



United Victoria Junior Cricket Policy

CRICKET



United Victoria
Cricket Academy

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Introduction

Enhancing the Cricket experience

Welcome Administrators, Coaches, Teachers & Parents

- It is my pleasure to introduce you to the United Victoria Junior Cricket Policy. The purpose of the Junior Cricket Policy is to provide a framework for all

those involved in the game at junior level and to allow for a consistent, safe, and nurturing environment for all junior players.

The Junior Cricket Policy has been produced based on the feedback received from coaches, teachers and administrators on the organisation of junior cricket. With an increased awareness of risk management and duty of care issues I strongly urge all clubs, schools and associations to carefully consider the Junior Cricket Policy and adopt the relevant sections.

While the Junior Cricket Policy is extensive, it has been designed in a way that allows associations, clubs and schools a means of quickly referencing key issues and guidelines to assist them in developing their own policies for junior cricket. In particular, the Junior Cricket Policy will help you:

- Make cricket fun for everyone;
- Develop safety guidelines and principles to prevent injuries;
- Foster the spirit of cricket and etiquette of the game;
- Adopt appropriate codes of behaviour for all participants;
- Understand a child's development, particularly in relation to his/her cricketing skills;
- Implement appropriate game formats for children aged 5-18 years of age; and
- Recruit and retain players, coaches and volunteers at your club/school.



While Pakistan has worked hard to become the world's leading cricket nation in both women's and men's cricket, we would not have been able to achieve this without the values, principles and experiences of our junior cricket

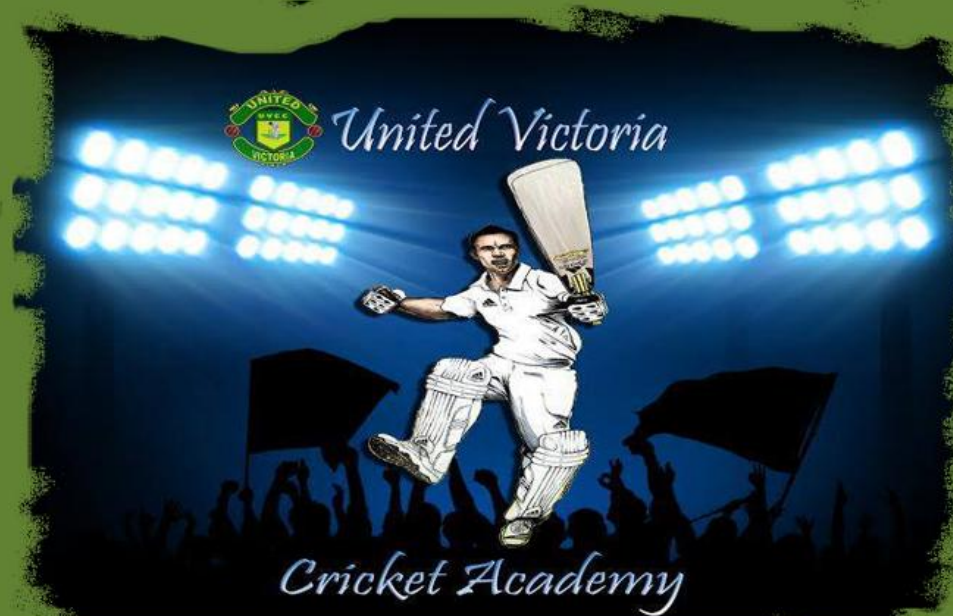
system. As the custodians responsible for the future of the game of cricket, we must be committed to ensuring others enjoy the rewards of life-long cricket involvement.

Adopting the guidelines provided in the Junior Cricket Policy will go a long way to ensuring quality cricket experiences for boys' and girls'. With children enjoying their participation in cricket the game in Pakistan will continue to grow and prosper.

Most of all, remember to enjoy the game and have fun - that's what cricket is all about!

Yours sincerely

Javed Khan
Chief Executive Officer



Everyone Can Play: Enjoyment and Accessibility

Fun in Cricket

Fun is the major motivator for kids in sports. When ever children are surveyed as to why they play sport, the prime reason is always "to have fun". Winning is on the list but it is last on the list. Kids like to compete, but it's the fun of competing, the excitement of competing, not just the winning. *Junior coaches should not be measured on win – loss ratios but rather on how many players wish to continue to play the following season!*

How to create an atmosphere of fun within a team:

- get down to the kids' level and see what they consider to be fun

- don't take yourself too seriously, get involved, don't be afraid to fail
- maintain a fun attitude, with lots of laughter and a sense of humour
- create training sessions that provide maximum activity, skill development and enjoyment
- treat all players equally
- see the lighter side of mistakes
- create opportunities for all skill and ability levels
- be well planned, organised and resourced (equipment and helpers)
- avoid isolation type punishments (laps of oval, push ups etc)
- praise in public, however never criticise in front of their peers

Girls' Participation

Due to a number of factors including the success of the Australian Women's Cricket Team and the popularity of cricket for girls as a school sport, many girls are now seeking playing opportunities outside of school hours.

Although traditionally for boys, many junior cricket associations are now enjoying the benefits of participation by girls. These include:

- Increased membership
- Enhanced social environment
- More 'family friendly' atmosphere
- Potential for increased volunteers
- Enhanced Local Government relationships

Generally the physical differences between boys and girls under 12 years are considered irrelevant. Often, however, socialisation can prevent girls from developing their sporting abilities as fully as the boys.

Ideally, specific competitions for girls should be available at a variety of age groups to allow participation from 5 years through to senior women's cricket. For many regions in Australia that currently do not have established structures for all levels of junior girls cricket Cricket Australia recommends the following:

- Separate girls' competitions are developed to reduce gaps in the pathway to senior women's cricket.
- Girls teams play in a traditional boys competitions (after under 12) two years above the competition age limit where ability dictates eg. Under 16 girls team to play in Under 14 boys competition.
- Individual girls play in traditional boys' teams (after under 12) two years above the competition age limit where ability dictates eg. 16 year old girl may play in Under 14 boys competition.

Benefits of Physical Activity in Children and Adolescents

Cricket can provide many benefits for children and adolescents physically, socially and psychologically. With continued participation the benefits of cricket are transferable to many aspects of life.

The benefits of regular activity can include:

PHYSICAL

- Improved fitness – lower resting heart rates, higher oxygen-carrying capacity during maximal exercise, enhanced muscle growth and bone density,
- Decreased incidence of obesity and weight problems

SOCIAL

- Meeting a variety of new people
- Developing new friendship groups
- Working as part of a team
- Development of responsibility
- Development of communication skills

PSYCHOLOGICAL

- Increased self-esteem
- Development of strategies to deal with mistakes and challenges
- Confidence
- Concentration skills

What is it about sport that appeals to children as an attractive form of physical activity?

- fun and belonging
- cooperative and competitive experiences
- established and consistent challenges
- developing a great sense of "community"

The Cricket Pathway: Player Development and Game Formats

Children’s Development in Sport
It is important for administrators, teachers, coaches and parents to understand the various stages of skill and social development that children are experiencing, particularly between 5 -12 years of age. Recognising these general stages of development will assist clubs and schools in preparing developmentally appropriate games and activities for children participating in cricket.

- Remember...
- Young people learn through activity and fun
 - Select activities that provide variety
 - Include challenges in each session
 - Give lots of praise for improvement and effort
 - Grade activities – early activities easy and later ones more difficult
 - Allow young people to be with their friends
 - Allow young people to learn
 - Vary the type of training to ensure an interesting program
 - Match the players’ age, level of maturation, level of fitness and skill acquisition
 - Be relevant to the level of competition
 - Challenge young people
 - Be flexible to deal with the available facilities and environmental conditions.

Nurturing our Young Cricketer’s Skills
The following tables focus on these specific stages of children’s development, and provide guidelines and strategies on how to manage them effectively within junior cricket to nurture a skill development pathway that is developmentally appropriate.

