



Player Guide

Women's
Soft Ball Cricket



What's it all about?

The aim of soft ball cricket is to have fun. The rules are designed to enable that to happen and to help players develop a sense of the game and of fair play.

Kit

Bats.
Soft balls.
Wickets (stumps).

The Pitch

You can play outdoors or indoors, on any suitable natural or synthetic surface. There should be two sets of wickets (stumps), roughly 20 metres apart (roughly 28 steps).

Beginning

Toss a coin to determine which team will choose to bat or field first.

Teams

There should be six to eight people in a team.
The batting side should be divided into pairs.

Duration

Each game should last no more than an hour.
Each team bats once.
Each pair on the batting side will face two or three overs, there are 6 balls in an over.
Each player in the fielding side is encouraged to bowl one over, but no more than three, per innings.

Scoring

Each batting team starts with a score of 200 runs.

Runs can be scored by players running between the wickets (stumps) or by hitting the ball over the boundary.

Boundary scoring is four if the ball hits the ground before going across the boundary; six if the ball is hit over the boundary without touching the ground.

A batter may still run and score if they miss the ball or it hits their body.

Each time a batter is out, five runs are deducted and the other batter of the pair faces the next ball (except run-outs where batters will not need to change ends).

A batter may be out in the following ways:

Bowled (ball hits stumps).

Caught (the ball is caught in the air off the bat, no matter how small the contact).

Run out (the fielders hit the stumps before the running batters can reach them).

Stumped (the wicket keeper hits the stumps with the ball when the batter is not behind their line or crease).

Hit wicket (the batter hits the stumps with their bat or body).

There is no Leg Before Wicket (LBW) out, unless the batter deliberately blocks the ball with a leg or foot.

Two runs will be awarded to the batting team for each wide, (a ball bowled wide of the wicket that can't be reached by the batter).

Two runs will be awarded for a no-ball (where the ball bounces more than twice before reaching the batter or arrives with the batter at shoulder height, or above, without bouncing).

No extra ball will be allocated for wides or no-balls, except in the final over of each innings when, in addition to the two runs, an extra ball will be bowled.

Bowling and Fielding

Bowlers are encouraged to bowl overarm, but may bowl underarm.

Fielders should position themselves at a safe distance from the batter when the ball is bowled.

Result of a Match

The team with the highest score wins.
A tied game is when game both teams have scored the same number of runs.

Conduct

Players should play fairly and with respect for one another at all times.
Remember it's just a game!

