

IWHCA Cricket Blast Format

Players	6 per Cricket Blast Game team.
Cricket Blast Game	<p>60-75 minutes</p> <ul style="list-style-type: none"> Cricket Blast Game Sideline activities for awaiting batters.
Cricket Blast Game Length	12 overs per team/innings.
Pitch	Either hard pitch or multiple games on the outfield.
Pitch Length	14m (may be adjusted to skill level).
Boundary	20 - 30m (may be adjusted to skill level).
Bowling and Fielding	<ul style="list-style-type: none"> All overs are bowled from the same end. After each over, the fielding team rotates in a circular formation to ensure an equal turn in each position. No fielder is allowed within 10m of the bat until the ball is hit. “No balls” and “wides” are not re-bowled. A no ball or wide is deemed to be any ball that is dangerous, above waist high on the full or bounces above shoulder height, or cannot be hit because it is too wide or bounced too many times/rolling. <p><i>Following a no ball or a wide, the batter receives a “free hit” from the tee (see Ground Setup). The batter must hit a free hit forward.</i></p> <ul style="list-style-type: none"> If the bowling/fielding team takes a wicket they receive 5 bonus runs per wicket.
Batting	<ul style="list-style-type: none"> Players bat in pairs for 4 overs. Batters swap ends when dismissed and at end of the over. Batters swap ends if a batter faces 3 balls in a row. Umpires should use discretion to swap batters to ensure each batter faces approximately 12 balls each. No Leg Before Wicket (when the ball strikes the batter in-line with hitting the stumps). There is a Power Play Zone in the area behind the bowler’s end stumps (see Ground Setup). This zone is marked by different coloured cones. Balls hit into the Power Play Zone or for a boundary through this zone receive double runs.
Sideline Activities	It is important to have additional sideline activities set up to allow participants waiting to bat with a opportunity to continue moving and playing simple activities and games to maximise movement during the session.

