



## **WHAT IS INDOOR CRICKET?**

*The beauty of Indoor Cricket is that EVERY player bats and bowls the same number of overs as their team mates, keeping everyone involved in the game. For those who have never played before, the basics of Indoor Cricket are:*

- *8 players per team*
- *Teams may still take the court with a minimum of 6 players, though their opponents get to choose which player(s) bat and bowl in the missing players place*
- *Each innings consists of 16 x 6 ball overs, with every player bowling 2 overs and each batting pair facing 4 overs*
- *Batsmen score runs by running between the batsmen crease and the non-strikers crease but also gain bonus runs of between 1 and 6 for hitting certain nets*
- *When a batsman is 'out' he or she loses 5 runs from his score but remains in bat*
- *Teams also earn bonus ladder points or 'skins' by winning each corresponding batting partnership (i.e. 1st pair of Team A versus 1st pair of Team B, etc)*
- *The only equipment players need is a bat, gloves and protector and all of these can be either purchased or borrowed from Lords Indoor Sports*
- *Matches last approximately 1 hr 10 minutes (30 - 35 minutes/innings)*

## **CRICKET RULES:**

### **PLAYING COURT**

*The length of an indoor cricket pitch is the same as a conventional cricket pitch, and has 3 stumps at each end, but the similarities end there. The field is completely enclosed by tight netting, a few meters from each side and end of the pitch. The playing surface is artificial grass matting. While the pitch is the same length, however, the batsmen don't have to run the entire length. The striker's crease is in the regulation place in front of the stumps, but the non-striker's crease is only halfway down the pitch.*

### **PLAYERS**

*Indoor cricket is played between 2 teams of 8 players. Each player must bowl 2 overs, and bat in a partnership for 4 overs. An innings lasts for 16 overs.*

### **EQUIPMENT**

*The stumps used in indoor cricket are not, for obvious reasons, stuck in the ground. Instead, they are collapsible stumps that immediately spring back to the standing position when knocked over. The ball used in indoor cricket is a modified cricket ball, with a softer center. The ball also differs in that it is yellow in color so to make it more obvious to see indoors against varied backgrounds. More specialized lighter-weight indoor cricket bats may be used. The gloves are typically lightweight cotton with no protective padding on the outside. The palm-side of the gloves usually have embedded rubber dots to aid grip.*



## **SCORING**

*Scoring in indoor cricket is split into 2 areas: physical runs and bonus runs. Physical runs are scored by both batsmen completing a run from one crease to the other. Bonus runs are scored when the ball hits a net. Bonus scores for particular parts of the nets follow:*

- *Zone A (front net – behind the keeper): 0 runs*
- *Zone B (side nets between the striker's end and halfway down the pitch): 1 run*
- *Zone C (side nets between halfway and the bowlers end): 2 runs*
- *Zone D (back net – behind the bowler): 4 or 6 runs depending on the manner in which the ball hit the back net.*
  - *On the bounce: 4 runs*
  - *On the full: 6 runs*
- *Zone B or C onto Zone D: 3 runs*

*NB: For bonus runs to be scored, at least one physical run must be scored. The bonus runs are then added to the physical runs. For example, a batsman strikes the ball, hitting the back net on the full (6) and makes one physical run, for a total of 7 runs.*

## **DISMISSALS**

*A batsman can be dismissed in the same ways they can be in conventional cricket – with variations in the case of LBW. When a batsman gets dismissed, however, five runs are deducted from their total and they continue to bat. Batsmen bat in pairs for 4 overs at a time, irrespective of whether they are dismissed. A player can also be "caught" by a ball rebounding off a net, except off a "six", as long as it has not previously touched the ground. This negates any physical or bonus runs that might have been awarded. Whilst LBW is a valid form of dismissal in indoor cricket, it is a far rarer occurrence in indoor than it is in outdoor cricket. A batsman can only be dismissed LBW if he does not offer a shot and the umpire is satisfied that the ball would have hit the stumps.*

## **OFFICIALS**

*Indoor cricket is officiated by one umpire who is situated outside of the playing area at the strike batsmen's end of the court. The umpire sits or stands on a raised platform that is usually 3 meters above ground level.*

## **RESULT**

*The team with the higher score at the conclusion of each innings is declared the winner of the match. The second innings continues for a full 16 overs even if the batting side passes the first innings total due to the possibility of a side finishing behind a total even after they have surpassed it (see dismissals above).*



## *Adult Indoor Cricket League Rules*

*-This rulebook contains all the rules for Lords Indoor Sports Adult Indoor cricket leagues and tournaments. All rules have been made with the knowledge and acceptance of Lords Indoor Sports Management (our governing body) and must be played at all competitions and tournaments sanctioned by Lords Indoor Sports. As with all sports, it is the participants (coaches, players, referees, officials) responsibility to learn the rules.*

