

## 5. Fast Bowling

### 5.1 General

- 5.1.1** Regulation 5 applies to all players aged 19 (which is the maximum age for Age Group Cricket) or under in Hardball Cricket excluding Academy Players and EPP Players, who are subject to specific protocols established by the Talent Pathway Programmes. Regulation 5 does not apply to Softball Cricket.
- 5.1.2** These Regulations provide a mandatory limit to the amount a Fast Bowler can bowl during a Spell, and during a game, in order to reduce the risk of significant injury. They should be read alongside the ECB's Recreational Cricket Safety Guidelines (available [here](#)) which set out, amongst other things, a minimum and maximum number of overs that it is recommended a Fast Bowler should bowl per week.
- 5.1.3** A bowling delivery will count towards the overs limits set out in Regulation 5.2.1 when it is delivered during a match or in training with the intention of bowling at match (or near match) intensities. Deliveries where there is a clear intention to bowl slower should not be included, for example walk throughs or running in at half (or slower) typical run-up speed.
- 5.1.4** Subject to Regulation 5.1.5, having completed a Spell, a Fast Bowler must begin a period of rest and cannot bowl again, from either end, until the equivalent number of overs to the length of their Spell have been bowled from the same end.
- (i) A Fast Bowler can change ends without ending their current Spell provided that they bowl the next over allowed by the Laws from the other end. If this does not happen, their Spell is deemed to be concluded.
  - (ii) If play is interrupted, for any reason, for less than 40 minutes any Spell in progress at the time of the interruption can be continued after the interruption up to the maximum number of overs per Spell for the appropriate Age Group. If the Spell is not continued after the interruption the Fast Bowler cannot bowl again, from either end, until the equivalent number of overs to the length of their Spell before the interruption have been bowled from the same end.
  - (iii) If the interruption lasts for 40 minutes or more, whether scheduled or not, the Fast Bowler can commence a new Spell immediately.
- 5.1.5** In matches of 20 overs or less per team where the applicable competition regulations only allow bowlers to bowl less than or equal to the number of overs specified as the maximum per Spell in Regulation 5.2.1, the rest period required by Regulation 5.1.4 will not apply. For example, in any competition where a maximum of 4 overs per bowler is allowed these may be bowled at any time in the innings irrespective of the number of Spells bowled.
- 5.1.6** A Fast Bowler must adhere to the restrictions associated with their age, not the level of Junior Cricket they are playing in. For example, a 13-year-old playing in an U15 match must follow the bowling regulations for a 13-year-old.
- 5.1.7** Once a player has bowled (or attempted to bowl) one ball at high intensity, they are deemed a Fast Bowler, and must therefore adhere to the overs limits in this Regulation 5.

## 5.2 Maximum Overs per Spell and per Day

**5.2.1** The following table sets out the mandatory maximum number of overs a Fast Bowler can bowl per Spell and per day:

Age in years	Max overs per Spell	Max overs per day
11 and below	4	8
12 & 13	5	10
14 & 15	5	12
16 & 17	6	15
18 & 19	7	18

## 5.3 Consequences of Non-Compliance

*Any reference to 'Captain' below means (a) in Open Age Cricket, the person acting as the captain of the team from time to time; and (b) in Junior Cricket, the Team Manager.*

### Where an Appointed Umpire is officiating

- 5.3.1** If at any time a Fast Bowler exceeds the bowling limits set out in Regulation 5.2.1, the standing umpire at the bowler's end must stop the game and inform the Fast Bowler and their Captain that the player has exceeded their bowling limit and that the player must stop bowling. If the Fast Bowler has already commenced an over, another bowler must replace them to complete the over, provided that player has not exceeded their maximum bowling limit. That over will then count towards the replacement player's bowling limit under Regulation 5.2.1.
- 5.3.2** If the Fast Bowler refuses to comply with the umpire's request, the umpire concerned must deem the Fast Bowler to be wasting time and if the ball is in play, call and signal dead ball, and inform the other umpire. The umpire concerned must then warn the Captain of the fielding side, indicating that this is a first and final warning, and inform the batters.
- 5.3.3** If the Fast Bowler still refuses to comply with the umpire's request, the umpire concerned must deem this a further waste of time and must inform the other umpire. The umpire concerned must then award 5 penalty runs to the batting side and inform the Captain of the fielding side of the reason for this action (in accordance with Law 41.9).
- 5.3.4** If following the imposition of this penalty the Fast Bowler still refuses to comply with the umpire's request, the umpire concerned must deem that player's team as refusing to play and award the match to the opposing side (in accordance with Law 16.3.1.2).

### Where an Appointed Umpire is not officiating

- 5.3.5** If at any time a Fast Bowler exceeds the bowling limits set out in Regulation 5.2.1, the Acting Umpire must stop the game and instruct the Fast Bowler and their Captain that the player has exceeded their bowling limit and that the player must stop bowling. If the Fast Bowler has already commenced an over, another bowler must replace them to complete the over, provided that player has not exceeded their maximum bowling limit. That over will then count towards the replacement player's bowling limit under Regulation 5.2.1.