

NCCC – Extracts from the Safe Hands Guidelines



NAZEING COMMON CRICKET CLUB

The following extracts are taken from the ECB's Safe Hands – Cricket's Policy for Safeguarding Children and should be adhered to at all times. A copy of the full guidelines is available in the pavilion.

ECB safety guidance on the wearing of cricket helmets by young players

- Helmets with a faceguard or grille should be worn when batting against a hard cricket ball in matches and in practice sessions.
- Young players should regard a helmet with a faceguard as a normal item of protective equipment when batting, together with pads, gloves and, for boys, an abdominal protector (box).
- Young wicket keepers should wear a helmet with a faceguard when standing up to the stumps.

This guidance applies to all players up to the age of 18, both in adult cricket and in all junior cricket played with a hard cricket ball. The guidance also applies during all practice sessions. Any individual taking responsibility for players should take all reasonable steps to ensure that this guidance is followed at all times.

ECB Fielding Regulations

- No young player in the Under 15 age group or younger shall be allowed to field closer than 8 yards (7.3 metres) from the middle stump, except behind the wicket on the off side, until the batsman has played at the ball.
- For players in the Under 13 age group and below the distance is 11 yards (10 metres).
- These minimum distances apply even if the player is wearing a helmet.
- Should a young player in these age groups come within the restricted distance the umpire must stop the game immediately and instruct the fielder to move back
- In addition any young player in the Under 16 to Under 18 age groups, who has not reached the age of 18, must wear a helmet and, for boys, an abdominal protector (box) when fielding within 6 yards (5.5 metres) of the bat, except behind the wicket on the off side. Players should wear appropriate protective equipment whenever they are fielding in a position where they feel at risk.

ECB Fast Bowling Directives

Over-bowling Directives for Matches:

AGE	MAX OVERS PER SPELL	MAX OVERS PER DAY
Up to 13	4 overs per spell	8 overs per day
U14, U15	5 overs per spell	10 overs per day
U16, U17	6 overs per spell	18 overs per day
U18, U19	7 overs per spell	21 overs per day

Over-bowling Directives for Practice Sessions:

AGE	MAX BALLS PER SESSION	MAX SESSIONS PER WEEK
Up to 13	30 balls per session	2 sessions per week
U14, U15	36 balls per session	2 sessions per week
U16, U17	36 balls per session	3 sessions per week
U18, U19	42 balls per session	3 sessions per week