*Rules are not made to hinder players, but to allow a fair and equal opportunity for either team to win a game.*

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## *-1. Adult Indoor League Soccer Rules*

### *A. Leagues*

*Adult divisions will consist of all male, all female and co-ed teams. If eligible, leagues will be split into the following age groups:*

*- Social and Competitive Leagues: Open, Over 30, Over 40*

*-All players must be of eligible age at the start of any regular season game to qualify. -The cricket year starts Jan 1st and ends on Dec. 31st of the same year.*

*-Depending on number of teams, age groups may be combined to form leagues.*

### *B. League Standings*

*-League standings will be posted online.*

*-All league and tournament events under the jurisdiction of Lords Indoor Sports will utilise the following points scoring system:*

- 4 Points for a Win/ Forfeit Win*
- 2 Point for a Draw*
- 0 Points for a Loss*
- 4 Skin Points Available*

*When 2 or more teams are tied in points at the end of regular season, the position will be Determined by:*

- 1. Games won between teams*
- 2. Percentage (calculated by dividing runs for by runs against.)*

### *C. Player Eligibility and Registration*

*All players must be registered within Lords Indoor Sports player management system with a signed liability waiver and paid membership fee of \$15 each year. A player on a teams roster must have played at least one regular season game to qualify for playoffs and championship games. No player is allowed to play on multiple teams in the same league and/or division.*

*All teams for the current season must be paid in full before the start of the 2nd regularly scheduled game. Games will not be allowed to start until full payment has been made. Failure to complete payment will result in forfeiture of your game.*

### *D. Refunds*

*-Full team refund or deposit will only be made in the case that a team can not be placed in a league or division.*

*-A refund will not be given if a team decides not to play before or after the season starts.*

### *E. Team Format*

*-Adult Teams will consist of 8 field players, no less than 6 players to play a game.*

*-A team may register up to 15 players on the roster, but only allowed to play 8 players and 2 substitutes during any game.*

### *F. Team Captains*

*It is the responsibility of the Captain to have knowledge of and abide by the rules and regulations of Lords Indoor Sports. Including the registration of all team players along with collecting full payment for any outstanding league fees. Only the Captain*



*has the right to approach the referee for clarification of any rule.*

#### **G. Spectators**

*All spectators must abide by all the rules of conduct including but not limited to no foul or abusive language.*

*The following actions are strictly forbidden by spectators:*

- Holding, hanging or laying on nets (net abuse).*
- Harassment of players, management, officials or other spectators.*
- Any acts of aggression or threatening behavior.*
- Lords Indoor Sports may take independent action against any spectator for any conduct deemed disruptive or threatening. Such actions may include verbal warning, suspension, permanent probation and/or immediate removal from the facility.*

#### **H. Game Procedures**

*-All players must check-in at the front desk to confirm team assignment and field Assignment before entering the facility.*

*-It is the Home teams responsibility to provide alternate color jerseys in the event that both teams have similar color jerseys.*

*-Lords Indoor Sports will be responsible for providing the match ball and bats. If both teams agree to play with a different ball, it will be at the umpires discretion (with management's approval).*

#### **I. League Schedules**

*-Adult cricket seasons may last from 4-10 weeks with playoffs and championship games proceeding the regular season. All schedules are finalized the week of every new season.*

#### **J. Reschedules and Forfeits**

*-Lords Indoor Sports policy does not allow for rescheduling of games. It is recommended that any conflicts requests be submitted before the season starts. There is no guarantee that conflict requests will be fulfilled.*

*-Rescheduling of a game may be considered by Management if field space is available and the opposing team agrees to reschedule with according time and date of new schedule.*

*-Both teams will be allowed 5 minutes from game start time to field enough players to start. A minimum of 6 players will be required to start the game. If either team can not field enough players, a forfeit will be received. Occurrence of a forfeit will result in the opposing team being awarded a 4-0 win. With 2 Skins awarded to winning team.*

*-Teams that may need to forfeit an upcoming game must notify Lords Indoor Sports management 24 hours in advance to their regularly scheduled game so the opposing team can be notified.*

#### **K. Misconduct and Discipline**



*-Any act of misconduct may result in the player being ordered out of the facility and premises. Failure or refusal to leave the premises will result in calling the police to escort the player from the premise.*

*-The following guidelines will be used to determine length and fine of a players infraction that was issued: 8-15 day suspension and up to \$50 fine.*

*I. Dangerous of unduly rough play.*

*II. Swearing by any player that the umpire considers can be heard by spectators outside the court.*

*III. Swearing or making obscene gestures at or about the umpire or another player.*

*IV. Deliberate physical contact of any kind.*

*V. Unfair play.*

*VI. Spitting.*

*VII. Sledging (such as harassment, gestures, words or actions which may interrupt the concentration of an opponent.)*

*VIII. Mistreatment of equipment (bats, nets, carpets, stumps or balls.)*

*IX. Intentional time wasting.*

*X. Any player intentionally stepping on or excessively jumping into the nets.*

*XI. Disputing or arguing with the umpire after players question has been answered.*

*-Player will remain suspended from playing any games at Lords Indoor Sports unless suspension length and fine have been completed.*



## 2. Adult Indoor League Playing Rules

### A. Field of Play

-Dimensions: Minimum length 85 ft., width 31 ft.

