



**CRICKET  
SCOTLAND**

**More Fun – More Action – Better Skills**

**Junior  
Cricket  
Pathway  
and  
Formats  
Guide**



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## Introduction

Welcome to your Junior Cricket Pathway and Formats Guide for 2018. On the back of overwhelming research, Cricket Scotland has set out a new pathway for junior cricket that we hope will attract and retain a new generation of cricketers.

Key to this pathway are the changes that have been initiated at junior league cricket for kids 10-16 years old. For the first time we hope to have uniformity across the country in playing formats and a truly age/stage appropriate pathway that will help attract, develop and retain kids in the game.

The recommended formats will create a fantastic, consistent experience for all children regardless of where they live.

The recommendations essentially involve:

- Reduced number of players per team
- Shortened pitch lengths
- Smaller boundaries
- Batting and bowling recommendations to encourage greater participation, skill development for all, and a more dynamic product

It is Cricket Scotland's ambition that all clubs, schools and leagues will adopt these formats.

The recommended formats provide a staged approach to help children have a fantastic experience that both maximises enjoyment and provides the opportunity for children to improve and succeed, both of which we know have a huge impact on the ability to retain children in cricket.

We hope this guide helps you deliver outstanding cricket experiences for your young players over the summer.

Kind regards,

Ian Sandbrook

Head of Participation

Cricket Scotland

## Objectives

The objectives of the new Junior Cricket Pathway and formats are:

- To provide kids with a fantastic experience of cricket & one that more closely replicates the professional game
- Increase junior player retention and ensure sustainable participation
- Better develop the skills of the game that are needed for long term performance
- Provide an age/stage appropriate pathway that is adopted across Scotland for the overall growth and improvement of the game
- Maximise participation for all involved

## What is the role of the coach?

The experience children have when they play cricket is vital. As a junior coach you are the primary influencer of that experience, and therefore, it's crucial you understand the environment you should be creating for junior cricket. The points below are common sense, yet are so important to ensuring children have a positive experience and continue to participate in, and love, cricket.

- Ensure the facilities are open, clean, safe and ready to use
- Run games with an energetic and fast-paced nature encouraging children at all times and ensuring all players are actively engaged
- Take an interest in developing all your players and seeing them improve over the course of the season
- Encourage children, parents and volunteers to get involved – scoring, umpiring, games on the side-line
- Be clear in communicating the rules for the game
- Organise your team and make sure they know the batting order

## How we will measure success?

The number of players that want to come back each week!



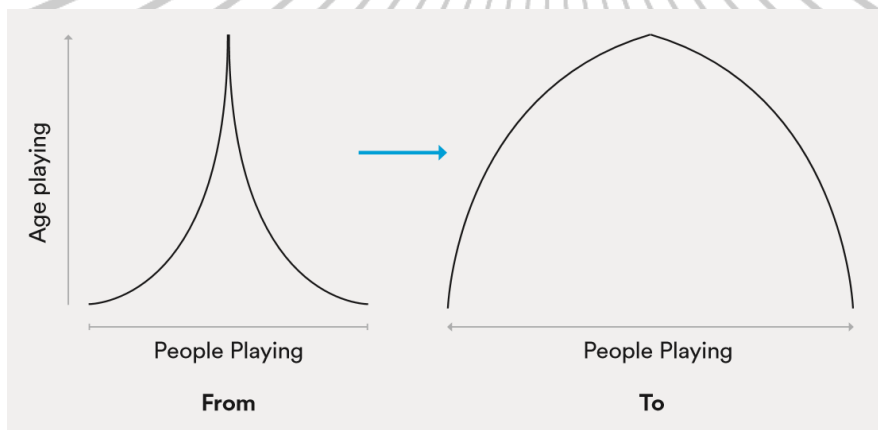
## What does great look like?

We need to make junior cricket vibrant. That means warm and welcoming facilities, engaged children and parents, and passionate coaches and organisers. Let's put the experience of the children and their families at the heart of what we deliver. Get this right, and they will keep coming back!



## Shifting Our Curve

For the future sustainability of cricket, we fundamentally need to move away from the long term damaging effect of early selection and performance focus within junior club cricket. Our primary role at this stage is to attract and keep kids in the game.



