



CRICKET NSW

PARENT GUIDE

WELCOME TO CRICKET

“ Parent volunteers are who ensure junior cricket goes ahead. ”

MATT GILKES
NSW Blues



“ Without the contributions of parent volunteers at my junior matches growing up, matches would never have gone ahead, and I may have never got to where I am today. ”

MAITLAN BROWN
NSW Breakers



THE JUNIOR CRICKET EXPERIENCE

“ I WANT TO PLAY THE **SPORT** ”



WOOLWORTHS
CRICKET BLAST



JUNIOR
CRICKET

STAGE 1



AGE <U11



7 PER
TEAM



90-120
MIN



MOD
BALL

JUNIOR
CRICKET

STAGE 2



U12 | U13



9 PER
TEAM



120-180
MIN



HARD
BALL

JUNIOR
CRICKET

STAGE 3



U14-U18



11 PER
TEAM



120-240
MIN



HARD
BALL

SMASH SERIES



AGES 7+



SMALL TEAMS



60-90 MIN



SOFT BALL



EQUIPMENT
PROVIDED

“ I WANT TO PLAY THE **GAME** ”

Cricket Offerings

There are a range of cricket offerings available to participate in and move between!

No matter if participants want to chase a baggy green or just want to have a game with friends - there is always a game of cricket waiting.

Woolworths Cricket Blast

- Ages <10
- One session a week – up to 60 min
- Introductory program
- All equipment provided.
- Teaches participants the fundamental movements and skills of cricket
- All participants receive a Woolworths Cricket Blast pack

Play. Learn. Grow.
Woolworths Cricket Blast is about preparing children for Junior Cricket.

Junior Cricket

- Ages 7-17
- 3 x Stages
- Weekly games of cricket against other Clubs and teams.
- Generally, involves weekly team training.

Junior Cricket is all about playing the sport itself.

Smash Series

- Ages 7+
- Weekly games. Short, flexible season
- 60-90 min per week
- Equipment provided
- Soft ball. No pads or helmets necessary.
- Modified, exciting rules
- Backyard style rules – one hand one bounce, multiple dismissals, powerplays + more!

Enjoy a game of cricket in an exciting, relaxed environment



JUNIOR CRICKET FORMATS

STANDARD RULES	 STAGE 1	 STAGE 2	 STAGE 3
INDICATIVE AGE	<U11	U12 U13	U14-U18
PURPOSE	Learning the sport	Playing & competing	Playing & competing
OVERS PER INNINGS	15-20	20 - 30	20 – 50
PLAYERS ON THE FIELD	7	9	11
PITCH TYPE	Outfield/Synthetic	Synthetic/ Turf	Synthetic/ Turf
PITCH SIZE	14m – 16m	18m	20.1m
BOUNDARY SIZE	20-40m	45m	50m
TIME	90 – 120 mins	120 – 180 mins	150 – 240 mins
BALL	Modified Max 110g	Hard Max 142g	Hard Max 156g
DISMISSALS	Bowled, Caught, Run Out, Stumped, Hit Wicket.	All apply	All apply

SMASH SERIES CRICKET



Junior Smash

- Ages 7-14
- One hour, soft ball, equipment provided.
- It's all about having fun with friends while playing the game.



Girls Smash

- Girls | Ages 7-14
- One hour, soft ball, equipment provided.
- It's all about having fun with friends while playing the game.



Tape Ball Smash

- Ages 16+
- High-speed, high-energy cricket action!
- Tape Ball Smash is the ultimate social comp for all skill and experience levels



Twilight Womens Smash

- Women | Ages 16+
- Good vibes, make friends and make memories!
- A soft ball cricket comp
- No experience, equipment or team needed.

JUNIOR CRICKET



What to Bring

Equipment

- ✓ Helmet – [Cricket Australia Helmet Recommendations](#)
- ✓ Bat
- ✓ Pads – leg & thigh
- ✓ Box/ Protector
- ✓ Gloves
- ✓ Water

Some clubs may provide a team kit with shared equipment. **Contact your coach or club** to find out if there is shared equipment.

Apparel

- ✓ Club Playing Shirt
- ✓ Club Hat
- ✓ Long Pants - white or team colours.
Contact your club to confirm.
- ✓ UV Protection (e.g. sunglasses, sunscreen)

Most clubs require club branded apparel to be worn on game days. **Contact your club** to find out what the uniform requirements are.



Game Day – Helping Out

Cricket would not happen if we did not get the help from parents each week. **Contact your Club** if you can help with any of the below:

On Field

- **Coach** – lead the team's development, drive enjoyment of the game and help facilitate match days
- **Umpire** (Bowler's End or Square Leg) - The best seat in the house! You don't need to be accredited here, but there are plenty of opportunities to upskill – check out our [Umpiring Page](#) for more information.
- **Field Set Up** - put out the boundary cones, mark the creases, set up the stumps.

Off Field

- **Team Manager** – establish match day rosters for required roles and be the team's point of contact.
- **Scorer** – using the digital scoring platform to record events and scores. Resources and support can be found [here](#) (includes an eScoring demo).
- **Batting Coordinator** - ensuring the batters are padded up, ready to take the field and entering in the correct order.
- **General Parent Helper** - help with warm up, fill and run waters, set up the marquee.



MATCH MANAGEMENT TIPS

PRE-MATCH

Select teams the night before via MyTeams
 Assign scorer before match day and ensure they have access to eScore.
 Scorers setup in the shade close to the boundary.
 If playing on synthetic, mark centre with chalk
 Invite parents to mark crease lines, put out boundary markers, setup stumps and setup shade shelters.

