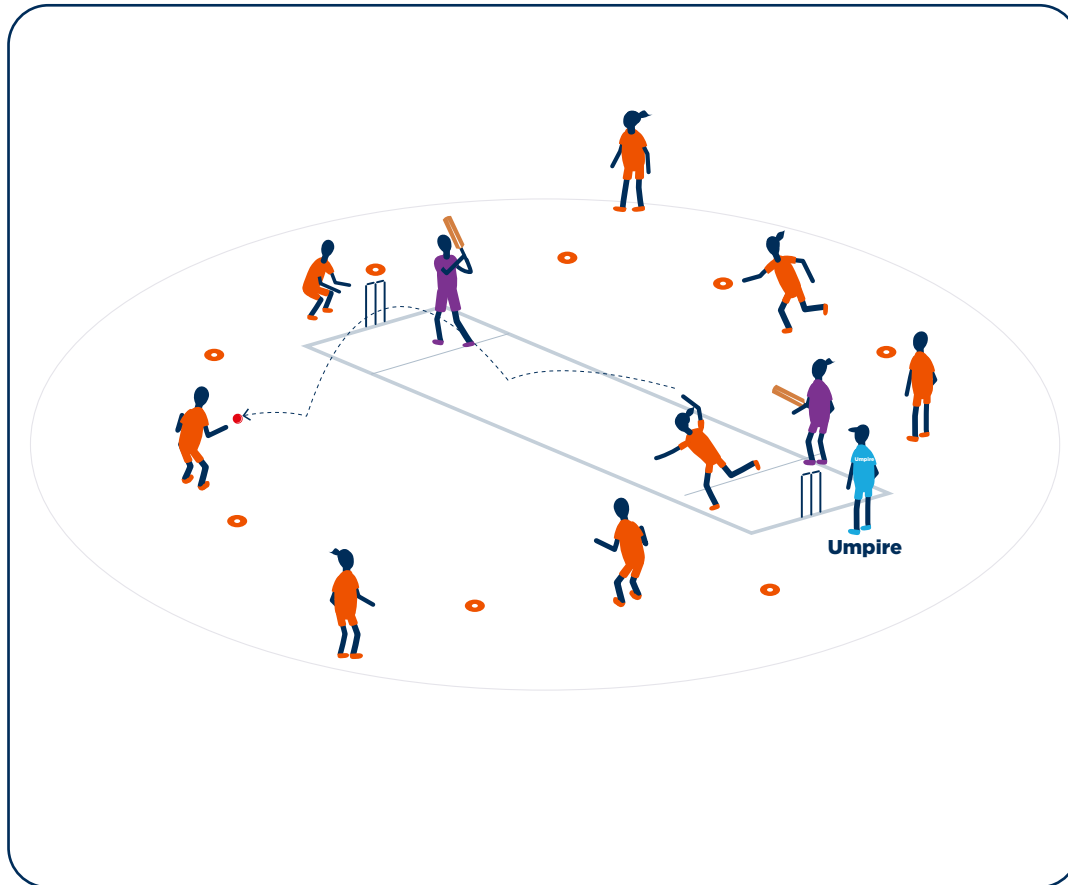


100 BALL COUNTDOWN CRICKET

(Please refer to ECB Fast Bowling Directives for further guidance on workloads)



Download **icoachcricket** for free now on Android and iOS.

icoachcricket.ecb.co.uk

Equipment

Balls

Stumps

Boundary and fielding circle markers

Aim

Whoever scores the most runs wins

Organisation

Age and stage appropriate pitch, fielding circle and boundary - see ECB Junior Format Recommendations for more information

100 balls per innings

25 ball powerplay - only 2 fielders allowed outside of the fielding circle - for the remainder of the innings: no more than five fielders (Men's Hundred) and four fielders (Women's Hundred) are allowed to be outside of the fielding circle

Fielding team change ends after 10 balls

Bowlers deliver either 5 or 10 consecutive balls - umpires call 'five'

Each bowler can deliver a maximum of 20 balls

Each fielding team gets a strategic time out of up to two minutes - coaches can enter the field of play to discuss tactics and plans

If a batter is out caught and the batters crossed while the ball was in the air then the non-striker cannot take strike

2 runs are awarded for a no ball. The delivery after a no ball shall be a free hit except a no ball called for a short pitched delivery clearly passing over the head height of the batter

Adaptation/variation

50 balls per innings

Pairs 100 ball cricket