



## Norfolk Cricket Board - Women's Softball League Rules of Play

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

### **2 Pitch/Equipment**

- 2.1 Two sets of wickets, the recommended length being 20 yards apart.
- 2.2 Recommended boundary to be a maximum of 50 metres
- 2.3 An incrediball must be used, the host club must supply this.

### **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 can enter this league.

### **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 two overs, with a new pair starting at the end of the second, fourth and sixth 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 only, eight overs to be bowled, with each player bowling one over, each game to consist of one innings per team.
- 6.2 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.

### **Glossary**

- 1. An over consists of six balls.
- 2. LBW – this law will be 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.