## Why are we making changes?

The overwhelming feedback has shown 3 key challenges that we must address:

1. The large amount of downtime in the game
2. Inaction for many players
3. Not developing the skills to have success and stay in the game

Key findings from our surveys in 2017:

- 70% said current formats didn't give enough opportunities to develop skills
- 59% said formats weren't fun for all participants
- 62% of coaches said players didn't get enough straight balls to hit when batting
- 57% said the children struggled with straight bowling
- On average 37% of runs were from extras

## How are the changes going to help?

### Players

**These modified formats better replicate the adult game:**

- ✓ Less reaction time for batters
- ✓ Better technique - trajectory of the ball from bowlers
- ✓ Less wides

**Modified Formats accelerate skill acquisition**

- ✓ Repeat skills over and over – develop your own technique
- ✓ More balls in play, better trajectory, more pace on the ball
- ✓ Perform the skills better and learn them faster

### Clubs

- ✓ **More Club Members** – sustainable future for your club
- ✓ **More Members = More Income** - membership fees, over the bar, social events
- ✓ **Clarity and Uniformity** - of the player pathway and formats across the country with everyone pulling in the same direction
- ✓ **More Fun** – likely to attract more coaches, volunteers, supporters

## What is the research behind the changes?

The changes are based on extensive research and piloting done by Cricket Australia over the last 3 years.

### Junior Format Pilot Results 2016-2017

New formats of junior cricket were trialed in 2016-2017 season to increase the fun, activity levels & skill development of kids as they commence their cricket journey. Cricket Australia, States & Territories partnered with 15 associations to do this and the result was that 640 teams played 6261 innings of cricket under the new rules.

#### TRIAL OBJECTIVES



**MORE FUN**



**MORE ACTION**



**LESS TIME**



**BETTER SKILLS**

### Successful Outcomes

#### MATCH DATA



#### COMMUNITY FEEDBACK

##### PARTICIPANTS

**87%**

Enjoy cricket more

##### PARENTS

**76%**

Kids have more fun and better develop skills

##### CLUBS

**74%**

Agreed with shorter game time

##### COACHES

**89%**

More effectively able to coach the game

# Junior Cricket Pathway



**CRICKET SCOTLAND**  
**Junior Pathway & Formats**

The Cricket Scotland Junior Pathway & Formats model provides the framework to support the journey of our cricketers from entry level through to our performance teams.

The model is based on the Cricket Australia framework and is grounded in extensive research, piloting and feedback. The formats are considerate of the physical, mental and emotional development of kids through their cricketing journey, so for the first time we have a truly age and stage appropriate pathway.

Finally, at the heart of the changes is the concept of fun! We aim to unlock the fun, passion and love for cricket in a new generation of kids and families. We want them to experience cricket in a positive way that sees them developing their skills in a really fun and action-packed environment. We strongly believe that the new pathway and formats will provide the basis for 'Inspiring Scotland to Play Cricket'.

Format	Players	Pitch	Overs	Boundary	Age Group
All Stars	2-3	10m	5	10m	- U8 -
Kwik Cricket	6-8	14m	12-16	30m	- U10 -
Junior 1	8	16m	20*	35m*	- U12 -
Junior 2	9	18m	30*	40m*	- U14 -
Junior 3	11	Full Length	40*	45m*	- U16 -

\*Max Recommended

Learning The Skills  
Playing Modified Games



# Junior Formats – Stage 1

**Description:** A format that looks to further develop the cricket skills of kids that are playing their 1<sup>st</sup> or 2<sup>nd</sup> year of junior cricket. The emphasis here is on continuous and active participation, where all players get to bat, bowl and field.

Key Objectives:



Better Skills



Time on Task



More Action



More Fun

	Batting	Bowling	Fielding
Better Skills	Learning to hit a ball on two sides of the field - vertical and horizontal shots  Run between the wickets with judgement and calling	Bowl overarm 16m with a straight arm within batters reach	Catch and Throw over 30m
More Action	More gaps and more chance to score off every ball	More wicket-taking opportunities	More active and less standing still
Time on Task	Everyone gets equal opportunity	Everyone gets a minimum of 2 overs	Fewer fielders means more opportunities to run, throw and catch
More Fun	Bigger Scores! More boundaries, more runs off the bat	Less wides and more time with the ball in play	Less fielders and shorter boundaries will mean fielders will need to be on the game!

