

# NZC GAME ON RESOURCE

September 2019  
V1.2



# Welcome to our Game On Resource

Game On is a community cricket resource designed to help players, coaches, volunteers, officials, and teachers of cricket ensure the game is fun and safe, and accessible to all New Zealanders. It is the defining word on how best to make cricket a game for all ages, sizes, and abilities.

Compiled after extensive input and feedback from the wider cricket family, Game On seeks to provide a simple and easily understood reference guide on everything to do with the community game, including:

- being inclusive and welcoming to all
- implementing age and size appropriate formats
- adopting appropriate codes of behaviour
- promoting and defining the spirit and etiquette of cricket
- highlighting health and safety guidelines

NZC is guided by a strategic priority of making cricket a game for all New Zealanders, regardless of age, gender, ethnicity, or socio-economic status – and Game On is unashamedly founded on this philosophy. Ensuring cricket remains relevant and engaging in a modern world will go a long way towards future-proofing it for the generations to come.

Please accept this resource as a best-practice guide for making sure cricket remains not only New Zealand's No.1 summer sport, but a game that continues to engage and entertain Kiwis of all ages and backgrounds.

Best in cricket!

---

**David White**  
Chief Executive, NZC

---



# Table of contents

<b>1.0 – OUR GAME</b>	<ul style="list-style-type: none"> <li>1.1 Overview of Cricket .....5</li> <li>1.2 Our Values .....6</li> <li>1.3 Fun .....7</li> <li>1.4 Spirit of Cricket .....8</li> <li>1.5 Etiquette &amp; Fair Play – Fielder .....9                             <ul style="list-style-type: none"> <li>Batter .....10</li> <li>Bowler .....11</li> <li>General .....12</li> </ul> </li> <li>1.6 Diversity &amp; Inclusion .....13                             <ul style="list-style-type: none"> <li>Tips for Clubs .....14</li> <li>Women in Cricket .....15</li> <li>Blind Cricket .....16</li> <li>Halberg Disability Sport Foundation .....17</li> <li>CMCA .....18</li> </ul> </li> <li>1.7 Community Cricket Awards .....19</li> </ul>	<b>5.0 – SAFE CRICKET</b>	<ul style="list-style-type: none"> <li>5.1 Injury Prevention .....44</li> <li>5.2 Injury Management– T.O.T.A.P.S .....45                             <ul style="list-style-type: none"> <li>R.I.C.E.D .....46</li> <li>H.A.R.M .....47</li> </ul> </li> <li>5.3 Emergency Procedures .....48</li> <li>5.4 ACC Sportsmart .....49</li> <li>5.5 Pace Bowling Workload .....50                             <ul style="list-style-type: none"> <li>Pace Bowling Guidelines .....51</li> </ul> </li> <li>5.6 Managing Doubtful Bowling Action .....52</li> <li>5.7 Safety .....53</li> <li>5.8 Bowling Machine Safety Procedures .....54</li> <li>5.9 Sun &amp; Heat Protection .....55</li> <li>5.10 Overplay &amp; Fatigue .....56</li> <li>5.11 Drug Free Sport .....57</li> </ul>
<b>2.0 – OUR PATHWAYS</b>	<ul style="list-style-type: none"> <li>2.1 Coaching .....21</li> <li>2.2 NZC Coaching Strategy .....22</li> <li>2.3 Coaching Process .....23</li> <li>2.4 Coaches Code of Conduct .....24</li> <li>2.5 Becoming a Coach .....25</li> </ul>	<b>6.0 – POLICIES &amp; PROCEDURES</b>	<ul style="list-style-type: none"> <li>6.1 Health &amp; Safety .....59                             <ul style="list-style-type: none"> <li>What You Need To Do .....60</li> </ul> </li> <li>6.2 Welfare Of Children &amp; Vulnerable Adults .....61</li> <li>6.3 Working with Children .....62</li> <li>6.4 Police Vetting &amp; Identifying Child Abuse .....63</li> <li>6.5 Helmet Policy .....67</li> </ul>
<b>3.0 – OUR FORMATS</b>	<ul style="list-style-type: none"> <li>3.1 Junior Formats .....27</li> </ul>		
<b>4.0 – OUR CLUBS</b>	<ul style="list-style-type: none"> <li>4.1 Clubs .....29</li> <li>4.2 Volunteers .....30</li> <li>4.3 NZC Club Assist: Health Check .....31</li> <li>4.4 Community Partnerships .....32</li> <li>4.5 Cambridge Cricket Club .....33</li> <li>4.6 A Model Cricket Club .....34</li> <li>4.7 Governance .....35</li> <li>4.8 Funding &amp; Support .....36</li> <li>4.9 North Shore Cricket Club .....37</li> <li>4.10 Parents/Caregivers Code of Conduct .....38</li> <li>4.11 Players Code of Conduct .....39</li> <li>4.12 Player Registration .....40</li> <li>4.13 Umpiring and Scoring .....41</li> <li>4.14 Pitch Preparation .....42</li> </ul>		



# 1.0— **OUR GAME**

- 1.1 Overview
- 1.2 Our Values
- 1.3 Fun
- 1.4 Spirit of Cricket
- 1.5 Etiquette & Fair Play
- 1.6 Diversity & Inclusion
- 1.7 Community Cricket Awards

## 1.1— Overview

Cricket enjoys a special place in the sporting history and landscape of New Zealand, and in the hearts of New Zealanders. At the highest level, our national teams have the capability to inspire the nation. From the backyards, playgrounds, parks and beaches to test match venues, cricket is woven into the summer fabric of our country.

While cricket is fortunate to enjoy this popularity and appeal, we must continue to ensure the game remains attractive, inclusive and relevant in an increasingly demanding and cosmopolitan society; at the same time preserving its unique traditions and values.

# A GAME FOR ALL NEW ZEALANDERS; A GAME FOR LIFE.



## 1.2— Our Values

# OPTIMISM

We see the best in everyone and everything



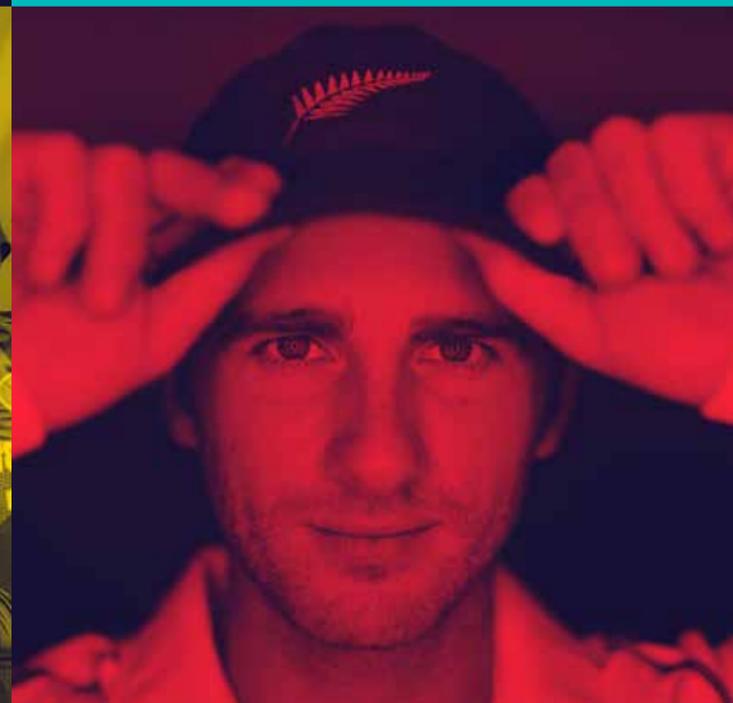
# INCLUSIVITY

We're open, warm, friendly & accessible



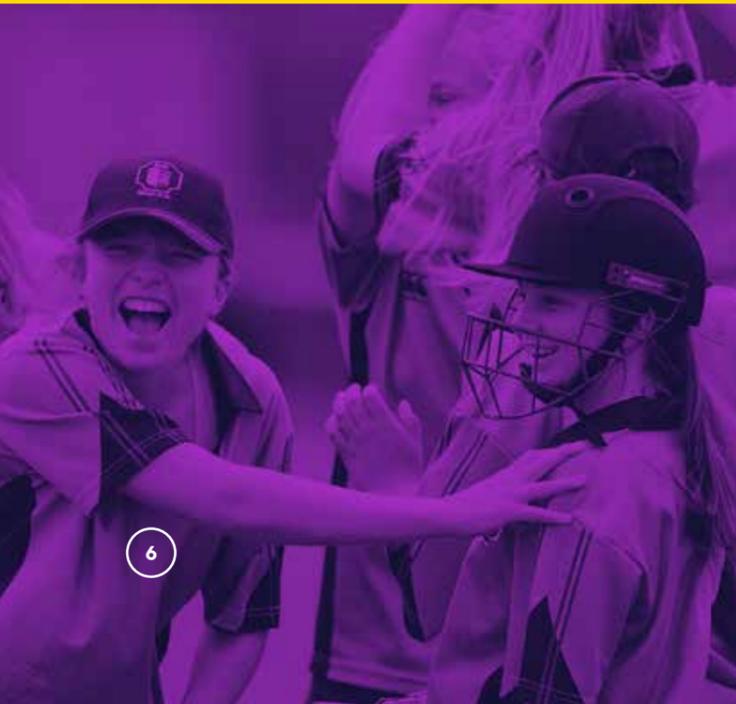
# TENACITY

We work hard. Prize is not won without effort



# FUN

We never lose sight of why we're here - to enjoy the game



# RESPECT

We respect ourselves, the game and others



## 1.3— Fun

Having fun is the key driver for participation in sport and physical activity for children and young people. Research shows that fun, skill development, the challenge of competition and striving to win are all motivators for both boys and girls to play cricket. While winning is important, having fun is the number one reason why youngsters play cricket.

### How to create a fun environment in junior cricket

- Understand what children see as fun – see things from their perspective
- Training sessions and games should provide maximum involvement and enjoyment
- Ensure opportunities cater to all skill and ability levels
- Be well organised
- Have adequate resources and equipment
- Praise in public, never criticise in front of peers

**REMEMBER CRICKET IS ABOUT HAVING FUN.  
IF YOU TAKE THE FUN OUT OF CRICKET, YOU  
TAKE MANY YOUNGSTERS OUT OF THE GAME.**



## 1.4— The Spirit of Cricket

Cricket is a game that owes much of its unique appeal to the fact that it should be played not only within its laws but also within the Spirit of the Game. Any action which is seen to abuse this spirit causes injury to the game itself. The responsibility for ensuring the spirit of fair play rests with the captains.

There are two laws which place the responsibility for the team's conduct firmly on the captain.

### Responsibility of captains

The captains are responsible at all times for ensuring that play is conducted within the Spirit of the Game as well as within the Laws.

### Players conduct

In the event of a player failing to comply with instructions from an umpire, or criticising by word or action the decisions of an umpire, or showing dissent, or generally behaving in a manner which might bring the game into disrepute, the umpire concerned shall in the first place report the matter to the other umpire and to the player's captain, and instruct the latter to take action.

