



CHANCE TO SHINE
Spreading the power of cricket



WHY CRICKET

What are the benefits of playing my sport?

Cricket is a wholly inclusive and accessible sport which engages people from a wide range of backgrounds. A number of adapted versions of the game exist to enthuse new audiences.

Carlton Bolling Girls' Cricket team in Yorkshire have broken down barriers to engage and excel in their cricket competitions. Through the support of their PE staff, an understanding of individual needs and circumstance and a drive to compete, they have been able to showcase their skills at County Final - Inter School Competition (Level 3). The team consists of girls from a South Asian background, typically an under-represented demographic in sport, and none of the team members had previously played within a community club setting. Hard work, teamwork and commitment have been the key to their success, as well as a passion for the game.

Carlton Bolling Girls' Cricket Team
www.youtube.com/watch?v=W6YTbqtJKJY



cricket

Spirit of the Games: Excellence through competition How does your sport exemplify these values?



Cricket is already loved by millions of people around the globe, crossing many ethnic and religious boundaries, who continue a life-long love affair with the game. Cricket, through its subtleties and ever-evolving formats, challenges players and keeps them coming back for more.



Cricket is a game that requires players to be respectful of their team mates, the umpire's decision and their opponents. If a player shows respect, he or she will gain the respect of others.



Cricket has its own long-established tradition of upholding the 'Spirit of Cricket'. Promoted by the Marylebone Cricket (MCC) many cricket bodies and partners use the logo and resources available to promote this key message.



Whilst cricket is a team sport it also requires players to perform individual roles against an opposition player (bowler bowling to a batsman for example). Self-belief is developed in these one-on-one battles through achieving individual success celebrated in a team environment.



Cricket is a fantastic team sport as it requires players with differing skills to work together and crucially appreciate each other's talents to achieve team success.



Cricket requires great concentration, application and determination in order to master the skills required to play the game successfully. Overcoming setbacks such as being bowled, dropping a catch or being hit for 6 requires great determination and character.

Priority competitions:

- **Kwik Cricket** (Primary)
- **Chance to Compete** (Secondary)
- **Table Cricket** (Inclusive)
- **Kwik Cricket** – Years 4-6
- **Chance to Compete** – u13 and u15
- **Table Cricket** – Year 7 +
- Intra School Competition (Level 1), Inter School Competition (Level 2) and County Final - Inter School Competition (Level 3) through School Games or local county cricket board
- Run by local county cricket board or SGO
- Enter via local county cricket board or SGO
- Outdoor (May - July)
- Chance to Compete and Table Cricket both have regional and national finals

Where do young people go next (from school to club/community)?

A number of community options are available to any cricketers keen to take their experiences beyond school sport.

For those aged 5-8, ECB have introduced the All Stars Cricket programme: www.ecb.co.uk/play/all-stars

For those aged 8+, ECB supports a network of community cricket clubs up and down the country:
www.ecb.co.uk/play/find-a-club

Chance to Shine also support a number of specific free Street community cricket programmes for 8-15 year olds in targeted communities around the country:
www.chancetoshine.org/street/chance-to-shine-street

Young Leader/Officials courses/qualifications available:

ECB Cricket Activator — a bespoke volunteering course that gives young people the skills to deliver sessions and cricket festivals for other children.

Embracing the School Games Vision

Development Competitions provide an opportunity to engage all young people. Utilising the NGB format, consider:

- Identifying targeted participant groups (i.e. gender, physical activity levels, impairment groups).
- Using the STEP principles to condition activities.
- Consider how to reward success – what does it look like?

Signposted competitions:

The ECB and Chance to Shine have school competition offers for both primary and secondary school children depending on their ability and age. There are opportunities and pathways that lead to regular competitive cricket.

All competitions begin at a local level and are delivered by the Local County Cricket Board. The Local County Cricket Board will deliver the competitions below as well as local competitions; please contact them for a local competition framework.

For 2017/2018 competitions are:

Primary School Competition:

Kwik Cricket

- Years 6, 5, 4 and below
- Mixed and girls only
- Level 2 – SGO/clubs
- Level 3 – Local County Board
- Spring/summer terms

Secondary School Competitions:

Girls Indoor (Lady Taversers)

- U13 and 15
- Local, county, regional and national final
- County Cricket Boards
- Jan - April

English Schools Cricket Association U15 T20

- U15
- Boys – outdoor hardball competition
- Local, county, regional and national final
- Local County Cricket Board with Schools Cricket Association
- April to September

Relevant web links:

www.chancetoshine.org/schools/schools-clubs-area

www.ecb.co.uk/play/junior/kwik-cricket

www.lordstaverners.org/table-cricket

For Key Stage 2 Intra competitions, teachers and SGOs can access Chance to Shine's coaching cards for suggested competition formats:

www.chancetoshine.org/schools/schools-clubs-area/resources/new-teachers-resources

Competition Card 1

Primary or Secondary:

Primary

Name of competition:

ECB Kwik Cricket

Age group:

KS2 (Years 4-6)

How to enter:

Via Local County Cricket Board

Tournament format:

Festival format, generally round robin events hosted at community club settings with all sides playing an equal number of games where possible.