STAGE 1

Fielder next to the bowler, bowls the next over.
 Fielders rotate around the field one position each over.
 Players celebrate wickets where they are standing.
 Wicket-keeper rolls ball back to bowler.

When rotating fielders onto the field, swap them with the bowler who just finished their over.
 Change wicket-keepers during the drinks break. If you have spare players, bring the incoming wicket-keeper off early to get ready to change.
 Drink breaks to be taken on the field. Have drinks on standby near the field

STAGE 2

Wicket-keeper rolls ball back to bowler.
 Change wicket-keepers during the drinks break. If you have spare players, bring the incoming wicket-keeper off early to get ready to change.
 Drink breaks to be taken on the field.
 Have drinks on standby near the field.

STAGE 3

Change wicket-keepers during the drinks break. If you have spare players, bring the incoming wicket-keeper off early to get ready to change.
 Drink breaks to be taken on the field.
 Have drinks on standby near the field

BATTING

Have at least two players padded up (including helmet and gloves) ready to take the field.

Weather Impacts

Rain & Smoke

As with all outdoor sports, weather can impact cricket. Rain and smoke are factors which can impact a game.

In determining if a game will go ahead, your local association or competition coordinator will have a policy in place in how this is managed.

The general rule is to assume cricket is on until you hear otherwise from your club or coach.



Heat

Heat can pose particular risks to participants if not managed correctly.

To assist associations, clubs, coaches and umpires with assessing heat, Cricket NSW have developed a [Heat Policy](#) and an accompanying [online tool](#) to help in assessing suitability to play.



How Can I Coach At My Club?

Coaching

Coaching a cricket team is a rewarding experience and a great way to contribute to players having a fun and enjoyable experience whilst participating in Junior Cricket.

All junior cricket teams in NSW require a designated coach.

As a coach, you will facilitate the team's development, their enjoyment of the game and help run game days. You can share the role with other parents, distributing the tasks.

Contact your club to find out more about becoming a coach.

Resources & Support

Cricket Australia have resources available to help shape how to coach and on the fundamentals of batting, bowling, fielding and wicket-keeping, as well as what to expect on game days.

Download the free CA Coach App, available on the [App Store](#) and [Google Play](#) for short videos, training plans and more.

Accreditation

If you want to take your coaching further, consider becoming an accredited coach. Each year, Cricket NSW hold numerous coaching courses across the state.

[Click here](#) to find out more about becoming an accredited coach.



How Can I Be An Umpire?



Umpiring

Umpires are an integral part of the game, ensuring fairness, safety, and excitement for all involved.

Junior Cricket games generally rely on parents to umpire. Fortunately, for Stage 1 Junior Cricket, it is more about game management, rather than making decisions, making it the best time to learn how to umpire.

Contact your club or team' coach to learn more about umpiring.

Resources & Support

Cricket Australia has a heap of resources available on the [PlayCricket website](#) to help get you equipped for game days.

The [MCC Laws of Cricket](#) provide the foundations of the rules the game is played according to. For your local playing conditions for your age group and grade, please contact your local club or association.

Accreditation

If you want to take your umpiring further, consider becoming an accredited umpire. Each year, the NSW Cricket Umpires and Scorers Association hold numerous umpiring courses.

[Click here](#) for more information on upcoming courses in NSW and to find out how to start your umpiring journey.

How Can I Help My Club?

About Volunteering

Volunteers play a vital role in the success of all sports, and Cricket NSW acknowledges that community cricket would not be possible without their support.

Volunteering is for everyone! One of the great aspects is the variety of roles available to suit different abilities and skill sets.

Good with your finances? Help as a Club Budget Assistant.

Enjoy taking photos? Become the Club Photographer.

Like organising events? Become a Club Events Officer.

Your Club would love if you could offer your skillset. **Contact your Club to get involved** and help grow community cricket.

Volunteering Benefits

Volunteering offers benefits for both the club and the individual.

By supporting your club, you will:

- use and develop different skills
- make social connections
- become more active within your community

Join over the 10,000 volunteers delivering community cricket in NSW!

Head to our [website](#) to learn more.

Volunteer Certification Program

Get a head start in your volunteer journey and enroll in the Cricket NSW [Volunteer Certification Program](#), to get an understanding of the fundamentals of community cricket in NSW.



SAFEGUARDING CHILDREN & YOUNG PEOPLE

CNSW has a zero-tolerance policy to child abuse and neglect in any form and is committed to safeguarding and promoting the welfare of children in cricket. [Cricket NSW Safeguarding Policy](#).

Working With Children Checks

In NSW, Working With Children Check's (WWCC) are required for anyone in child related work – paid and voluntary. It involves a national criminal history check and review of findings of workplace misconduct.

Parents and close relatives volunteering at their children's extra-curricular activities are generally exempt, unless:

- providing personal care for a child with disability
- participating in a formal mentoring program
- at an overnight camp for children.

As a parent, it is important to know when the adult overseeing your child does and does not require a WWCC. Your Club is required to run the checks when relevant.

Your Responsibility

If, while participating in a Cricket Event, a Cricket Participant or Cricket Organisation or any other person reasonably suspects that a Child or Young Person is at risk of being subject to Prohibited Conduct, that has or could cause harm to a Child or Young Person, they must notify:

1. Police - 000 (emergencies), 131 444 (non-urgent);
2. Communities & Justice NSW Child Protection Helpline, 132 111; and
3. At least **two** relevant cricket contacts:
 - CNSW Integrity Unit (integrity@cricketnsw.com.au); or
 - CNSW Employee; or
 - Club/ Association President or Child Safety Officer.





 Sydney Thunder

 @sydneythunder

 @SydneyThunder

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 @CricketNSW



 Sydney Sixers

 @sydneysixers

 @SydneySixers