### Fair Play and Unfair play

According to the Laws of Cricket, the umpires are the sole judges of fair and unfair play. The umpires may intervene at any time and it is the responsibility of the captain and coach to take action where required.

The Laws of Cricket can be found by visiting the MCC website:

# RESPECT THE GAME

### The Spirit of the Game involves RESPECT for:

- Your opponents
- Your own team and captain
- The role of the umpires
- The game and its traditional values

### Umpires are authorised to intervene in cases of:

- Time wasting
- Damaging the pitch
- Dangerous or unfair bowling
- Tampering with the ball
- Any other action they consider to be unfair

### It is against the Spirit of the Game:

- To dispute an umpire's decision by word, action or gesture
- To direct abusive language towards an opponent or an umpire
- To indulge in cheating or any sharp practice, for instance:
  - (a) To appeal knowing that the batsman is not out
  - (b) To advance towards an umpire in an aggressive manner when appealing
  - (c) To distract an opponent either verbally or by harassment with persistent clapping or unnecessary noise under the guise of enthusiasm and motivation of one's own side

### Violence

There is no place for any act of violence on the field of play.

### Players

Captains and umpires together set the tone for the conduct of a cricket match. Every player is expected to make an important contribution to this.

# 1.5— Cricket Etiquette & Fair Play

Here are some ideas to encourage accepted levels of cricket etiquette for fielders amongst junior cricketers.

## Fielder

- 01** Enter the field of play after the umpires  
The captain should lead the team onto the field
- 02** Between deliveries keep an eye on the captain for a possible change of position  
Get the ball back to the bowler promptly
- 03** Do not engage in unnecessary comments or actions under the guise of enthusiasm and motivation of own team  
Do not charge the umpire when appealing



- 04** Indicate immediately if you have not completed a fair catch
- 05** Do not engage in chatter or movement likely to distract the batter  
Do not engage in any form of sledging



- 06** Always signal to the umpire when the ball reaches the boundary



- 07** Do not sit on the ground – even if it is a drinks break or a wicket has fallen  
Avoid walking on the pitch
- 08** Acknowledge a 50 and/or 100 scored by a batter and a bowlers good performance



# 1.5– Cricket Etiquette & Fair Play

Here are some ideas to encourage accepted levels of cricket etiquette for batters amongst junior cricketers.

## Batter

01 Enter the field of play after the fielding side



02 When asking for 'guard' say 'please'



03 Always be ready to receive the ball when the bowler is ready to start their run up, apologise if for any reason you have to make the bowler wait



04 Accept the umpire's decision - when given out walk immediately without any show of emotion



05 Do not engage in comments or gestures likely to cause conflict with the bowler or fielder



06 As the incoming batter, cross the outgoing batter on the field of play



07 Do not cause delay as the incoming batter - ensure clothing and equipment is correctly adjusted



08 When taking runs always run to the side of the pitch



# 1.5— Cricket Etiquette & Fair Play

Here are some ideas to encourage accepted levels of cricket etiquette for bowlers amongst junior cricketers.

## Bowler

01

Always say 'thank you' to the umpire when passing to him/her, or receiving from him/her, your hat and/or jumper – never throw or leave on the stumps or on the ground



02

Always accept the umpire's decision



03

If questioning the umpire on a point, do it calmly and politely – accept his/her response



04

If the non-striker is leaving his crease early a quiet word via the umpire should solve the problem



05

Apologise to the batter immediately if a high full-pitched delivery accidentally slips out



# 1.5— Cricket Etiquette & Fair Play

Here are some ideas to encourage accepted levels of cricket etiquette for all players amongst junior cricketers.

## General

01

Show respect for your captain, team-mates, opponents, umpires and the games traditional values



02

Do not be arrogant in victory nor bitter in defeat



03

When the 'home' team, create a warm and welcoming environment for visiting teams



04

Show self-discipline both on and off the field



05

Look the part – clothing and equipment should be clean and tidy



06

Show appreciation for workers and volunteers within the game – for example, the people who provide lunches and afternoon teas, ground staff and club officials



07

Always be punctual for matches and training



08

At the end of the match shake hands with opponents and umpires



08

After the days play participate in social interaction with team-mates, opponents and umpires

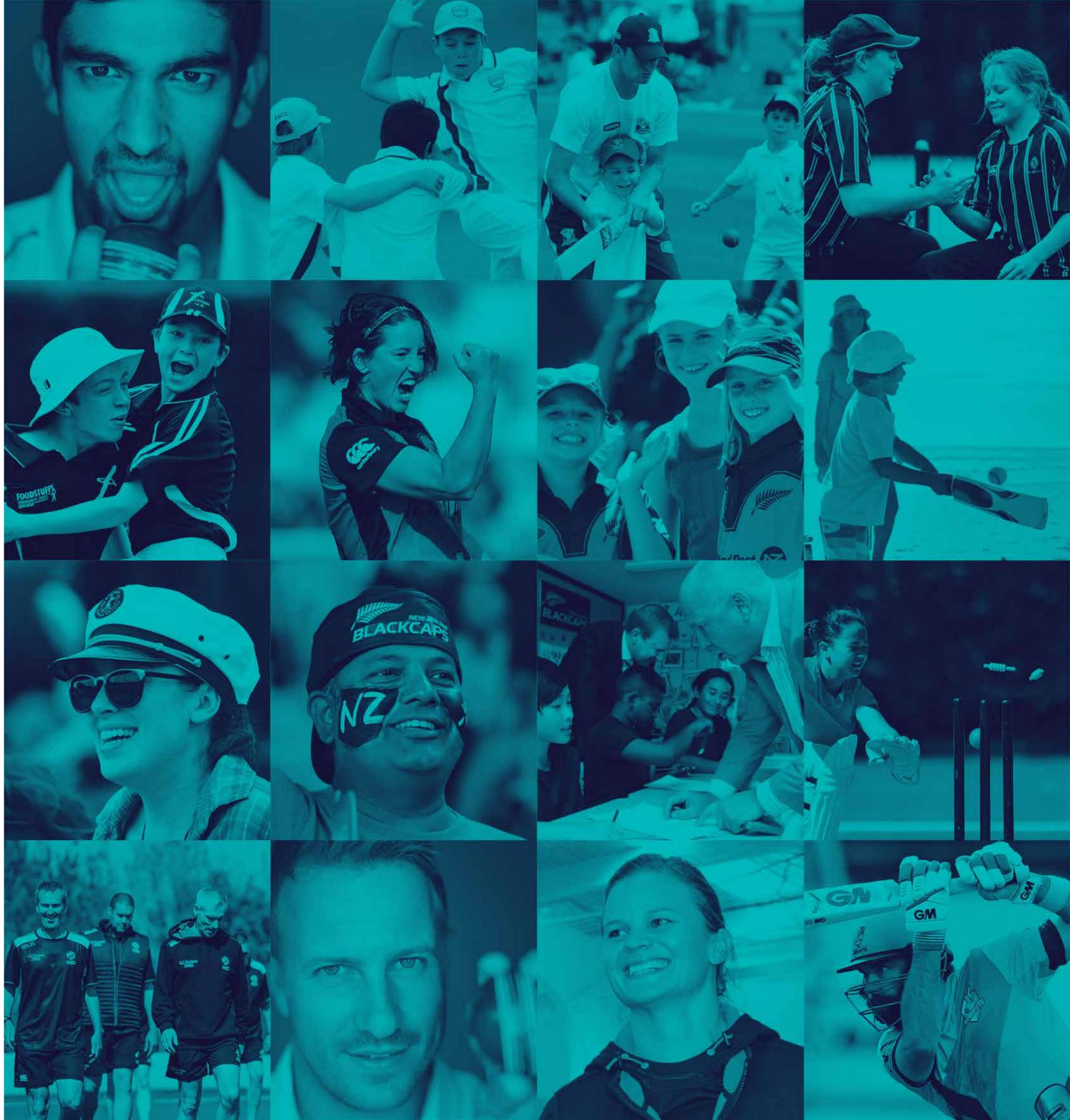


# 1.6— Diversity and Inclusion

Cricket will be a game for all New Zealanders; a game without barriers – a game that can be played anywhere, by anyone. Whatever the individual circumstances, Kiwis will be given every reason to celebrate and engage with cricket as their game, for life.

As New Zealand continues to develop into a diverse and multicultural society, cricket must ensure that non-traditional participants enjoy easy access to the game, that cricket is promoted to them in a relevant and meaningful way, and that opportunities exist for everyone wishing to take part.

New Zealand Cricket and its Major Associations are committed to ensuring that cricket is accessible for everyone wishing to play, and that barriers to participating are eliminated, or minimised. The same is true for impaired participants. Currently there are a small but enthusiastic number of physically disabled, hearing impaired, and sight impaired cricketers playing the game. Cricket needs to ensure these players have access to the game, and that it supports whatever format suits their needs.



## 1.6– Diversity and Inclusion Tips for Clubs



## 1.6— Diversity and Inclusion **Women in Cricket**

NZC strong commitment to female cricket has been reflected in the appointment of a National Female Participation Manager tasked with growing the game for women and girls. Initial focus will be placed on the following key areas:

- Developing a systematic approach to engaging more females into cricket, through 'female specific' national programmes and modified formats, supported by marketing campaigns and an increase in 'Summer Squad' deliverers.
- The introduction of age grade national tournaments and representative teams.
- Continuing to grow the role of women in cricket (especially at governance level) and reconnecting with White Ferns of the past.
- Optimising excitement and passion for female cricket through major events, in particular the ICC Women's Cricket World Cup.

[The summary report Women and Cricket: Cricket and Women is accessible here.](#)

01  
02  
03  
04  
05

DRIVE  
PARTICIPATE  
DELIVER  
BELONG  
INVEST



## 1.6– Diversity and Inclusion

# Blind Cricket

Blind Cricket is very similar to conventional cricket, it's still an 11 a side game, teams play both T20's and One day cricket, and still have the same methods of being out as conventional cricket and the same batting techniques and fielding positions.

Where the game starts to differ is:

- 11 players are made up of 3 sight categories. The sight categories are gauged dependent on an individuals level of blindness.
- B1 = someone who is totally blind.
- B2 = someone who is partially sighted.
- B3 = someone who is partially blind.
- Players use an audible ball. The ball is made of plastic with small ball bearings inside to give it audibility.
- Games make use of metal stumps, again this gives audibility for setting fields and assisting players with locating where they are in the field. It also helps with projecting a sound if there is a wicket either through being bowled or a runout.
- The ball is bowled underarm – although a good bowler with pace can make the ball bounce up to waist or chest height.
- B1 batters also have a runner – for obvious reasons they aren't able to take runs for themselves so they have a runner for this.

### How to get involved:

NZ Blind Cricket have 3 active clubs in the Upper North Island at present but are about to start a project to increase club numbers around the country.



