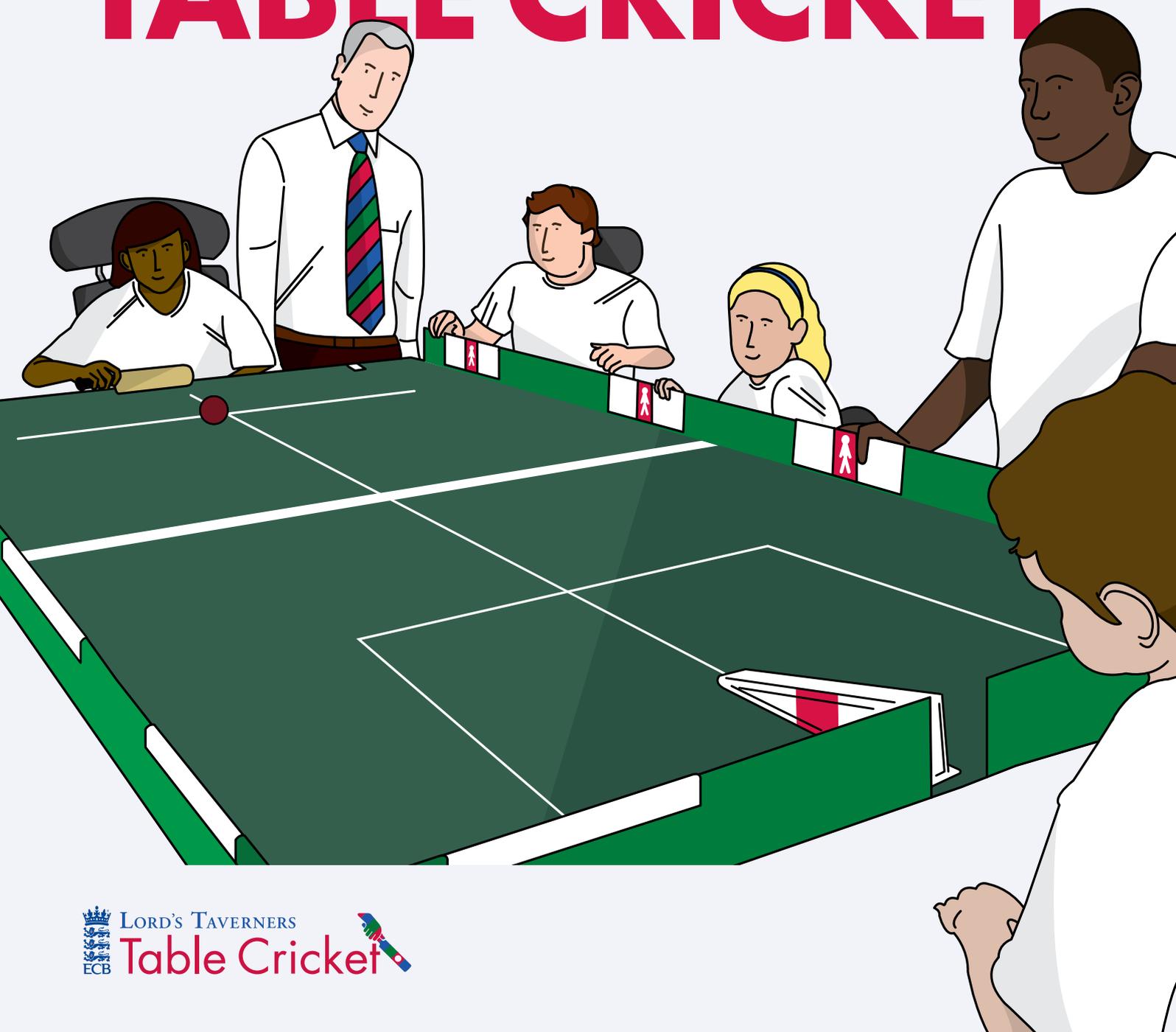


LORD'S TAVERNERS COMPLETE GUIDE TO TABLE CRICKET



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MIKE GATTING

*Table Cricket Patron, Lord's Taverners
Cricket Ambassador for ECB Cricket Partnerships
Ex-England Captain*

I am very fortunate to have enjoyed a long career in cricket. It is a fantastic sport that brings together people from all walks of life in a positive and social environment, and teaches youngsters the importance of teamwork, tactics, sportsmanship, and respect.