Age range

5-7

SKILL DESCRIPTORS

- Mastery of basic movement skills e.g. throwing, hitting, catching and running
- Can build sequences of two or more skills
- Effort more important than outcome

SOCIAL DESCRIPTORS

- Children work well individually, in pairs and in small groups
- Respond well to positive general feedback
- Limited attention span

IMPLICATIONS FOR CRICKET

- Relatively short training sessions (20-30 minutes)
- Build skills with simple sequences and lots of practice
- Simple relays, and short games for young children
- One or two quality cues per session

TRAINING FRAMEWORK

- 30-60 min sessions
- Fun cardio-vascular warm-up
- One skill, two major teaching points
- Skill practice individually and in pairs incorporated into games where possible
- Warm down skill related game/ activity
- Session wrap-up
- Reinforce key points of session including positive reinforcement

SUGGESTED CLUB PROGRAMS

- One session per week
- MILO Have-A-Go

Age range

8-10

SKILL DESCRIPTORS

- Able to apply skills
- More structured modified games e.g. Kanga / Pairs Cricket
- Can develop sense of team

SOCIAL DESCRIPTORS

- Work well in pairs, small groups and teams
- Respond well to constructive and positive feedback
- Can develop a strong sense of belonging
- Emphasis on fun, equality and inclusion

IMPLICATIONS FOR CRICKET

- Introduce sport-specific skills such as bowling; batting and wicket keeping with appropriately modified rules and safety equipment.
- Lots of prompts to practise at home and with friends
- Training sessions between 40 and 70 minutes
- Invite parents to develop great partnerships in managing teams

TRAINING FRAMEWORK

- 40-70 mins
- Fun cardio-vascular warm-up including some skill practices
- 2-3 skills rotating into modified games
- Modified games emphasising skills
- Session wrap-up
- Key points to practice

SUGGESTED CLUB PROGRAMS

- One session per week of MILO Have-A-Go or one training session plus modified game

Age range

11-14

SKILL DESCRIPTORS

- Refine skills, and understanding of game strategies.
- Modified rules and safety remain important
- Can select a sport to specialise in without being a “SPECIALIST” within it

SOCIAL DESCRIPTORS

- Attracted to fun, belonging, competition and social opportunities
- Can see sport as an opportunity for advanced freedom and independence
- Skill differences because of pubertal differences become evident
- Can understand basic concepts behind how sport is played
- Cannot depersonalise criticism
- May lack commitment to practise and patience
- Will compare self with peers and peer acceptance is important
- Family support still pivotal

IMPLICATIONS FOR CRICKET

- Increased intensity and complexity of challenges
- Avoid boring long distance running
- Quality cues remain important
- Flexible opportunities are required for older beginners or players with special needs
- Care not to specialise too early
- Training sessions of approximately 50 - 80 minutes
- Continue to recognise parent/club partnerships

TRAINING FRAMEWORK

- 50- 80 mins
- Skill related warm-up, including core stability exercises
- Individual & group skill practises, rotating activities (use games)
- Game related wind-up

SUGGESTED CLUB PROGRAMS

- One training session plus modified game

Age range

15-16

SKILL DESCRIPTORS

- Specialisation of skills
- Progress through puberty results in increased muscle mass for strength explosive power in males
- Can evaluate strengths and weaknesses of own play

SOCIAL DESCRIPTORS

- Improved ability to understand consequences of actions
- May participate for social status
- May carry unrealistic and media highlighted expectations of sporting successes/abilities

IMPLICATIONS FOR CRICKET

- Coach feedback remains important
- Can help set realistic individual sporting goals
- Offer a variety of ways to belong to a team and be accepted
- Special opportunities for talented youth

TRAINING FRAMEWORK

- 60 – 90 mins
- Skill related warm up, including core stability exercises.
- Individual & group skill practices, rotating activities
- Strategy & game sense activities to develop game awareness
- Game related wind up

SUGGESTED CLUB PROGRAMS

- Up to two training sessions plus game

Age range

17-18

SKILL DESCRIPTORS

- Continue skill specialisation and refinement
- Can meet increasing demands in performance
- Continued increases in speed, strength and size
- Sophisticated awareness of how their body moves in skill execution

SOCIAL DESCRIPTORS

- More realistic goals about sporting abilities in broad context of their life
- Good abstract thinking skills
- Can generally cope with pressure from parents, coaches and others
- Hopefully secure about body image
- Study very important
- Part-time work may impact on training/playing schedules

IMPLICATIONS FOR CRICKET

- Broad range of purposes – e.g. coaching for elite representation OR fun, fitness and highly social experiences
- Strategic pathways in support and coaching for talented youth
- Develop responsibilities in players for time management
- Encourage open communication in relation to time demands and cricket attendance

TRAINING FRAMEWORK

- 60 – 90 mins
- Skill related warm up, including core stability exercises.
- Individual & group skill practices, rotating activities
- Strategy & game sense activities to develop game awareness
- Game related wind up

SUGGESTED CLUB PROGRAMS

- Up to two training sessions plus game

What signs indicate to parents and coaches that a young athlete is coping?

Enjoying social opportunities

Performing well in sport



No recurrent illness

Performing well in school



SPECIALISATION

The unique thing about cricket is that it can be convenient and attractive for children to specialise in various components of the game. It is recommended that children up until approximately age 12 experience ALL parts of the game by rotating batting orders, bowlers, wicketkeepers and fielding positions. After age 12 it is still extremely beneficial for players to understand and experience all aspects of the game.

Risks of early specialisation include:

- Overuse injuries
- Overtraining
- Musculoskeletal injuries
- Depression

SOCIAL AND PARTICIPATIVE CRICKET

The following tables provide guidelines predominantly for club cricket however the sporting choices of many young have changed dramatically in recent years. Some cricket associations have recognised this and have developed varying forms of cricket to cater for these needs. Social and participative cricket is becoming a popular option for some children and cricket can gain new participants who may not have ever participated in the more traditional form of the game. Midweek twilight competitions, Super 8s, six a side, indoor cricket, etc. are forms of cricket where participants may experience a fun cricket match in a short time frame.

Clubs, schools and associations that are experiencing decreasing participation of teenagers should consider offering a quicker, social form of the game. This may retain current players and also attract new ones.

Figure above adapted from:
Metzl JD. Expectations of pediatric sport participation among pediatricians, patients, and parents. *The Pediatric Clinics of North America* 49: 497-504, 2002

Snapshot of Recommended Skill and Game Progressions for Club and School Cricket

5-10
YEARS
OLDS

The following tables provide a consolidated snapshot of recommended skill and game progressions for junior/youth cricket and recommended equipment.

Fundamentals (5-10 years of Age)

Specialisation	Players to experience ALL parts of the game
Captaincy/Leadership	Coach directed
Etiquette/Spirit	Players introduced to the Spirit of Cricket (accepting umpires decision, respect to team mates and coaches, playing fair)
Umpiring	Players rotated through umpiring as part of Have-A-Go
Scoring Skills	No
Game Sense	Understanding the basic rules, introduction of team strategies
Training	Fun with an emphasis on basic skills- running, jumping, hitting, throwing etc. Include game sense activities
Game Type	HAVE-A-GO Kanga/Pairs Cricket U/10's competitions – Average Cricket or similar
Ball	5-8 years – Hollow core ball (eg. Kanga) U/10's competitions – Hollow core ball (eg. Kanga) or Modified solid core ball (eg. Kanga King, Plyaball, Incrediball etc.)
Protective Equipment	5-8 years – None U/10's competitions – Using Hollow core ball – No; Using Modified solid core ball – Yes (helmets, pads, gloves, protectors – for boys)
Boundary	5-8 years – 25-30m (from centre of pitch) U/10's competitions – 40m maximum (from centre of pitch)
Overs	5-8 years – 2 per batting pair U/10's competitions – 4 per batting pair
Innings	One
Team	5-8 years – Flexible U/10's competitions – 12 maximum
Batting	5-8 years – Batting tees may be used U/10's competitions – 4 overs per pair
Bowling	5-8 years – 1 over per player U/10's competitions – 2 overs per bowler, maximum of 8 balls per over including wides and no-balls
Fielding	Rotation of fielders. No fielders within 10m of of batters end stumps except slips, gully and wicketkeeper (refer page 16)
Pitch Length	5-8 years – Flexible 13-16m U/10's competitions – Flexible 15-18m
Dismissals	No – batters change ends if dismissed, no LBW
Game Scoring	Scores can be kept
Awards	No individual performance awards or premiership tables kept
Modifications for Representative Cricket	No representative cricket
Modifications for Girls	None Play/compete in same age groups with boys

Snapshot of Recommended Skill and Game Progressions for Club and School Cricket



The following tables provide a consolidated snapshot of recommended skill and game progressions for junior/youth cricket and recommended equipment.

