

Appendix E BOWLING INJURY PREVENTION

AGE BOWLING RESTRICTIONS FOR MATCHES			
Age Group	Max. Overs Each Spell *	Max. Overs Each Day	Target Balls per week (match & training)
Under 11	2	4	
Under 13	4	8	100 to 120
Under 15	5	12	100 to 120 <i>Allow 4-6 weeks gradual bowling preparation prior to the season</i>
Under 17	6	16	120 to 150 <i>Allow 6-8 weeks gradual bowling preparation prior to the season</i>
Under 19	7	20	150 to 180 <i>Allow 8-10 weeks gradual bowling preparation prior to the season</i>

* Rest between spells should be the lesser of 1 hour of interruption to play OR the same number of overs from the same end as the completed spell.

[A] This policy applies to all competitions. For the purpose of this policy, a player's status shall be determined by their age on the thirty first [31] day of August in the season in which the competition is played. For example, a player who is eighteen [18] on the thirty first day of August shall be deemed to be under nineteen for the duration of that season. These restrictions apply equally to male and female players.

[B] A bowler who has bowled a spell of less than the maximum overs per spell may resume bowling prior to the completion of the necessary break as defined below, but this will be considered an extension of the same spell, and the maximum limit of overs for the spell will still apply. Following the completion of the spell, the normal break between spells will apply – the break within the spell is disregarded.

[C] Definitions: This policy applies to bowlers of medium pace or faster (as determined by the umpires and broadly defined as one to whom the wicket-keeper would normally stand back, or one who is not considered a slow bowler). The umpires shall immediately notify the captains of both sides of each bowler who they determine should be treated differently to this broad definition.

[D] Change of Bowling Type: Where a bowler changes between medium pace (or faster) and slow bowling during a day's play:

(i) If the bowler begins with medium pace (or faster), the bowler is subject to the playing condition throughout the day.

(ii) If the bowler begins with slow bowling and changes to medium pace (or faster), the playing condition applies from the time of the change, and all overs of slow bowling bowled prior to the change shall not be taken into account in either the current spell or the daily limit.

[E] Umpires shall monitor the overs bowled by players. In the event of a bowler attempting to bowl more than the permitted quota of overs relevant to his age group, the umpire[s] should advise the captain and/or coach that the permissible number of overs has been bowled. Umpires will record players that exceed the number of overs per match or per spell in a given match on the match report to Queensland Cricket. Should the bowler continue to bowl and exceed the relevant quota, the umpire[s] shall report the matter to Queensland Cricket. Umpires have no power to suspend a player who breaches this regulation from bowling.

Notes: Refer to the current Cricket Australia Playing Policy and Guidelines ("Well Played") for further details in relation to bowling injury prevention.