

ECB Fast Bowling Directive

The Fast Bowling Directives are designed to raise awareness of the need to nurture and protect our young fast bowlers through their formative years, and have been welcomed by a significant number of coaches and managers.

Statistics clearly show that fast bowlers regularly win International matches, and if England is to achieve the vision of becoming the most successful and respected cricket nation, every effort must be taken to produce bowlers to reach the goal.

The ECB fast bowling directives have changed following a two-year consultation process. The outcome is that bowlers up to under-15 level are now able to bowl longer spells and more overs in a day.

Under the directives, which came into effect at the start of the 2010 season, bowlers at under-16 and under-17 level are now permitted to bowl an extra over per spell, but those in the under-18 and under-19 category have had the total number of overs they can deliver per day reduced from 21 to 18.

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.

U13	5 overs per spell	10 overs per day
U14, U15	6 overs per spell	12 overs per day
U16, U17, U18, U19	7 overs per spell	18 overs per day

Age groups are based on the age of the player at midnight on 31st August in the year preceding the current season.

For the purpose 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.

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.