Fun and Cricket Skills Development

Specialisation	Players to experience ALL parts of the game
Captaincy/Leadership	ALL players experience captaincy
Etiquette/Spirit	Players to learn competition etiquette (clapping batters off, learning traditions of the game, appealing etc)
Umpiring	Players given umpiring experience at training
Scoring Skills	Learn to score with a mentor
Game Sense	Understanding of competition rules and team strategies
Training	Fun, with an emphasis on cricket skills development- batting, bowling and fielding. Include game sense activities
Game Type	One Day and/or Two Day Quarters Cricket
Ball	U/11 competitions – Modified solid core ball (eg. Kanga King, Plyaball, Incrediball etc.) or 142g leather/composition U/12 competitions – 142g leather/composition
Protective Equipment	Yes- Helmets, pads, gloves, protectors for boys
Boundary	40-45m maximum
Overs	Maximum 25 overs per team in a day
Innings	One per day
Team	Maximum of 12 per team
Batting	U/11 competitions – Maximum of 20 runs before retiring U/12 competitions – Maximum of 30 runs before retiring
Bowling	Minimum of 1 over per player (unless injured or at risk of injury) Maximum of 3 overs per player Maximum of 8 balls per over including wides and no-balls
Fielding	Rotation of fielders. No fielders within 10m of batters end stumps except slips, gully and wicketkeeper (refer page 16)
Pitch Length	Standard
Dismissals	Batters are dismissed if given out LBW introduced
Game Scoring	Scores to be kept
Awards	No individual performance awards Premiership tables can be kept
Modifications for Representative Cricket	U/11 competitions – No representative cricket U/12 competitions – Guidelines as above except: <ul style="list-style-type: none"> • 40 overs maximum • Maximum of 8 overs per bowler • 4 overs maximum spell for medium and fast bowlers • Batters- no restrictions • Fielding restrictions apply • Rotation of fielders need not occur
Modifications for Girls	None Play/compete in same age group as boys

Snapshot of Recommended Skill and Game Progressions for Club and School Cricket



The following tables provide a consolidated snapshot of recommended skill and game progressions for junior/youth cricket and recommended equipment.

Fun, Skill Development and Competition

Specialisation	Players beginning to specialise but should gain experience in as many different situations as possible
Captaincy/Leadership	Several players experience captaincy, ALL players involved in decision making at various stages
Etiquette/Spirit	Players introduced to all aspects of the Etiquette and Spirit of the Game
Umpiring	Players able to umpire at training
Scoring Skills	All players able to score
Game Sense	Understanding of rules, team and individual strategies
Training	Fun, with emphasis on variation of bowling, adapting in batting and attacking fielding. Include game sense activities
Game Type	One Day or Two Day Limited Overs Cricket
Ball	Under 13 competitions – 142 or 156g leather/composition Under 14 competitions – 156g leather ball
Protective Equipment	Yes - Helmets, pads, gloves, protectors for boys
Boundary	50-55m maximum
Overs	Maximum 25 overs per Team for One Day Maximum 50 overs per team for Two Day
Innings	One - possibly two in Two Day match
Team	Maximum of 12 per team
Batting	One Day - Retire at 30 runs Two Day - Retire at 50 runs
Bowling	One fifth of total scheduled overs up to: Under 13 competitions – 8 overs maximum (medium and fast bowlers – 4 over maximum per spell) Under 14 competitions – 10 overs maximum (medium and fast bowlers – 5 over maximum per spell)
Fielding	No fielders within 10m of batters end stumps except slips, gully and wicketkeeper (refer page 16)
Pitch Length	Standard
Dismissals	Batters are dismissed if given out
Game Scoring	Scores to be kept
Awards	Individual Performance Awards can be introduced Premiership tables kept
Modifications for Representative Cricket	Slightly longer games permitted Bowlers same restrictions Batters have no restrictions
Modifications for Girls	Ball – 142g Leather/Composition Where alternatives do not exist and where participation poses no danger to any participants, girls may participate in 'boys' competitions 2 years above the competition age limit eg. 16 year old girl may play in Under 14 boys competition.

Snapshot of Recommended Skill and Game Progressions for Club and School Cricket



The following tables provide a consolidated snapshot of recommended skill and game progressions for junior/youth cricket and recommended equipment.

Fun, Skill Development, Competition and Specialisation

Specialisation	Players now specialising but should still gain experience in as many different situations as possible
Captaincy/Leadership	Several players experience captaincy, ALL players involved in decision making at various stages
Etiquette/Spirit	Players conform with all aspects of Etiquette and Spirit of Cricket
Umpiring	All players know how to umpire
Scoring Skills	All players know how to score
Game Sense	Understanding of rules, active participation in developing team and individual strategies
Training	Fun, with emphasis on honing specific skills, team work and strategies. Include game sense activities
Game Type	One Day or Two Day Limited Overs Cricket
Ball	156g leather ball
Protective Equipment	Yes – Helmets, pads, gloves, protectors for boys
Boundary	Senior boundary
Overs	One day – 30 overs Two days – 60 overs
Innings	One – possibly Two in Two Day game
Team	Maximum of 12 per team
Batting	Under 15 competition – One Day/40 runs retire; Two Day/60 runs retire Under 16/17 competition – One Day/50 runs retire; Two Day 100 runs retire
Bowling	One fifth of total scheduled overs up to: U/15 competitions – 10 overs maximum (medium & fast bowlers 5 overs maximum per spell) U/16 competitions – 16 overs maximum (medium & fast bowlers 6 overs maximum per spell) U/17 competitions – 16 overs maximum (medium & fast bowlers 6 overs maximum per spell)
Fielding	No fielders within 10m of batters end stumps except slips, gully and wicketkeeper (refer page 16)
Pitch Length	Standard
Dismissals	Batters are dismissed if given out
Game Scoring	Scores to be kept
Awards	Individual Performance Awards can be rewarded Premiership tables kept
Modifications for Representative Cricket	Longer Games permitted Medium and Fast Bowlers – maximum of 6 overs per spell and maximum of 16 overs per day Batters no restrictions
Modifications for Girls	Ball – 142g Leather/Composition Where alternatives do not exist and where participation poses no danger to any participants, girls may participate in 'boys' competitions 2 years above the competition age limit eg. 16 year old girl may play in Under 14 boys competition.

REPRESENTATIVE CRICKET

Representative Cricket at all age levels is extremely important for the development of talented cricketers. It provides the opportunity for players to be challenged and have their skills extended to a greater extent than in normal competition. Many players who progress along the pathway to first class and international standard have participated in representative cricket at various levels.

CLUB CRICKET

In recent years the volume of representative cricket has increased at many levels. However, participation in club cricket remains vitally important in the development of young players. The team aspect of cricket is extremely important and participation in a club certainly develops an understanding of this concept. Therefore representative players, parents and coaches should not fail to recognise the value of club cricket. Refer to tables on pages 10 – 12 for Modifications for Representative Cricket

SKILL DEVELOPMENT

Representative cricket is a fantastic opportunity to develop the skills of players under pressure and competition they will not normally experience at school and club level. Players should experience as many different situations as possible eg. bowlers opening the bowling / bowling at end of innings etc., to ensure they develop skills in a variety of scenarios. Players should be encouraged to discuss scenarios of the game and develop thoughts on strategy.

