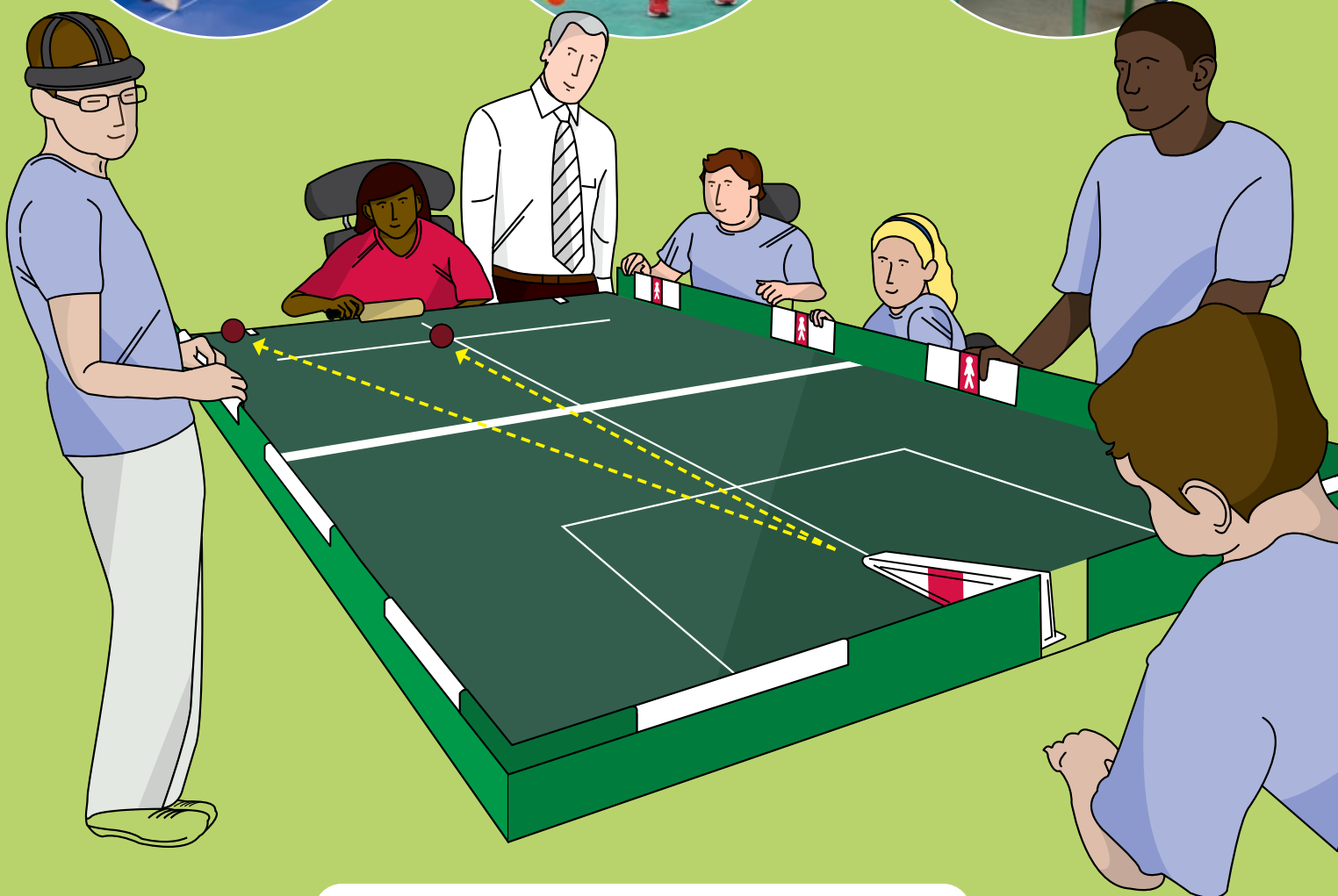




Cricket4All: A Guide to Participation





**CRICKET
LEINSTER**

Cricket Leinster are responsible for cricket in the province of Leinster. Its role is to promote, foster and organise the playing of cricket in the province. There are currently over 40 clubs participating in open, womens and youth competitions, primary and secondary schools, as well as a network of social cricket outlets. The number of clubs is increasing all the time with renewed interest in the sport in the fast growing areas around the periphery of Dublin and surrounding areas.