I have been a supporter of the Lord's Taverners for decades, and am passionate about the work they do. All young people should have equal access to opportunities to play sport, and enjoy the many valuable social and physical benefits it brings.

In addition to the obvious health benefits, participation in sport can be life-changing for young people, playing a major role in personal development and social integration. It has been found to improve self-confidence and motivation, expand life skills and independence, enhance communication and social skills, build lasting friendships, and bring families together.

Young people with disabilities are often the least likely to have access to, or participate in, sport of any kind. Table Cricket provides the opportunity to play in a competitive game of cricket. The emphasis is on teamwork and sportsmanship in an informal and enjoyable environment.

The Lord's Taverners Table Cricket Programme, supported by the England and Wales Cricket Board, will introduce this fantastic game to new players all over the UK.

I hope that you will see the benefits that Table Cricket - from grassroots level through to our national competition - can bring, and look forward to seeing you in the finals at Lord's.



INTRODUCTION

The Lord's Taverners believe that everyone should have the chance to enjoy cricket.

Table Cricket was developed in 1990 by Doug Williamson at Nottingham Trent University with the assistance of the Youth Sports Trust. It stemmed from a desire to create a sporting opportunity for young people who could not take part in the traditional Paralympic sports, particularly those with more severe physical impairments.

The game is usually played on a table tennis table. Side panels and sliding fielders are placed around the table to create the pitch, a small ball and ramp are used to bowl, and a wooden bat enables players to score runs, simulating a game of cricket.

For young people with a disability, Table Cricket presents a great many social and developmental benefits, and helps players improve valuable skills whilst having fun and competing in a team; it is now played in various formats around the world.

The Lord's Taverners have been supporting Table Cricket since 2002 and are now embarking on a nationwide development programme, working alongside the County Cricket Boards. New participants will be introduced to the game, while those already playing will have access to enhanced and extended coaching sessions, improved equipment and resources, and greater competitive opportunities. It is our hope that Table Cricket will soon be enjoyed by thousands more young people around the UK.

We are delighted to have you involved... let's get started!



“THIS HAS GIVEN MANY PUPILS, WHO NORMALLY ARE EXCLUDED FROM PLAYING TEAM SPORT, THE OPPORTUNITY TO BE PART OF A TEAM REPRESENTING THEIR SCHOOL”

WHY PLAY?

Anyone can play Table Cricket - young and old, disabled and non-disabled, families and friends - it is an enjoyable and inclusive way to play cricket.

According to national figures, only 18% of people with disabilities take part in sport at least once a week, compared with 39% of non-disabled people. While 70% of disabled people claim they would like to participate in more sporting activities, 60% cite a lack of available opportunities as the main barrier to them doing so. The Lord's Taverners hope to change this, and provide disadvantaged and disabled young people around the UK with an equal chance to access and benefit from sport.

Table Cricket can be adapted to suit varying levels of ability and impairment, and has benefits

