

# Sussex Junior Cricket League

## Match Day Menu

### FREE HITS

*Prior to the toss, both sides agree on which three overs will be the 'free hit' overs for each innings of the game. The first ball of each of these overs will then be a 'free hit' for the batter on strike. For that ball a batter can only be out if they are run out. If the ball is a wide or no-ball, the 'free hit' rolls over to the next ball. This continues until a legal ball has been bowled and the 'free hit' is complete.*

*Or...*

*Prior to the toss, both sides agree which one over from any of the first 5 in each innings will be the 'free hit' over for each innings of the game. All 6-balls of this nominated over will be 'free hits' and during this over the batters can only be out if they are run out. No extra balls will be bowled in this over.*

*Or...*

*Prior to the toss, both sides can agree to play 'free hits' for all no-balls during each innings of the game. i.e. all front foot, back foot, waist high and more than 3-fielders behind square on the leg side no-balls, all count as a 'free hit', meaning the next delivery of the game is signalled as a 'free hit', during which the batters can only be out if they are run out. If the no-ball is bowled on the final ball of the over, the 'free hit' is put in play for the first ball of the very next over.*

### BOWLING / BATTING ORDERS

*If a player bats in the top 4 they are not allowed to bowl more than 2-overs when their side comes to field. If a side fields first, any player bowling more than 2-overs may not bat in the top 4 when their side comes to bat.*

*Or...*

*Players batting at numbers 9, 10 and 11 in the order receive 2-lives. i.e. if they are out, they continue to bat until they lose their wicket for a second time.*

### POWER PLAY

*In the first 5-overs of each innings, the fielders must have no less than 4 fielders on the boundary as the bowler delivers the ball. In the final 5-over of each innings, the fielders may not have more than 3 fielders on the boundary as the bowler delivers the ball.*

*Or...*

*The batting captain at any point during their innings, may call for the 'batting power play'. This must be done prior to the first ball being bowled and once called, both umpires and the fielding captain must be made aware. The bowling side may change their original choice of bowler for this over once they know the 'batting power play' has been called, but once called the batting captain may not withdraw his/her decision. In this over, all runs and extras are doubled and credited to the batter (where necessary) in the same way they usually would. The batting captain may not call for the 'batting power play' in the final over of their innings.*

*Or...*

*In the first 4-overs of each innings, all boundaries scored off the bat are doubled. This doesn't apply to any other runs scored, or extras that go for boundaries, unless runs are scored off the bat.*

# Sussex Junior Cricket League

## Match Day Menu

### **BOUNDARY SIZE**

*The ECB recommended boundary sizes for boys cricket are as follows...*

- U9 – 30m
- U10 – 35m
- U11 softball – 35m
- U11 hardball – 40m
- U12 & U13 – 50m
- U14 & U15 – 55m
- U17 – 60m

*When playing at home, don't be afraid to change the shape of the boundary to encourage more value in certain areas. i.e. make the square boundaries between point and wide mid-off, and between square leg and wide mid-on the length of the recommendations, but the straight boundaries back past the bowler and behind the wicket keeper a good 10m shorter.*

### **WIDES AND NO-BALLS**

*Each wide and no-ball shall be penalised by 1-run, in addition to any other runs scored off that ball. For every wide and no-ball bowled, an extra ball shall be bowled up to a maximum of 9-balls per over. In the final over of the innings, 6 legal balls must be bowled as they would be in the parent game.*

*This rule is already being played in the West Area Regional League.*

**For further information please contact  
[matt.parsons@sussexcricket.co.uk](mailto:matt.parsons@sussexcricket.co.uk)**