Cricket Leinster are keen to continue their disability and inclusion programmes across the district with various projects, adapted cricket sessions and Cricket4All competitions being held over the course of the year. Cricket Leinster are keen to ensure the game becomes fun, enjoyable and accessible for everyone.

For more information on Cricket Leinster Inclusion programmes visit www.crickettleinster.ie or Contact your local Cricket Leinster Development Manager which can be found at www.crickettleinster.ie/contact-us



Contents



Forewords	4
Introduction	6
Why Play Cricket4All	7
Playing Cricket4All: Rules and Regulations	9
i) Adapted Cricket	9
ii) Table Cricket	11
iii) Walking Cricket	13
Introducing Cricket4All: Useful Hints and Tips	14
Fingal Cricket4All: A Case Study	16
Acknowledgements	18
Useful Resources	19



Fingal County Council is delighted to support the publication of these guidelines as part of the Cricket4All Pilot Project. Cricket4All was introduced as a joint initiative between Fingal County Council and Cricket Leinster funded by the Disability Awareness Fund 2021 of the Department of Children, Equality, Disability, Integration and Youth (DCEDIY).



This initiative afforded Fingal County Council an opportunity to collaborate with Cricket Leinster to provide opportunities for young people with disabilities and older people in Fingal to participate in the game of cricket in their local cricket club, while having fun, learning new skills, and meeting new friends. The funding from the DCEDIY was invaluable as it allowed this new initiative to be piloted, allowing changes to be made, and these guidelines published. It provided an opportunity to highlight the benefits, not only of adapting sporting activities to suit all abilities, but also the benefits of intergenerational initiatives.

I had the pleasure of attending Fingal's Cricket4All Inaugural Competition and witnessed not only the competitive nature of the game but the fun which can be had when older and younger people come together with one aim - to win the cup! Friendships not only among older people, and among younger people were forged, but also friendships between younger and older participants.

The traditional cricket tea at the competition provided an opportunity for participants and their families to relax and chat, and for parents of children with disabilities to build supportive networks and friendships.

Fingal County Council will continue to support initiatives which provide opportunities for our residents, whom for whatever reason, may not be able to participate in mainstream activities.

We are delighted to support our partner, Cricket Leinster in the rollout of Cricket4All in Fingal. Hopefully, in the not too distant future, we can welcome you to Fingal for a National Cricket4All Competition.

Robert Burns

*Director of Housing and Community
Development
Fingal County Council*



From a Cricket Leinster perspective, we are proud of our involvement in the Cricket-4All programme in association with Fingal County Council. In particular, it has been brilliant to see how all participants have benefited from their involvement - as you will read in this publication, the programme has been truly intergenerational in nature and most importantly, club & community based in its approach.

It has been so inspiring for our development staff to have the opportunity to work with younger people with disabilities & older people - all collaborating as part of a team and learning new skills. We are delighted that the Cricket4All programme (which encompasses table cricket, walking cricket and adaptive cricket) has enabled all participants to take part in cricket (which has a rich heritage & tradition across Fingal) within their own community and in a manner which has been adapted to suit their abilities.

The interactions between older and younger people as part of this programme is now a proven model which can be applied beyond the Fingal area. From all the feedback, it is great to hear the extent to which participants (older & younger) have been enriched by their involvement in the programme - we have seen first-hand how the younger participants have benefited from the advice, wisdom and support provided by the older participants whilst the enthusiasm & energy of the younger people has been a breath of fresh air for the older participants. It is brilliant that the lived experiences on the programme validate the long-held view



that such intergenerational initiatives can and do result in an increased sense of worth, self-esteem and self-confidence among participants.