## Format Guidelines

Game Type	T20
Players	8
Pitch	16m (18 yards) Turf or artificial surface can be used. We recommend artificial surfaces for junior cricket
Time	120mins (2 hours)
Boundary Size	35m
Overs	20 overs per team (120 balls)
Batting	<p><b>T20 Pairs Cricket</b> Each batting pair will bat for 5 overs. No dismissals (batters swap ends) Bowling team receive `4 runs` to their team total for every wicket they take (no deducting runs from the batting team)</p> <p><b>W/C June 25<sup>th</sup>: National Pilot across all Junior Leagues</b> Retirement 17 balls Retired batters can return when all others have batted, in the order they retired Wides and no balls that are not scored from <b>do not</b> count towards ball faced</p>
Bowling	All players to bowl All bowling takes place from one end only Min 2 overs and max 3 overs per player Max 8 balls per over
Fielding	No fielders within 10m with exception of regulation (off side) slips, gully and wicket keeper Wicketkeeper to change once during each innings
Dismissals	All forms of dismissal apart from LBW
Equipment	Ball - Incrediball  2 sets of stumps with base and bails  Pitch length and boundary measure  Boundary markers  Chalk/tape to mark crease

# Junior Formats – Stage 2

**Description:** This format is ideally suited for those who have completed a couple of seasons of junior cricket and are starting to develop more sophisticated batting, bowling and fielding skills.

Key Objectives:



Better Skills



Time on Task



More Action



More Fun

	Batting	Bowling	Fielding
Better Skills	<p>Hit a moving ball on two sides of the field and in front and behind wicket.</p> <p>Judge and respond with a range of shots</p> <p>Judge where and when runs can be scored</p>	<p>Bowl over 18m with a straight arm within batters reach</p> <p>Developing greater control over line and length</p>	<p>Catch and Throw over 35m</p> <p>Field and catch in all positions</p> <p>Introduce captaincy concepts</p>
More Action	<p>Recognising which deliveries are easier to hit powerfully</p>	<p>Improving accuracy = More wickets</p>	<p>Anticipating each ball and understanding role in the field</p>
Time on Task	<p>All players get an opportunity to spend time in the middle</p>	<p>Less extras and more time with the ball `in play`</p>	<p>Fewer fielders means you will have to anticipate every ball</p>
More Fun	<p>Big hits, more boundaries, more chances to score</p>	<p>Better accuracy and bowling to fields = More Wickets</p>	<p>Dive, stop, throw, catch, chase more often</p>

## Format Guidelines

Game Type	T20
Players	9
Pitch	18m (20 yards) Turf or artificial surface can be used. We recommend artificial surfaces for junior cricket
Time	120mins (2 hours - T20) 180mins (3 hours - 30 overs)
Boundary Size	40m
Overs	Option One: 20 overs per team (120 balls) Option Two: 30 overs per team (180 balls)
Batting	<p><b>Option One: T20</b> Retirement 20 balls Retired batters can return when all others have batted, in the order they retired Wides and no balls that are not scored from <b>do not</b> count towards ball faced</p> <p><b>Option Two: 30 overs</b> Retire at 30 balls Retired batters can return when all others have batted, in the order they retired Wides and no balls that are not scored from <b>do not</b> count towards ball faced</p>
Bowling	<p><b>Option One: T20</b> All players to bowl Change bowling ends after 10 overs Min 2 overs and max 3 overs per player Max 8 balls per over</p> <p><b>Option Two: 30 overs</b> All players to bowl 6 bowlers x 3 overs 3 bowlers x 4 overs</p>
Fielding	No fielders within 10m with exception of regulation (off side) slips, gully and wicket keeper Optional - Wicketkeeper to change once during each innings
Dismissals	All dismissals
Equipment	Ball - 4 ¾ oz junior hardball 2 sets of stumps with base and bails Pitch length and boundary measure Boundary markers Chalk/tape to mark crease



# Junior Formats – Stage 3

**Description:** A modified format for those that are in the intermediate stages of skill development. Fast, dynamic version of the game that allows for constant action. Aimed at those who have played the game for 3-4 seasons.

Key Objectives:



Better Skills



Time on Task



More Action



More Fun

	Batting	Bowling	Fielding
Better Skills	Respond to pace and spin from back and front foot attacking and defending ball to score runs  Judge where and when runs can be scored	Bowl with pace/spin controlling variations of line and length over a full-length wicket	Catch and Throw over 45m  Field and catch in all positions  Captain to make tactical decisions with feedback
More Action	Looking to score off every ball with good decision making	Improving accuracy + Skill level = More Wickets	Anticipation and helping your team every ball in the field
Time on Task	Every ball counts as all players contribute to a competitive team score	Less extras and more time with the ball `in play`	Fewer fielders means you will have to anticipate every ball
More Fun	Big hits, more boundaries, more chances to score	Better accuracy and bowling to fields = More Wickets	Dive, stop, throw, catch, chase more often

