

FAMILY CRICKET

Welcome to Family cricket. This variant of the cricket game is specially developed for children and their parents who are trained by entry level through a pre-prepared program. Family cricket (Family cricket) is a new version of the classic game of cricket, designed mainly for introduction and practice of cricket by the whole family. The game is designed to be played in the spirit of cricket in all its versions that are practiced around the world. This is a fast and dynamic version of the game that follows the same concepts of commercial cricket, but can be played by anyone in the family, anywhere, anytime. It requires very little equipment: a soft ball, 2 bats and wickets. The game named "Family cricket" is a major part of an Erasmus + project funded by the EU and with the main contractor Bulgarian Cricket Federation in partnership with the Cricket Federation of Serbia.

WHAT IS CRICKET?

CRICKET IS A UNIVERSAL SPORT THAT CAN BE PLAYED BY ANYONE, ANYWHERE, ANYTIME.

This is a game that is designed to adapt to the needs or ages of the children and the space you have available.

One team is formed by two families (6 people) with 3 children in total. Children must bat and throw the ball.

The main positions of parents are fielder and wicketkeeper. 5 people go out on the field, and one of the parents becomes the scorer (records the points and the result during the game).



After the teams are formed, a toss is held to decide which team will pitch first and who will bat first. 3 overs are played, one over being 6 correctly bowled balls. "Family Cricket" is a game of two teams with 5 players on the field in each inning (part) of the game. It is divided into 2 parts. In the first part (inning), one team is on offense and the other is on defense. In the second part, the teams exchange positions. The task or goal of the game of the ball throwers (bowlers) is to knock down (hit) the opponent's goal (wicket) with the ball. The object of the other batting team is to keep the wicket (the wicket) with the bat and score runs by hitting the bowled ball.

The batting team starts the game with two children, each of them standing in front of one of the wickets located at either end of the track. One batsman is facing the bowling bowler and the other is ready to run. The task of the batsman is to protect the wicket (wicket) from the incoming shots. The run between the wickets is counted when the two batsmen exchange places, which carries 1 point. A batted ball that goes out the side of the court (long side) on the ground carries 1 point. If it comes out of the side of the field in the air, 2 points are awarded. If the ball comes out on the ground from the short side of the field (the one facing the batsman), 4 points are given, and if it is in the air, 6 points are scored; After three overs (each with 6 balls correctly bowled) the teams change places. The team with more points is the winner of the match between the two teams.

To practice Family cricket, we recommend using a pitch with dimensions:

- Length: minimum 20 m
(long side of the pitch)
- Width: minimum 10 m
(short side of the pitch)
- Distance between wickets: 10 m,
with 2 x 1 m being the batsmen's
area



BASIC MOTOR SKILLS

INSTRUCTIONS FOR CORRECT IMPLEMENTATION

RUNNING WITH THE BAT

The arms are slightly bent at the elbows, the body is slightly bent forward. The knees are bent at the non-supporting leg. Push from the toes of the supporting leg.



THROWING



Throwing the fielders - The fielding arm is brought back behind the head, making sure the elbow is level with the throwing shoulder.

The ball is dropped when both feet are on the ground and the player's chest is pointing toward the goal.

Throw from below - the body is turned towards the target and the throwing arm is swung back. It is stepped forward with the throwing hand's different foot, swings forward and the ball is released towards the target with a forward step.

BOWLER'S THROW



Stands to the side with the throwing hand further away from the batsman. The front arm is raised so that the thrower is looking over the shoulder at the target. With the front leg lifted, the body leans back and swings towards the target with the arms stretched at the elbow joint. The ball is released at the highest point of the throw and guided by the fingers, after which a step is taken forward. The ball must hit before the batsman. The head and eyes during the entire performance are aimed at the target.