As the representative body for cricket across the province, Cricket Leinster works with all Local Authorities, many schools (primary & secondary) and circa 46 clubs across the 12 counties. I am proud to confirm that Cricket4All is a core component of our strategy to grow the game. We have a long-standing and well established Table Cricket programme (in association with Lord's Taverners Ireland) which has enabled many young people with special needs to get that all important sporting chance. The Fingal-based Cricket4All programme has taken this work to another level and in doing so has furthered our shared objectives around inclusion and participation.

Our thanks to Fingal County Council for partnering with us on this programme as part of our wider cricket development relationship. Thanks also to the Department of Children, Equality, Disability, Integration and Youth for their financial support of the programme via the Disability Participation Awareness Fund 2021.

Phillip Smith
*General Manager
Cricket Leinster*

Introduction



Cricket4All was first introduced as a pilot project by Fingal County Council (FCC) and Cricket Leinster (CL) with support from The Department of Children, Equality, Disability, Integration and Youth (DCEDIY) Disability Awareness Fund 2021. It is a multi-ability, intergenerational project designed to introduce young people with disabilities and older adults to cricket to encourage their participation in the sport.

This report provides guidelines for the delivery of the three elements of Cricket4All: **Table Cricket**, **Walking Cricket** and **Adapted Cricket** games and skills. These modified forms of cricket are structured to enable the inclusion of all ages and abilities in the game. It contains tips on developing Cricket4All in cricket clubs, schools, and the wider community, as well as a list of resources. It gives an overview of the pilot project and the benefits for the local cricket clubs and communities who participated in the project.

Why play Cricket4All?

***Cricket4All is fully inclusive.
It's for everyone – all ages and all abilities.***



**Confidence building!
More social interaction.
Doing something out of the home.**

Older participants

The benefits of cricket are wide ranging

Benefits for participants

- Improve physical wellbeing.
- Improve fine motor skills.
- Improve literacy and numeracy skills.
- Improve communications.
- Improve self-esteem and confidence.
- Develop sporting attitudes and teamwork.
- Provide opportunities for social interaction and friendships.

Benefits for Cricket Clubs

- Potential to involve a new cohort of spectators at clubs matches.
- Ensure older people and young people with disabilities are visible and have a role in the local cricket club.
- Potential for new volunteers.
- Local cricket clubs as venues for competition have the potential to encourage club members and the wider community to support competition among Cricket4All teams.

Why play Cricket4All?



While Cricket4All can be played by different age and ability groups, it is also suitable for players of different ages and abilities to play together. Having older and younger people participating as peers on a team provides additional benefits:

- Younger people can benefit from advice, wisdom, support, and practical skills which older people have to offer.
- The enthusiasm and energy of young people with different perspectives and views can only add to the experience for older people.
- Increased sense of worth, self-esteem and self-confidence among all participants.
- Connect younger and older people to the wider community as they meet informally in their local community.

***Most importantly
Cricket4All is fun***

Playing Cricket4All: Rules and Regulations

There are three elements to Cricket4All:
Adapted Cricket, Table Cricket, and Walking Cricket.

i. Adapted Cricket

Adapted cricket is a modified form of cricket involving small sided games and skills. Sessions can be tailored to suit the individual needs of participants by using appropriate equipment to maximise participation, enjoyment, and engagement.

Useful equipment to adapt cricket skills and games:

- Plastic Cricket Sets including stumps, balls, cones, tees, and bats.
- Plastic Incrediballs.
- Large ball filled with ball bearings or rattle - for people with hearing impairments.
- Lightweight bats.

Setting up a game:

One set of stumps is placed in the centre of the pitch.