CAPTAINCY / LEADERSHIP

The development of leadership skills should be seen as a priority in representative cricket. Unfortunately many representative cricket teams have the same captain throughout the age groups. Although this player may be the obvious leader in the group, captaincy should be rotated to ensure a number of players gain experience in this important aspect of the game. All the players may not develop into capable captains however the experience should improve their own game.

SPIRIT OF CRICKET

Representative cricket provides an excellent environment for the education of players on the spirit of cricket. The reinforcement of the spirit of cricket is very powerful when players are under greater pressure to perform against respected peers. Coaches should be very aware of this and provide guidance and feedback on this important area of the game.

FACILITIES

Representative cricket should be played on the best available facilities to allow the best players of an age group to display their skills. At the 14 – 16 year age group it is very beneficial for representative cricket to be played on quality turf wickets where possible. It is

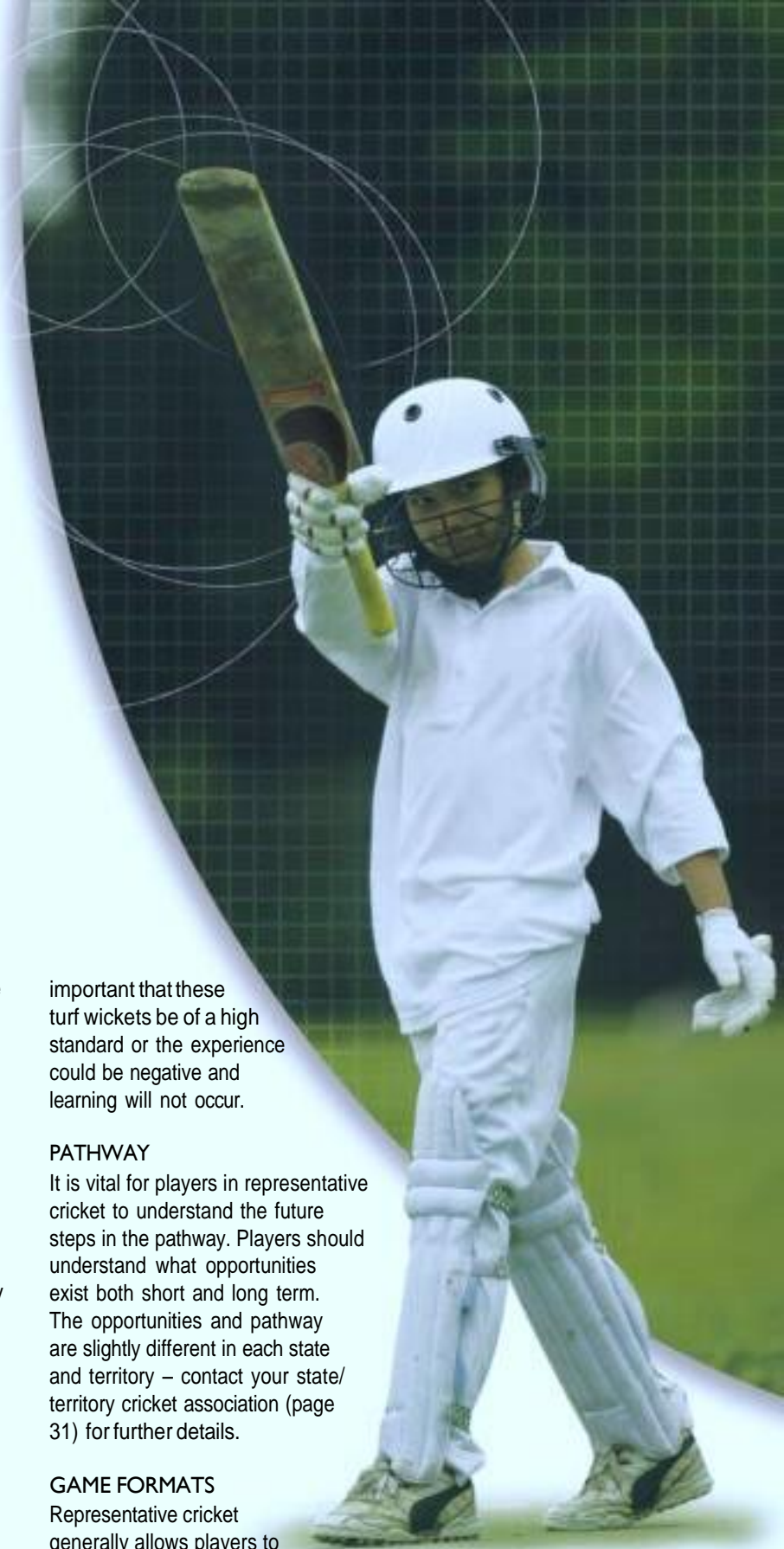
important that these turf wickets be of a high standard or the experience could be negative and learning will not occur.

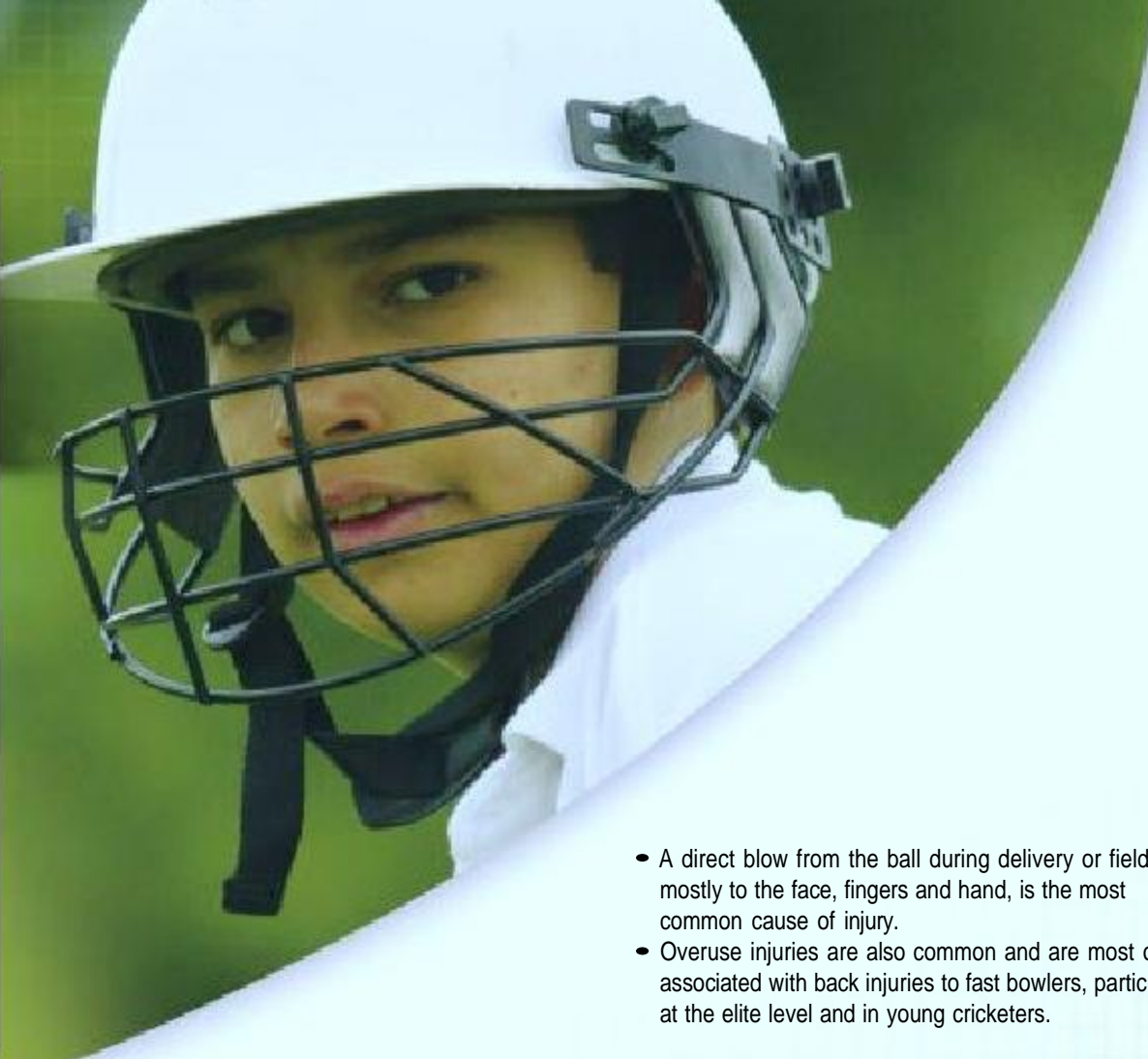
PATHWAY

It is vital for players in representative cricket to understand the future steps in the pathway. Players should understand what opportunities exist both short and long term. The opportunities and pathway are slightly different in each state and territory – contact your state/territory cricket association (page 31) for further details.

