

## Rules of the Game

- The object of the game is to score more runs than the opposing team.
- A match is played between two teams with each team having eleven players.
- One team fields while the other team is the batting side.
- The fielding team bowls the cricket ball at the batter who tries to hit the ball with their bat. The fielding team tries to get the batter out while the batting team is trying to score as many runs as they can without getting out.
- When the two batters cross over to each other's wicket, they have scored one run for their team. Batters may choose to run on any ball whether it is hit or not.
- One bowler will bowl what is called 'an over.' On over consists of 6 thrown balls.
- Non-striking batter waits level with and to the side of the 'running crease' and may not interfere with any bowled ball.
- If a ball is hit to the boundary along the ground it is worth 4 runs. If a ball is hit over the boundary it is worth six runs.
- When all of the batters are out except one, they must switch around and become the bowling team. This is because there must be two batters not out at the same time (a partnership) to continue batting.
- Batters may be gotten out by being bowled, a batted ball being caught, run out, stumped, or leg before wicket.

## Possible Indoor Modifications

Each team has one innings. An innings is closed after an agreed number of overs or all batters are out.

Batters change ends at the end of each over.

Batters may be caught out off the ceiling and walls indoors (except the boundary wall), providing the ball has not touched the floor.

To run out a batter running to the 'running crease' the wicket has to be broken at the end the batter is running towards.

LBW may only be given if a batter deliberately blocks the ball to prevent it hitting the wicket.

A single remaining batter may continue batting, changing ends as necessary to receive strike.

A partner must run with the remaining batter; the whole side is out when the solo batter is out or either player is run out.

A batter retires on 15 but the last scoring hit counts (i.e. if on 14 and score six on next hit, the batter retires on 20).

A retired batter may resume their innings when only one batter remains.

One run is added to the batter's score if a struck ball hits any wall.



Maryland Youth Cricket Association

Helping Schools Through Cricket

## MYCA "Cricket Partner" Schools Program



**The "Cricket Partner" program will supply to schools, at no cost, cricket equipment and instruction. It will also provide supplemental support to participating schools through its extensive network of enthusiastic cricket supporters.**



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# Cricket is Easy and Fun to Learn!

## The Perfect School Game:



Cricket, one of the world's most popular sports, is the perfect game for group instruction:

- It can be played indoors or outside, on a basketball court, asphalt or grass.
- It allows the instructor to observe students both as individual participants and as parts of a team.
- Cricket appeals to all children, not just those who are typically large, strong or fast. (In groups, this propensity causes many disaffected children to shrink away from active participation. This means less involvement and a discouraging, awkward experience for the child; it also makes the task of assigning that student a fair grade more difficult for the instructor.)
- Cricket rewards patience, technique and intelligence; stature has very little to do with eventual greatness. This encourages all children to participate, and draws out those typically disaffected.

## Suitability

Cricket is suitable for boys and girls to participate in from an early age. Children from the age of 5 years old can begin to learn cricket by participating in the MYCA program. Cricket is a non-contact sport and at this age is played with a soft cricket ball to ensure the safety of the children. Cricket is a great way for children to learn to work together in a team environment while developing important physical and mental skills.

Boys and girls of all ages can play cricket both socially and competitively. While competitive cricket is mostly played on a pitch on an oval field, cricket just for fun can be played in backyards, parks, and streets or on the beach.



## Health benefits

Although there is some standing around, to play cricket well you need to be fit and strong, and have good hand-eye coordination and ball-handling skills. Cricket involves sprinting between wickets and running to stop balls, as well as bowling and throwing.

Health benefits include:

- Endurance and stamina
- Balance and coordination
- Physical fitness
- Improving hand-eye coordination

As well as physical health benefits, cricket can also bring other benefits and opportunities such as:

- Learning about other cultures
- Developing team skills
- Social interaction – it's a great way to meet new people and make new friends.

## Getting started

To play backyard cricket you just need some friends, a bat, a ball and wickets. To learn the skills, children can participate in a clinic, or join a local youth league.

### **FUN FACT:**

Baseball grew out of cricket, which is why the two sports are so similar. In fact, George Washington is known to have played, and Abraham Lincoln once attended a match between Chicago and Milwaukee in 1859.