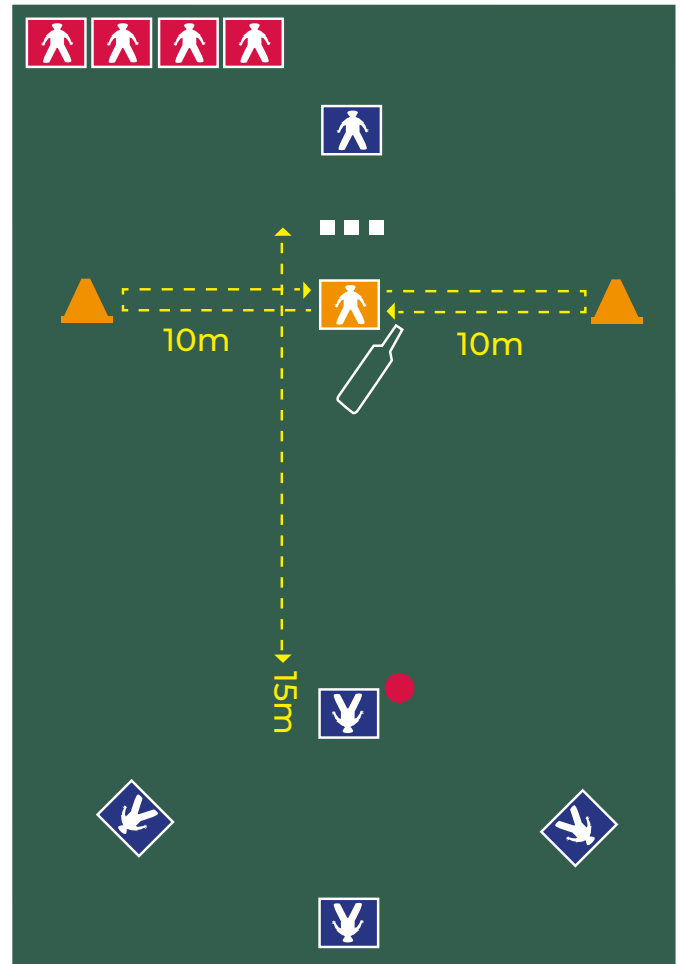
A marker is placed approximately 10 metres each side of the stumps (left and right).

Opposite the stumps, a marker is placed approximately 15 metres away, for the bowler.

How to play:

Adapted cricket, as the name suggests, can be adapted to suit participant needs and abilities.

The following is a suggestion on how to play non-stop (continuous) cricket. Various elements can be changed to suit individual needs. Be creative!



Playing with two teams

- Players are split into two teams (minimum four per team); batting team and fielding team. The fielding team spreads out to cover as much of the field as possible. One fielder remains behind stumps as wicket keeper.
- A member of the fielding team will bowl continuously to a single batter, until they are out. The coach can also be the bowler for both teams.
- The bowler can rotate when the batter is out or continue to bowl for a specified number of balls (to be agreed by the teams).
- The batting team remains seated while one batter is in play.



How to score runs:

- Once the ball is hit, the batter runs around either marker and back to the stumps to score one run. More than one run can be completed for each hit of the ball.
- If a fielder catches a ball without bouncing the batter is out.
- Fielders must move to collect the ball and return it back to the bowler.
- Once the ball is returned to the bowler, the aim is to bowl to the stumps (hit the stumps) before the batter returns. Once the ball hits the stumps, the batter is out.
- The batter continues to play until they are out, and the next batter comes in.
- When everyone on the batting team has batted, it is the turn of the fielding team to bat.

We can really see the interest growing, both for table cricket and outdoor cricket activities. Even the pupils with less ability are joining in and gaining confidence.

School Teacher

- The team with the most runs after both teams have batted is the winner.

Playing with one team

- The game can be played with just one team, with each player taking turns to bat, while the other players field.
- The person with the highest number of runs is the winner.

Game Adaptations Suggestions

Hit off a tee

Extend distance between cones for batters

Walk rather than run

Every Fielder has to catch the ball before they can throw back to bowler

ii. Table Cricket

Table cricket is an adapted version of cricket, played on a table tennis table (or table of similar size) and is suitable for all ages and abilities.