GAME FORMATS

Representative cricket generally allows players to participate in longer games without the constraints of some modifications designed to increase participation. Game formats should be designed to develop particular skills eg. batting for longer periods / building an innings, and also to increase awareness of strategy. If representative cricket is also to be used for further selection, modifications should be included to ensure all players have relevant opportunities.





SELECTION

Selection of cricket teams at all levels often become difficult when more players than positions are available. Selection for junior representative cricket can be contentious and quite emotional for those involved. For clubs and associations selecting representative teams, a selection criteria should be developed to ensure all selectors understand the objectives of selecting the team. Selection criteria for junior representative cricket could include:

- Representative cricket will be used to identify and develop talented players who are deemed to have the highest probability of progressing to higher levels,
 - A team will be chosen with a balanced number of batters, keeper/s and bowlers,
 - Statistics will be used as a guide for selection but will not be the only consideration, and
- Any selection criteria developed should be

communicated to all involved. This may not prevent disappointment for those not selected but may assist understanding of the principles under which selectors are choosing teams.

NON-SELECTION

It is very important for players, parents, coaches and administrators to understand that although representative cricket provides opportunities for young players, it should be kept in perspective. Many players have reached higher levels of cricket, including International Cricket, without participation in representative cricket as a junior.

CHAMPIONSHIP FORMATS

Particularly in regional areas, representative cricket is played in a carnival/championship format with several matches played on consecutive days. Often, in the period just prior to the event, players are subject to extensive and intensive coaching. This format imposes increased responsibility on coaches and officials in regard to player safety and welfare. Safety guidelines (3.0) should be adhered to strictly.

3.0 Safety Guidelines: Strategies to Promote Safety and Prevent Injuries

While there is an inherent safety risk in all sports, cricket is generally a safe game, particularly if there is the adoption and implementation of an injury prevention and safety program within your club/school.

To assist clubs, schools and coaches adopt a consistent approach to managing the safety and injury risks within cricket, United Victoria has developed some recommended practices to provide a quick and comprehensive set of guidelines to promote a safe approach to cricket at junior levels.

Injury Prevention

When and where do cricket injuries occur?

- One third of cricket injuries to children occur during school hours.
- Almost 20% of injuries occur during training or practice.

Common Injuries in Cricket

- Overall, cricket injuries are mostly sprains, fractures and bruising.

- A direct blow from the ball during delivery or fielding, mostly to the face, fingers and hand, is the most common cause of injury.
- Overuse injuries are also common and are most often associated with back injuries to fast bowlers, particularly at the elite level and in young cricketers.

Safety Tips for Cricket

- Good preparation is important
- Warm up and stretch before the day's cricket. Bowlers, particularly fast bowlers, should warm up before their bowling session
- Good technique and practices will help prevent injury
- Restrict the number of overs bowled in any one session. The actual number should take into account the bowler's physical maturity. This is particularly important for young cricketers (see *bowling restrictions on page 18*)
- Follow United Victoria's Bowling Injury Prevention SPOT program which advocates the screening of young bowlers for risk factors, including postural stature; physical preparation; avoidance of overbowling; and use of correct bowling techniques
- Coaches should be accredited and undergo regular reaccreditation education updates to ensure they have the latest information about playing techniques
- Wear appropriate safety equipment
- Wear body padding when batting including gloves, leg pads and protectors for boys
- When batting, wicket keeping up to the stumps or fielding in close wear a cricket helmet with a faceguard that complies with the Standard
- Wear protective gear during training as well as competition
- Do not share personal equipment
- Seek professional advice on appropriate cricket shoes.
- Have a First Aid Kit at all matches
- Encourage children to play United Victoria's modified cricket programs as a means of developing good technique

If an injury occurs

Appoint a Club/School Safety Officer and develop a procedural response checklist in the event that an injury occurs during training or competition. Ensure all injured cricketers receive adequate treatment and full rehabilitation before they resume participation.

For additional guidance on dealing with the issues that may evolve as a result of a serious injury occurring within junior cricket, please contact the United Victoria's Game Development Department.

Recommendations for Use of Helmets

Junior and youth players should not be allowed to bat or field in-close, during a match or at practice where a hard ball is being used, without wearing a cricket helmet with a face guard. Any individual taking responsibility for junior / youth players should take all reasonable steps to ensure that the above recommendation is followed. It is recommended that junior and youth wicketkeepers when keeping up to the stumps where a hard ball is being used, wear a helmet with a face guard.

Players are recommended to wear a specifically designed properly fitting cricket helmet with face guard. It is also in the players' best interest for the helmet to conform to the relevant Standard (currently AS/NZS4499:1997 "Protective Headgear for Cricket").

Note – a hard ball refers to traditional cricket balls, indoor cricket balls, solid core modified balls or similar. In-close fielders refers to fielders closer than 10m to stumps (except slips, gully and wicketkeeper).

Field Placements

Few young cricketers have the necessary judgment, concentration or reflexes necessary to safely field close to the batter. With the exception of the wicketkeeper and slips fielders, any player up to and under the age of 14 should not be positioned within 10 metres of the batter's stumps.

No player may enter the 'restricted zone' until after the ball:

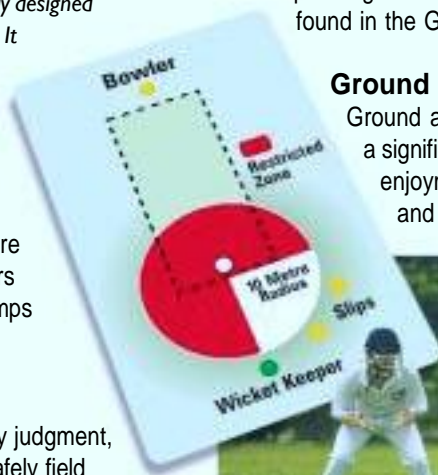
- Is hit by the batter; or
- Strikes the body or equipment of the batter; or
- Passes through to the wicketkeeper

If they do, the umpire will signal and call a 'dead ball.' The restricted zone should be marked by lines or suitably placed discs or markers.

Specific guidelines for each age group can be found in the Game Format tables pages 9-12.

Ground and Weather Conditions

Ground and weather conditions can have a significant impact on the safety and enjoyment of cricket at both junior and senior levels.



Sometimes, as is the case with weather, these conditions are somewhat unpredictable and uncontrollable. Appropriate care should be taken to avoid any foul weather related injuries. Umpires, coaches and teachers should exercise a conservative approach to continuing play in the rain, where lightning is present or where the field conditions have reached a point that they pose danger to participants.

It is important that clubs foster good working relationships with local government authorities to encourage a pro-active approach to the maintenance and improvement of cricket facilities. Keep them informed in writing of any deteriorations and don't forget to thank them when upgrades and repairs have been completed.

FAST & MEDIUM PACE BOWLING WORKLOAD GUIDELINES

The following guidelines are recommended to reduce the risk of injury and enhance the development of fast

and medium pace bowlers both in game and training situations.