## Format Guidelines

<b>Game Type</b>	T20
<b>Players</b>	11
<b>Pitch</b>	Full-length Pitch Turf or artificial surface can be used. We recommend artificial surfaces for junior cricket
<b>Time</b>	120mins (2 hours - T20) 240mins (4 hours - 40 overs)
<b>Boundary Size</b>	45m
<b>Overs</b>	Option One: 20 overs per team (120 balls) Option Two: 40 overs per team (240 balls)
<b>Batting</b>	<p><b>Option One: T20</b> Retirement 24 balls Retired batters can return when all others have batted, in the order they retired Wides and no balls that are not scored from <b>do not</b> count towards ball faced</p> <p><b>Option Two: 40 overs</b> Retirement not compulsory Coach can choose to retire players at 60 balls. These batters can return when all others have batted, in the order they retired Wides and no balls that are not scored from <b>do not</b> count towards ball faced</p>
<b>Bowling</b>	<p><b>Option One: T20</b> Max 4 overs per bowler 5 bowlers minimum must bowl Bowling to change ends at 10 overs</p> <p><b>Option Two: 40 overs</b> Bowling to change ends at 20 overs Max 8 overs per day (4 over spells) 5 players minimum must bowl</p>
<b>Fielding</b>	No fielders within 10m with exception of regulation (off side) slips, gully and wicket keeper
<b>Dismissals</b>	All dismissals
<b>Equipment</b>	Ball - 5 ½ oz (male), 5 oz (female) 2 sets of stumps with base and bails Boundary measure Boundary markers

## FAQs

### Why is the pitch shorter?

The pitch length recommendations within the junior formats are based on considerable research that considers all the key developmental factors and stages for kids moving through these years.

There are 3 key performance related reasons for the reduced pitch lengths:

1. There will be less wides which means the ball will be in play more, and therefore more action
2. The kids will be able to bowl with a better technique and bowl `into the wicket`, as opposed to a longer pitch which often leads to kids just trying to get the ball to the other end of the wicket
3. From a batting perspective, the shorter pitch will mean more pace on the ball and less reaction time which will challenge decision making and anticipation which are important skills for batting development

### Why are the boundaries shorter?

Boundary size, like pitch length, needs to be appropriate to the age and stage of the players. The shorter boundaries will allow children to experience the thrill of hitting more boundaries and replicate the actions of their batting heroes.

We also know that in junior cricket not many boundaries are hit straight down the ground. This is often due to the physical strength of the kids at that age. We hope that by having a shorter `straight` boundary kids will be rewarded for playing straight and developing these good habits.

### Why are there less players?

One of the key issues constantly fed back to us, is that there`s too much inactivity. The kids simply don`t get enough opportunities to bat, bowl, throw and catch.

By reducing the player numbers, we create a scenario where there are more gaps in the field to encourage more running between the wickets and reward for good shots, fielders are in the action more often allowing them to throw, catch and field the ball more often, and we are able to provide more batting and bowling opportunities for the whole team.

### Is this real cricket?

A misconception of modified formats is that it is a `dumbing down` of the sport and somehow will not develop our better cricketers. However, the reality of these modified formats is that they more closely replicate the adult or professional game which will challenge and develop our junior cricketers more effectively.

When we shorten the pitch length there's less time to react and better ball trajectory which is more like the adult game. When we shorten the boundary, kids can learn to hit more boundaries and explore the risk and reward when seeking that, which again is more like the adult game.

Therefore, we believe the junior formats provide the best `real cricket` environment for the development of young players.

### **What size bat should my child use?**

It is important that a bat is the right weight and size for a player and will ensure they can swing the bat and strike the ball cleanly in order to score runs. A lighter bat will make it easier to run between the wickets too. A big bat might look impressive but it will make it harder to play well. The bat shouldn't be too long or be too heavy.

### **How to choose the right sized bat**

Step 1 Choose a bat that is the right height for the players - the player should be able to stand the bat next to them with the handle resting just below the hip joint

Step 2 Choose a bat that is the right weight - the lighter the better as it makes it easier to swing freely. The player should be able to swing the bat freely with only the top hand on the bat

### **What's Cricket Scotland's guidance on Head Protectors / Helmets?**

All cricketers under the age of 18 must wear a head protector whilst batting in matches or practice sessions

Wicketkeepers under the age of 18 should wear a head protector with a faceguard, or a wicketkeeper face protector, at all times when standing up to the stumps.

Any individual taking responsibility for any player(s) under the age of 18 should take reasonable steps to ensure this guidance is followed at all times. No parental consent to the non-wearing of a head protector should be accepted.





**CRICKET  
SCOTLAND**

National Cricket Academy, Ravelston, Edinburgh EH4 3NT

e. [general@cricketscotland.com](mailto:general@cricketscotland.com) t. +44 (0) 131 313 7420

Company Registration: SC 211761  
VAT Registration No: 774 6658 77