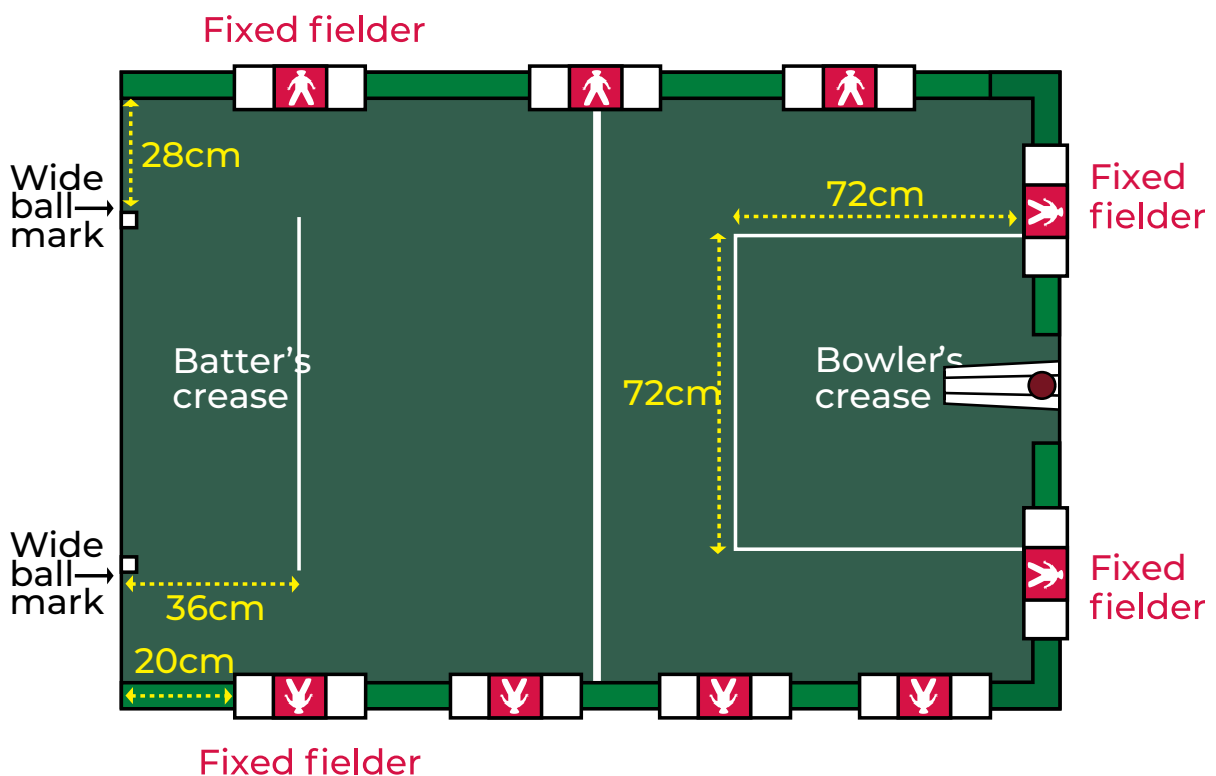
Equipment needed:

- Table cricket set.
- Large flat surface approx. 5ft x 9ft x 2.5ft e.g. table tennis table / school tables put together.

Setting up a game:

There are two different types of table crickets sets. One that is versatile for most tables (green with red clips) and one that is magnetic for table tennis tables - See below some pictures of the set up.

The table is divided into different zones, each zone is allocated a score from 1 to 6. A marker/fielder is placed in each zone which players move to stop the ball scoring runs. A ramp is positioned at one end of the table to deliver the ball, opposite the batter.





How to Play Table Cricket

- Players are split into two teams of six players each, the batting team and the fielding team.
- Teams take it in turn to bowl or bat, with the bowler using a ramp to deliver the ball (either a regular ball that runs true or a weighted one that swings around).
- Each team starts with 200 runs.
- Each batter will face 6 balls (1 over).
- The ball is launched from a ramp at the top of the table to a batter.
- The batter must guide the ball into a green section of the table.
- The batter aims to score 1, 2, 4, or 6 by hitting different sections on the table.
- Players/fielding team are positioned at intervals around the table with responsibility for moving the slide fielders to prevent runs being scored.

My 7 year old son loved it. He enjoyed every minute of it.

Parent

The batting team is deducted 5 runs from their score when a batter is 'out', this is also called getting a 'wicket'. The batter is 'out' when:

- Ball strikes the red segment of a fielder: CAUGHT
- Batter misses the ball : BOWLED
- Ball hits the batter: LEG BEFORE WICKET (LBW)
- Ball when hit rolls back up the ramp: CAUGHT & BOWLED.

