for the first wall that the ball is in contact with.

34. The ceiling of an indoor facility is deemed as out of bounds. If the ball hits the ceiling during normal play, then the ball will be deemed as 'dead'.

35. The ball will stand; however, no runs can be scored or wickets claimed.

36. In any of the above scenarios, the batsmen are entitled to run between the wickets also. Every run that is physically run will count as double. For example, if the striking batsman hits the wall in the '2 run' zone and runs between the wickets also, this will count as a total of 4 runs i.e. 2 runs for the wall strike and 2 runs for physically running.

37. It is not compulsory for batsmen to run between the wickets.

Fielding

38. There are eight players in the fielding team

39. The field must have a minimum of two players in the 'offside' and two in the 'onside' for each delivery of the ball

40. Once the ball is released fielders are free to move in either half of the court

41. At the end of each over the fielders must rotate in a clockwise direction and take up the fielding position that has been vacated by the player directly to the left. This does not apply to the wicketkeeper who is fielding in a specialist position.

42. The next bowler will be the person in rotation who has vacated the fielding position to the right of the previous bowler.

43. A batsman can be caught off the side walls and the wall behind the wicketkeeper.

44. The batsman can also be caught off the furthest wall (the boundary wall) ONLY IF the ball has deflected from one of the side walls first and provided that the ball has not touched the ground

45. A batsman cannot be caught off the boundary wall if the ball strikes it direct as this will be deemed a boundary six.

Dismissals/ Getting Out

46. Caught (anywhere except off the back wall when the batsman hits a 6, or where the ball hits the ceiling)

47. Run out

48. Bowled

49. Stumped

50. LBW

Competition Format

51. All matches to be 16 overs per side – 8 players per side - playing in pairs for 4 overs - 6 balls per over. Overs may be reduced if shortage of time with agreement of both team managers. Maximum 3 overs per bowler but encourage every player to bowl at least one over. Discretion over rules allowed with agreement of team managers.

52. Pitch length will be a minimum of 18 yards (16.45m).
53. Each team will start with 0 runs - Further runs to be earned as dictated by the Laws - Each dismissal loses 5 runs. Batsman who is dismissed changes end unless dismissed off last ball of over. Team with most runs after deductions at end of match wins.
54. All matches to be played on a time and venue to be agreed between the competing teams and the Regional Tournament Manager.
55. One substitute fielder is permitted; however, the substitute will be unable to bat or bowl
56. For safety reasons, at no time is a fielder allowed to field less than 5 meters from the batsman in front of the wicket.
57. The umpires are the sole arbitrators of the Laws of Cricket, and on matters of fair play. Their decisions must be accepted with good grace and not questioned.

Special Laws

Dead Ball

58. If a ball becomes lodged under or around an obstruction within the court boundary, the umpire may call 'dead ball', and only runs accrued up to that point will count.
59. If the ball is struck and leaves the field of play, 'dead ball' will be called and a maximum three runs allowed. No extra delivery will be allowed.

Maximum Runs per Ball

60. The maximum runs that can be scored off a delivery when the batsmen choose to run will be limited to five. This does not prevent the scoring of a six off the boundary wall.

Dangerous Bowling

61. The bowling of fast short pitched balls and full tosses will be deemed unfair play if, in the opinion of the umpire at the bowler's end, this is considered an attempt to intimidate the striker. Under no circumstances must a delivery be deliberately directed at a batsman's body. Consideration will be given to the relative skill and disabilities of the players involved.
62. ONE warning only will be issued by the umpire to the bowler, and this will be conveyed to the captain of the fielding side. A further transgression will result in the bowler being immediately removed from the attack and 5 penalty runs awarded to the opposition total. The bowler will not be allowed to bowl again in the innings, and a further bowler will be required to complete the over if applicable.

Walking Rules

63. Each player (batsman and fielders) must WALK at all times during play, running is NOT ALLOWED.
64. The definition of walking is that part of one foot must be on the ground at ALL TIMES. During a game, the umpires will be the sole arbitrators of what is deemed to be walking.
65. 5 penalty runs will be awarded to the opposing team should a batsman or a member of the fielding team be adjudged to have been running.

WALKING CRICKET

Getting back into the swing of things