



WHAT'S NEW?

Updated regulations and new guidance are being introduced to enhance the safety of those involved in recreational cricket. This document outlines what's new, what's staying the same and how you can find out more information.



REGULATIONS:

What's remaining the same?

- Players under the age of 18 playing hardball cricket **must** wear a British Standard helmet when:
 - batting
 - keeping wicket when standing up to the stumps
 - fielding within 8 yards of the striking batter (for 16–17-year-olds).
- Players under the age of 18 playing hardball or softball cricket **must** comply with the minimum fielding distance applicable for their age.
- Fast bowlers aged 19 or under playing hardball cricket **must**:
 - comply with limits on the number of overs they can bowl per spell and per day (**N.B lower over limits have been introduced**)
 - comply with the minimum rest periods mandated between spells of bowling.
- Subject to a limited exception, only players aged 12 or older can play open age (adult) cricket. Written parental consent is required in every case.

What's new?

- Male players aged under 18 **must** wear a groin protector (box) when also required to wear a helmet (i.e., when batting, keeping wicket or fielding in certain positions in hardball cricket).
- Written approval **must** be obtained from the County Talent Pathway Lead (in addition to written parental consent) before a County or sub-County player aged 11 and who has started school year 7 is eligible to play in open age (adult) cricket.
- Clubs **must** have regard to certain considerations before playing a junior cricketer in open age cricket or in an age group above that player's actual age group.
- Umpires (both formally appointed and acting umpires), and captains (or team managers in junior cricket) **must** take certain steps to enforce the new Safety Regulations in matches.
 - Regulations apply to the players age, not the age group of cricket (e.g., 12-year-olds, not U13s)



NEW SAFETY GUIDANCE:

The ECB recommends that...

- Each Club appoints at least one First Aider, and that at least one First Aider is present when any cricket activity is taking place at the Club (training or matches, and hard ball or soft ball).
- Clubs carry out risk assessments for activities at their Club to inform necessary safety procedures.
- Clubs have fully stocked first aid kits and develop annual Medical Emergency Action Plans.
- All coaches, umpires, and captains (or in junior cricket, team managers) undertake concussion e-learning and a basic life support course.
- Fast bowlers aged 19 or under:
 - consider adhering to recommended maximum and minimum numbers of overs bowled each week, as well as certain recommended rest periods
 - follow a 'Ready to Bowl' programme to build up to regular bowling following a break from bowling of 2 weeks or longer

Access the full Regulations and Guidelines documents by clicking [here](#), or scanning:

ANY QUESTIONS? Email: SafetyInCricket@ecb.co.uk