The batting team are awarded 4 additional runs if the bowler bowls 'wide' i.e. bowls outside the marked box where the batter is positioned.

The team with the most runs after both teams have batted will be determined the winner.

iii. Walking Cricket

Walking Cricket is an adapted form of cricket where players can only walk to perform cricket tasks such as moving between wickets and fielding. The game is usually played indoors but can be modified to play outdoors. The game is perfect for older adults and/or those less physically able but still want to keep active and play a sport.

Equipment needed:

- Enclosed playing area, preferably indoors.
- Standard set of plastic cricket stumps.
- Lightweight plastic incredi-ball.
- Plastic cricket bat.

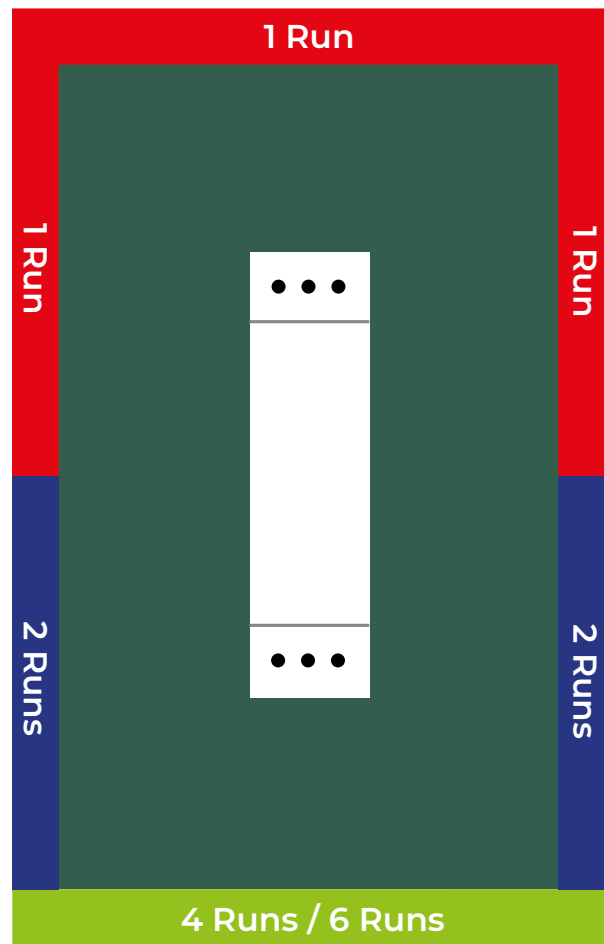
Setting up a game:

- Players are split into two teams of 8 players each, the batting team and the fielding team.
- The pitch length should be a minimum of 16.5 metres.
- The playing area is divided into scoring zones, with the side-walls scoring 1 and 2 and the furthest wall for 4 and 6.

How to play walking cricket

- A game consists of 16 overs per innings (12 overs if 6 players).
- Each team starts with 0 runs.
- Players will bat in pairs, each for 4 overs.
- No player should be within 5 yards of the batter.
- Bowlers can bowl a maximum of 3 overs each.
- If the batter decides to take a 'run' they will need to cross over and reach the opposite end of the pitch. This results in an extra two runs. This will be in addition to the section of the wall that was hit by the ball.

Hitting the wall will earn the number of runs marked on the wall. An additional 2 runs will be scored if the batter decides to run.



Graphic 1: Walking Cricket Scoring Set

**The Endorphins
were flying.**

Older Adult Participant

- If the bowler bowls a 'no ball' or a 'wide', the batting team are awarded 2 runs. A no ball occurs when the bowler steps outside his/her markings (crease) when bowling or bowls a high ball i.e. above waist height of batter without bouncing. A wide occurs when the bowler bowls a wide ball i.e. it is outside the batter's pitch markings. If a no ball or wide ball is bowled in the last ball of the over, only 1 extra run is awarded and the ball is re-bowled.
- 5 runs are deducted for each batter that is 'out'.
 - Caught - Run Out - Bowled - Hit Wicket - Stumped - Leg Before Wicket-

In the event of a tie, the team who have lost the least amount of wickets is declared the winner.

