

## DYNAMOS SCHOOLS 2026 – ‘Rules & Regulations’

### 1. Aim

1.1 To provide children with an exciting game of Countdown Cricket. Ensure a fully inclusive and social competitive experience of the game.

### 2. Pitch

2.1 Two sets of wickets, 17 yards apart for Y5 & Y6 pupils.

2.2 Maximum boundary size of 30 metres from the batters end.

### 3. Teams

3.1 8 players per team (with a maximum of 10 in a squad).

**3.2 UPDATED RULE 2026: For Dynamos Schools – Mixed Competitions, NO GENDER QUOTAS apply (i.e. pick your strongest team).**

3.3 Captains will toss a coin to decide who bats or fields first.

### 4. Batting & Scoring

4.1 Both teams will bat for 40 balls.

4.2 Batters will bat in pairs for 2 overs (10 balls in total)<sup>1</sup>.

4.3 Batters can be out by being Bowled, Caught, Run Out, Stumped and Hit Wicket. Each time a batter is out, 5 runs are added to the other teams score.

4.4 There is no LBW unless the batter deliberately blocks the ball from hitting the stumps<sup>2</sup>.

4.5 Runs are scored by hitting past (4 runs) or over (6 runs) the boundary or by completing ‘runs’ between the wickets. Wide & no balls are scored as 2 runs to the batting team and no extra delivery will be bowled.

4.6 Following a ‘wide ball’<sup>4</sup>, 2 runs will be awarded to the batting team and the batter receives a ‘free hit’ off the batting tee. Batters have 3 seconds to take their ‘free hit’ and must hit in front of square (i.e batters must not hit the ball behind the line of the wickets they are batting from). Any additional runs scored should be included to the total for that delivery (for example, 2 runs for a wide, plus 1 run from the ‘free hit’ = 3 runs).

4.7 Following a ‘no-ball’<sup>5</sup>, 2 runs will be awarded to the batting team and the batter receives a ‘free hit’ off the batting tee. Batters have 3 seconds to take their ‘free hit’ and must hit in front of square (i.e batters must not hit the ball behind the line of the wickets they are batting from).

4.7.1 N.B. if a batter hits a boundary (4 or 6 runs) off of the original bowl which was declared a ‘no ball’, 2 runs plus the runs scored should be counted and the ‘free hit’ rule should not be implemented. For example, a ‘no ball’ is called and the batter hits this original ball for 4 runs, six runs should be added to the batting team (2 runs from the ‘no ball’ plus 4 runs from the batter) and no ‘free hit’ should take place.

### 5. Bowling & Fielding

5.1 Bowling will take place from one end only. Eight overs to be bowled, with each player bowling one over, each game to consist of one innings per team.

5.2 One over consists of 5 balls<sup>1</sup> in Dynamos Cricket.

5.3 Bowling should be overarm where possible (County Finals must be overarm).

5.4 Players may field in any position at any time e.g. teams may have an allocated wicket-keeper but ALL players, including the wicket-keeper, must bowl.

5.5 Except for the wicketkeeper no fielder may field within 10 yards of the bat.

### 6. The Result of the Match

6.1 The team with the highest score wins.

6.2 In the event of a tie the team taking more wickets will be the winner.

6.3 If runs scored & wickets taken is still equal, in a group game, the match shall be declared a ‘tie’.

6.4 If runs scored & wickets taken is still equal in a knockout game, a Super Over<sup>7</sup> should be played.

## Glossary

1. In Countdown Cricket, one over consists of **FIVE** balls.
2. LBW – can only be used if the batter deliberately blocks a ball that would have been hitting the stumps.
3. Byes and leg byes – if a batter misses the ball, or if it hits their body, they may still run.
4. Wides – a ball that is too far from the batter to hit will be called a wide and two runs will be scored along with any additional runs that are run by the batters.
5. No Balls – a bowl that either bounces more than twice before reaching the batter or passes above waist height without bouncing will be called a ‘no ball’ and two runs will be scored along with any additional runs that are run/hit by the batters.
6. Scoring – is encouraged through the Countdown Cricket App (available in both Android & iOS). Scoresheet will also be provided for those more comfortable using hardcopies.
7. Super Over – teams toss a coin to decide who will bat first. The bowling team select one bowler who will bowl an over (5-balls). If batters are out they must leave the field and be replaced by another batter. At the end of the over, teams swap over and they will have one over to bat. Should Runs Scored and Wickets taken be the same, teams will repeat until a winner can be decided.

## Rules

Dynamos Cricket provides a perfect introduction for all 8-11year olds new to the sport. It provides children with a more social offer and in schools, an exciting game of countdown cricket.

Players	8
Bowling	5 balls per player then rotate with next fielder to bowl. Underarm & Overarm bowling allowed
Pitch length	<a href="#">Click here: ECB Recommended Junior Formats</a> 17 yards (15.5m) Year 5 & 6 or 15 yards (13.7m) Year 4
Batting	Pairs (10 balls per pair). Umpires should use discretion to swap batters so each is given an opportunity to contribute
Scoring	via Countdown cricket scorer app: Android <a href="#">Click here</a> or IOS <a href="#">Click here</a>
Runs	Are scored by hitting past (4 runs) or over (6 runs) the boundary or completing 'runs' between the wickets. No-balls & wides are scored as 2 runs to batting team and no extra delivery to be bowled.
Free Hit*	Following a no ball or a wide, the batter receives a "free hit" from the batting tee, and any runs scored are added to the total for that delivery (for example 2 runs for a wide, plus 1 run from the "free hit" = 3 runs). Batters have 3 seconds to take their free hit and must hit in front of square. Batters can be run out whilst trying to complete a run during a free hit but only by the ball struck from the batting tee (and not the original ball that resulted in the free hit being awarded). Once the free hit ball has been returned to the wicketkeeper the ball is considered 'dead' and the batters should no longer run.
Out if	Bowled, caught, run out (if out, swap ends and continue, 5 runs added to the fielding team)
Fielding	Rotate after each over <b>SAFETY:</b> Except for the wicketkeeper no fielder may field within 10 yards of the bat
Byes	Yes, if batters miss the ball or it hits part of the body they can still run
No balls/ Wides	Yes, if deemed un-hittable e.g. rolling, too high or too far to be hit fairly

\* Where batting tee's aren't available, cones can be used as an alternative