Simple rules:

- Teams of 8, squads of 10.
- Mixed teams for Y4, Y5 and 6 competitions (no specific gender split). A Year 6 girls-only event exists.
- Plastic Kwik Cricket stumps and bats, rubber orange Kwik Cricket ball.
- Kwik Cricket Scorecard.
- Each match lasts 8 overs per innings, with players batting in pairs for 2 overs.
- Scores start at 200, each wicket lost is 5 runs off the total. Other traditional cricket scoring options exist.
- Pitches are 16 yards in length, with 30 yards boundaries.
- Pitches can be marked on suitable grass outfields.

Think inclusively!

- Kwik Cricket promotes the involvement of all children as every child will get the opportunity to bat, bowl and field in each game.
- Fielders can rotate positions after each over, so they can explore every position including wicket keeper.
- Bowling styles can be adapted to include underarm bowling or a teacher/leader bowl if necessary.
- Games can be reduced to 4 ball overs.
- Adapted versions for Special Schools (Continuous Cricket) also exist.

Relevant web links:

ECB Kwik Cricket
www.ecb.co.uk/play/junior/kwik-cricket

Schools wishing to learn more about the opportunities and support which Chance to Shine can provide can view the details here: www.chancetoshine.org/schools/how-to-join

www.chancetoshine.org/schools/schools-clubs-area/chance-to-compete

Roles for young people:

- Scoring
- Umpiring
- Team management
- All roles are covered in the ECB Cricket Activators course, run locally by County Cricket Boards.
www.ecb.co.uk/be-involved/volunteering/young-volunteers

How can depth in competition through extra teams be achieved?

- Cricket is a wholly inclusive and accessible sport which engages young people of different abilities from a wide range of backgrounds.
- Each game last approximately 40 mins, so lots of games can be played in a festival, giving opportunity to rotate players.
- Schools are encouraged to enter B and C teams as there is usually plenty of space at the host venues to cater for this.

The route from here to County Final – Inter School Competition (Level 3)

- Inter School Competition (Level 2) events take place in May-June leading to County Final - Inter School Competition (Level 3) finals, hosted at a centrally based cricket club, in late June/early July.
- County Final - Inter School Competition (Level 3) events will use the same competition rules, allowing for any inclusive adaptations at Inter School Competition (Level 2).

How can regularity be achieved?

Encourage schools to set up local leagues at local club sites or suitable community venues



Competition Card 2

Primary or Secondary:

Secondary

Name of competition:

Chance to Compete (outdoor)

Age group:

U13 & U15

How to enter:

Via Local County Cricket Board

Tournament format:

Festival format, generally round robin events hosted at community club settings with all sides playing an equal number of games where possible.

Simple rules:

- Teams of 8, squads of 10.
- U13 (Mixed) and U15 (Mixed) hardball.
- U13 and U15 Girls softball.
- Plastic Kwik Cricket stumps and bats, incrediball for girls' softball.
- Wooden stumps, bats and protective equipment (as per ECB guidelines) for mixed competitions.
- Each match lasts 7 overs per innings.
- The team with the highest score at the end of the 7 overs win using standard cricket scoring.
- Pitch length = 18 yards (u13) and 20 yards (u15).
- Boundary length is 40 yards.
- Pitches can be marked on suitable grass outfield for softball events or marked non-turf or turf pitches (hardball).

Think inclusively!

- Chance to Compete promotes the involvement of all children as every player will get the opportunity to bat, bowl and field in each game (only wicket keepers cannot bowl).
- Games can be reduced to 4 ball overs.
- All mixed competition exclude current county age group cricketers.

Relevant web links:

Chance to Compete (Secondary Schools competition)
www.chancetoshine.org/schools/schools-clubs-area/chance-to-shine-schools-cup

Schools wishing to learn more about the opportunities and support which Chance to Shine can provide can view the detail here: www.chancetoshine.org/schools/how-to-join

MCC Spirit of Cricket
www.lords.org/mcc/mcc-spirit-of-cricket

Roles for young people:

- Scoring
- Umpiring
- All roles are covered in the ECB Cricket Activators course, run locally by County Cricket Boards.
www.ecb.co.uk/be-involved/volunteering/young-volunteers

How can depth in competition through extra teams be achieved?

- Each game last approximately 40 mins, so lots of games can be played in a festival, giving opportunity to rotate players.
- Schools are encouraged to enter B & C teams as there is usually plenty of space at the host venues to cater for this.

