

C.S.A. Fast Bowling Match Directives

*For the purposes of these Directives a fast bowler is defined as a bowler to whom a wicket keeper in the same age group would **in normal circumstances** stand back to take the ball.*

Having completed a spell the bowler cannot bowl again, from either end, until the equivalent number of overs to the length of his* spell have been bowled from the same end. A bowler can change ends without ending his current spell provided that he bowls the next over that he legally can from the other end. If this does not happen his spell is deemed to be concluded. If play is interrupted, for any reason, for less than 40 minutes any spell in progress at the time of the interruption can be continued after the interruption up to the maximum number of overs per spell for the appropriate age group.

If the spell is not continued after the interruption the bowler cannot bowl again, from either end, until the equivalent number of overs to the length of his spell before the interruption have been bowled from the same end. If the interruption is of 40 minutes or more, whether scheduled or not, the bowler can commence a new spell immediately.

Once a bowler covered by these Directives has bowled in a match he cannot exceed the maximum number overs per day for his age group even if he subsequently bowls spin. He can exceed the maximum overs per spell if bowling spin, but cannot then revert to bowling fast until an equivalent number of overs to the length of his spell have been bowled from the same end. If he bowls spin without exceeding the maximum number of overs in a spell the maximum will apply as soon as he reverts to bowling fast.

Captains, Team Managers and umpires are asked to ensure that these Directives are followed at all times.

**Any reference to he / his should be interpreted to include she / her.*

Depicted in the table below are the various age group restrictions applicable to the above:

Age	Max overs per spell	Max. overs per day
U13	4	12
U15	5	15
U17	6	18
U18	6	18
U19	6	18

****COACHES SHOULD AIM TO IMPLEMENT THIS STRATEGY THROUGHOUT THEIR PREPARATIONS AND PAY PARTICULAR ATTENTION TO ENSURING THAT FAST BOWLERS ARE NOT EXCESSIVELY USED IN PRACTICE SESSIONS.**