**Manukau South Blind Sports Club**

[msbsc@nzbcainc.co.nz](mailto:msbsc@nzbcainc.co.nz)

**Waikato Blind Sports and Recreation Club**

[wbsrc@nzbcainc.co.nz](mailto:wbsrc@nzbcainc.co.nz)

**Bay of Plenty Blind Sports Club**

[bopbsc@nzbcainc.co.nz](mailto:bopbsc@nzbcainc.co.nz)

**Hawkes Bay Blind Sports Club**

[hbsc@nzbcainc.co.nz](mailto:hbsc@nzbcainc.co.nz)

**Canterbury Blind Sports Club**

[cbsc@nzbcainc.co.nz](mailto:cbsc@nzbcainc.co.nz)

## 1.6– Diversity and Inclusion

# Halberg Disability Sport Foundation

Halberg Disability Sport Foundation provide a 'No Exceptions Training' (NET) course on adapting sport, physical activity and recreation to include physically disabled New Zealanders. NET is suitable for volunteers, coaches, administrators and anyone else who is delivering sport and recreation to people of any abilities.

[You can find more information here.](#)



## 1.6– Diversity and Inclusion

# Christchurch Metropolitan Cricket Association

### Christchurch Metro Cricket Association (CMCA) – Disability Cricket Competition

Christchurch Metro Cricket Association (CMCA) through the network of other like-minded organisations, established a weekly summer cricket competition where disabled participants got the opportunity to play cricket. Six teams play modified cricket on a weekly basis with CMCA providing support with draws, equipment, scoresheets and awards. A couple of times each season teams get to play on the outfield of the main ground at Hagley Oval which is always a great highlight.

“TEAMS GET TO PLAY ON THE OUTFIELD OF THE MAIN GROUND AT HAGLEY OVAL WHICH IS ALWAYS A GREAT HIGHLIGHT.”



## 1.7— Community Cricket Awards

The community cricket awards are a thank you to the people who have put endless time and commitment into improving the game within their community.

Nominations are sought at the conclusion of each cricket season with winners acknowledged at the annual New Zealand Cricket awards dinner.

### CATEGORIES FOR THE COMMUNITY CRICKET AWARDS INCLUDE THE FOLLOWING:



---

Sir Jack Newman Award

---

---

Club of the Year

---

---

Volunteer of the Year

---

---

Official of the Year

---

---

Cricket Development Officer of the Year

---

---

Best Female Engagement Strategy

---

---

Outstanding Contribution and Services to Coaching

---

---

Outstanding Contribution to Cricket

---

---

Secondary School Girls' Young Cricketer of the Year

---

---

Secondary School Boys' First XI Cup Young  
Cricketer of the Year

---



# 2.0— **OUR PATHWAYS**

- 2.1 Coaching
- 2.2 NZC Coaching Strategy
- 2.3 Coaching Process
- 2.4 Coaches Code of Conduct
- 2.5 Becoming a Coach

## 2.1— Coaching

Cricket will be a game for all New Zealanders; a game that embraces and celebrates the kiwi way of life, and our spirit of fairness and respect. A game that can be played and coached by anyone, anywhere, from the domain to the oval, informal or first-class; coaches and players enjoy their time in the game, it is an integral part of the iconic kiwi summer.

New Zealand community coaches are highly capable, player-centred coaches who continually seek improvement through formal or informal channels. They are provided with opportunities to develop coaching skills appropriate to the level of the players they coach, from Foundation to High Performance. Good coaching enables players to develop a love and passion for cricket and provides an environment which allows them to reach their potential. Coaches understand that players develop over a long time, from their first cricketing experience, playing for a club or school team, representing a district association or playing for a New Zealand national team; coaches exist for the players.

## GOOD COACHING ENABLES PLAYERS TO DEVELOP A LOVE AND PASSION FOR CRICKET AND PROVIDES AN ENVIRONMENT WHICH ALLOWS THEM TO REACH THEIR POTENTIAL



## 2.2— NZC Coaching Strategy

**OUR PURPOSE IS TO ENHANCE THE CRICKETING EXPERIENCE THROUGH APPROPRIATE AND ACCESSIBLE COACHING.**

# CORE PRINCIPLES

- Coaches exist for the players
- Player enjoyment
- Coaches are leaders
- Continuous learning
- Culture of improvement
- Collaboration amongst coaches
- Coaching capability and delivery is appropriate to the players level
- Coaching the New Zealand way

# ALIGNMENT

## COMMUNITY COACHING PLAN

**Purpose:**

To establish a coaching framework that consistently meets the needs of all participants. Offers personal development and further opportunities, and ultimately drives retention within the sport.

**Key objectives:**

- Ensuring nationally there are suitably qualified coaches available to meet the needs of all players
- Increase player and coach retention
- Increase player and coach diversity
- Create and implement an aligned national coaching approach

## HIGH PERFORMANCE COACHING PLAN

**Purpose:**

To grow New Zealand High Performance coaching capability to enable players to perform and win.

**Key objectives:**

- Grow the leadership and people management capability of HP coaches
- Enhance Coaches planning processes
- HP coaches understanding ‘coaching - learning’ and how to enhance learning and performance
- An aligned HP coach identification and development process for succession
- Ensure ongoing best practice in the technical and tactical elements of cricket

**Alignment** between Community and High Performance coaching plans that ensures there is a robust talent identification and development process for high potential coaches to progress from Performance to High Performance. This process is enabled by collaboration between NZC (HP and Community), MA's (HP and Community), SNZ and HPSNZ.

# 2.3— Coaching Process

COACH COMMUNITY	PLAYER LEVEL	COACHING STAGE		
<b>High Performance Community</b>	BLACKCAPS, WHITE FERNS, NZ 'A', NZ U19, First Class, NZ Emerging players or overseas equivalent	Performance Coach Programme (Formerly level 3)	Performance Coach Programme	Performance Coach Programme
<b>Performance Community</b>	MA 'A', MA U19, MA U21, MA U17, DA Senior, Premier Club, School 1st XI	NZC Trained Performance Coach (Currently Level 2)	NZC Advanced Performance Coach	NZC Master Performance Coach
<b>Development Community</b>	MA U14, U15 (Yr 9, 10), DA U15, U17, U19 (Yr 9, 10); Secondary School, Youth Club, DA Junior, Rep; Secondary School Boys & Girls	NZC Trained Performance Coach (Currently Level 1)	NZC Advanced Development Coach	NZC Master Development Coach
<b>Foundation Community</b>	Primary School, Intermediate School, Junior Secondary, Junior Club, National Primary School Cup & Shield, Superstar Cricket Academy; Superstar Cricket; Superstar skills; Super skills; Super Cricket	NZC Trained Foundation Coach (Formerly HAG/Kiwi/Foundation)	NZC Advanced Foundation Coach	NZC Master Foundation Coach
		<b>Trained Coach</b>	<b>Advanced Coach</b>	<b>Master Coach</b>

# 2.4— Coaching Framework

COACHING COURSES								
COACH LEVEL/ STAGE	SUPERSTAR CRICKET ACADEMY COURSE	FOUNDATION COURSE	ADVANCED FOUNDATION COURSE	DEVELOPMENT COURSE	ADVANCED DEVELOPMENT COURSE	PERFORMANCE COURSE	ADVANCED PERFORMANCE COURSE	PERFORMANCE COACH PROGRAMME
PLAYER FORMAT/LEVEL	Superstar Cricket Academy Programme	Softball/ Superstar Cricket Games/Matches in which a soft ball is used (ie. anything other than a traditional leather cricket ball)	Junior Hardball Cricket Age & Stage - Primary/Intermediate Junior Secondary School Junior Club	Youth Hardball Age & Stage - District (Year 7 & 8) Secondary School & First XI Girls Youth Club	Major Association U14/U15 District Association U15/U17/U19 Senior Club	Major Association U17 Secondary School First XI Boys Premier Club	Major Association U19/U21/As District Association Senior	BLACKCAPS WHITE FERNS NZ U19/Emerging Players/As First Class
KEY INFORMATION	Approx 45min basic cricket online module 30min vulnerable persons online module 60-90min club based practical module	Approx 70min basic cricket online module 30min vulnerable persons online module 60-90min club based practical module	120min online module 30min vulnerable persons online module 180min club based practical module	180min online module 30min vulnerable persons online module 3 x 180min MA/DA based practical modules	Under construction	Currently Level 2 30min vulnerable persons online module 25-30hrs including assessments	Under construction	3 x 4 day residential over 15 months By application
PRE-REQUISITE COACH LEVEL REQUIRED				Advanced Foundation Coach	Development Coach	Advanced Development Coach	Performance Coach	Advanced/Master Performance
EXTENSION COURSES								
COACH LEVEL/ STAGE			MASTER FOUNDATION COURSE	ADVANCED DEVELOPMENT COURSE	MASTER DEVELOPMENT COURSE	ADVANCED PERFORMANCE COURSE	MASTER PERFORMANCE COURSE	HIGH PERFORMANCE COACH PROGRAMME
KEY INFORMATION			Specific master coach topics such as Age & Stage District Approx 30min per selected online module	Under construction	Under construction	Under construction	Under construction	Individual Performance Plans
PRE-REQUISITE COACH LEVEL REQUIRED			Advanced Foundation Coach	Development Coach	Advanced Development Coach	Performance Coach	Advanced Performance Coach	Performance Coach Programme

## 4.2— Volunteers

### Volunteers

The delivery of cricket would simply not be possible without the commitment of our fantastic volunteers. They are the backbone of the game. Like many sports, cricket has a range of tasks and roles that are undertaken by people who give their time, energy, and enthusiasm to the game. The breadth of roles means that people can choose their level of involvement that suits their ability to commit, as well as other motivations.

## Tips for clubs

Sport New Zealand have developed a basic process that clubs can use for recruiting and retaining volunteers

01

### Find your club a volunteer coordinator:

This should be someone familiar with your club and its systems and requirements. Their task is to ensure your club is volunteer-friendly.

02

### Ask people to volunteer:

It might sound too simple, but simply asking people to volunteer is a very effective way of recruiting people. People love to be asked for help and are flattered when you do so.

03

### Follow up on expressions of interest immediately:

The sooner you make contact, the more likely it is that they will continue through the process of becoming a volunteer.

04

### Screen your candidates:

By screening your potential volunteers with interviews and police checks, you ensure they are a good fit and are able to make a valuable contribution to your club.

05

### Welcome and reward your volunteers:

Have the volunteer coordinator (or someone else as appropriate) welcome the volunteer to the club. Ensure volunteers are rewarded and praised for their efforts. Example: Organise a thank you evening for your volunteers or a fun activity e.g. fun six-a-side volunteers match.

06

### Provide orientation and training:

Be clear and specific about what you want your volunteers to do, ideally provide a job description and training.

07

### Find out what your club can do for the volunteer:

Most volunteers are looking to get something from their experience with your club. Ask them what they want from their volunteering experience, where possible try to accommodate these reasons for volunteering. E.g. friendship, recognition, skills improvement etc.

08

### Provide support:

Providing ongoing supervision and support through mentoring or regular debriefs (formal or informal) will give the volunteer feedback so that they know they are doing a good job.

09

### Respond to issues and improve performance:

Ensure volunteers know where to get any help they feel they may need.

## 2.5— Coaches Code of Conduct



# 01

### **Treat everyone equally regardless of gender, ability, ethnicity or religion**

Respect the talent, development stage and goals of each player in order to reach their full potential.

# 02

### **Be a positive role model for cricket and players and act in a way that projects a positive image of coaching**

Ensure the player's time spent with you is a positive experience.

Be fair, considerate and honest with players.

