

CONTINUOUS CRICKET – Mixed

Warm up prior to participation and warm down upon conclusion.

Keep hydrated

- 1 A team will consist of up to 8 players with at least 2 females. Teams with less than 6 males cannot bat more than once to account for the lack of players
(General Rule 1.1 & 1.2 apply)
- 2 The rules will be as for Continuous Cricket.
- 3 Games will be played for 10 minutes batting, 1 minute change over & 10 minutes fielding. Total 21 minute games.
- 4 Tip and run – If the ball hits any part of the bat or hand, batters must run around the marker and back.
- 5 The batter is out if, the ball hits the wicket, ball is caught or deliberately uses body to protect wickets etc.
- 6 Batters can run a maximum of 4 runs per hit (four times around the marker).
- 7 Play ceases when all batters have been dismissed or ten minutes expires.
- 8 Bowlers must bowl under arm.
- 9 Only the bowler can run out (or bowl) the batter.
- 10 Wides can be called and will result in 2 runs for the team batting
- 11 Deliberate time wasting will result in 10 points being deducted from your overall church score.

Equipment

SportsFest Supply all Gear

Competitors to have own personal safety equipment