

Traditional Formats Hardball Cricket

These formats should be used age and stage appropriately with groups you are working with. Cricket Scotland advises using these formats after Junior Formats 1, 2 and 3 which improve the game experience for players at those stages.

These formats feature the 'more traditional' rules of cricket and are a lead into adult or performance cricket programmes for youth cricketers.

Format Guidelines	
Game Type	T20, 30 over, 40 over, 50 over
Players	Ideally 11 but can be played with as little as 9 per side
Pitch	Full length pitch. Turf or artificial surfaces can be used. For the best cricketer experience we would recommend the use of an artificial pitch over a substandard turf pitch.
Time	120 mins (2 hours - T20) 180 mins (3 hours - 30 over) 240 mins (4 hours - 40 over) 300 mins (5 hours - 50 Over)
Boundary Size	Minimum 45m from the middle to any boundary (this is the minimum recommended however can be adapted to suit the individual nature of any ground ie a smaller and larger boundary on either side)
Overs	T20 – 20 overs per team 30 over match – 30 overs per team 40 over match – 40 overs per team 50 Over match – 50 overs per team
Batting	No retirement (However, a coach/teacher 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 do not count towards ball faced)
Bowling	20 over: Max 4 overs per bowler 30 over: Max 6 overs per bowler 40 over: Max 8 overs per bowler 50 over: Max 10 overs per bowler All fast bowlers must follow the age limit appropriate guidelines per spell of bowling as provided on the link below by the ECB https://resources.ecb.co.uk/ecb/document/2020/03/16/bf713bed-4a76-4218-9ef0-f4edb8ed2c2d/2020-Fast-Bowling-Directives.pdf
Fielding	Fielding distances should be maintained as per the guidelines https://resources.ecb.co.uk/ecb/document/2020/03/16/7f625d24-dda7-4dcb-8233-03a8ad47d6d5/2020-Fielding-Regulations.pdf
Dismissals	All dismissals
Equipment	Cricket Balls: Junior Ball 4 ¾ oz junior hardball, Senior Ball – 5 ½ oz (male), 5 oz (female) Use of helmets during play: https://resources.ecb.co.uk/ecb/document/2020/03/16/2a86f506-4d55-4bae-ace8-4d2268449e5f/2020-Safety-Measure-for-Wearing-of-Helmets-by-Young-People.pdf