

WORKLOAD GUIDELINES FOR PLAYING AND TRAINING

It is recommended that the following guidelines be adopted for junior cricketers' training schedules.

	U-10	U-11	U-12	U-13	U-14	U-15	U-16	U-17	U-18	U-19
SESSIONS PER WEEK*	1	1	2	2	2	2	2	3	3	3
BALLS PER SESSION	24	24	24	30	30	30	36	36	42	48

*SUBSTITUTE AT LEAST ONE PRACTICE SESSION FOR EACH ADDITIONAL MATCH PLAYED IN THE WEEK.

BOWLING: GUIDELINES FOR TOTAL WEEKLY WORKLOAD (UNDER-14 TO UNDER-19 BOWLERS)

Research suggests that the total number of deliveries bowled in a week, and increasing the number of balls bowled from week-to-week too quickly (workload spike) can have an impact on the potential for injury.

For example, at first-class level (average age 27 years), it has been shown that total workloads of more than 170 balls per week can increase the risk of injury, and at a junior level, the number of bowling sessions per week, can also influence injury risk.

This is a potential area for concern in younger age groups when growth, motor development and physical maturity factors are taken into account.

For under-14 to under-19 bowlers, it is recommended that a sensible strategy is:

- » If 1 to 10 overs of match deliveries are bowled in a week, a bowler should follow the training guidelines above;
- » If 11 to 20 overs of match deliveries are bowled in a week, a bowler should NOT bowl more than twice at training during that week;
- » If 21 to 30 overs of match deliveries are bowled in a week, a bowler should NOT bowl more than once at training during that week;
- » If 30 overs or more of match deliveries are bowled in a week, a bowler should NOT bowl at all at training during that week.
- » As with any repetitive physical activity, there is a risk that injuries may still occur. If symptoms develop, particularly in the lower back, seek early medical assessment of the problem.

The above recommendations were developed with weekly Club/school cricket in mind and they are not necessarily appropriate for junior cricket carnivals, which may have children playing multiple days of cricket consecutively.

It should also be noted that coaches, administrators and parents should be aware of the training workloads and any other competition playing commitments in the 2-3 days leading up to, and immediately after, the aforementioned competitions/junior carnivals.

These recommendations have been developed with the junior cricket player's best interest in mind.

Cricket Australia hopes that coaches and team managers can understand this and help to provide the safest possible environment for our junior players.

DETECTING AND MANAGING ILLEGAL BOWLING ACTIONS

Many young boys and girls experience difficulties with maintaining a bowling arm position within the International Cricket Council's range (0-15 degrees).

Coaches, parents, umpires and managers of underage teams should respect the sensitive nature of this issue.

At the introductory level of the game, bowlers in this category should be assisted with the problem rather than have it highlighted.

A high level of empathy should be applied to the handling of these cases.

Contact your relevant State/Territory Cricket Association to assist with appropriate measures that will help manage such cases, or visit the illegal bowling action information on the Cricket Australia website: www.community.cricket.com.au



BOWLING WORKLOAD GUIDELINES

The following is recommended to reduce the risk of injury and enhance the bowling development of junior cricketers, both in game and training situations.

5 TO 12 YEARS OF AGE

- » Restrictions in place for player development – all players to bowl in every match unless injured or at risk of injury;
- » Six (6) legal balls per over with a maximum of eight (8) balls in any one over, including wides and no-balls.

13 YEARS AND ABOVE

- » Restrictions are in place predominately for safety, but also for development purposes;
- » Maximum overs in a day includes all overs on that day and if a second innings commences on the same day, i.e. outright opportunity, restrictions still apply.

For players playing more than one match in a given day, the daily restrictions should still apply.

REST PERIODS

The minimum rest periods between spells for medium and fast bowlers will be at least the same number of overs bowled from the same end as the bowlers' immediately concluded spell. For example, if the bowler has bowled 4 overs from that end, they would get at least 4 overs rest before bowling again.



BOWLING RESTRICTIONS SUMMARY

AGE	BOWLING RESTRICTIONS FOR MATCHES
5-8 YEARS	<ul style="list-style-type: none">» One over per bowler» Maximum eight balls in any one over
UNDER 10	<ul style="list-style-type: none">» All players (unless injured or at risk of injury) minimum one over» Two overs maximum each spell» Four overs maximum for day» Maximum eight balls in any one over
UNDER 11	<ul style="list-style-type: none">» All players (unless injured or at risk of injury) minimum one over» Three overs maximum each spell» Six overs maximum for day» Maximum eight balls in any one over, including wides/no-balls
UNDER 12	<ul style="list-style-type: none">» All players (unless injured or at risk of injury) minimum one over.» Four overs maximum each spell» Eight overs maximum for day» Maximum eight balls in any one over, including wides/no-balls
UNDER 13	<ul style="list-style-type: none">» Four overs maximum each spell» Eight overs maximum for day
UNDER 14	<ul style="list-style-type: none">» Five overs maximum each spell» 10 overs maximum for day
UNDER 15	<ul style="list-style-type: none">» Five overs maximum each spell» 12 overs maximum for day
UNDER 16	<ul style="list-style-type: none">» Six overs maximum each spell» 14 overs maximum for day
UNDER 17	<ul style="list-style-type: none">» Six overs maximum each spell» 16 overs maximum for day
UNDER 18	<ul style="list-style-type: none">» Seven overs maximum each spell» 18 overs maximum for day
UNDER 19	<ul style="list-style-type: none">» Eight overs maximum each spell» 20 overs maximum for day