



Norfolk Cricket Board – Women’s Softball Hundred Cup Rules of Play 2023

1 Aim: enjoyment, fun and fair play for all players.

2 Pitch and Equipment

2.1 Two sets of wickets, the recommended length being 20 yards apart.

2.2 Recommended boundary to be up to a maximum size of 50 metres.

2.3 The match ball should be an incrediball, supplied by the host club.

3 Teams

3.1 No more than 8 players can bat or be on the field at any time per match.

3.2 No current county players may participate in this cup competition.

4 The Start

4.1 The two captains toss a coin to decide which team bats or fields first.

5 Batting and scoring

5.1 The batting side shall be divided into pairs, each pair batting for five overs, with a new pair starting at the end of the fifth, tenth and fifteenth overs.

5.2 Each team starts batting with a score of 200 runs, each time a batter is out five runs are deducted and the other batter of the pair faces the next ball.

5.3 A batter may be out bowled, caught, run out, stumped, hit wicket.

5.4 There is no LBW law unless the batter deliberately blocks the ball with a leg or foot.

5.5 Runs will be scored in the normal way as will byes.

5.6 Two runs will be awarded to the batting team for each wide ball and no-ball bowled plus any additional runs that are taken but no extra ball will be allocated, except in the final over of each innings when, in addition to the two runs, an extra ball will be bowled.

6 Bowling and Fielding

6.1 Bowling will take place from one end for 5 overs (25 balls), then swap ends for 5 overs, with 50 balls being bowled from each end in total.

6.2 Players can bowl up to a maximum of 4 overs each, but not consecutively. Therefore, teams must have a minimum of 5 bowlers.

6.3 Each game to consist of one innings per team, 100 balls each.

6.3 Bowling should be over arm where possible.

7 The result

7.1 The team with the higher score wins, in the event of a tie the team taking more wickets will be the winner. If this is still equal, each player bowls one ball at the wickets with the winner being the team scoring the higher number of strikes.

7.2 Results to be entered on to Play-Cricket within 3 days of the fixture being played <https://ncbwscl.play-cricket.com/>

7.3 If a team loses in the first round, they will be entered into a ‘plate’ competition.

Glossary

1. An over consists of five balls.

2. LBW – this law will only be used if the batter deliberately blocks or kicks away a ball that would have been hitting the stumps.

3. Byes and leg byes – if a batter misses the ball, or if it hits their body, they may still run and score byes.

4. Wides – a ball that is too far from the batter to hit it will be called a wide and two runs will be scored along with any additional runs that are run by the batters.

5. No Balls – any ball that either bounces more than once before reaching the batter or passes above waist height without bouncing. Two runs will be scored along with any additional runs that are run by the batters.