AGES 5 – UNDER 12 YEARS

- Restrictions in place for player development – all players to bowl in every match unless injured or at risk of injury
- Six (6) legal balls per over with a maximum of eight (8) balls in any one over including wides and no-balls

UNDER 13 ONWARD

- Restrictions are in place predominantly for safety but also for development purposes
- Maximum overs in a day includes all overs on that day and that if a second innings commences on the same day (ie. Outright opportunity) restrictions still apply
- For players playing more than one match in a given day the daily restrictions should still apply

The following table represents the recommended maximum bowling workloads and minimum rest periods for fast & medium pace bowlers. In determining if a bowler should bowl the recommended maximum overs and spells consideration should be given to reducing the number of overs bowled for physically immature bowlers, for faster or more explosive bowlers, for poor ground conditions or for hot or humid weather.



FAST & MEDIUM PACE BOWLING: GUIDELINES FOR MATCHES

5 – 8 Yrs	1 over per bowler (unless injured or risk of injury) Maximum 8 balls in any one over including wides & no-balls.
Under 10 Competitions	2 overs per bowler (unless injured or risk of injury). Maximum 8 balls in any one over including wides & no-balls.
Under 11 Competitions	All players (unless injured or at risk of injury) min. 1 over, Maximum 3 overs per bowler. Maximum of 8 balls in any one over including wides & no balls
Under 12 Competitions	All players (unless injured or at risk of injury) min. 1 over. Maximum 4 overs per bowler. Maximum of 8 balls in any one over including wides/no balls
Under 13 Competitions	One fifth of the total scheduled overs up to 8 overs maximum (4 overs max. per spell for medium & fast bowlers)
Under 14/15 Competitions	One fifth of the total scheduled overs up to 10 overs maximum (5 overs max. per spell for medium & fast bowlers)
Under 16/17 Competitions	One fifth of the total scheduled overs up to 16 overs maximum (6 overs max. per spell for medium & fast bowlers)
Under 18/19 Competitions	One fifth of the total scheduled overs up to 20 overs maximum (8 overs max. per spell for medium & fast bowlers)

Rest period between spells for Under 13 to under 19 bowlers:

- a minimum of 30 minutes in matches with innings of 50 overs or less in a day
- a minimum of 60 minutes in matches with innings of 51 overs or more in a day

Bowling: Guidelines for Training

It is recommended that the following guidelines be adopted for junior cricketers' training schedules.

	U/13	U/15	U/17	U/19
Sessions per week*	2	2	3	3
Balls per session	30	36	36	42

* Under 14 to Under 19 age groups should also consider guidelines for total weekly workload.

Bowling: Guidelines for Total Weekly Workload (Under 14 to Under 19 bowlers)

Current research suggests that the total number of deliveries bowled in a week is closely linked to the potential for injury.

At first class level (average age 27 years) it has been shown that total workloads of more than 170 balls results in a times increase in the risk of injury. This is a potential area for concern in younger age groups when growth, motor development and physical maturity factors are taken into account.

For Under 14 to Under 19 bowlers it is recommended that a sensible strategy would be:

- If 1 to 10 overs of match deliveries are bowled in a week a bowler should follow the training guidelines above.
- If 11 to 20 overs of match deliveries are bowled in a week a bowler should NOT bowl more than twice at training during that week.
- If 21 to 30 overs of match deliveries are bowled in a week a bowler should NOT bowl more than once at training during that week.
- If 30 overs or more of match deliveries are bowled in a week a bowler should NOT bowl at all at training during that week.

Despite these guidelines injury may still occur. If symptoms develop, particularly in the lower back, seek early medical assessment of the problem.

Guidelines for Heat, Hydration and Sun Protection

Heat

Climatic conditions vary throughout and tolerance of heat and humidity varies significantly from one individual to another. Fortunately the majority of junior cricket matches are normally played before or after the hottest part of the day. However, players' health must always be considered in the scheduling of matches.

United Victoria recommends that Clubs, Schools and Associations apply common sense guidelines to climatic conditions that exist within their respective regions and consult with the Sports Medicine branch within their state or territory to assist in the development of local policies.

Hydration

No single recommendation on the volume of fluid to be consumed is appropriate due to the vast range of body composition, fitness, and states of acclimatisation represented in childhood and adolescence.

More fluid appears to be consumed by young people when the drinks offered are perceived as palatable to them. Regular and effective drinking practices should become habitual to young athletes before, during, and after activity.

Guidelines for fluid replacement:

- Drinks breaks occur every 30 – 60 minutes in all matches (every 30 minutes in conditions of extreme temperature);
- Water is the most appropriate drink for re-hydration. However, diluted cordial or sports drinks may be supplied. Flavoured drinks may be particularly palatable to children who have consistently poor drinking habits during exercise;
- Drinks should be available for individual players between drinks breaks. Umpires should be advised that additional drinks are sought and players should make every effort to ensure no time is wasted;
- Players should be encouraged to have their own drink bottles. This ensures that each player has access to an adequate level of replacement fluids and reduces the risk of contamination and viruses; and
- Where cups and a large container are supplied, cups should not be dipped into the container. Used cups should be washed or disposed of after use.
- Do not share cups.





Sun Protection

Appropriate clothing is recommended for young cricketers. Light-coloured, loose-fitting clothes of natural

fibres or composite fabrics with high absorption properties may be the most appropriate clothing in mild and hot conditions. This clothing should further complement the existing practices that protect the skin against permanent damage from the sun. It is recommended that:

- Players wear a broad brimmed hat;
- Shaded areas are available at all grounds. If there are no trees, artificial shades such as umbrellas or similar should be utilised;
- Sunscreen with an SPF 30+ should be made available to players and reapplied as appropriate throughout competition;
- Players wear long sleeved shirts; and
- Players consider wearing appropriate sports sunglasses.

4.0 Strategies for Managing and Growing Junior Cricket Clubs

Player Recruitment

Recruitment of new players to the game of cricket, leading to life-long participation in the sport should be the ultimate goal. Organisations and individuals must actively strive to be good ambassadors for the game and role-models to aspiring young players.

Some strategies to enhance player recruitment activities have been provided to assist clubs and schools maximise their efforts. They include:

1. Developing a clear philosophy outlining exactly what your cricket organisation represents.
 - This could take the form of a mission statement or a series of broader statements clearly outlining

the key values underpinning the purpose and meaning of your organisation. This should be developed by the membership and clearly communicated to parents, players, and administrators. The statements should reflect your goals in terms of recruitment and retention and how the game will be played and administered. Continuity and purpose are maintained if these values are clearly documented and refined and passed on to future players, coaches and officials.

2. Having clear recruitment objectives setting out realistic short and long term goals, which are measurable. This should be defined in numbers of players the organisation is trying to recruit, and retain.

- Player recruitment goals should be based upon what the club infrastructure and facilities can adequately service. The quality of service and ability to retain players will be diminished if new recruits are not looked after.
- Nominate key people within your organisation to co-ordinate the recruitment efforts, and give them a clear outline of what their roles and responsibilities are within the overall structure.
- Community-based recruitment activities should be well organised and planned in conjunction with local associations, state and national recruitment initiatives. Resource material (newspaper advertisements, flyers, posters etc) should be of a high quality and clearly communicate the stated aims.

- Links to schools should be established where possible through the state / territory development staff.
- Come-and-try sessions, welcome days, and MILO Have-A-Go programs should be considered instead of registration days to attract new members. Parents are becoming more discerning in their choice of sports, and want to be sure that they are making the right choice if they are going to commit to a full season of cricket.

Player Retention

Now that you have recruited players to your club or school, you want to make sure you keep them. Here are some tips to help make them “play and stay”.

Make every effort to retain current players

- Most organisations have a genuine commitment to recruiting new players, but have no idea of how many players failed to return from last season. More time should be spent on keeping the players you have than chasing new ones. Resources should be allocated to ensure that players are contacted and made welcome from the previous season, and if players elect to drop out, find out why and develop strategies to address their reasons.
- Good coaches who relate well to players are the main reason players will return for next season. Make every effort to recruit, educate and assist good coaches to carry out their roles.
- Recruitment of coaches should be linked to player recruitment goals with adequate numbers of coaches being recruited along with players.
- Managers and assistant coaches should also be put in place to share the workload around and alleviate the pressure on one individual. An induction program should be conducted to assist new coaches in carrying out their duties, as well as the appointment of a coaching coordinator to oversee and mentor coaches.

