

Stirling University Cricket Club (Men)
Safety Regulations



1. Cricket: Men

- a) Cricket, even played recreationally with a soft ball, may present risks and it is advisable that no one fields within 10 paces of the bat during practice. Played as a team game with a hard leather ball, the following points should be considered.

2. Facilities

- a) The playing surface should be true. A bumpy and uneven surface is unsafe for both batsmen and fielders. Pitches should be provided with a reasonable boundary, e.g., 50 metres, and should be pitched in such a way as to avoid the possibility of balls being hit onto paths or roadways, or into private property or public places.

3. Dress

- a) All players are more secure wearing studded boots. Batsmen should wear leg and abdominal guards, a box and batting gloves. A thigh pad is also recommended. The wicket-keeper should wear the same protective equipment but with wicket-keeping gloves instead of batting gloves. Wrist watches and rings should not be worn and potentially dangerous objects such as keys, coins, matches, etc., should be removed from pockets.

4. Equipment

- a) Bats, balls and protective equipment should be of good quality and in good repair.

5. Play

- a) Fielders must not be placed in a dangerous position. Match play should not start until the umpire at the bowler's end is sure that all players are concentrating on the game and ready to start. He will call 'play' before the first ball is bowled.

6. Organised Coaching

- a) All group coaching practices with a leather ball must be sited in such a way as to avoid a ball being struck hard into another playing area. Protective netting is usually provided in coaching areas and should be arranged so that it gives protection to players at practice in adjoining bays. It should be inspected frequently and kept in good repair. Bowlers at net practice should be sure that their fielders and the batsmen are alert and ready to play. The bowler should call "play" before bowling the first ball and at any time that seems necessary. Non-participants to remain behind the nets should include batsmen waiting their turn to bat.

7. Artificial Wickets

- a) If a true grass wicket cannot be provided then a suitable artificial wicket should be available. All artificial wickets should be kept in good repair and if matting is used it should be securely fastened.

8. Net Practice

- a) **General Safety:** A cricket net is an enclosed space and a cricket ball can cause serious injury. In the interests of safety, each user of a net must watch the ball. Batsmen should not indulge in reckless hitting.
- b) **Clothing and Footwear:** White shirts, slacks and plimsolls or cricket boots should be worn. Outdoor shoes, socks or bare feet should not be permitted.
- c) **Protection:** Batsmen should wear batting gloves and pads and it is suggested that a protective box be worn.
- d) **Equipment:** Cricket bags should be left at the side of the nets; those using Nets 1 and 2 should leave their equipment inside the entrance and those using Nets 3 and 4 on the opposite side. Bags should on no account be placed on the bottom of the nets.
- e) **Retrieving Loose Balls:** Loose balls should be picked up by the batsmen whenever possible. Balls should be fetched away from the net by the foot before being picked up, thus avoiding being struck with a ball hit by the batsmen in the next net. On no account should the retriever of the ball push the net aside with his head. The net should be pushed away with the bat.
- f) **Nets:** Any damage to the nets should be reported to the Sports Union President.
- g) Ideally, the number of bowlers in a net should be limited to 4. Any more, increases the danger to them of being inattentive, so that concentration on the ball lapses with possibly dangerous results.