

GUIDELINES FOR JUNIOR FAST BOWLERS

Young people can be susceptible to injury, especially when bowling when playing cricket. The ECB has issued guidelines specific to fast bowlers which you should be aware of and as a Club we want you to understand the guidelines given to us by the ruling body.

Boys have cricket matches for club, school and county and sometimes are asked to play and/or train every day of the week. Obviously it is up to parents to decide what is too much and these guidelines may help you make an informed decision. As a Club our coaches are only aware of what matches a young player is playing for us, but not what they might be doing in other areas of their cricketing life.

The fast bowling directives are designed to raise awareness of the need to nurture and protect young fast bowlers through their formative years. Research has shown that fast bowlers are by far the most likely players to be missing playing and training time due to injury.

Recommended guidelines are:

BOWLER'S AGE	MAX OVERS/SPELL	MAX OVERS/ DAY
Up to 13	5	10
U14, U15	6	12
U16, U17	7	18
U18, U19	7	18

For these purposes a fast bowler should be defined as a bowler to whom a wicket keeper in the same age group would, in normal circumstances, stand back to take the ball. Age groups are based on the age of the player at midnight on 31 August in the year preceding his current season.

FOR GUIDANCE IT IS RECOMMENDED THAT IN ANY 7 DAY PERIOD A FAST BOWLER SHOULD NOT BOWL MORE THAN 4 DAYS IN THAT PERIOD AND FOR A MAXIMUM OF 2 DAYS IN A ROW.

More detail available from the ECB website <http://www.ecb.co.uk>

