



APS 1ST XI TWO-DAY TEAM SHEET

To be completed and provided to umpires prior to toss.

vs	
Venue:	Date(s):

Team:

	Captain	Wicket Keeper	Player	U18	U17	U15
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						

Captain: _____ Signature: _____

*** Refer over for APS Two-Day Bowling Restrictions

APS BOWLING RESTRICTIONS: TWO-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 preceding 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 maximum daily allocation of twenty (20) overs.
- Under-17: A maximum spell of six (6) consecutive overs. A maximum daily allocation of sixteen (16) overs.
- Under-15: A maximum spell of five (5) consecutive overs. A maximum daily allocation of ten (10) overs.
- 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 60 minutes (including the Lunch and Tea interval and 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 60 minutes between spells will apply and the break within the spell is disregarded.
- (iii) If a change of innings occurs, and a bowler commences bowling in the new innings within 60 minutes of bowling in the previous innings, this will be considered an extension of the same spell and the maximum spell limit and daily limits for that age of player shall still apply.
- (iv) If any interval or interruption in play results in an over not being completed, then that part of the over bowled after the break shall constitute one over for the purposes of calculating the bowler's spell and daily limits. If this over is completed at the start of a new day's play, the over shall be considered the first over of a new spell for that bowler and the first over of the new daily limits.