

40. RECOMMENDATIONS from NSWCCA

The following bowling restrictions are endorsed by the NCCC:

Age	Bowling Restriction
5-8 years	One (1) over per bowler. Max eight (8) balls per over.
u10	Two (2) overs max each spell. Four (4) overs max for day. Max eight (8) balls per over.
u11	Three (3) overs max each spell. Six (6) overs max for day. Max eight (8) balls per over.
u12	Four (4) overs max each spell. Eight (8) overs max for day. Max eight (8) balls per over.
u13	Four (4) overs max each spell. Eight (8) overs max for day.
u14	Five (5) overs max each spell. Ten (10) overs max for day.
u15	Five (5) overs max each spell. Twelve (12) overs max for day.
u16	Six (6) overs max each spell. Fourteen (14) overs max for day.
u17	Six (6) overs max each spell. Sixteen (16) overs max for day.
u18	Seven (7) overs max each spell. Eighteen (18) overs max for day.
u19	Eight (8) overs max each spell. Twenty (20) overs max for day.

a) **Minimum Rest Periods.**

Managers and captains are to ensure that their bowlers, falling into the above age categories, adhere to the minimum rest period instruction that can be found at By-Law 40b.

b) **A pace bowler** who has bowled a spell of fewer than the maximum number of overs set out in the table may resume bowling prior to the completion of the minimum rest period as defined in the table, but this will be considered as an extension of the same spell, and the limit of overs in the total spell will still apply. The insufficient break within the spell is therefore disregarded.

However, once the minimum rest period has been completed, there is nothing in the recommendations to prevent the bowler from commencing a new spell.

The minimum rest period between spells for pace bowlers will be at least the same number of overs bowled from the same end as the bowlers' immediately concluded spell.

For the purpose of calculating a bowler's minimum rest period as defined above, any interruption to play due to wet weather or an interval shall contribute in the amount of 1 over for each 3.5 minutes or part thereof. A scheduled tea interval of 20 minutes shall count as 3 overs from each end, and a scheduled luncheon of 40 minutes shall count as 6 overs from each end.

NOTE: - Junior spin bowlers may bowl their full maximum quota of overs in one spell provided all the overs are deemed by the umpires to be spin bowling.

(This does not permit a pace bowler to change to spin bowling after bowling previous overs at pace unless the required break between spells has been observed)

c) **Maximum Overs (Practice)**

No medium or fast (pace) Bowler shall be permitted to Bowl more than the number of overs indicated below in a practice session:

Age	Ball per Session	Sessions per Week
Under 19	48	3
Under 17	36	3
Under 16	36	2
Under 15	36	2
Under 14	30	2
Under 13	30	2
Under 12	24	2
Under 11	24	2

Substitute one practice session for each additional Match played in the week.