# 03

### **Make a commitment to provide a quality service to your players**

Provide players with planned and structured training programmes appropriate to their needs and goals.

Understand that the development of players at any level is a long term process and this should not be sacrificed for short term gains.

# 04

### **Maintain high standards of integrity**

Operate within the laws of cricket and in the spirit of cricket, while encouraging your players to do the same

Refrain from criticism of other coaches, officials or players.

# 05

### **Remember your professional responsibilities as a coach**

Further information on New Zealand Cricket Coaches code of conduct is available on the NZC website.

## 2.6— Becoming a Coach



NZC offer many coaching courses which can get you underway or upskill you on your coaching journey

If you are new to coaching or an experienced coach your first step is to register with the NZC coaching database

Go to <https://www.nzc.nz/community/coaches-corner/register>

If you are new to coaching, start with the Foundation Course which is free and has online and practical modules. Remember to select this course when you register

If you have experience in coaching, there are further coach development opportunities available for you to select when you register



# 3.0— **OUR FORMATS**

3.1 Junior Formats

NZC's Junior Cricket accommodates different ages and stages with the objective of providing accelerated skill development, making it action packed and fast paced with maximum involvement for the kids.

[Learn more about NZC Junior Formats](#)



This means shorter pitch lengths, fewer player numbers, shortened boundaries and appropriately sized bats and balls. More action, more running, more balls in play; less wides, more fun!

# 3.1 – Junior Formats

<b>SUPERSTAR CRICKET ACADEMY</b> 	<b>SUPERSTAR CRICKET</b> 	<b>PRIMARY</b> 	<b>INTERMEDIATE</b> 	<b>DISTRICT</b> 	<b>CUP &amp; SHIELD TOURNAMENT</b> 
Learning the skills	Pitch <b>10-14M</b>	Pitch <b>16M</b>	Pitch <b>18M</b>	Pitch <b>18M</b>	Pitch <b>18M</b>
Warm-up games	Players <b>8</b>	Players <b>8</b>	Players <b>9</b>	Players <b>9</b>	Players <b>9</b>
Batting skills and games	Overs <b>8-16</b>	Overs <b>20 MAX</b>	Overs <b>30 MAX</b>	Overs <b>40 MAX</b>	Overs <b>20 MAX</b>
Bowling skills and games	Boundaries <b>30-40 MAX</b>	Boundaries <b>35 MAX</b>	Boundaries <b>40 MAX</b>	Boundaries <b>45 MAX</b>	Boundaries <b>45 MAX</b>
Fielding skills and games	Dismissals <b>PAIRS*</b> *Pairs cricket batting rules apply 5 ways to get out; - Bowled                      - Stumped - Caught                      - Run out - Hit Wicket	Dismissals <b>NONE*</b> *bat out your 5 overs as a pair MA's/DA's can introduce penalties for dismissals if required LBW'S - No Stumpings - Yes	Dismissals <b>ALL*</b> *Minimum number of balls - 6 (from there on all dismissals apply) - Compulsory retirement - 30 balls - MA's/DA's can introduce penalties for dismissals if required	Dismissals <b>ALL*</b> *Negotiable	Dismissals <b>ALL</b>
Modified team games	Equipment Modified ball (Incredi/soft)	Equipment 142g two piece ball or modified ball Mandatory helmets	Equipment 142g two piece ball or modified ball Mandatory helmets	Equipment 142g two piece ball Mandatory helmets	Equipment 142g two piece ball Mandatory helmets
<b>5-10 YEAR OLDS</b>	<b>5-12 YEAR OLDS</b>	<b>YEAR 5-6</b>	<b>YEAR 7-8</b>	<b>YEAR 7-8</b>	<b>YEAR 7-8</b>



# 4.0— **OUR CLUBS**

- 4.1 Clubs
- 4.2 Volunteers
- 4.3 NZC Club Assist: Health Check
- 4.4 Community Partnerships
- 4.5 Cambridge Cricket Club
- 4.6 A Model Cricket Club
- 4.7 Governance
- 4.8 Funding & Support
- 4.9 North Shore Cricket Club
- 4.10 Parents/Caregivers Code of Conduct
- 4.11 Players Code of Conduct
- 4.12 Player Registration
- 4.13 Umpiring and Scoring
- 4.14 Pitch Preparation

## 4.1— Clubs

As the ‘heart’ of cricket in the community, cricket clubs play a key role in delivering and promoting the game at the local level. Clubs provide playing and coaching opportunities, as well as the chance to get involved as a volunteer club administrator. Some clubs cover end-to-end participation from junior cricket through to social adults, while others are solely focused on supporting adult involvement in the game. Successful clubs are those that are organised and integrated, have a clear plan for the future, and have arrangements in place to manage the increasingly broad range of issues that impact upon a community sports club.

### Club resources

There are a vast number of resources available to cricket clubs. Most notably, Sport New Zealand have developed best practice guidelines that are available to assist clubs, these include:

- Growing club membership
- Fundraising and sponsorship
- Committee roles and meetings
- Facilities for clubs
- Event management for clubs
- Marketing and communications for clubs
- Legal considerations for clubs

[These resources can be found here.](#)

## SUCCESSFUL CLUBS ARE THOSE THAT ARE ORGANISED AND INTEGRATED



## 4.2— Volunteers

### Volunteers

The delivery of cricket would simply not be possible without the commitment of our fantastic volunteers. They are the backbone of the game. Like many sports, cricket has a range of tasks and roles that are undertaken by people who give their time, energy, and enthusiasm to the game. The breadth of roles means that people can choose their level of involvement that suits their ability to commit, as well as other motivations.

[Sport New Zealand have developed several volunteer resources available to clubs, these can be found here.](#)

## Tips for clubs

Sport New Zealand have developed a basic process that clubs can use for recruiting and retaining volunteers

- 01 Find your club a volunteer coordinator:**  
This should be someone familiar with your club and its systems and requirements. Their task is to ensure your club is volunteer-friendly.
- 02 Ask people to volunteer:**  
It might sound too simple, but simply asking people to volunteer is a very effective way of recruiting people. People love to be asked for help and are flattered when you do so.
- 03 Follow up on expressions of interest immediately:**  
The sooner you make contact, the more likely it is that they will continue through the process of becoming a volunteer.
- 04 Screen your candidates:**  
By screening your potential volunteers with interviews and police checks, you ensure they are a good fit and are able to make a valuable contribution to your club.
- 05 Welcome and reward your volunteers:**  
Have the volunteer coordinator (or someone else as appropriate) welcome the volunteer to the club. Ensure volunteers are rewarded and praised for their efforts. Example: Organise a thank you evening for your volunteers or a fun activity e.g. fun six-a-side volunteers match.
- 06 Provide orientation and training:**  
Be clear and specific about what you want your volunteers to do, ideally provide a job description and training.
- 07 Find out what your club can do for the volunteer:**  
Most volunteers are looking to get something from their experience with your club. Ask them what they want from their volunteering experience, where possible try to accommodate these reasons for volunteering. E.g. friendship, recognition, skills improvement etc.
- 08 Provide support:**  
Providing ongoing supervision and support through mentoring or regular debriefs (formal or informal) will give the volunteer feedback so that they know they are doing a good job.
- 09 Respond to issues and improve performance:**  
Ensure volunteers know where to get any help they feel they may need.

## 4.3— NZC Club Assist: Health Check

It is important for cricket clubs to maintain a healthy club environment to ensure cricket remains attractive. The NZC 'Club Assist: Health Check' has been designed to enable clubs to better understand how they are operating in a number of ways, including the following.

[Access the NZC Club Assist: Health Check.](#)

---

# 01

Providing clubs with a diagnostic assessment tool so they can assess their club structures, organisation and performance

# 02

To outline current best practice, against which clubs can measure themselves

---

# 03

To recognise excellence in clubs, which can be communicated to stakeholders e.g. members, sponsors, major and/or district associations

# 04

To establish eligibility for possible support and/or funding assistance

---

## 4.4— Community Partnerships

Strong links between schools and community organisations helps provide positive experiences for participants and encourages long-term participation. At the local community level many associations and clubs are recognising the benefits of establishing influential and effective partnerships with other community organisations. As the social and recreational landscape changes, it is becoming more important for clubs to recognise how they can best position themselves within a community, and how relationships with other agencies and organisations can assist them.



## 4.5— Cambridge Cricket Club

### Club School Partnership

Cambridge Cricket Club embarked on a project to work closer with the local secondary schools and increase playing and membership numbers within their club. Cambridge Cricket Club facilitated the integration of all school cricket teams under the one umbrella of the club to clearly show a pathway from junior through youth to senior cricket. The whole process has developed easily, as a result of everyone involved having the same end goal - which is to make cricket in Cambridge strong and available to everyone.



## 4.6— A Model Cricket Club



01

Is well organised and communicates regularly to its members e.g. newsletters, social media

02

Creates a fun and vibrant environment for all members

03

Develops relationships with locals schools and community organisations

04

Ensures all coaches have at least minimum NZC coaching accreditation

05

Develops a relationship with the local regional sports trust (RST)

06

Offers different game formats to suit the needs of its community

07

Offers to assist the coach and manager of the local school cricket team

08

Acknowledges the role local council plays as a major supporter of cricket

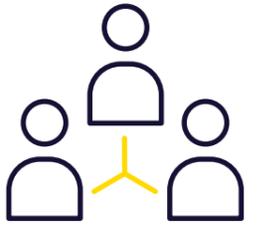
09

Ensures their club is utilising the best technology programmes and offerings

10

Develops relationships with local media outlets

# 4.7— Governance



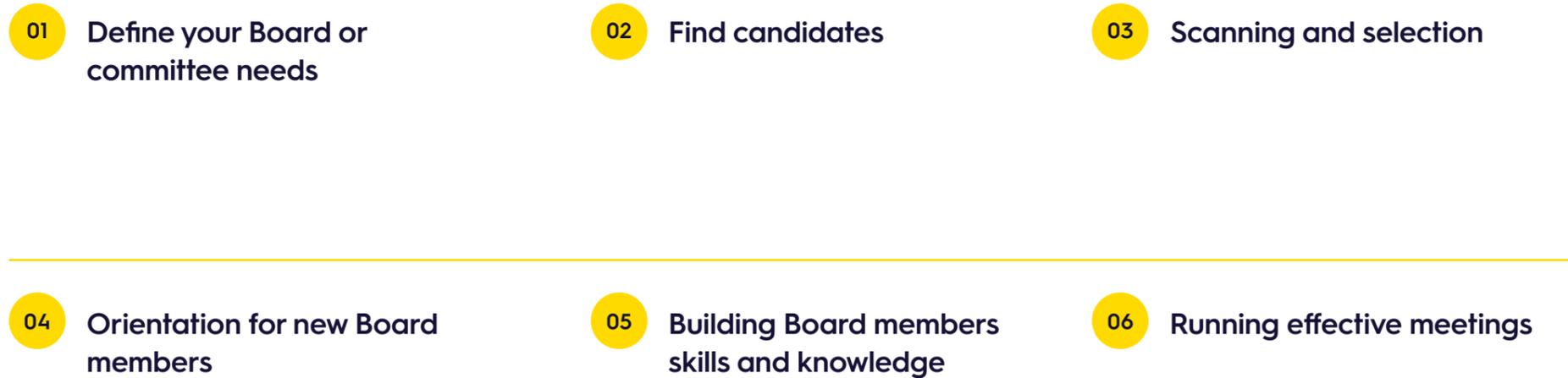
‘Governance’ is the term used to talk about those people who lead and oversee their organisation. For cricket, this is the Board or Committee of the Association or Club.