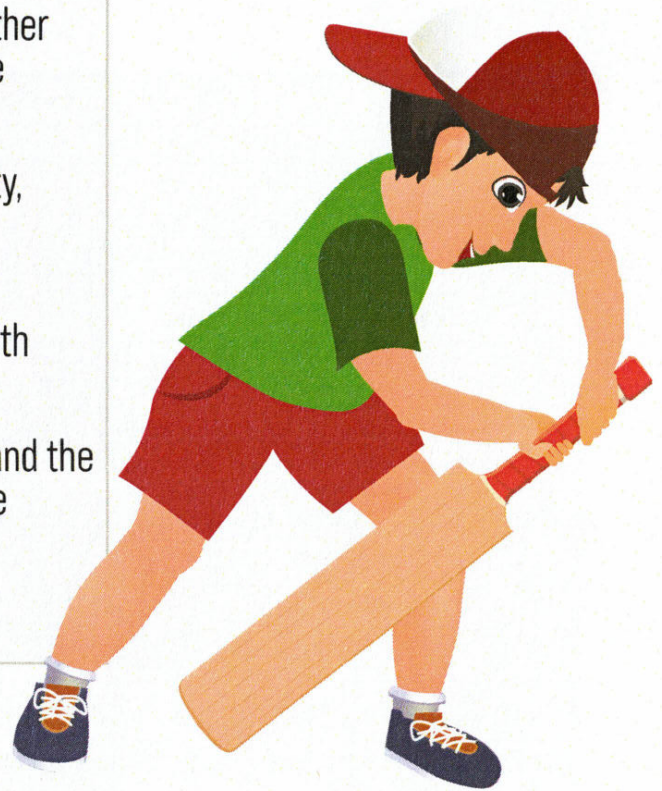
CATCHING

- Continuous eye tracking of the ball. Hands moving to the ball, catching the ball and controlling it. The elbows of the hands are bent and the knees are slightly bent.
- To catch balls directly from the air without touching the playing field, the so-called "Inverted Cup" grip is used.
- When catching a ball that is aimed at the player's body, another grip is used called "Normal cup".
- Catching a low ball below the waist is performed with two hands.



BATTING

- The bat is gripped with both hands close together from the top to the end of the handle, with the leading hand closer to the base of the bat.
- Correct body position allows maximum mobility, quick reaction in different situations, better explosive power and visibility of the ball.
- The distance between the feet is shoulder width apart.
- The weight is evenly distributed on both legs and the knees are slightly bent, one leg is placed in the batting area.
- The body is slightly bent forward.



