

How many have you bowled?

Take care of your back

In any **7** days an individual can participate in **4** sessions of which only **2** sessions are on consecutive days

Boots Allocation Communicate Knowledge

DIRECTIVES FOR MATCHES

UP TO AGE 13

5 overs per spell, 10 overs per day

UP TO AGE 15

6 overs per spell, 12 overs per day

UP TO AGE 17

7 overs per spell, 18 overs per day

UP TO AGE 19

7 overs per spell, 18 overs per day

DIRECTIVES FOR PRACTICE SESSIONS

UP TO AGE 13

30 balls per session, 10 overs per day

UP TO AGE 15

6 overs per spell, 12 overs per day

UP TO AGE 17

7 overs per spell, 18 overs per day

UP TO AGE 19

7 overs per spell, 18 overs per day



Working together with