**A Board has four core roles:**

- To develop the purpose, goals and strategy of the organisation.
- To work as a team that has integrity and makes the most of diversity with willingness to debate to make good decisions for the organisation and works well with any staff, volunteers and other stakeholders.
- To be effective at overseeing the performance of the organisation (not ‘doing the doing’ but planning and allocating resources for those who are allocated the tasks to do)
- To manage risk and oversee the financial health and solvency of the organisation

In the sports sector, particularly in clubs and smaller associations, Board/Committee members often wear two hats. They are governors who fulfil the leadership and oversight role, as well as ‘doing the doing’.

NZC’s governance resources have an initial focus of tools and templates to help Boards with appointing and inducting Board members, with an initial diversity focus emphasising an increase in the engagement of females. There are also training resources to help Board members understand and build their skills across the four core roles. Resources are provided in six topical areas.



## 4.8— Funding & Support

### Gaming Trust Funding

There are a number of Gaming trusts across New Zealand that support cricket organisations with funding to improve the development of the game. Many clubs will have access to potential funding through Gaming Trusts in their local area.

[Find Gaming Trusts in your local area.](#)

### LiteClub

LiteClub is a free service for grassroots sports clubs nationwide to assist them becoming more efficient with electricity, water and waste disposal. These efficiency changes not only reduce the clubs' impact on the environment, they also free up money to put back into what really matters – sport. So far, LiteClub has visited over 1,000 clubs around NZ and the changes made are expected to save the clubs more than \$6 million.

LiteClub's field teams travel New Zealand and spend 2 – 3 hours at each clubroom. During these club visits they implement on-the-spot changes, which include replacing inefficient light bulbs with cost saving LEDs, installing water saving devices, insulating hot water cylinders and setting up recycling stations to make sorting waste easier. Following each visit, the club receives a detailed report containing recommendations about larger, more significant improvements for the club to consider.

[To benefit from this FREE programme, secure your club a visit by signing up at to liteclub.](#)

LiteClub's field teams will be visiting clubs on the North Island again from July 2017 onward. Sign up now to ensure your club benefits from their services when they are in your region.



## 4.9— North Shore Cricket Club

### Club Communication

North Shore Cricket Club (NSCC) regularly communicate with their members via a weekly newsletter called 'From the Boundary'. The purpose of the newsletter is to keep past and current members of the club engaged in its activities. 'From the Boundary' is available on a number of digital platforms including Facebook, email and the NSCC website. NSCC's increased focus on communication with its members and their community resulted in big crowds at the club supporting their premier team playing T20 games, resulting in positive outcomes for the clubs hospitality options they have on offer.

**'FROM THE BOUNDARY' IS AVAILABLE ON A NUMBER OF DIGITAL PLATFORMS INCLUDING FACEBOOK, EMAIL AND THE NSCC WEBSITE.**



## 4.10— Parents/Caregivers Code of Conduct



# 01

### **Remember a child participates in cricket for their enjoyment, not yours**

Focus on the child's and the team's efforts over winning and losing

# 02

### **Maintain high standards of integrity**

Encourage children to play within the spirit of cricket

Be a good sport, understand that actions speak louder than words

Be impartial, consistent and objective when it comes to your child's cricket

# 03

### **Be a positive role model for your child**

Remember children learn the best by example so applaud good performance of your child, their team and their opponents

Encourage your child to play within the rules and to respect officials and coaches

# 04

### **Always recognise and respect the value and importance of volunteers**

Refrain from any personal abuse towards officials and volunteers

Remember they are people who give up their time to make the game happen for your child

If appropriate, offer a helping hand

# 05

### **Respect the rights, dignity and worth of every person regardless of their gender, ability, ethnicity or religion**

Every child deserves the right to have fun and enjoy cricket in an inclusive, safe and supportive environment

## 4.11— Players Code of Conduct



01

**Play for your own enjoyment**

Work equally hard for yourself and your team

02

**Treat everyone like you would like to be treated**

Respect the rights, dignity and worth of every individual person as a human being

03

**Be a positive role model for cricket and act in a way that projects a positive image of you and your team**

Applaud all good performances whether it's by your team or the opposition

04

**Maintain high standards**

Never argue with an umpire

Verbal abuse of officials or sledging of players is not within the spirit of the game

05

**Always recognise the value and importance of volunteers**

Thank your umpires, coaches and the scorers

## 4.12— Player Registration

Player registration is now essential for cricket in New Zealand with the current system - CricHQ.

A registration form has been developed, with set mandatory fields to ensure consistency across the country. A new feature for 2017/18, the system also offers an e-commerce functionality to allow online payment of club subscriptions.

[Get your complete set-up guide plus accompanying digital promotional material online here.](#)

If you need any assistance, please contact our dedicated support at [clubsupport@nzc.nz](mailto:clubsupport@nzc.nz)

# PLAYER REGISTRATION IS NOW ESSENTIAL FOR CRICKET IN NEW ZEALAND.



## 4.13— Umpiring and Scoring

Umpiring and Scoring are critical aspects of the game of cricket, and a great way for people to get involved in the game. For more information on umpiring or scoring visit [the New Zealand Cricket website here](#).



## 4.14— Pitch Preparation

More so than for any other sporting code in New Zealand, the ability to learn, develop and practice skills, are affected in a material way by the quality of the playing surface known as the cricket pitch. Quality cricket pitches are a crucial part of cricket in New Zealand – a quality cricket pitch will allow players to develop their skills and reward cricketers and spectators with a valuable experience.

NZC have developed best practice guidelines to assist clubs and cricket facilities in preparing quality cricket pitches – [this can be found at here.](#)

## QUALITY CRICKET PITCHES ARE A CRUCIAL PART OF CRICKET IN NEW ZEALAND





# 5.0— **SAFE CRICKET**

- 5.1 Injury Prevention
- 5.2 Injury Management
- 5.3 Emergency Procedures
- 5.4 ACC Sportsmart
- 5.5 Pace Bowling Workload and Guidelines
- 5.6 Managing Doubtful Bowling Action
- 5.7 Safety
- 5.8 Bowling Machine Safety Procedures
- 5.9 Sun & Heat Protection
- 5.10 Overplay & Fatigue
- 5.11 Drug Free Sport

## 5.1– Injury Prevention

The health, wellbeing and safety of players and officials must be considered a priority at all times. The following guidelines provide a reference for everyone involved in the game and will help promote a safe approach to cricket at all levels.

While cricket is not generally regarded as a dangerous sport, as with all physical activity there is an inherent risk of injury. The establishment of preventative measures and practices can greatly reduce the number and severity of injuries.

### The following tips can help prevent and minimise injuries in cricket:

- Thoroughly warming up before a cricket match or practice session. Bowlers, particularly fast bowlers should warm up before their bowling sessions/spells
- Develop good skill technique. Good technique reduces the risk of injury
- Following recommended guidelines for pace bowling workloads (refer NZC Bowling guidelines)
- Ensuring coaches are qualified to a level appropriate to the team they are coaching, and encouraged to undergo regular re-accreditation.
- Modifying rules, equipment, pitch and field dimensions for children, making the game appropriate for their age, interest, ability and fitness levels.
- When batting, wicket keeping or fielding in close, wear a cricket helmet (refer to NZC helmet policy on pg 60).
- Wear protective gear during practice as well as competition

# GOOD TECHNIQUE



# REDUCES THE RISK

## 5.2— Injury Management

Injury management involves identifying, treating and recovering from an injury. The sooner an injured player rests and treats their injury, the less time they will be in pain or discomfort and the sooner they will be able to return to play.

Remember, in the case of all emergencies call 111.

## T.O.T.A.P.S

If emergency treatment is not needed, T.O.T.A.P.S (Talk, Observe, Touch, Active Movement, Passive Movement, Skill Test) is an effective tool for further assessment.

T

### Talk

Ask the player what happened.  
Where does it hurt?  
What kind of pain is it?



O

### Observe

Ask the player what happened.  
Where does it hurt?  
What kind of pain is it?



T

### Touch

Touch indicates warmth for inflammation, and also assesses pain.



A

### Active Movement

Ask the injured player to move the injured part without any help.



P

### Passive Movement

If the player can move the injured part, ask them to try to move it through its full range of motion.



S

### Skills Test

Did the active and passive movements produce pain? If not, can the player stand and demonstrate some of the skills from the game carefully? If an injury is identified, remove the player from the activity immediately.



## 5.2– Injury Management

# R.I.C.E.D

The R.I.C.E.D method of injury treatment can relieve pain, limit swelling and protect the injured tissue, all of which help to speed healing.



**PLAYER SHOULD AVOID AS MUCH MOVEMENT AS POSSIBLE TO LIMIT FURTHER INJURY.**

**R**

### Rest

Rest reduces further damage – stop activity as soon as the injury occurs.

Player should avoid as much movement as possible to limit further injury.

The player should not put any weight on the injured part of the body.



**I**

### Ice

Ice cools the tissue and reduces pain.

Place ice (wrapped in a damp towel) onto the injured area.

Do not put ice directly onto bare skin.

Hold the ice pack firmly in place with a bandage.

The player should keep ice on the injury for 20 minutes every two hours, for the first 48 hours.

What kind of pain is it?



**C**

### Compression

Compression helps to reduce bleeding and swelling.

Ensure that bandaging is not so tight that it cuts off circulation or causes tingling or pain past the bandage.

Apply compression the injury between ice treatments.



**E**

### Elevation

Elevation helps to reduce swelling.

Raise the injured area on a pillow for comfort and support.

Keep the injured area raised as much as possible.



**D**

### Diagnosis

Consult a healthcare professional (such as a doctor or physiotherapist) especially if you are worried about the injury or the pain/swelling gets worse.



## 5.2— Injury Management

# H.A.R.M

Players should avoid these H.A.R.M factors 72 hours after an injury

H

### Heat

Heat increases the bleeding at the injury site. The player should avoid hot baths, showers, saunas, hot-water bottles, heat packs and liniments.



A

### Alcohol

Alcohol increases bleeding and swelling at the injury site, and delays healing. It can also mask the pain of the injury and its possible severity, which may result in the player not seeking treatment as early as they should.



R

### Running

Running or any form of exercise will cause further damage. The player should not resume exercise within 72 hours of the injury unless a healthcare professional says it is all right to exercise.



M

### Massage

Massage causes an increase in bleeding and swelling and should be avoided within 72 hours of the injury. If the injury is massaged within the first 72 hours, it may take longer to heal.



## 5.3— Emergency Procedures

Ensure that any visiting teams know the emergency procedures at your club.

