

5.5— Pace bowling Guidelines

The following tables outline guidelines for matches, practices and tournament play based upon the age group of the player. For a match, it sets out the maximum overs in a day, and in any one bowling spell. After a spell, a pace bowler should rest for at least the same number of overs they bowled from their end, which also applies to tournament play. For practices, the guidelines set out maximum sessions per week and how many overs a bowler should deliver in any one session.

9-12 years of age

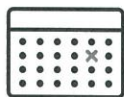
- Restrictions are in place for player development. All players to bowl in every match unless injured or at risk of injury.
- Maximum 8 balls in any one over, including wides and no balls.

13-18 years of age

- Restrictions in place predominantly for safety but also for development purposes.
- Maximum overs in a day includes all overs on that day, including a second innings.

For definition purposes:

A pace bowler should be regarded as any bowler who is not a genuine spin bowler and therefore includes medium pace and slow medium bowlers and where the wicket keeper would normally stand back. Coaches are asked to apply the rule strictly and not try to avoid it by bringing up the wicket keeper artificially.



Once per week games (e.g. Saturday Cricket)

| AGE | BOWLING RESTRICTION |
|----------|---|
| 9-10yrs | <ul style="list-style-type: none"> • 5 overs per day • 2 overs per spell |
| 11-12yrs | <ul style="list-style-type: none"> • 8 overs per day • 4 overs per spell |
| 13yrs | <ul style="list-style-type: none"> • 10 overs per day • 5 overs per spell |
| 14yrs | <ul style="list-style-type: none"> • 10 overs per day • 5 overs per spell |
| 15yrs | <ul style="list-style-type: none"> • 12 overs per day • 5 overs per spell |
| 16yrs | <ul style="list-style-type: none"> • 14 overs per day • 6 overs per spell |
| 17yrs | <ul style="list-style-type: none"> • 16 overs per day • 6 overs per spell |
| 18yrs | <ul style="list-style-type: none"> • 20 overs per day • 8 overs per spell |



The guidelines below are based on junior and youth cricket practice sessions

| AGE | SESSIONS PER WEEK / BOWLING RESTRICTION |
|----------|--|
| 9-10yrs | <ul style="list-style-type: none"> • 1 session per week • 4 overs per session |
| 11-12yrs | <ul style="list-style-type: none"> • 1 session per week • 4 overs per session |
| 13yrs | <ul style="list-style-type: none"> • 2 sessions per week • 5 overs per session |
| 14yrs | <ul style="list-style-type: none"> • 2 sessions per week • 5 overs per session |
| 15yrs | <ul style="list-style-type: none"> • 2 sessions per week • 5 overs per session |
| 16yrs | <ul style="list-style-type: none"> • 2 sessions per week • 6 overs per session |
| 17yrs | <ul style="list-style-type: none"> • 2 sessions per week • 6 overs per session |
| 18yrs | <ul style="list-style-type: none"> • 2 sessions per week • 6 overs per session |



The table below is based on cricketers playing in tournaments that are played for 3 or more days

| AGE | SESSIONS PER WEEK / BOWLING RESTRICTION |
|----------|--|
| 9-10yrs | <ul style="list-style-type: none"> • 4 overs per day • 2 overs per spell • Max 16 overs bowled during the tournament |
| 11-12yrs | <ul style="list-style-type: none"> • 8 overs per day • 4 overs per spell • Max 20 overs bowled during the tournament |
| 13yrs | <ul style="list-style-type: none"> • 10 overs per day • 5 overs per spell • Max 32 overs bowled during the tournament |
| 14yrs | <ul style="list-style-type: none"> • 10 overs per day • 5 overs per spell • Max 32 overs bowled during the tournament |
| 15yrs | <ul style="list-style-type: none"> • 10 overs per day • 6 overs per spell • Max 38 overs bowled during the tournament |
| 16yrs | <ul style="list-style-type: none"> • 10 overs per day • 6 overs per spell • Max 38 overs bowled during the tournament |
| 17yrs | <ul style="list-style-type: none"> • 10 overs per day • 6 overs per spell • Max 42 overs bowled during the tournament |
| 18yrs | <ul style="list-style-type: none"> • 10 overs per day • 6 overs per spell • Max 42 overs bowled during the tournament |