

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

Summary

In cricket one team needs to bowl the other team out twice and score more runs than them to win the match. 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.