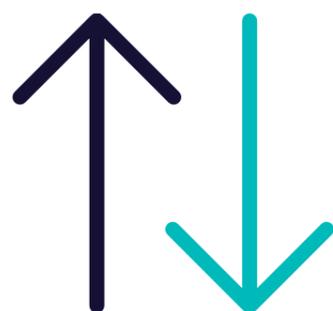
### CLUBS SHOULD ENSURE THAT:



A qualified first-aider is always at training and competitions. In large venues hosting multiple games, at least one qualified first aider should be available at each game.



A first-aid kit is always available and well signposted. An area dedicated to first-aid care should be designated and signposted so that people know where to go to seek first-aid.



Emergency access ways are always clear, and that coaches know the directions to the nearest Accident and Emergency Clinic.



A phone is always available to contact emergency services. Club staff should be on hand in cases of an emergency with a well-trained and documented emergency protocol in place.

## 5.4— ACC SportSmart

ACC SportSmart is a multifactorial programme that aims to reduce the risk of injuries among athletes so that they can maintain and improve their performance. It provides an injury prevention framework with associated programme resources.

**Within each ACC SportSmart principle, information is provided on:**

- What – a definition of the ACC SportSmart principle
- Why the point is important – evidence for reducing injury risk when the ACC SportSmart point is addressed
- How to implement the point in sport – practical advice and examples from sports organisations on how to implement the ACC SportSmart point
- Further information and resources – literature and best-practice information on the ACC SportSmart point

[Click here for more information on ACC SportSmart.](#)

**ACC  
SportSmart**

### THE ACC SPORTSMART PRINCIPLES:

- 01 **PLAYER PROFILING**
- 02 **PHYSICAL CONDITIONING**
- 03 **PSYCHOLOGY**
- 04 **SKILL & TECHNIQUE**
- 05 **FOOD & FLUID**
- 06 **PLAYER WEAR**
- 07 **ATHLETE ENVIRONMENT**
- 08 **INJURIES**
- 09 **TARGET POPULATIONS**

## 5.5— Pace Bowling Workload

Pace bowlers are at risk of potential injury, particularly back injuries, if he or she has too great a workload and goes beyond what their body is capable of coping with. To this end, NZC recommend cricketers follow the guidelines set out in this section. Coaches, Managers and Parents are encouraged to follow these guidelines, and in doing so provide a safe and supportive environment for all.

### PACE BOWLERS ARE AT RISK OF POTENTIAL INJURY, PARTICULARLY BACK INJURIES



## 5.5— Pace bowling Guidelines

The following tables outline guidelines for matches, practices and tournament play based upon the age group of the player. For a match, it sets out the maximum overs in a day, and in any one bowling spell. After a spell, a pace bowler should rest for at least the same number of overs they bowled from their end, which also applies to tournament play. For practices, the guidelines set out maximum sessions per week and how many overs a bowler should deliver in any one session.

### 9-12 years of age

- Restrictions are in place for player development. All players to bowl in every match unless injured or at risk of injury.
- Maximum 8 balls in any one over, including wides and no balls.

### 13-18 years of age

- Restrictions in place predominantly for safety but also for development purposes.
- Maximum overs in a day includes all overs on that day, including a second innings.

#### For definition purposes:

A pace bowler should be regarded as any bowler who is not a genuine spin bowler and therefore includes medium pace and slow medium bowlers and where the wicket keeper would normally stand back. Coaches are asked to apply the rule strictly and not try to avoid it by bringing up the wicket keeper artificially.



### Once per week games (e.g. Saturday Cricket)

AGE	BOWLING RESTRICTION
9-10yrs	<ul style="list-style-type: none"> <li>• 5 overs per day</li> <li>• 2 overs per spell</li> </ul>
11-12yrs	<ul style="list-style-type: none"> <li>• 8 overs per day</li> <li>• 4 overs per spell</li> </ul>
13yrs	<ul style="list-style-type: none"> <li>• 10 overs per day</li> <li>• 5 overs per spell</li> </ul>
14yrs	<ul style="list-style-type: none"> <li>• 10 overs per day</li> <li>• 5 overs per spell</li> </ul>
15yrs	<ul style="list-style-type: none"> <li>• 12 overs per day</li> <li>• 5 overs per spell</li> </ul>
16yrs	<ul style="list-style-type: none"> <li>• 14 overs per day</li> <li>• 6 overs per spell</li> </ul>
17yrs	<ul style="list-style-type: none"> <li>• 16 overs per day</li> <li>• 6 overs per spell</li> </ul>
18yrs	<ul style="list-style-type: none"> <li>• 20 overs per day</li> <li>• 8 overs per spell</li> </ul>



### The guidelines below are based on junior and youth cricket practice sessions

AGE	SESSIONS PER WEEK / BOWLING RESTRICTION
9-10yrs	<ul style="list-style-type: none"> <li>• 1 session per week</li> <li>• 4 overs per session</li> </ul>
11-12yrs	<ul style="list-style-type: none"> <li>• 1 session per week</li> <li>• 4 overs per session</li> </ul>
13yrs	<ul style="list-style-type: none"> <li>• 2 sessions per week</li> <li>• 5 overs per session</li> </ul>
14yrs	<ul style="list-style-type: none"> <li>• 2 sessions per week</li> <li>• 5 overs per session</li> </ul>
15yrs	<ul style="list-style-type: none"> <li>• 2 sessions per week</li> <li>• 5 overs per session</li> </ul>
16yrs	<ul style="list-style-type: none"> <li>• 2 sessions per week</li> <li>• 6 overs per session</li> </ul>
17yrs	<ul style="list-style-type: none"> <li>• 2 sessions per week</li> <li>• 6 overs per session</li> </ul>
18yrs	<ul style="list-style-type: none"> <li>• 2 sessions per week</li> <li>• 6 overs per session</li> </ul>



### The table below is based on cricketers playing in tournaments that are played for 3 or more days

AGE	SESSIONS PER WEEK / BOWLING RESTRICTION
9-10yrs	<ul style="list-style-type: none"> <li>• 4 overs per day</li> <li>• 2 overs per spell</li> <li>• Max 16 overs bowled during the tournament</li> </ul>
11-12yrs	<ul style="list-style-type: none"> <li>• 8 overs per day</li> <li>• 4 overs per spell</li> <li>• Max 20 overs bowled during the tournament</li> </ul>
13yrs	<ul style="list-style-type: none"> <li>• 10 overs per day</li> <li>• 5 overs per spell</li> <li>• Max 32 overs bowled during the tournament</li> </ul>
14yrs	<ul style="list-style-type: none"> <li>• 10 overs per day</li> <li>• 5 overs per spell</li> <li>• Max 32 overs bowled during the tournament</li> </ul>
15yrs	<ul style="list-style-type: none"> <li>• 10 overs per day</li> <li>• 6 overs per spell</li> <li>• Max 38 overs bowled during the tournament</li> </ul>
16yrs	<ul style="list-style-type: none"> <li>• 10 overs per day</li> <li>• 6 overs per spell</li> <li>• Max 38 overs bowled during the tournament</li> </ul>
17yrs	<ul style="list-style-type: none"> <li>• 10 overs per day</li> <li>• 6 overs per spell</li> <li>• Max 42 overs bowled during the tournament</li> </ul>
18yrs	<ul style="list-style-type: none"> <li>• 10 overs per day</li> <li>• 6 overs per spell</li> <li>• Max 42 overs bowled during the tournament</li> </ul>

## 5.6— Managing Doubtful Bowling Action

Many youngsters experience difficulties with maintaining their bowling arm position within the ICC's range (0-15degrees). Coaches, parents, and managers of underage teams should respect the sensitivity of this issue. At the introductory level of the game, bowlers in this category should be assisted with the problem rather than have it highlighted. A high level of empathy should be applied to the handling of these cases.

Contact your major association to assist with appropriate measures that will help manage such cases.

[Contact details for each Major Association can be found here.](#)



## 5.7— Safety

### Safety in nets

The safety of participants must be considered the utmost priority when using nets. The following outlines some guidelines for safety in nets. It is imperative that clubs and facilities regularly review their safety practices for use of nets and rules and guidelines must be regularly enforced.

- Helmets and other equipment must be worn at all times.
- Players should not turn their backs on batters .
- There should be no spectators in the nets causing distraction.
- Be aware of your surroundings, especially other batters and bowlers using adjacent nets.
- Prior to training check the nets for any hazards – e.g. broken glass or small rocks on the pitch.
- Report all injuries and near misses to the club or appropriate facility personnel.
- Clubs and facilities regularly review their nets safety practices.
- Rules are regularly enforced.



**BE AWARE OF YOUR  
SURROUNDINGS,  
ESPECIALLY OTHER  
BATTERS AND BOWLERS  
USING ADJACENT NETS**

## 5.8— Bowling Machine Safety Procedures

- Only one person should be permitted to operate the machine at a time.
- The operator must be experienced in operating the machine.
- The operator must ensure that there is adequate protection, such as a movable screen, for a ball struck back towards the machine.
- The operator must ensure that the area between the batsman and the machine is clear at all times.
- The operator must ensure that the batsman is ready to receive the ball.
- The operator must not wear any loose clothing and if they have long hair it must be tied back or protected by a cap.
- The batsman must stand clear while at least one ball is 'bowled' in order to assess the speed, direction and bounce of the ball.
- The batsman must wear a helmet at all times when facing the machine.
- The operator must raise the ball in the air to ensure that the batsman sees it prior to placing the ball into the machine and/or use the automatic feeder.
- All injuries and near misses must be reported to the club or appropriate facility personnel.



## 5.9— Sun & Heat Protection

It is important that all involved in cricket take appropriate precautions to avoid sun damage.

Coaches should encourage players to bring their own drink bottles to matches and ensure they have adequate fluid intake before, during and after matches or practice.

### SUN & HEAT PROTECTION TIPS

01

It is recommended that players and officials wear proper sports eyewear

02

Recommended that players and officials wear appropriate light-coloured, loose fitting clothing

03

It is recommended that players and officials wear a broad-brimmed hat and long sleeved shirts.

04

Sunscreen with an SPF 30+ should be made available to players and officials, and reapplied as appropriate throughout competition.

05

Shaded areas made available at all grounds. If there are no trees, artificial shades such as umbrellas or marquees should be used.

06

In particularly hot conditions it may be advisable to re-schedule playing hours e.g. into the early evening, to protect children from playing in extremely hot conditions

07

Regular drinks breaks occur and that water is readily available

## 5.10— Overplay & Fatigue

While its pleasing to see young cricketers playing often and enjoying their cricket, care must also be taken to ensure that there is not an oversupply of activities, games and competitions. While duplication can provide more opportunities for junior cricketers, especially the most talented, they can easily become over-committed, which can lead to over-training, excessive competing demands and possible 'burn out'. Associations need to be mindful of this situation, especially in setting up their junior representative programmes.



## 5.11— Drug Free Sport

### Drug Free Sport NZ

Aims to help athletes compete clean and help promote the importance and values of clean sport. Athletes have a responsibility to help create a culture of clean sport that rewards sportsmanship, character and performance. Drug Free Sport NZ (DFS NZ) aims to protect and promote a culture of clean sport that rejects cheating through drug use. This means athletes need to take care of everything they consume: food, medications, supplements, drugs, vitamins, vaccinations, energy drinks – everything.