The route from here to County Final – Inter School Competition (Level 3)

- Inter School Competition (Level 2) events take place in May-June leading to County Final - Inter School Competition (Level 3) finals, hosted at a centrally based cricket club, in late June/early July.
- County Final - Inter School Competition (Level 3) events will use the same competition rules, allowing for any inclusive adaptations at Inter School Competition (Level 2).

How can regularity be achieved?

Encourage schools to set up local leagues at local club sites or suitable community venues



Competition Card 3

Primary or Secondary:

Secondary Inclusive

Name of competition:

Lord's Taverners Table Cricket

Age group:

Y7+

How to enter:

Via Local County Cricket Board

Tournament format:

Festival format, generally round robin events hosted at community club settings with all sides playing an equal number of games where possible.

Relevant web links:

Lord's Taverners:
www.lordstaverners.org/table-cricket

Complete guide to Table Cricket: [Link](#)

Player classification update: [Link](#)



Simple rules:

Team table cricket — County Final - Inter School Competition (Level 3) and Level 4

- The batting team starts with 200 runs.
- The bowler bowls by releasing the ball down and off the end of the launcher.
- The batter scores by hitting and guiding the ball against the green scoring zones around the table and avoiding the fielders.
- The scoring system is as follows: two runs if the ball hits the side square of the batter, four runs anywhere else down the sides, two runs for a shot either side of the launcher, and six runs in either far corner. For more information, please visit www.lordstaverners.org/table-cricket
- The batter is out (loses five runs) if they:
 - hit the red part of the fielder (white part means 'no score');
 - is bowled (ball goes over their end of the table between the wide markers);
 - glances the ball anywhere over their end of table;
 - hits the launcher (caught and bowled);
 - the ball hits their hand, arm or body (LBW);
 - the ball is hit off the table by a ballistic hit (swipe or hit) – a guided push should be used at all times.
- Each batter plays one over of six balls.
- The winning team is that with the highest cumulative score after everyone has batted.

TC20 (shortened version of game) — Intra School Competition (Level 1) and Inter School Competition (Level 2)

- Each innings consists of 20 balls.
- Each player starts their batting innings with 100 runs.
- The traditional fielding positions are set by the bowlers.
- No active fielders in play in 1 v 1 (one active fielder is allowed in 2 v 2).
- The launcher can be used as an active fielder to field the ball only; caught and bowled only counts if the launcher has remained stationary from the bowling position. The bowlers hand must stay in contact with the launcher if being used as a fielder — no throwing, pushing or rolling allowed — four run penalty.
- At the half way stage of the innings (after the 10th ball) the bowling side may change the fielding positions.
- There is no limit to how many times the swing ball can be used in each innings.
- No balls or wides on the last ball of the innings – must be re-bowled.
- Batters cannot score in the same scoring area from consecutive balls (if they do, no runs are scored and 'dot' ball is recorded on the score sheet).
- All other rules are in line with the usual Table Cricket rules.

Think inclusively!

Any pupil can play Table Cricket. Pupils with severe physical impairment who have a good understanding of cricket can make an impression and achieve success. It helps distract pupils with challenging behaviour as they focus on tasks. Pupils learn to work together and in TC 20 the activity can be player lead and managed. Every attempt should be made to provide disabled pupils the opportunity to play Table Cricket as a modified version of cricket with other pupils.

Roles for young people:

The regional heats are already supported by Young Officials trained up each year and local Cricket Umpires. These Young Leaders can be trained up through the Table Cricket training courses.

The Lord's Taverners organise each of the regional heats and co-ordinate the training courses to support each heat. If the County Final - Inter School Competition (Level 3) was a separately run county event — e.g. Youth Games plus event this can be replicated by training Young Officials to umpire and score at the event, with support from local cricket coaches as required.

How can depth in competition through extra teams be achieved?

Young people with disabilities are often the least likely to have access to, or participate in, sport of any kind. Table Cricket provides the opportunity to play in a competitive game of cricket. The emphasis is on teamwork and sportsmanship in an informal and enjoyable environment.

The game is played on a table tennis table. Side panels and sliding fielders are places around the table to create an arena, a small ball and ramp are used to bowl, and a wooden bat enables players to score runs, simulating a game of cricket.

The route from here to County Final – Inter School Competition (Level 3)

- Intra School Competition (Level 1) competition can help the school to select a team.
- Inter School Competition (Level 2) – the schools compete locally with a view to progressing.
- County Final - Inter School Competition (Level 3) can either be a self run county competition or preferably be used as a regional heat for the National Competition.

How can regularity be achieved?

Table Cricket can be played all year round so there really are no constraints. The flexibility of TC 20 allows for continuous competition, especially at Intra School Competition (Level 1), as it can be played with smaller numbers.