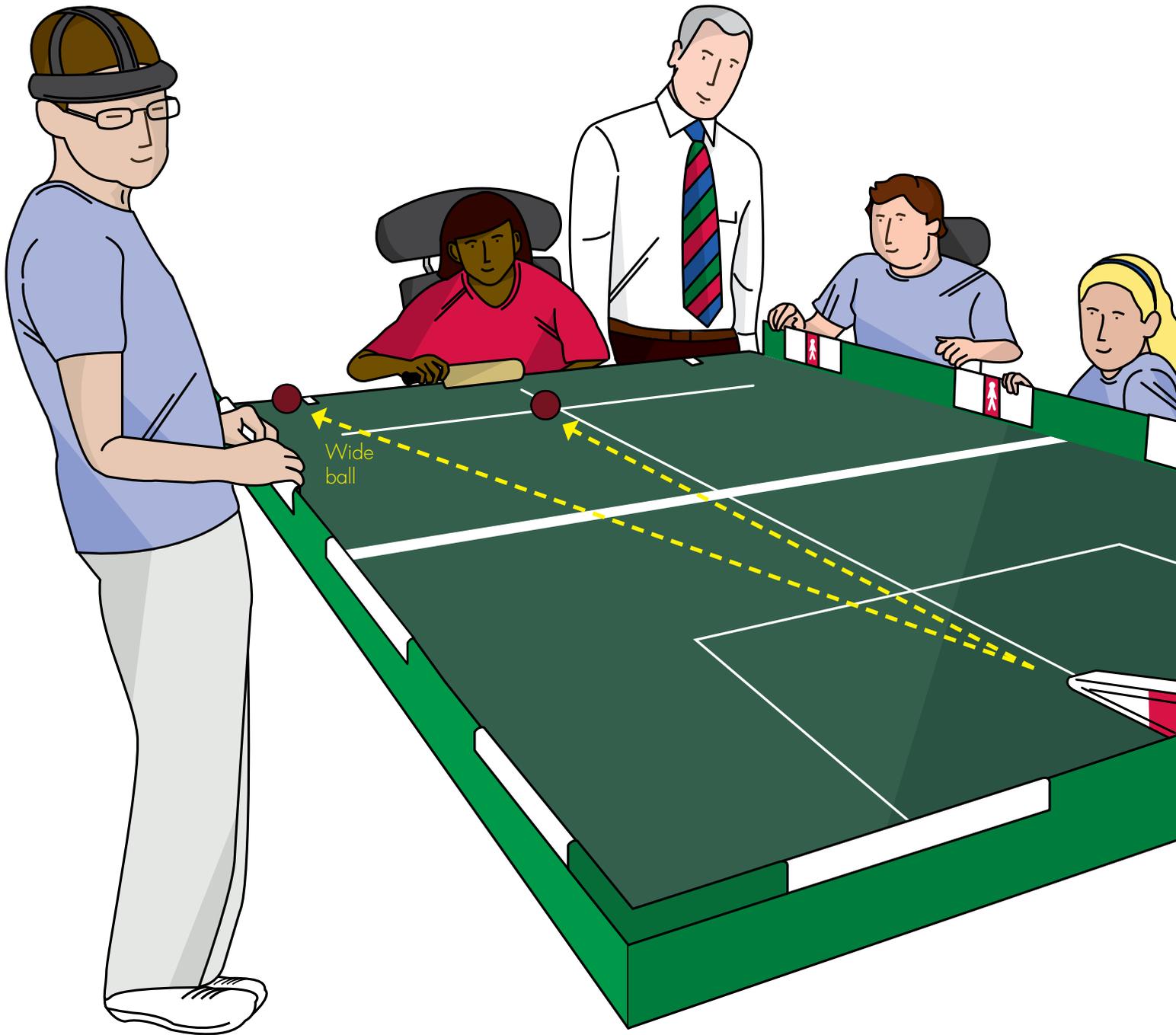
for both body and mind: people with physical disabilities can play cricket in a team just like their non-disabled peers, while those with challenging behaviour can learn to focus on tasks and work together in a group.

Playing Table Cricket helps to encourage improvement of:

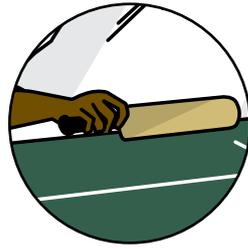
- Physical development - coordination, motor controls, skills, and techniques
- Awareness, focus, perception, prediction, and observation abilities
- Personal development - confidence and self-esteem, responsibility, and adaptability
- Team work, cooperation, and communication skills
- Sporting friendships, peer respect, and creating links outside school
- Numeracy - learning to score and umpire

Table Cricket provides competitive opportunities for those who do not normally have access to them, helping to instil pride and team spirit, but most importantly of all, Table Cricket is great fun!