### Education

DFS NZ provide a clean sport education programme available free of charge to support and educate young athletes and support personnel (coaches, managers, parents). Alternatively, athletes and support personnel can complete E-Learning (Level 1, 2 or Coaches module)

For more information or to book an education seminar:

Email: [education@drugfreesport.org.nz](mailto:education@drugfreesport.org.nz) or visit [www.drugfreesportnz.org.nz](http://www.drugfreesportnz.org.nz)

### Supplements & Medication

Supplements and common medications can contain ingredients which are prohibited in sport so you need to be very careful about everything you take in sport.

You can check supplements and medication by:

TXT: Text the exact name of the medication or active ingredient to 4365 (txts cost 20 cents)

Phone: 0800 DRUG FREE

Website: [www.drugfreesport.org.nz](http://www.drugfreesport.org.nz)

### Good Clean Sport

Instilling strong values and good habits in young kiwi athletes today, will empower them to succeed in sport and life tomorrow. Good Clean Sport is a values-based movement aiming to educate and inspire every young kiwi athlete to become the best they can be through their involvement in competitive sport.

Visit [www.goodcleansport.kiwi](http://www.goodcleansport.kiwi) to find out more.



**ATHLETES HAVE A  
RESPONSIBILITY TO HELP  
CREATE A CULTURE OF  
CLEAN SPORT THAT REWARDS  
SPORTSMANSHIP, CHARACTER  
AND PERFORMANCE.**

GOODCLEANSPORT.KIWI





# 6.0— **POLICIES & PROCEDURES**

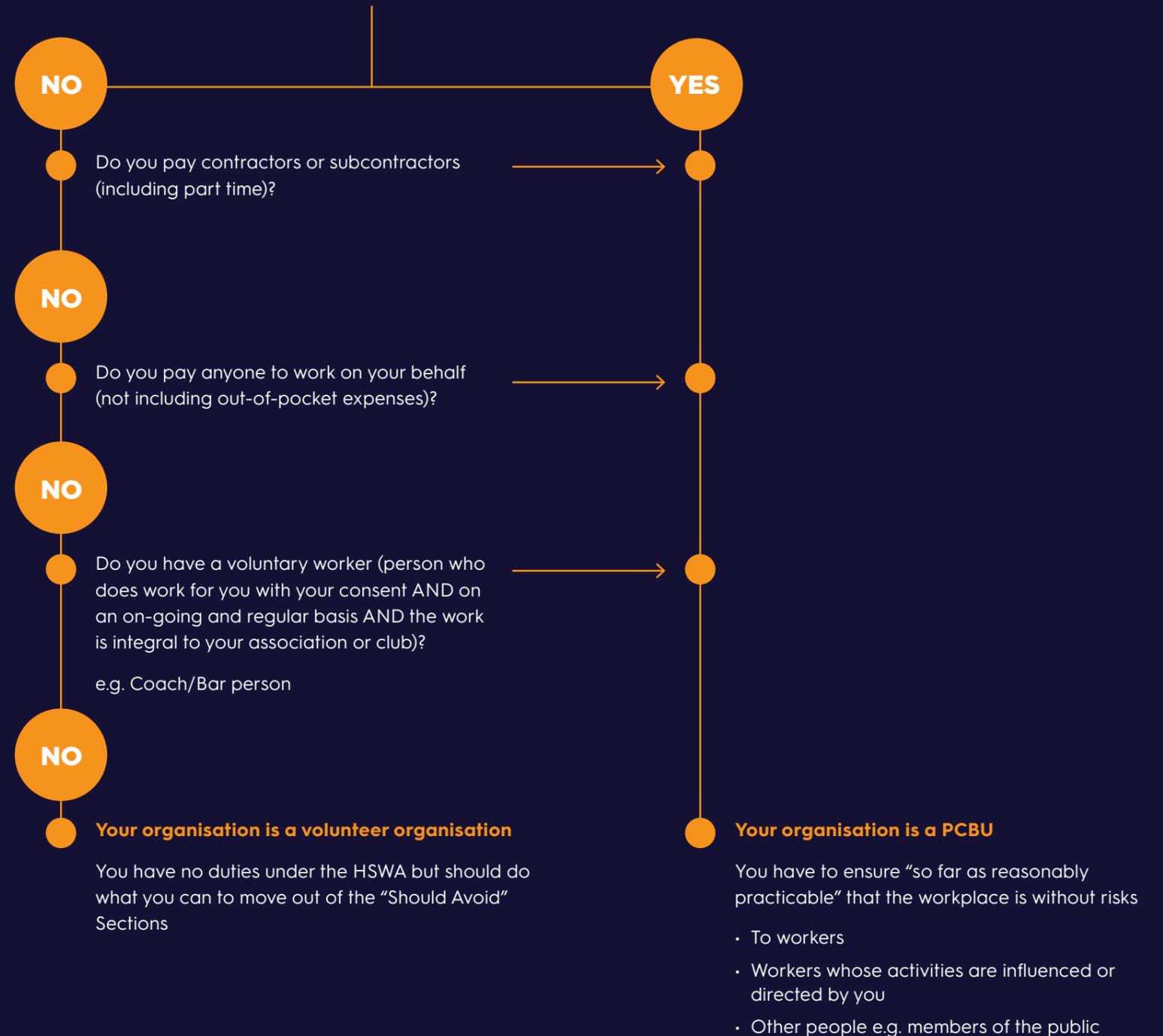
- 6.1 Health & Safety
- 6.2 Welfare of Children & Vulnerable Adults
- 6.3 Working with Children
- 6.4 Helmet Policy

## 6.1— Health & Safety

An important topic, which is often glossed over is Health & Safety. Does this apply to cricket – it most certainly does! Health & Safety practices associated with cricket are aimed at preventing harm to all those who volunteer, play, watch and enjoy cricket in New Zealand. It is important we all think about ways you and your club can make the game safer – for everyone.

# Does Health & Safety Act apply at your club?

### DO YOU EMPLOY WORKERS?



## 6.1– Health & Safety

# What You Need To Do



### TALK

Talk about H&S with your committee

Don't assume that someone else is taking care of H&S – start asking some questions



### IDENTIFY

Look for situations or activities that could cause people harm



### CONTROL

Control and record all hazards and risks

Think about how you can eliminate the hazard

If you can't eliminate, how can you minimise it?

Think about how you do can do things safer



### COMMUNICATE

Talk to all players, officials, and workers about the risks (and the controls)



### TRAINING

Make sure that your workers know the safest way to do their job/tasks



### REPORT

Encourage everyone to report all injuries and new hazards and risks

Keep a record of these



### IMPROVE

Always look for opportunities to improve and make things simpler for yourself

## 6.2— Welfare of Children & Vulnerable Adults

### A Game For All – Creating a safe and fun environment for cricket

Safeguarding in cricket is based upon the concept of providing an enjoyable cricket environment tailored to the needs and requirements of Children and Vulnerable Adults.

Adults interacting with Children and Vulnerable Adults in sport are in a position of trust and influence. They should ensure that everyone is treated with integrity and respect and that the self-esteem of the person is enhanced. Everyone involved in delivering cricket, especially to Children and Vulnerable Adults, has a role to play in creating the best possible environment for them.

A policy decision has been taken at New Zealand Cricket (NZC) to work to the highest standard of guidance and, as such, NZC has adopted a Welfare of Children and Vulnerable Adults Policy (Policy). The Policy sets out NZC's commitment to providing a safe, positive and fun environment for Children and Vulnerable Adults who play cricket.

### New Zealand Cricket's Anti-Bullying Statement

NZC believes that every person in cricket, in every role and no matter what age, has the right to participate in an environment that is fun, safe and healthy, and to be treated with respect, dignity and fairness.

Bullying denies participants these rights and can result in feelings of disgrace, embarrassment, shame or intimidation. Bullying can also affect an individual's athletic performance, level of enjoyment, work or school life, academic achievement and physical and mental health.

Bullying can occur both on and off the cricket pitch and can involve players, parents, coaches, spectators or umpires.

NZC does not accept bullying within the sport and sees it as everyone's responsibility to implement and support anti-bullying within cricket

NZC has developed the following Codes of Conduct for parents/caregivers, players and coaches to help make cricket a safe and healthy environment.

## KEEPING CRICKET SAFE AND FUN



## 6.3— Working with children

As an adult, it is your responsibility to establish and maintain clear professional boundaries with children and young people in sport. The following protocols provide guidance to those working with children by outlining good practice and establishing boundaries in a range of situations.

### Guidelines



- 
- 01 All activities should be appropriate for the age and development of children.

Create a safe and open environment for children and vulnerable adults that also reduces the risk to staff and volunteers.

Always act, and be seen to act, in the child's best interests.
  - 02 Avoid situations that would lead to questions being raised over motivations and intentions.

Avoid private or unobserved situations with a child. Always have another adult present or at least another player.

Do not intimidate, bully, humiliate, threaten, pressure or undermine a child.
  - 03 Ensure that all physical contact with children is relevant and appropriate to the activity being undertaken.

Never send children off to train unsupervised or out of sight.

Ensure that language is age appropriate when talking to children.
- 
- 04 Ensure that filming or photography of children is appropriate.

Do not engage in communication with a child on a one-on-one basis through social media, texting other than for relevant coach/athlete feedback or administration.

Ensure that relationships with children clearly take place within the boundaries of a respectful relationship.
  - 05 Where there are changing rooms always announce when you are entering.

Never shower, bathe or get changed in the same place as children.

Do not ask children to undertake personal jobs or errands.
  - 06 Do not do drink alcohol in the presence of children and never offer alcohol to children.

Never invite children back to your home.

Never travel alone in a car with a child, if this is not possible have them sit in the back seat.

## 6.4— Police Vetting & Identifying Child Abuse

### INTRODUCTION

Cricket is New Zealand's main summer sport. It is a unique sport that blends individual performance into an exciting team game. It is played at competitive and social levels and is enjoyed by a significant number of New Zealanders of all ages, genders, cultures and abilities.

'Coaches are playing an increasingly important and diverse role in sport and the community globally. They are engaging with a broader range of participants who place significantly greater demands on them, whether working with novice children or elite players. They are not only expected to coach the sport technically and tactically but to coach and develop the person physically, emotionally, socially and cognitively' - International Council for Coaching Excellence.

Coaches are central to the sport, in many ways they are the sport. They are the people who kids listen to, learn from and respect'. A great coach can inspire the hearts and minds of kids to want to train and compete in sport. Coaches have the satisfying challenge of not only teaching players individual skills and the rules and strategies of the game, but also instilling in them appropriate values, attitudes and a sense of the game's etiquette and traditions.

The NZC Development Course E-Manual has been established to assist coaches of youth and secondary school players in their quest to develop their coaching knowledge and ability which will aid their player's development. Development coaches have a very important role to play in the development of young cricketers in New Zealand and it is hoped that this manual will be a useful resource.

NZC acknowledges the critical role that all coaches play in player enjoyment and retention and values the positive contribution coaches bring to the game. Coaches make a real difference.

### POLICE VETTING

**From 2018/2019 it is compulsory that all junior and youth coaches who have regular or overnight contact with children and youth are Police Vetted.**

Regular or Overnight Contact means the person has contact (other than merely incidental contact) with a child or children:

- overnight; or
- at least once each week; or
- on at least 4 days each month.

