

KEY RULES

Game Basics: Cricket is played between two teams, each taking turns to bat and field. The aim is to score runs while the other team tries to get batters out. Runs are scored by hitting the ball and running between the wickets or by hitting boundaries (4 if the ball reaches the boundary, 6 if it goes over without bouncing).

Batting & Scoring: Each pair or team bats for a set number of balls or overs. A batter can be out if they are bowled, caught, run out, stumped, or if the ball hits the stumps during play. Batters must communicate clearly when running to avoid being run out. Batters stand side-on with eyes on the ball, using defensive or attacking shots depending on the delivery.

Bowling & Fielding: Bowlers must bowl with a straight arm; a bent-arm throw is not allowed. The ball must bounce once before reaching the batter (in most school formats). Fielders use techniques such as the long barrier to safely stop the ball. The wicketkeeper stands behind the stumps to collect balls that pass the batter.

Fair Play & Safety: All players must wait until the ball is dead before entering the wicket area. Helmets, pads, and gloves should be used when hard balls are in play. Good sportsmanship includes encouraging teammates, clapping opponents' success, and respecting the umpire's decisions.

NATIONAL GOVERNING BODY (NGB)

England and Wales Cricket Board (ECB): responsible for cricket in England and Wales, from grassroots to elite level.

Cricket Scotland: oversees the development, rules, and competitions for schools and clubs in Scotland.

Cricket Ireland: governs cricket in both Northern Ireland and the Republic of Ireland.

Welsh Cricket Association: supports grassroots cricket participation across Wales alongside the ECB.

USEFUL LINKS

England and Wales Cricket Board (ECB): ecb.co.uk

Cricket Scotland: cricketscotland.com

Cricket Ireland: cricketireland.ie

Welsh Cricket Association: walescricket.co.uk

International Cricket Council (ICC): icc-cricket.com

School Games Cricket: yourschoolgames.com/taking-part/our-sports/cricket