- A system should be established to deal with coaches who may be unsuitable or not representing the best interests of the organisation or the game in general.
- New players whose skill level may not be that of established players should be catered for with an introductory coaching program. This will allow them to gain confidence and acceptance and be slowly eased into mainstream competition

Communication

- Good communication is the key to retaining players and their families. Regular newsletters throughout the season, and end of season communication with parents thanking them for their efforts and welcoming them for next season.
- Pre-season letter outlining the upcoming season calendar, registrations (e-mail, website, newsletters, etc) are all excellent ways to maintain a close link with players and their parents.
- Parents and players should also be able to communicate any problems back to the administrators through a feedback system established within the club.
- Social activities such as a team BBQ that involves the whole family, not just the players, are an excellent method to retain interest, recruit volunteers and ensure everyone wants to come back and play next year.
- Competition formats should reflect the needs of the modern family (central venues, convenient times, length of matches, etc) and not conflict with competing sports or activities. Flexibility and creativity in training and match scheduling will bring more commitment from players, and parents will be happy for their child to be part of the team for next season.

Implementing Junior Cricket Guidelines and Procedures

Your organisation must be committed to providing a safe, enjoyable and friendly environment for its members and upholding the recommendations of the state and national organisations.

- All members of your organisation should be made aware of their roles and responsibilities in implementing policy and education



- Individuals should be allocated specific roles with clearly defined outcomes to ensure that policies and procedures are carried out. For example:
 - Ground Manager (ground set up, emergency access, adequate shade)
 - Safety officer (first aid, cool drinks, protective equipment)
- An induction/education process should be held at the commencement of every season to make all parties aware of what each job will involve, with a clear job description (checklist) available. Rotation of roles is then possible with the burden being shared throughout the club and not left to a few individuals every week.
- Key stakeholders should be encouraged to attend all available courses provided by state / territory associations or external agencies. This will ensure that areas such as child protection, club administration, legal responsibilities, etc will be adequately covered.

Failure to comply with Policy/Incident Procedures

- In the event of a safety or vilification type incident occurring, the organisation must have in place clear procedures on how to report, deal with, and take action upon it.
- Clear procedural guidelines must be developed and understood by participants, to deal with potential incidents. There must be a clear understanding of who, how and when problems need to be handled within associations, clubs and schools.





United Victoria Cricket Academy

5.0 Spirit and Etiquette of the Game: The Unwritten Laws of Cricket

Spirit of Cricket

The “Spirit of Cricket” is fostered by the values that you (as a coach, parent, player or official) bring to your team, club, and the game itself. Cricket can be a highly competitive game. However, it is important to play within the laws and the spirit of cricket (refer to Preamble in the *Laws of Cricket* 2000 Code).

Some key elements to help those involved in cricket to apply the spirit of the game have been included as a guide to foster a healthy and effective development of the spirit within your cricket community.

Fair Play

According to the Laws of Cricket, the umpires are the sole judges of fair and unfair play. The umpires may intervene at any time and it is the responsibility of the Captain or Coach to take action where required.

Captains’ and Coaches’ Responsibility

The Captain or Coach is responsible at all times for ensuring that play is conducted within the spirit of the game and within the Laws.

Player’s Conduct

In the event of a player failing to comply with the instructions of the umpire, criticising by word or action the decisions of an umpire, showing dissent or generally behaving in a manner which might bring the game into disrepute, the umpire concerned shall in the first place report the matter to the other umpire and to the

player’s captain or coach, and instruct the captain or coach to take appropriate action.

Players

Captains, Coaches and Umpires together set the tone for the conduct of a cricket match. Every player is expected to make an important contribution to play the game in good spirit and fairness.

Respect

The spirit of the game involves respect for:

- Your opponents
- Your Captain, Coach and Team
- The role of the Umpires
- The traditional values of cricket

Umpires Authority

The Umpires are authorised to intervene in cases of:

- Time wasting
- Damaging the pitch
- Dangerous or unfair bowling
- Tampering with the ball
- Any other action that they consider to be unfair

Against the Spirit

It is against the spirit of the game:

- To dispute an umpire’s decision by word, act or gesture
- To direct abusive language towards an opponent or umpire

To indulge in cheating. Such instance may include:

- Appealing when knowing the batter is not out
- To advance towards an umpire in an aggressive manner when appealing
- To seek to distract an opponent either verbally or by harassment with persistent clapping or unnecessary noise under the guise of enthusiasm and motivation of one’s own side

Cricket Etiquette

It was Sir Donald Bradman who suggested that

“it is the responsibility of all those that play the game (the custodians) to leave the game in a better state than when they first became involved.”

Reflecting the “Spirit of Cricket”, there are certain “unwritten laws” or practices that should be followed as a means of respect for the game, your opponents, and your team.

Here are some ideas to encourage and foster accepted levels of cricket etiquette amongst junior cricketers.

Toss of the Coin

- The home team captain should always have a coin for the toss
- The home team captain tosses the coin; the opposition captain calls
- The toss of the coin should be out on the pitch to be played upon
- Captains should always shake hands prior and after the toss
- Team captains should be properly attired at the toss

Entering the Playing Field for Commencement of Play

- Umpires are always the first to enter the playing field
- As they enter, the umpires drop a new ball (at the start of an innings) just inside the boundary
- The fielding side then takes the field, led by their captain. The ball is normally picked up by either the captain or the wicketkeeper
- The two batters enter after the fielding team

During Play

- The batting team should sit together on the sidelines (except where individuals may be warming up in preparation for batting)
- It is normally the responsibility of the batting team to keep any score board up to date

Leaving the Field

- The batters are always the first to leave the playing field
- The fielding team follow the batters

12th Man

- The 12th man must be dressed in playing apparel
- If there are only 11 cricketers in a team (that is, no 12th man) the batting side should have someone in playing apparel at all times who can be utilised should the need for a substitution arise
- Players who are performing 12th man duties must know their role and be prepared. Such things as the times at which drinks are to be taken, being alert to requests from players for sun-screen, jumpers, towels, ice, first aid, etc.

Bowlers' and Fielders' Ground Marking

- When marking their run-up, bowlers should refrain from damaging the grass or surface. This is in the interests of the participants and also as a sign of respect for those responsible for preparing the surface. The same applies to fielders who mark the ground as an indication of their positions on the field.

Acknowledgment of Milestones

- Fielding teams should always acknowledge 50's and 100's by opposition batters

- Players should acknowledge bowling achievements such as 5 wickets and hat tricks
- After the game, players should acknowledge the opposition by shaking hands
- Captains should always shake hands after the match

Support Staff and Spectators

- Coaches, parents, teachers and spectators should respect the nature of the game, and accept that it is the responsibility of umpires and the team captains to conduct a match in the appropriate manner. Any noise from the sidelines (other than appropriate recognition of good performance or effort) or any signals or form of communication to players are not in the best interests of the game
- Any communication is to be via the 12th man at drinks breaks, or during breaks in play where teams leave the field
- Yelling from the side-lines is not condoned
- Coaches should not enter the field of play

It may be appropriate, however, for coaches to take a greater role in assisting captains etc. in matches involving children under 12 years.

Codes of Behaviour

We are justifiably proud of the place sport has in their daily lives. However, what is equally important to all of us involved in cricket is the way the game is played and the manner in which our athletes conduct themselves.

Unfortunately, some people fail to live up to the traditional values and spirit of cricket. Young people can be easily influenced and negatively affected by these adverse experiences.

The following Codes of Behaviour identify a selection of key principles on which coaches, teachers, umpires, officials, parents and young players should base their cricket involvement. If adopted, the Codes will ensure that young people develop good sporting behaviours and an inherently positive cricket experience, which will encourage them to remain involved in cricket throughout their lives.

