



INJURY PREVENTION FOR FAST BOWLERS

These directives apply to girls and boys, and any reference to he/his should be interpreted to include she/her.

*For the purpose of these Directives a fast bowler should be defined as a bowler to whom a wicket keeper in the same age group would **in normal circumstances** stand back to take the ball. All coaches are urged to identify those players with the potential to bowl fast and to insure they follow the Directives in all cricket throughout the season.*

OVERBOWLING:

This is an important consideration especially for young bowlers whose bodies are not fully developed. Recent studies have revealed that overbowling is the most common cause of back injuries in this country. Evidence suggest that much of the damage occurs early in the playing career, and especially during growth spurts, though the effects do not often show themselves until the late teens. The more talented and more physically mature youngsters are generally most at risk, as they tend to play at more than one age group level. To ensure that young fast bowlers do not place undue stress on their bodies, every attempt must be made to keep the amount of bowling within reasonable limits. The following Directives provide sensible playing and training levels.

DIRECTIVES FOR MATCHES:

AGE:	MAX OVERS PER SPELL	MAX OVERS PER DAY
Up to 13	4 overs per spell	8 overs per day
U14, U15	5 overs per spell	10 overs per day
U16, U17	6 overs per spell	18 overs per day
U18, U19	7 overs per spell	21 overs per day

DIRECTIVES FOR PRACTICE SESSIONS:

AGE:	MAX BALLS PER SESSION	MAX SESSIONS PER WEEK
Up to 13	30 balls per session	2 sessions per week
U14, U15	36 balls per session	2 sessions per week
U16, U17	36 balls per session	3 sessions per week
U18, U19	42 balls per session	3 sessions per week

These figures are based on players bowling in no more than 3 matches or practice session per week for age groups up to and including U15, and 4 matches or practice sessions per week for age groups up to and including U19. **Players can play in other matches provided they do not bowl.**

Having completed a spell the bowler cannot bowl again, from either end, until the equivalent number of overs to the length of his spell have been bowled from the same end. A bowler can change ends without ending his current spell provided that he bowls the next over that he legally can from the other end. If this does not happen his spell is deemed to be concluded. If play is interrupted, for any reason, for less than 40 minutes any spell in progress at the time of the interruption can be continued after the interruption up to the maximum number of overs per spell for the appropriate age group. If the spell is not continued after the interruption the bowler cannot bowl again, from either end, until the equivalent number of overs to the length of his spell before the interruption have been bowled from the same end. If the interruption is of 40 minutes or more, whether scheduled or not, the bowler can commence a new spell immediately. Once a bowler covered by these Directives has bowled in a match he cannot exceed the maximum number overs per day for his age group even if he subsequently bowls spin. He can exceed the maximum overs per spell if bowling spin, but cannot then revert to bowling fast until an equivalent number of overs to the length of his spell have been bowled from the same end. If he bowls spin without exceeding the maximum number of overs in a spell the maximum will apply as soon as he reverts to bowling fast.