PREPARATION FOR GAME

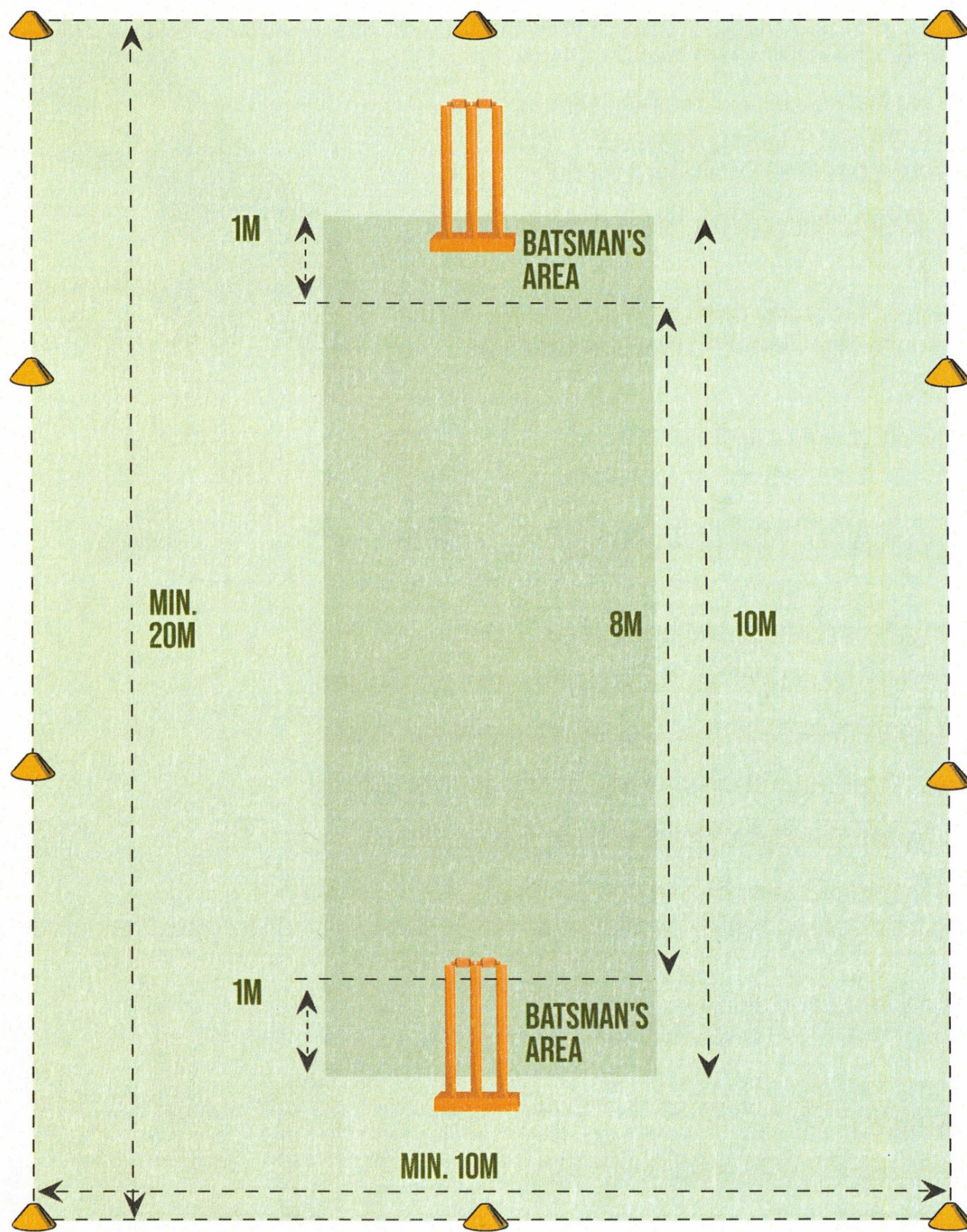
- The game is played by two teams of six players.
- Each team consists of two families with a total of 3 children.
- One parent from each team to count and record the points.
- A toss determines which team will bat first and who will bowl.
- Two batsmen from each team, who can only be children.
- The throwing team must have one throwing player on the court, which can only be a child, 1 wicketkeeper and 3 fielders - position for parents and children.

EQUIPMENT REQUIRED

- Two bats;
- One or two soft balls, maybe tennis balls;
- Two wickets;
- Ten cones for outlining the terrain.



DIMENSIONS OF THE PLAYING FIELD



SCHEME OF THE PLAYING FIELD



PRINCIPLES OF THE GAME

1. BASIC PRINCIPLES:

- Two teams of six players.
- Five people are in the game at the same time fielding, two from the other team batting and one parent from each team recording the score and score.
- 3 overs (3 x 6 correct balls per over)
- Each team plays three overs with each child playing two overs as a batsman.
- Then they switch with the other team.



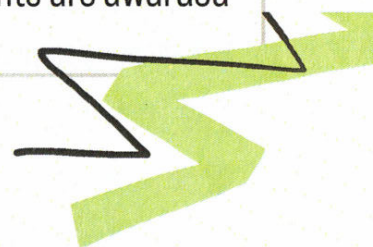
2. THROWERS

- All throw from the same side. At the end of each over, the children batting change in a pre-determined order.
- The toss is performed solely from the overhead with a cricket toss.
 - Entitled to two foul balls, which give one point each to the other team.
 - For the third wrong ball, the next over is moved to the next over and 3 bonus points are awarded to the batting team.
- Each child has the right to bowl one over (1x6 correct balls).
- There should be 1 wicketkeeper and 3 other fielders (one from each side and 1 at the discretion of the team) on the field.
- A bonus 5 points are given to the bowling team if the wickets are saved.



