

Course Name: Bachelor of Physical Education

Year - IInd (Part-3)

Paper Name - Skill and Prowess

Topic Name - Skill and Prowess

Topic No. – Part – III (A) 5

Paper No. - A

Lecture No. – 12

Lecture Title

Cricket Rules and Regulations

A very warm welcome to all of you. In the previous lecture I have talked about history, measurement and equipment's of the game. Now we will be discussing about the rules and regulations of the game.

Cricket Game Rules:

Cricket is a game played with a bat and ball on a large field, known as a ground, between two teams of 11 players each. The object of the game is to score runs when at bat and to put out, or dismiss, the opposing batsmen when in the field.

However, there are other formats of the game such as 50 over matches, Twenty20 Cricket, etc. where the rules differ slightly. There are many other cricket rules. However these are most of the basics and will get you well on your way to playing the game. Many of the more advanced rules & laws can be learned along the way and are not vital to general play.

Player: Official Cricket Rules Cricket is a game played between two teams made up of eleven players each. There is also a reserve player called a "twelfth man" who is used should a player be injured during play. The twelfth man is not allowed to bowl, bat, wicket keep or captain the team. His sole duty is to act as a substitute fielder. The original player is free to return to the game as soon as they have recovered from their injury. To apply the law and make sure the cricket rules are upheld throughout the game there are two umpires in place during games. Umpires are responsible for making decisions and notifying the scorers of these decisions. Two umpires are in place on the playing field while there is also a third umpire off the field who is in charge of video decisions. This is where the call is too close for the on field umpires and they refer it to the third umpire who reviews slow motion video replays to make a decision.

2. Game Structure

Test cricket is a game that spans over two innings. This means that one team needs to bowl the other team out twice and score more runs than them to win the match. Another key difference between test cricket and other forms of cricket is the length of the innings. In test cricket there is no limit to the innings length. Whereas in one day cricket & Twenty 20 cricket there are a certain amount of overs per innings. The only limit in test cricket is a 5 day length. Before the game begins an official will toss a coin. The captain who guesses the correct side of the coin will then choose if they want to bat or field first. One team will then bat while the other will bowl & field. The aim of the batting team is to score runs while the

aim of the fielding team is to bowl ten people out and close the batting teams' innings. Although there are eleven people in each team only ten people need to be bowled out as you cannot have one person batting alone. Batting is done in pairs. Once the first team has been bowled out the second team would then go into bat. Once the second team is then bowled out it would normally return to the first team batting again.

3. Ways to Score Runs

The aim of the batsmen is to score runs. One of the main cricket rules is that for batsmen to score runs they must run to each other's end of the pitch (from one end to the other). In doing this one run is scored. Cricket rules state they may run multiple runs per shot. As well as running they can also score runs by hitting boundaries. A boundary scores the batsmen either 4 or 6 runs. A four is scored by hitting the ball past the boundary after hitting the ground while a six is scored by hitting the ball past the boundary on the full (before it hits the ground). Cricket rules also state that once a 4 or 6 has been scored any runs physically ran by the batsman are null & void. They will only obtain the 4 or 6 runs. Other ways runs can be scored according to the cricket rules include no balls, wide balls, byes & leg byes. Cricket rules state that all runs scored by these methods are awarded to the batting team but not the individual batters.

- A "No Ball" can be declared for many reasons: If the bowler bowls the ball from the wrong place, the ball is declared dangerous (often happens when bowled at the batsmen's body on the full), bounces more than twice or rolls before reaching the batsman or if fielders are standing in illegal positions. The batsman can hit a no ball and score runs off it but cannot be out from a no ball except if they are ran out, hit the ball twice, handle the ball or obstruct the field. The batsman gains any runs scored off the no ball for his shot while the team also gains one run for the no ball itself.
- A "Wide Ball" will be declared if the umpire thinks the batsman did not have a reasonable opportunity to score off the delivery. However if the delivery is bowled over the batsmen's head it will not be declared a wide but a no ball. Umpires are much stricter on wide deliveries in the shorter format of the game while being much more relaxed in test cricket. A wide delivery will add one run to the batting team and any runs scored by the batsman. The batsman is not able to get out off a wide delivery except if they are stumped, run out, handle the ball, hit their wicket or obstruct the field.
- A "Bye" is where a ball that isn't a no ball or wide passes the striking batsman and runs are scored without the batsman hitting the ball.
- A "Leg Bye" is where runs are scored by hitting the batsman, but not the bat and the ball is not a no ball or wide. However no runs can be scored if the striking batsman didn't attempt to play a shot or if he was avoiding the ball.

Ways Batsmen can be given out according to cricket rules :

There are a number of different ways a batsman can be given out in the game of cricket. When a bowler gets a batsman out it is said that the bowler gets a "wicket".

Following are the different ways a batsman can be given out according to the rules of cricket:

- Bowled - Cricket rules state that if the ball is bowled and hits the striking batsman's wickets the batsman is given out (as long as at least one bail is removed by the ball). It does not

matter whether the ball has touched the batsman's bat, gloves, body or any other part of the batsman. However the ball is not allowed to have touched another player or umpire before hitting the wickets.