Introducing Cricket4All: Some useful hints and tips



The coaches have been a pleasure to learn with and Balbriggan Cricket Club have been very welcoming.

Older Adult Participant

Identify key stakeholders/gatekeepers

Liaise with local organisations and social clubs for young people with disabilities and older people to identify key stakeholders/gatekeepers to engage with.

Key stakeholders should identify individuals and encourage them to participate.

Coaches

Provide taster sessions to encourage coaches to participate.

Ensure coaches are qualified and garda vetted.

Coaches must have completed safeguarding training. Contact Cricket Leinster or your Local Authority Sports Department for advice on available courses.

Coach Training

Coaches should complete: **Table Cricket Leaders Course** - contact Cricket Leinster for information.

Sports Inclusion and Disability Awareness Training which can be provided by CARA Sport Inclusion Ireland, or your Local Authority's Sports Department.

Taster Sessions

Deliver taster sessions in venues where groups meet to generate interest.

Venue

Ensure the venue has sufficient space and is accessible to facilitate different abilities among participants.

To ensure sustainability of the project, engage with your local cricket club. Holding some training sessions in the club will allow participants to become familiar with the club and make visible this initiative among members.

Check out social media and Cricket Leinster's website for short demonstrations on how to play Cricket4All.

Introducing Cricket4All: Some useful hints and tips



This diagram was reproduced with permission from CARA



Delivering sessions

An 8-12 week training programme should be delivered with days/times static i.e. each Thursday from 5.00pm to 6.00pm.

Ensure everyone assisting in activities has appropriate vetting and safeguarding.

Give a week's break in the middle of a block of sessions.

Keep a fun and friendly atmosphere.

For the older adults, the availability to make tea/ coffee is often welcomed.

Keep sessions fresh.

Intergenerational Sessions

Holding separate training sessions initially for younger people with disabilities and older people provides an opportunity for groups to familiarise themselves with the game.

Intergenerational/mixed sessions should be encouraged once groups are familiar with the rules and each other. Ideally this should take place in a local cricket club.

A competition among the groups with mixed teams i.e. older and younger should be held at the end of eight to twelve sessions to prepare teams for competitions among clubs.



Publicity

Ensure posters/flyers are distributed to local cricket clubs, social groups, schools, and organisations working with potential participants.

Update social media regularly.

Ensure permission has been provided for the use of photographs in publicity.

Fingal Cricket4All: A Case Study



His confidence grew and he always asked to go back to cricket.

Mother

Cricket4All was a collaboration between Fingal County Council and Cricket Leinster, with support from The Department of Children, Equality, Disability, Integration and Youth, Disability Participation Awareness Fund 2021.

The aim of the project was to give younger people with disabilities and older people an opportunity to learn a new skill, to participate in a sport popular in their community which has been adapted to suit their abilities, to develop intergenerational links and awareness, and to participate in club competitions. A further aim was to facilitate the development of further inclusive initiatives within cricket clubs.

The project was delivered over multiple phases with each phase evaluated and determining the direction of the next phase. Evaluations ensured challenges identified were dealt with appropriately and the project was sustainable.

Encouraging participation

The project commenced in Balbriggan and Skerries and key stakeholders with an interest in the project were identified in both areas.

Training Coaches

A coaching course for table cricket leaders took place to identify and encourage potential coaches for the project.

Disability Awareness training was provided to coaches and volunteers in local cricket clubs by the Sports Department in Fingal County Council

Taster Sessions

Taster sessions took place in venues where groups met and in local community centres. The aim was to encourage young people with disabilities and older people, some of whom may have played cricket in the past, to participate in the project.

Fingal Cricket4All: A Case Study

Coaching Sessions

Coaching sessions took place in various venues: a local cricket club, a community centre and a primary school for children with specific disabilities. Coaching was provided separately to each group.

During these sessions the need to change some equipment was identified, An example being that hard plastic balls were unsuitable for some groups, so a switch to soft foam balls was made.

