

Annexure E: Bowling Injury Prevention Policy

- (a) This policy applies to all competitions. For the purpose of this policy, a player's status shall be determined by their age on 31 August in the season in which the competition is played.
- (b) This policy applies to bowlers of medium pace or faster (as determined by the umpires). The umpires shall immediately notify the captains of both sides of each bowler who they determine is of medium pace or faster.

Age	Restriction	Minimum break between spells	
		Two Day Match	One Day Match
Under 18 & 19	Six overs maximum each spell Eighteen overs maximum per day	60 mins	30 mins
Under 16 & 17	Six overs maximum each spell Sixteen overs maximum per day	60 mins	30 mins
Under 14 & 15	Five overs maximum each spell Twelve overs maximum per day	60 mins	30 mins

- (c) A bowler who has bowled a spell of less than the maximum overs per spell may resume bowling prior to the completion of the necessary break, but this will be considered an extension of the same spell, and the maximum limit of overs for the spell will still apply. Following the completion of the spell, the normal break between spells will apply.
- (d) Where a bowler changes between medium pace (or faster) and slow bowling during a day's play, the following applies:
- (i) If the bowler begins with medium pace (or faster), the bowler is subject to the playing condition throughout the day.
 - (ii) If the bowler begins with slow bowling and changes to medium pace (or faster), the playing condition applies from the time of the change, and all overs of slow bowling bowled prior to the change shall not be taken into account in either the current spell or the daily limit.
- (e) Umpires shall monitor the overs bowled by players. In the event of a bowler attempting to bowl more than the permitted quota of overs relevant to their age group, the umpire[s] should advise the captain and/or coach that the permissible number of overs has been bowled.
- (f) If the umpires become aware of a breach of this Playing Condition, when the ball is dead, they shall direct the captain to take the bowler off forthwith. If applicable, the over shall be completed by another bowler who shall have neither bowled the previous over nor be allowed to bowl the next over.
- (g) The break between spells includes the lunch and tea breaks.
- (h) Please refer to the current Australian Cricket Junior Bowling Guidelines for further details in relation to bowling injury prevention.
- (i) The weekly recommended balls for a medium or faster pace bowler are outlined below:
- (i) Under 15: 90-100 balls.
 - (ii) Under 17: 110-120 balls.
 - (iii) Under 19: Approximately 120 balls.