

**Year Nine Section One – One Day 45 overs Rule Summary**  
(to be read in conjunction with the CMCA Club & Youth Handbook)

- Times:** 10.30am start (unless otherwise advised), 2hrs 45 mins to complete overs, 30 minute innings change
- |                |                    |               |   |
|----------------|--------------------|---------------|---|
| <b>Points:</b> | Win 5 Points       | <b>Overs:</b> | 45 overs per side                         |
|                | Loss 0 Points      |               | 9 overs per bowler                        |
|                | Tie 3 Points       |               | 6 over maximum per spell for Pace bowlers |
|                | No Result 3 Points |               |   |
- Balls:** Two piece balls from the CMCA list of approved balls to be used (Kookaburra Red King, or Crown)
- Use of helmets:** It is compulsory for wicket keepers in all Youth Grades to wear a helmet when standing up to the stumps. Any fielder within 10 meters of the batsman, other than slip/gully positions, must also wear a helmet
- No Balls:**
- ⇒ Any high full pitched ball, regardless of pace, which passes or would have passed above waist height of the batsman standing upright at the crease shall be called no ball
  - ⇒ All other No balls, including to front foot placement, shall apply
  - ⇒ In the event of a No ball being called, one extra will be added to the batting teams total, in addition to an runs scored from the bat, byes or leg byes and a free hit must be taken
  - ⇒ Maximum balls in one over is 8, except in the final over of the innings
- Fast Short Pitched Bowling:**
- ⇒ A bowler shall be limited to two fast short pitched deliveries per over. Any additional fast short pitched deliveries should be called and signaled wide
  - ⇒ This is defined as a ball that would have passed over the shoulder height of the striker standing upright
- Bowling Restrictions**
- Any pace bowler (non spinner) has a maximum of 6 overs per spell. At the completion of the bowler's spell, the bowler may not bowl again until the equivalent number of overs have been bowled at the same end. eg a player bowling a 4 over spell cannot bowl again until 4 overs have been bowled at the same end. (including immediate change of bowling ends)
- Wides:**
- ⇒ Wide calls are subject to the judgment of the umpires. In one day cricket, if a ball passes on the off side sufficiently wide to make it virtually impossible for the striker to play a normal cricket stroke from his normal guard position the umpire shall call and signal wide. If the ball pitches outside leg stump and moves further away to leg the umpire shall call and signal wide. The aim should be that consistency is maintained during the match. Any ball over the head of the batsman standing upright is also a wide.
  - ⇒ If a wide is scored, one run shall be scored. Any further extra runs shall also be added to the score
  - ⇒ Maximum of 8 balls in one over, except in the final over of the innings
- Results:** All match results must be submitted via the CMCA Website by 12 noon on the Monday following the match.
- Draws:** The draw is available on the CMCA website [www.chistchurchmetrocricket.com](http://www.chistchurchmetrocricket.com)

**CMCA Contact:** Mike Fisher (03) 281 8948 or 027 286 0419

**CMCA website:** [www.christchurchmetrocricket.com](http://www.christchurchmetrocricket.com)

**Defaults:** All defaults to be advised to the CMCA by 12pm on the Thursday preceding the game