Survey

Surveys of participants and parents were undertaken throughout the project to identify any challenges and changes needed. The feedback was positive with most people reporting that the project had been beneficial.

Fingal Cricket4All Competition

The first Cricket4All Competition took place in November 2022. The aim of the competition was to bring all participants together into intergenerational teams. Teams consisted of players with mixed abilities and mixed age. Three teams participated in the competition which included table cricket and adapted cricket. The winning team was presented with the Inaugural Fingal Cricket4All Cup by the Mayor of Fingal, Councillor Howard Mahony. Cricket teas provided an opportunity for social interaction between participants, old and young, and their families.

Combined sessions in Cricket Club

In the final phase of the initiative, all coaching moved to Balbriggan Cricket Club which was instrumental in ensuring the sustainability of the project.

Older people and young people had consecutive sessions which allowed for interaction among both groups as they finished and started their sessions. The groups were brought together during these sessions for informal fun competitions.



Guidelines

The final phase of the project was to develop these guidelines and encourage wider participation among cricket clubs throughout Fingal.

Success

This project provided opportunities for young people with disabilities and older people in the community, many who suffer from age-related disabilities to participate in the sport of cricket.

It supported the right of those with a disability to participate with able bodied older people.

It facilitated intergenerational interaction resulting in a better understanding and awareness of the challenges faced by both groups, and their resilience in overcoming these challenges.

It helped develop coordination and cognitive skills as well as teamwork and social skills among players.

It helped develop numeracy skills among players as they calculate their own score or their teams scores.

It improved players' confidence, self-esteem and independence.

It supported inclusiveness in cricket clubs.

Due to the success of the project, Cricket Leinster has secured funding from Fingal County Council to continue and expand the initiative in Fingal during 2023.

Acknowledgements



Balbriggan Cricket Club have been instrumental in the success of this project as they embraced the project and provided facilities in the club for coaching sessions.

We would also like to give thanks to:

Flemington Community Centre

North County Cricket Club

Remember Us, Balbriggan

St Michael's House Special Needs NS, Skerries

All individuals who participated, assisted or volunteered their time in this project.

Useful Resources

Age & Opportunity:

Active National Grant Scheme

This scheme offers financial support to local clubs, groups and organisations, nationwide to promote increased participation in recreational sport or physical activity for older people.

Age & Opportunity Active Programme team can be contacted on **01 805 7733**

active@ageandopportunity.ie

CARA Sports Inclusion Ireland

Cara is a national pan-disability sport organisation who aim to increase sport and physical activity opportunities for people with disabilities across Ireland. They provide a number of workshops including Sport Inclusion and Disability Awareness. Information on available courses and resources is available on their website: www.caracentre.ie/

Cricket Leinster

Cricket Leinster are happy to provide advice or answer any queries on adapted versions of cricket.

A copy of *Cricket Ireland Participation: Walking Cricket Rules and Regulations* created by the YorkshireCricket Foundation can be found by contacting Cricket Ireland directly or from the get involved section of cricketireland.ie under the modified games section.

Local Authority Community and Sports Funding.

Check your local authority website for information on funding for community and sports groups.



Local Sports Partnerships (LSP)

LSP's undertake a wide range of actions within the community. They work to increase and develop the level of physical activity participation throughout their local communities.

LSP's work with many people in the local communities, especially older adults, young people and people with disabilities.

You can find your local sports partnership through the sport ireland website:

<https://www.sportireland.ie/participation/lsp-contact-finder>

Lord's Taverners

The Lord's Taverners Ireland aims to give young people, particularly those with additional needs a sporting chance with donations of a minibus or sports wheelchairs. They work with sports clubs, sporting organisations and individual local appeals.

Lord's Taverners Complete Guide to Table Cricket can be found on

<https://www.lordstaverners.org/media/1117/guide-to-table-cricket.pdf>

The Lord's Taverners can be contacted at lordstaverners@live.ie

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**CRICKET
LEINSTER**



An Roinn Leanaí, Combhionannais,
Míchumais, Lánpháirtíochta agus Oige
Department of Children, Equality,
Disability, Integration and Youth