The Codes of Behaviour were developed by initiative and have been adapted to reflect the principles and spirit of cricket.

United Victoria recommends the adoption of these codes by clubs and schools and distribution of the codes of behaviour to all appropriate groups covered under the codes at the commencement of the cricket season. They should apply in addition to, rather than as a substitute for, any other codes that a school, club or association may have in place.

Coaches Code of Behaviour

- Remember that young people participate for pleasure and winning is only part of the fun.
- Never ridicule or yell at a young player for making a mistake or not coming first.
- Be reasonable in your demands on players' time, energy and enthusiasm.
- Operate within the rules and Spirit of Cricket and teach your players to do the same.
- Ensure that the time players spend with you is a positive experience.
- Avoid overplaying the talented players; all young players need and deserve equal time, attention and opportunities.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all players.
- Display control and respect to all those involved in cricket. This includes opponents, coaches, umpires, administrators, parents and spectators. Encourage your players to do the same.
- Show concern and caution toward sick and injured players. Follow the advice of a physician when determining whether an injured player is ready to recommence training or competition.
- Obtain appropriate qualifications and keep up to date with the latest cricket coaching practices and principles of growth and development of young people.
- Any physical contact with a young person should be appropriate to the situation and necessary for the player's skill development.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

Teachers Code of Behaviour

- Encourage young people to develop basic skills in a variety of sports and discourage overspecialisation in one event, sport or playing position.
- Create opportunities to teach appropriate sports behaviour as well as basic skills.
- For Primary School children give priority to free play activities, skill learning and modified games of cricket over highly structured competition.
- Prepare young people for intra and inter school cricket competition by teaching them basic sport skills.
- Make young people aware of the positive benefits of participation in cricket and sporting activities.
- Keep up to date with coaching practices and the principles of physical growth and development. Read and use the latest available cricket coaching and teaching resources.
- Help young people understand the differences between the junior cricket competition they participate in and professional sport.
- Help young people understand that playing by the rules is their responsibility.
- Give all young people equal opportunities to participate in administration, coaching and umpiring as well as playing.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.
- Support implementation of United Victoria Junior Sport Policy.

Umpires Code of Behaviour

- Place the safety and welfare of participants above all else.
- In accordance with United Victoria guidelines, modify rules and regulations to match the skill levels and needs of young people.
- Compliment and encourage all participants.
- Be consistent, objective and courteous when making decisions.
- Condemn unsporting behaviour and promote respect for all opponents.
- Emphasise the spirit of the game rather than the errors.
- Encourage and promote rule changes which will make participation more enjoyable.
- Be a good sport yourself – actions speak louder than words.
- Keep up to date with the latest available resources for umpiring and the principles of growth and development of young people.
- Remember, you set an example. Your behaviour and comments should be positive and supportive.
- Give all young people a 'fair go' regardless of their gender, ability, cultural background or religion.

Players Code of Behaviour

- Play by the rules.
- Never argue with an umpire. If you disagree, have your captain, coach or manager approach the umpire during a break or after the game.
- Control your temper. Verbal abuse of officials and sledging other players, deliberately distracting or provoking an opponent are not acceptable or permitted behaviours in cricket.
- Work equally hard for yourself and your teammates. Your team's performance will benefit and so will you.
- Be a good sport. Applaud all good plays whether they are made by your team or the opposition.
- Treat all participants in cricket as you like to be treated. Do not bully or take unfair advantage of another competitor.
- Cooperate with your coach, teammates and opponents. Without them there would be no competition.
- Participate for your own enjoyment and benefit, not just to please parents and coaches.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

Parents Code of Behaviour

- Do not force an unwilling child to participate in cricket.
- Remember, children are involved in cricket for their enjoyment, not yours.
- Encourage your child to play by the rules.
- Focus on the child's efforts and performance rather than winning or losing.
- Never ridicule or yell at a child for making a mistake or losing a game.
- Remember that children learn best by example. Appreciate good performances and skillful plays by all participants.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Respect officials' decisions and teach children to do likewise.
- Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

The above codes have been adapted from the Sports Commission Codes of Behaviour





Cricket Kids:

Cricket Kids (5-8 Years)

UVCC Academy recognizes that young children have different needs, requirements and motivations for being involved in sport. Modified sport for young children is encouraged to avoid injury, maximize participation and ensure appropriate skill development.

Cricket Kids is founded on this philosophy. It is a program built on learning through game play and targeted for specifically for 5–8 year old boys. The focus is on introducing the skills & requirements of cricket in fun, engaging and child friendly activities.

Cricket Education Program(9-14 Years)

Cricket Education Program is a comprehensive six level sequential cricket development program written exclusively by Cricket Australia for 9 to 14 year old boys and girls.

Each level of the Program consists of practical skill development training and knowledge development. Sessions are scheduled according to the needs of the host venues to ensure an effective learning environment is achieved.

All skill areas are covered in the syllabus as well as Leadership and Fitness for Cricket. Coaching, Umpiring and Scoring units are also introduced for Levels 5 and 6. A participant is assessed throughout the program on their Knowledge, Understanding and Skill with a certificate awarded on the successful completion of each level. This culminates in the Diploma of Cricket awarded after satisfying the requirements of Level 6.

The Cricket Education Program vision is to "Provide a high quality educational program to develop young people through cricket."

Emerging Players Program (15 Year and Above)

Cricketers of age 15+ mature and progress their skills with their preferences become more defined. UVCC Academy's Emerging Players Program has a focus of defining and developing a player's core cricket strengths to provide a platform for greater specialization. A key focus of this program is developing game sense and tournament play.

Cricket Education Program Cup

The Cricket Education Program CUP is an annual event conducted by UVCC Academy.

Cricket Education Program has a strong focus on the effective development of cricket and leadership skills as well as the fostering of team work, cooperation, pursuit of excellence, etc. The playing conditions of the Cricket Education Program CUP reinforce this focus through innovative, age relevant and modern match formats. Exclusive and with free entry for participants of Cricket Education Program, the tournament formats provide a progressive platform for participants to enjoy, play in a competitive cricket environment and demonstrate their cricket development alongside and against other Cricket Education Program participants.

Importantly, the tournament has a primary focus on providing a match learning opportunity and uses competitive match formats to further a participant's cricket development.

Elite Camp

In its pursuit to deliver the best coaching to its participants, UVCC Academy conducts a series of Elite Camps. Exclusive for Cricket Education Program and UVCC Academy participants, Elite Camps provide a high intensity training program for participants to fast track their development. With a tailored combination of video analysis, specialist coaches and high performance skill development techniques, the Elite Camp provides the opportunity for players to 'live the life of a professional cricketer'.

The selection of Elite Camp participants is based on performance in UVCC Academy programs including: coaching sessions, tournaments and assessment results. In the words of UVCC Academy's Coach Director Waqar, "the Elite Camp is a great opportunity for the best participants to come together in a more elite environment to continue their development."

Summer Camps

When school breaks for summer vacations children need to keep active and busy. During this time children are also free from school and exam pressures and thus are freer to dedicate to other activities.

Through partner schools and venues, UVCC Academy run a summer camp program to provide a fun learning environment for children to continue their development. Summer Camps are not exclusive to current UVCC Academy participants and are open to other students to join and experience the UVCC Academy coaching methodology.

Monsoon Cricket Training Camp

Introduction:

Off season training is the most important phase of any sport-specific conditioning plan. Not only will it help the player to recover physically and psychologically, it also helps to keep developing player cricket skills regularly. off season is referred to as the period between the end of the in-season and about 6 weeks prior to the start of the next competitive year. The pre-season is the 6 weeks prior to the new competitive in-season.

Variety and Innovation:

We all enjoy a change and it is imperative that we can provide some variety whether on a small or large scale. Innovation is important and UVCC Academy Monsoon Training program will help its players to keep themselves fit for the coming busy cricket season.

Pre-Season Camp Duration:

The duration of this camp will either be one month or two months as per the requirement

Sessions Per week:

Two-three sessions per week will be conducted in this camp

Session Timings:

Each session will be of three hours



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