NZC wishes to emphasise this is not an attempt to identify or disqualify individuals with minor or irrelevant criminal records, either current or historic. On the contrary, the initiative is based on creating safer and more secure cricketing environments for both the children and vulnerable adults who might be involved, and for those charged with upholding a duty of care and responsibility – ie: NZC, MAs, DAs and clubs.



**"THE INITIATIVE  
IS BASED ON  
CREATING SAFER  
AND MORE SECURE  
CRICKETING  
ENVIRONMENT..."**

# IDENTIFYING CHILD ABUSE

Children and Vulnerable Adults can be exposed to many forms of abuse, whether it be physical, sexual, emotional or neglect. All of these should be treated seriously and can occur anywhere.



**Children and Vulnerable Adults can be exposed to many forms of abuse, whether it be physical, sexual, emotional or neglect.**

## PHYSICAL ABUSE

Physical abuse is a non-accidental act on a child or vulnerable adult that results in physical harm. This may include;

- Beating, hitting, shaking
- Deliberately using something to strike, intimidate, prod (bat, ball, stumps...)
- Biting
- Burns
- Strangulation (which may not leave marks)

## SEXUAL ABUSE

Sexual abuse is any act or acts that result in the sexual exploitation of a child or young person, whether consensual or not. Sexual abuse does not always have to involve physical force or touching. For example, it may involve showing a child sexually explicit material, sending inappropriate text messages, or asking for nude photos. Some signs to look out for include;

- Age inappropriate sexual play or interest
- Sexually explicit drawings and descriptions
- Fear or reluctance to spend time with a certain person or in a certain place
- Reluctance to shower or get changed with others

## EMOTIONAL ABUSE

Emotional abuse is any act or omission that results in impaired psychological, social, intellectual, and or emotional functioning and development of a child or young person. Types of emotional abuse include;

- Continued criticism
- Humiliation
- Threats
- Inappropriate expectations
- Rejection, isolation or oppressions

## NEGLECT

Any act or omission that results in impaired physical functioning, injury, and/or development of a child or young person. Neglect consists of;

- Physical neglect
- Neglectful supervision
- Emotional neglect
- Medical neglect
- Educational neglect
- Abandonment

## SUSPICIONS OF ABUSE

Suspicions may be disclosed by a child or young person through verbal, behavioural, art work and relationships with others. When dealing with disclosure of child abuse ensure;

- Stay calm, be patient, keep voice low and gentle
- Don't question extensively
- Don't be too quick to fill silences
- Thank the child for telling you and say that you are there to help them
- Do not promise confidentiality
- Do not panic

## WHAT IF I AM WRONG?

Under the law any person who believes that a child has been, or is likely to be harmed, may report the matter to the Ministry for Vulnerable Children Oranga Tamariki (MVCOT) on 0508 326 459 or the Police. Provided the report is made in good faith, no civil, criminal or disciplinary proceedings may be brought against them.

# REPORTING SUSPECTED ABUSE

NZC appreciates that the appropriate method for reporting suspected child abuse may depend on the specific circumstances. However, as a general rule, the following steps ought to be taken in reporting suspected child abuse to the Statutory Authorities:

## 01

Observe and note dates, times, locations and contexts in which the incident occurred or suspicion was aroused, together with any other relevant information.

Reporting template can be found here: <https://www.nzc.nz/media/10359/welfare-of-children-vulnerable-adults-roc-form.pdf>

## 02

Where there are reasonable grounds for concern, report the matter as soon as possible to the Designated Person with responsibility for reporting abuse. If the Designated Person has reasonable grounds for believing that the Child has been abused or is at risk of abuse, s/he will make a report to the Ministry for Vulnerable Children to investigate and assess suspected or actual child abuse.

## 03

In cases of emergency, for example, where a Child appears to be at immediate and serious risk and/or the Designated Person is unable to contact a duty social worker, the Police should be contacted. Under no circumstances should a Child be left in a dangerous situation pending intervention by the Statutory Authorities.

## 04

If the Designated Person is unsure whether reasonable grounds for concern exist, s/he can informally consult with the relevant Statutory Authority. S/he will be advised whether or not the matter requires a formal report.

## 05

A Designated Person reporting suspected or actual child abuse to the Statutory Authorities should consider whether to first inform the family of their intention to make such a report. NZC does not recommend informing the family in circumstances where the parent or caregiver is the alleged perpetrator and where doing so may endanger the child, the Designated Person or others, or undermine an investigation.

## 06

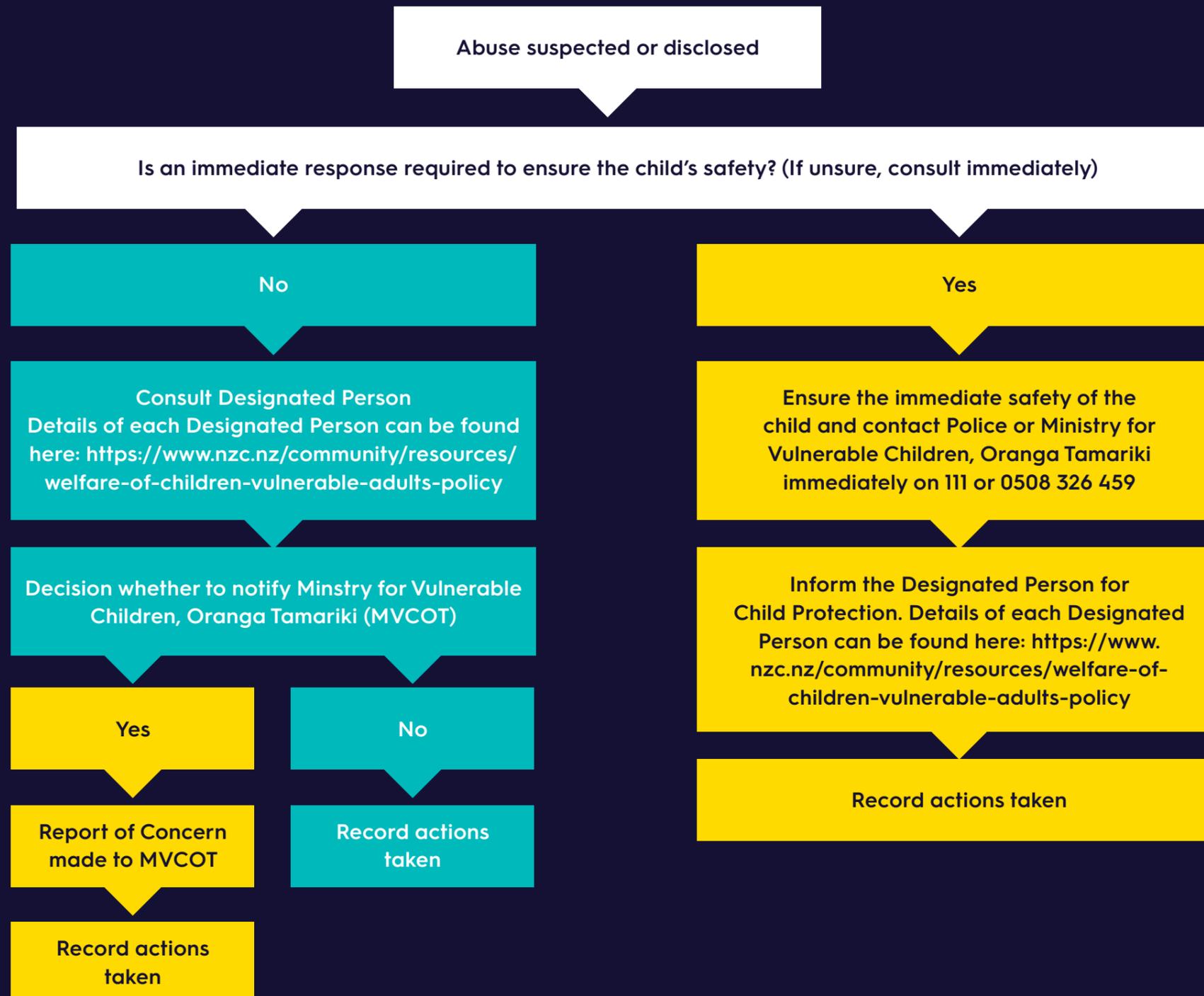
In instances where the Designated Person finds that s/he does not have reasonable grounds for reporting a concern to the Statutory Authorities, the person who raised the concern should be given a clear statement by the Designated Person of the reasons why s/he is not taking action. The person should be advised that if they remain concerned about the situation, they are free to consult with, or report to, the Statutory Authorities themselves.

## 07

The Designated Person should update the CEO/Chairman/General Manager of their organisation in relation to each report made to him or her and his or her decision in relation to each report (i.e. whether or not it has been reported to a Statutory Authority). The Designated Person may also consult with the CEO/Chairman/General Manager of their organisation if they are unsure about the appropriate action to take in any particular situation.

Designated Person Contact Details can be found here <https://www.nzc.nz/media/10580/designated-persons-contact-details.pdf>

# WELFARE OF CHILDREN & VULNERABLE ADULTS REPORTING FLOWCHART



## 6.4 – Helmet Policy

New Zealand Cricket is committed to ensuring all cricketers receive the very highest standard of helmet protection, whether batting or fielding (in specific positions). To this end, NZC has adopted a formal position on helmet safety which is largely in line with similar policies implemented in England & Australia.

### Junior /Youth Hardball (Under 19 yrs.) Boys & Girls

The following policy will be mandatory for the 2017 - 18 season onwards;

- Helmets, with a face guard, are mandatory for junior cricketers (Under 19), including when they are playing senior cricket.
- They must be worn while playing and during practice sessions when batting, keeping (within 5 metres of the stumps) or fielding in close (with 7 metres of the stumps, excluding behind the wicket on the off-side).
- British Standard helmets (BS7928:2013) are considered “best of breed” helmets and supersede the existing Australian/NZ Standard (AS/NZS 4499 series).
- Any individual with responsibility for players (such as a coach or manager), together with match umpires, should take all reasonable steps to ensure that the above guidelines are followed.

### Senior (19 yrs. & above) Men & Women

- New Zealand Cricket strongly recommend all senior cricketers wear a helmet with a face guard while playing and during practice sessions when batting, keeping (within 5 metres of the stumps) or fielding in close (with 7 metres of the stumps, excluding behind the wicket on the off-side).
- Any individual with responsibility for players (such as a coach or manager), together with match umpires, should take all reasonable steps to ensure that the above guidelines are followed.
- British Standard helmets (BS7928:2013) are considered “best of breed” helmets and supersede the existing Australian/NZ Standard (AS/NZS 4499 series).
- It is recommended that women only use helmets which have been tested against both the men’s and junior sized ball or at least against the junior size ball.

[More information on NZC’s helmet policy.](#)

## NZC HAS ADOPTED A FORMAL POSITION ON HELMET SAFETY



---

Game On is a community cricket resource designed to help players, coaches, volunteers, officials, and teachers of cricket ensure the game is fun and safe, and accessible to all New Zealanders.

For more information and resources contact:

**NZC**

+64 9 393 9700

[info@nzc.nz](mailto:info@nzc.nz)

[nzc.nz](http://nzc.nz)

