## SPORTS DAY

## Sunday 22 $^{\text {nd }}$ August 2021

## VENUE: TO BE CONFIRMED

## (Entry Date: Sunday $1^{\text {st }}$ August 2021)

- PUNCTUALITY - please ensure that your competitors report on time for the competitions. No competition will be held up for late competitors.
- Competitors to report half an hour before the commencement of their respective competition for a Draw to be made.
- Play to commence promptly in each of the competitions.

Once a team signs in to play any sport and play begins, that original team must remain the same throughout the competition. Clubs are allowed one guest per team. Guest must be YFC member from another club within the Federation and not played in another competition on the day.

## MIXED KWIK CRICKET

## ELIGIBILITY

Only one team allowed per club.

## ELIGIBILITY

A squad of ten (10) players, from whom eight (8) players will be chosen to form a team for each innings, which must include a minimum of three (3) girls. All players must be aged between 10 years and over and 16 and under on $1^{\text {st }}$ September 2020 (this age range must be adhered to). This means competitors have attained their $10^{\text {th }}$ birthday on the day of the County Competition and may be 17 on the day of the National Final.

## PROCEDURE

The 2 captains toss a coin to decide which team bats or fields first.

## Batting

The batting side shall be divided into pairs, each pair batting for 2 overs, with a new pair starting at the end of the second, fourth and sixth overs.
Each team starts batting with a score of 200 runs, each time a batter is out 5 runs are deducted and the other batter of the pair faces the next ball.

A batter may be out bowled, caught, run out, stumped, hit wicket.
There is no LBW (Leg Before Wicket) law unless the batter deliberately blocks the ball with a leg or foot.
Runs will be scored in the normal way as will byes.
Two runs will be awarded to the batting team for each wide ball and no-ball bowled plus any additional runs that are taken but no extra ball will be allocated, except in the final over of each innings when, in addition to the 2 runs, an extra ball will be bowled.

At the end of the first two overs, the first pair of batters retires and is replaced by the second pair until all 4 pairs have batted 2 overs each.
The second team then bats for its 8 overs.

## Bowling \& Fielding

Bowling will take place from one end only, 8 overs to be bowled, with each player bowling one over, each game to consist of one innings per team.

All fielders, including the wicketkeeper, must rotate fielding positions at the end of each over.
Each player on the fielding side must bowl 1 over.
Bowling should be over arm where possible:

At County rounds bowling overarm should be encouraged with the first ball of each over. If no amount of coaching can achieve an overarm bowl, even from a base start, then the rest of the over can be bowled underarm. The double bounce rule will be applied i.e. if the ball bounces more than ONCE, or rolls along with ground before it reaches the crease and a no ball will be called.

At the Wales YFC Final and at the National Final underarm bowling is unacceptable and the double bounce rule will be applied i.e. if the ball bounces more than ONCE, or rolls along the ground before it reaches the crease, a no ball will be called.

With the exception of the Wicket Keeper no fielder may field within 10 metres of the wicket, measured from the middle of the stump. A fielder may move into this restricted area to field the ball provided they were outside of this area when the stroke was made.

Substitutions during an innings can only be made in the case of an injury. The injured player will take no further part in the innings once a substitution has been made.

## Pitch

Two sets of wickets, the length being 17 yards apart measured from stump to stump.
Boundaries are a minimum of 35 yards apart but can be reduced to accommodate available facilities, measured from the middle stump.

Equipment supplied at the Wales YFC Final:
$2 \times$ Stump Sets
$1 \times$ Plastic Ball
$2 \times$ Plastic Bats

## Scoring

The team with the higher score wins, in the event of a tie the team taking more wickets will be the winner.
If it is still equal, each player bowls 1 ball at the wicket (no batter), with the team scoring the higher number of strikes being the winner.

Points will be awarded as follows:
Win = 2; Lose = 1
The Umpire's decision is final.

## Glossary

An over consists of 6 balls.
Byes and Leg Byes
If a batter misses the ball, or if it hits their body, they may still run and score byes.
Wide Ball - a ball that is too far from the batter to strike. A ball will not be called a wide, no matter how wayward it may be, if the batter manages to hit it.

If a bowler delivers a ball so wide it is missed by the Wicket Keeper and it crosses the boundary for the batting side will be awarded the 4 runs without the additional 2 runs for the wide ball. I.e A wide ball reaching the boundary will score 4 and not 6 .

## No Ball

If a ball bounces more than once before reaching the batsman or if it reaches the batsman above shoulder height without bouncing, it will be called a no ball.

A batsman may hit a no ball and if the shot results in 3 or more runs being scored, that score will count and the 2 runs for the no ball will be ignored. If 1 run is scored the batsman will instead be credited with the 2 runs for the no ball.
(Rules as for Wales YFC Eliminator, 2021 Wales YFC Sports Day, $11^{\text {th }} / 12^{\text {th }}$ September 2021, Aberystwyth)

Entries to be submitted online by Sunday $1^{\text {st }}$ August 2021. NO LATE ENTRY FORMS WILL BE ACCEPTED UNDER ANY CIRCUMSTANCES.
WITHDRAWAL FROM COMPETITIONS
Clubs/Members are asked to notify the YFC Office of any withdrawals prior to a Competition. PLEASE NOTE: All withdrawals from Club Secretaries/Members must be made by email or by telephoning the YFC Office. If telephoning out of office hours then a message should be left on the answer phone.

Please Note: "That only members with up-to-date plastic membership cards and are on the database in the YFC Office are eligible to compete. Any new members forms and photos must be attached to the Entry Form when returned by clubs."

