

Helmet, Equipment & Fast Bowling Directives

Helmet Requirements

ECB-approved helmets carrying the BS7928:2013 mark are mandatory for all batters, wicket-keepers standing up to the stumps, and any fielder within 8 yards of the bat in hard-ball sessions and matches.

Protective Equipment

Correctly fitting pads, gloves, and an abdominal protector (box) are compulsory for all hard-ball activity. Thigh guards and arm guards are strongly recommended from U11 upwards.

ECB Fast Bowling Match Directives

Age U13: Max 5 overs per spell, 15 overs per day. Age U14/U15: Max 6 overs per spell, 18 overs per day. Age U16/U17: Max 7 overs per spell, 21 overs per day. A bowler who has bowled a spell may not bowl again until the equivalent number of overs have elapsed from the same end.

Coach Responsibilities

Coaches must record spells, enforce rest periods, and never permit a young bowler to exceed the ECB limits, even at the player's request.