-Halfway line: Divides the field equally in half.

-Stumps: 2 sets of stumps, each 22.86cms wide, consisting of 3 stumps with 2 bails on top, will be pitched opposite and parallel to each other at a distance of 20 metres.

-Bails: 11.1cms in length, and when in position will not extend more than 1.3cms above the stumps to assist in player safety. Bails may be wooden or plastic.

-Tensioned Netting: Minimum height 14ft., length 85ft., width 31ft.

-Entrance: 8.5ft. Zipper

### B. The Ball

--Adults will use a Lords Indoor Sports indoor cricket ball, 120 grams. Where the ball will have an injected moulded core and a leather 2 piece stitched outer covering.

-Lords Indoor Sports will provide the game ball

-Ball replacement: defective or damaged ball can be replaced at Umpires approval..

### C. Number of Players and Substitutions

- All players must be a current registered member of Lords Indoor Sports and rostered on at least one team.

-Rosters can have as many as 15 players listed.

-Max number of 8 field players and 2 substitutes.

-Minimum number to start a game is 6 field players.

-Coed: at least one female field player on the field.

-Team rosters: changes can be made up to the 3rd regular season game.

-Substitutions: all substitutions will be made after an over or upon dead ball called with Umpires approval. 15 second allowance.

a. Injury stoppage

b. Dead ball

c. Start of new inning

d. Umpire signals stoppage

### D. Players Equipment

- Players are required to wear shirts or jersey with the same color as their teammates and each have a different number of contrast color on the back of the shirt or jersey.

- It is the Home teams responsibility to change shirt or jersey colors if the opposing teams shirt or jersey is similar in color.

- Wicket keepers are allowed to wear 0, 1 or 2 wicket keeper gloves, batting gloves or a combination of both gloves when they are positioned within the wicket keepers designated area behind the striker's end of the stumps. No other style of gloves from other sports are allowed.

- Mandatory that all players on the field wear abdominal guards and batting gloves.

- The stumps will be collapsible style stumps to assist in player safety. The base plate is a part of the stumps.



- *Protective and other equipment not in immediate use must be placed outside the field until required.*
- *Bats: Adult bats must be made of wood with dimensions no larger than 96.5 cm in length and 10.8 cm in width and have a suitable bat grip. Bat grips must be of a non-slip material and in good order.*
- *Hards casts and knee braces with exposed metal must be covered with sufficient padding.*
- *Fitness trackers must be covered by wristband with sufficient padding.*
- *Outdoor cleats or indoor cleats are NOT allowed. Only indoor flats or tennis shoes are allowed.*

#### *E. Umpires*

- *A single umpire will be assigned for all league games.*
- *Umpire uniform will be different from that of all other players.*
- *Umpire's decision on all game results are final.*

#### *F. Duration of the Game*

- *Social Games will consist of 2- 8 Over innings. 20 Minutes per inning*
- *Competitive Games will consist of 2- 16 Over innings. 40 minutes per inning*
- *1 minute break between innings.*
- *Clock will be running at all times unless stopped by Umpire.*
- *All games will start as scheduled unless delayed by previous games.*
- *No Superover's unless playoff or finals match.*

#### *G. The Toss*

- *The Umpire or Duty Manager will conduct the coin toss to determine the order of the innings. The Umpire or Duty Manager will advise which team is to call.*

#### *H. Late Arrivals*

- *Players arriving late after the game has started may NOT enter the field while the game is in progress.*
- *Players can only enter after a stoppage, Umpire approval, Over is completed or injury substitution.*

#### *I. Method of Scoring*

- *One point will be awarded each time the batters complete a physical run between the runners crease lines.*
- *Bonus runs will be awarded when the batter hits the ball with the bat or the hands holding the bat into the perimeter netting.*
- *Bonus Run Zones:*
  - *A. Zone A (Front Net) 0 Runs*
  - *B. Zone B (Side Net) 1 Run*
  - *C. Zone C (Side Net) 2 Runs*
  - *D. Zone D (Back Net) 4 Runs on Bounce*
  - *E. Zone D (Back Net) 6 Runs on Full*
  - *F. Zone B or C Onto Zone D- 3 Runs*





*J. Net Abuse*

- *A player may not abuse any of the field equipment, this includes the nets.*
- *A player may not jump into the net in anyway that may cause damage to the net or create a danger to players on the field.*
- *A player may not climb any nets to try and avoid contact or stop.*
- *A player may not hold onto any net to maintain balance while defending an opponent.*