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| Players | 8 a side to include min 2 girls. Can be from Year 4/5/6 |
| Bowling | 5 balls per player then rotate with next fielder to bowl. Each player will bowl twice. |
| Underarm & Overarm bowling allowed. |
| Pitch length | Click here: ECB Recommended Junior Formats |
| 17 yards (15.5m) Year 5 & 6 or 15 yards (13.7m) Year 4 |
| Batting | Pairs (20 balls per pair).  |
| Umpires should use discretion to swap batters so each is given an opportunity to contribute |
| Scoring | via Countdown cricket scorer app: Android Click here or IOS Click here |
| Runs | Are scored by hitting past (4 runs) or over (6 runs) the boundary or completing ‘runs’ between the wickets.  |
| No-balls & wides are scored as 2 runs to batting team and no extra delivery to be bowled.  |
| Free Hit\* | Following a no ball or a wide, the batter receives a “free hit” from the batting tee, and any runs scored are added to the total for that delivery (for example 2 runs for a wide, plus 1 run from the “free hit” = 3 runs).  |
| Batters have 3 seconds to take their free hit and must hit in front of square. |
| Out if | Bowled, caught, run out (if out, swap ends and continue, 5 runs added to the fielding team) |
| Fielding | Rotate after each over |
| SAFETY: Except for the wicketkeeper no fielder may field within 10 yards of the bat |
| Byes | Yes, if batters miss the ball or it hits part of the body they can still run |
| No balls/ Wides | Yes, if deemed un-hittable e.g. rolling, too high or too far to be hit fairly |

