



APS 1ST XI ONE-DAY TEAM SHEET

To be completed and provided to umpires prior to toss.

vs	
Venue:	Date(s):

Team:

	Captain	Wicket Keeper	Player	U19	U17	U15
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						

Captain: _____ Signature: _____

Refer over for APS One-Day Bowling Restrictions

APS BOWLING RESTRICTIONS: ONE-DAY CRICKET

Maximum Overs for Medium and Pace Bowlers:

(as determined by the umpires and broadly defined as one to whom the wicket-keeper would normally stand back, or one who is not considered a slow bowler).

Players Age:

The player's age shall be determined as their age on 31 August pre ceding each cricket season (ie. Under-19 players will be 17 or 18 on 31 August; Under-17 players will be 15 or 16 on 31 August etc.) and the appropriate bowling limitations shall apply for the entire season.

Bowling Limitations:

Bowling limitations apply at the following ages:

- Under-19: A maximum spell of eight (8) consecutive overs. A bowler shall be permitted a maximum of one-fifth of the maximum number of overs to be bowled.
- Under-17: A maximum spell of six (6) consecutive overs. A bowler shall be permitted a maximum of one-fifth of the maximum number of overs to be bowled.
- Under-15: A maximum spell of five (5) consecutive overs. A bowler shall be permitted a maximum of one-fifth of the maximum number of overs to be bowled.
- Under-14: A maximum spell of four (4) consecutive overs. A maximum daily allocation of eight (8) overs.

Length of Break

The break between spells is to be a minimum of 30 minutes (including any unscheduled breaks in play).

- (ii) A bowler who has bowled a spell of less than the maximum spell permitted for their age (defined above) 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 spell limit for that age of player shall still apply. Following the completion of the extended spell, the normal break of 30 minutes between spells will apply and the break within the spell is disregarded.