3. THE BATTERS

- Each child bats two overs;
- Running between the wickets (8 m) to their zones 1 m each;
- If the batted ball leaves the side (long side) of the court or hits the side of a net, wall, etc. 1 point is given for land;
- If the batted ball leaves the side (long side) of the court or hits the side of a net, wall, etc. by air 2 points are given;
- If the ball goes on the ground on the short side of the court, 4 points are awarded;
- If the ball goes airborne on the short side of the court, 6 points are awarded;
- When a wicket is taken, the batsmen change places and a bonus 5 points are awarded to the bowling team;



4. GUIDING PRINCIPLES

- It can be practiced indoors and outdoors;
- The team consists of three children and three parents;
- There must be three children on the team to bat and pitch;
- Children must be between 7 and 12 years old;
- Children over 13 are considered in the group of parents;
- A soft ball or tennis ball can be used;
- Plastic bats are used - youth size #4;
- Plastic wickets;
- Size of the field - minimum 20m X minimum 10m;
- Distance between the wickets - 10m, which includes the batting area 2 x 1m.



RESULT / SCORING

SCORE CARDS

1. The names of the teams are recorded according to the draw for the order of the first batting team.
2. The names of the children who will bowl for both teams are recorded in a specific order.
3. The names of the batting children are recorded according to the batting sequence.
4. One parent from each team is responsible for counting the points and recording them correctly.
5. Runs between the wickets are recorded as a number according to their count.
6. The letter "W" is used to indicate when a wicket is hit, which awards a bonus of 5 points to the bowling team.
7. When there are illegal deliveries (wrong balls), the points are recorded in the card, enclosed in a circle.
8. When the delivery is legal but no run is made between the wickets, a dot is placed in the square.
9. At the end of the first innings (first part), all points of the batting team are added, as well as the bonus points of the bowling team.



BATTING TEAM 1	LION CUBS			DATE	5 MAY 2024	
BATTING TEAM 2	FAST BALL			PLACE	SOFIA	
THROWING TEAM	IVAN	PETER	MARIA	POINTS	WICKET HIT	
OVER	OVER 1	OVER 2	OVER 3			
BATTING TEAM 1						
1 DIMITAR	· 1 ·	W ·	W 1 5 1	8	2	
2 ELENA	2 3	1 6 4 2		6		
3 YOANA			1 W	13	1	
	FINAL RESULT OF THE FIRST PART			27	3	
	BONUS POINTS FOR THROWING TEAM			15		
THROWING TEAM	DIMITAR	ELENA	YOANA	POINTS	WICKET HIT	
OVER	OVER 1	OVER 2	OVER 3			
BATTING TEAM 2						
1 IVAN	1 6 W		5 1	13	1	
2 PETER	1 · · W	4 2 W		7	2	
3 MARIA		1 W	· 3 1 ·	6	1	

FINAL RESULT OF THE SECOND PART	26	4
BONUS POINTS FOR THROWING TEAM	20	

	POINTS	BONUS POINTS
RESULT BATTING TEAM 1	27	20
RESULT BATTING TEAM 2	26	15
FINAL SCORE BATTING TEAM 1 /POINTS + BONUS POINTS/	47	
FINAL SCORE BATTING TEAM 2 /POINTS + BONUS POINTS/	41	
MATCH WINNER	LION CUBS	



BATTING TEAM 1		DATE			
BATTING TEAM 2		PLACE			

THROWING TEAM				POINTS	WICKET HIT
OVER	OVER 1	OVER 2	OVER 3		
BATTING TEAM 1					
1					
2					
3					
	FINAL RESULT OF THE FIRST PART BONUS POINTS FOR THROWING TEAM				
THROWING TEAM				POINTS	WICKET HIT
OVER	OVER 1	OVER 2	OVER 3		
BATTING TEAM 2					
1					
2					
3					
	FINAL RESULT OF THE SECOND PART BONUS POINTS FOR THROWING TEAM				
				POINTS	BONUS POINTS
RESULT BATTING TEAM 1					
RESULT BATTING TEAM 2					
FINAL SCORE BATTING TEAM 1 /POINTS + BONUS POINTS/					
FINAL SCORE BATTING TEAM 2 /POINTS + BONUS POINTS/					
MATCH WINNER					