- **Caught** - Cricket rules state that if a batsman hits the ball or touches the ball at all with his bat or hand/glove holding the bat then the batsman can be caught out. This is done by the fielders, wicket keeper or bowler catching the ball on the full (before it bounces). If this is done then cricket rules state the batsman is out.
- **Leg Before Wicket (LBW)** - If the ball is bowled and it hits the batsman first without the bat hitting it then an LBW decision is possible. However for the umpire to give this out he must first look at some of the factors stated in the cricket rules. The first thing the umpire need to decide is would the ball have hit the wickets if the batsman was not there. If his answer to this is yes and the ball was not pitched on the leg side of the wicket he can safely give the batsman out. However if the ball hits the batsman outside the line of off stump while he was attempting to play a stroke then he is not out.
- **Stumped** - A batsman can be given out according to cricket rules when the wicketkeeper puts down his wicket while he is out of his crease and not attempting a run (if he is attempting a run it would be a runout).
- **Run Out** - Cricket rules state that a batsman is out if no part of his bat or body is grounded behind the popping crease while the ball is in play and the wicket is fairly put down by the fielding side.
- **Hit Wicket** - Cricket rules specify that if a batsman hits his wicket down with his bat or body after the bowler has entered his delivery stride and the ball is in play then he is out. The striking batsman is also out if he hits his wicket down while setting off for his first run.
- **Handled The Ball** - Cricket rules allow the batsman to be given out if he willingly handles the ball with the hand that is not touching the bat without the consent of the opposition.
- **Timed Out** - An incoming batsman must be ready to face a ball or be at the non-strikers end with his partner within three minutes of the outgoing batsman being dismissed. If this is not done the incoming batsman can be given out.
- **Hit The Ball Twice** - Cricket rules state that if a batsman hits a ball twice other than for the purpose of protecting his wicket or with consent from the opposition he is out.
- **Obstructing The Field** - A batsman is out if he willingly obstructs the opposition by word or action

Skill in cricket:

Cricket requires a variety of skills that are commonly used in a number of sports. Hand-eye coordination, throwing or catching a ball, balance and intense, long-term concentration are just a few. Through consistent practice and by applying these skills to the elements of cricket, such as a batsman watching the ball at all times, you will see a dramatic improvement in your game.

Batting Skills

Bob Woolmer, former head coach of the South African cricket team, wrote in "The Art and Science of Cricket," that batting has five basic principles: "Watch the ball, keep your head still on release of the ball, judge length accurately, allow your hands to lead your body and

feet into the correct position and select the correct shot."

Your grip on the bat should feel natural, using the same tension as when you pick the bat up from the ground. Try to relax at the crease since tension will restrict your movement and have a negative impact on your technique. Lift the bat up as the bowler approaches, keep your head still, focus on the ball and commit fully to the shot you select.

Bowling Skills

Whether you're a fast bowler, medium-paced bowler who swings the ball in the air or spin bowler who gets the ball to move dramatically off the pitch, bowling has a foundation of skills that each player must learn. Woolmer wrote that by focusing on "momentum, balance and timing" within the context of the run-up, the set-up, the unfold, the delivery and the follow through, bowlers will become consistent and accurate and will be able to take wickets.

Bowlers should start off slowly and gain speed and momentum as the run-up progresses into the set-up. Point your left arm -- if you're a right-handed bowler -- in the direction you want the ball to land. As your action begins to unfold, your bowling arm will begin a 360-degree rotation. Fix your eyes on the target and place your left foot on the popping crease to begin the delivery. Your momentum will naturally bring your arm through to release the ball. Always complete your follow by continuing until you naturally come to a stop. Do not stop quickly or you'll increase the risk of injury.

4. 10 Cricket Rules you need to Know

1. Two teams, 22 players: A cricket match is little more than two teams facing off against each other. Each team has 11 players on the field. One of a team's 11 players is the team captain. This player is primarily responsible for ensuring that a team has no more than 11 players on the field at any given time.

2. Umpires' rulings are final: The umpire is the final authority in play decisions. Players who fail to follow directions or who balk at an umpire's decision will be turned over to the team captain for dismissal or other discipline measures.

3. Six balls equal one over: The bowler bowls the cricket ball to the striker. If the latter hits it and misses, the ball is considered completed. After the bowler delivers six balls, he has completed an "over." Another team member now takes a turn to bowl the next over.

4. Game duration is negotiated: Teams may agree to play two innings and limit the number of hours they will be on the field. In the alternative, the teams may opt to only play one innings but do so by agreeing on the number of overs ahead of time.

5. Professional-level cricket matches are limited duration games: Even so, these games -- usually referred to as test matches -- last six hours per day and continue for five days. Since test matches must use natural light only, playtime is set between 11 a.m. and 6 p.m.

6. Batsmen do not have to run: American audiences are familiar with baseball players tossing aside their bats and running from base to base. In cricket, the batsmen carry their bats with them as they run and use them to touch the ground marking their progress. It is noteworthy that they do not have to run.

7. Boundary fence hit equals four runs: Cricket recognizes that a batsman's ability to hit the fence with a bowled ball should equal four runs. If the ball goes beyond the boundary fence, the batsman scores six runs.

8. Overthrows allow for additional runs: Should fielders neglect to throw the ball back, the batsmen will continue taking runs. If the ball rolls to the boundary of the field, the runs already completed are added to the automatic four-run score a boundary hit earns.

9. Time wasting is penalized: It is well known that cricket games can go on for days. In order to curtail time wasting, a new batsman is out of the game if it takes him longer than two minutes to take the field after a wicket fall.

10. Field placement is optional: The team captain may choose to place team members in a number of field positions. Each captain uses this strategy to the advantage of the team and to throw off the strategy of the opposing team.

5. Summary

Watching cricket can be trying if you do not know the rules governing the game. Granted, this bat and ball game looks deceptively simple, but to appreciate fully the finer point of the matches, you should be aware about the basic rules of the game.

I hope this lecture must have enhanced your knowledge about the game.
Thank you!