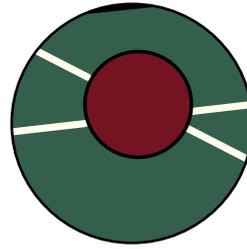
HOW TO SET UP FOR TABLE CRICKET



ESSENTIALS TO GET STARTED:



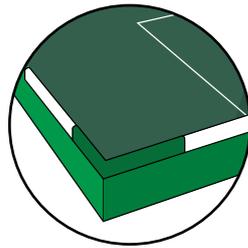
Bat



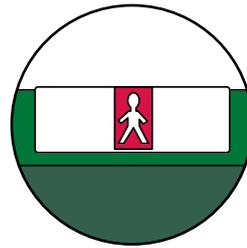
Ball



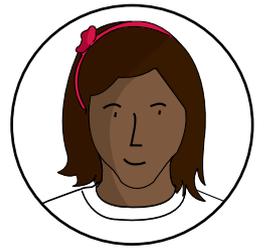
Bowling ramp



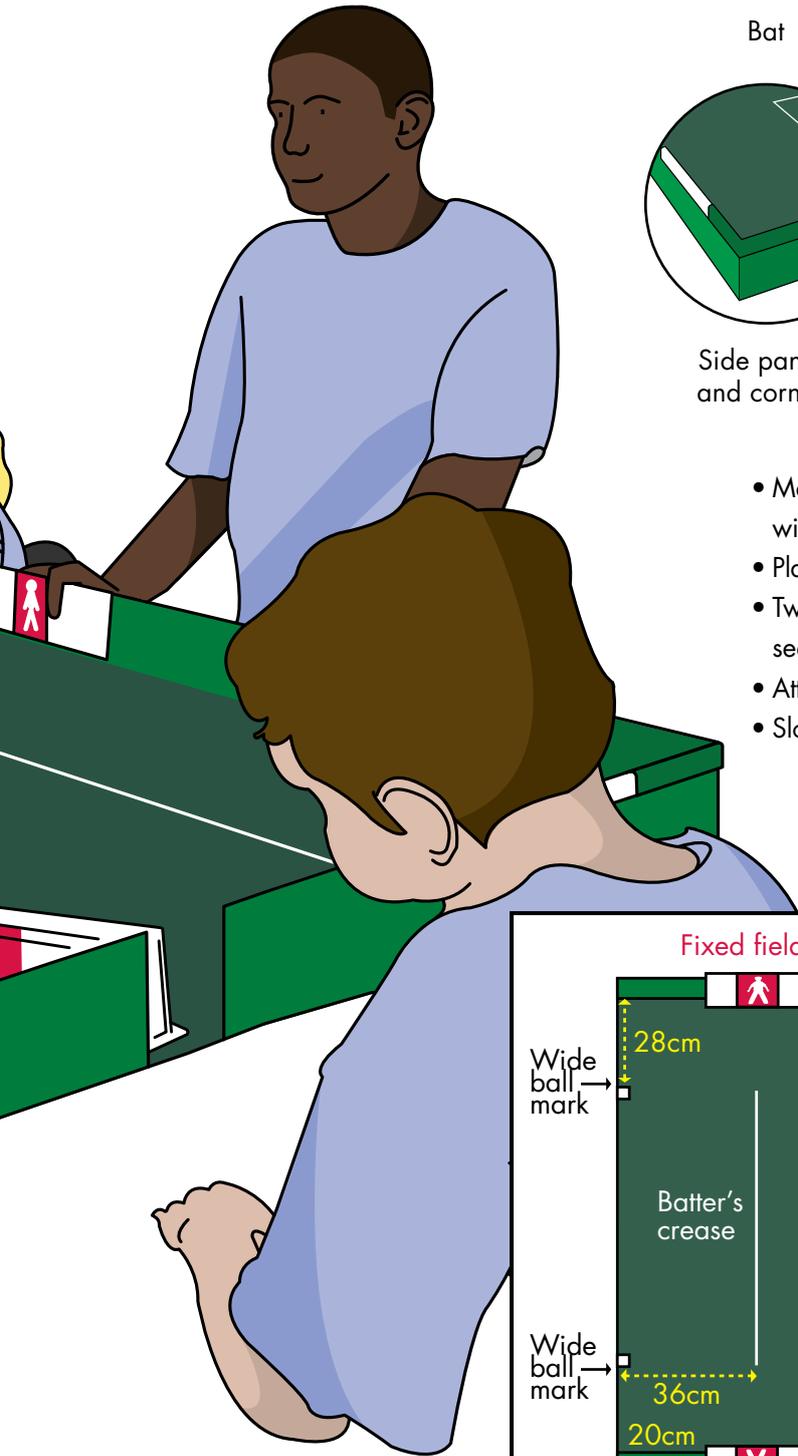
Side panels and corners



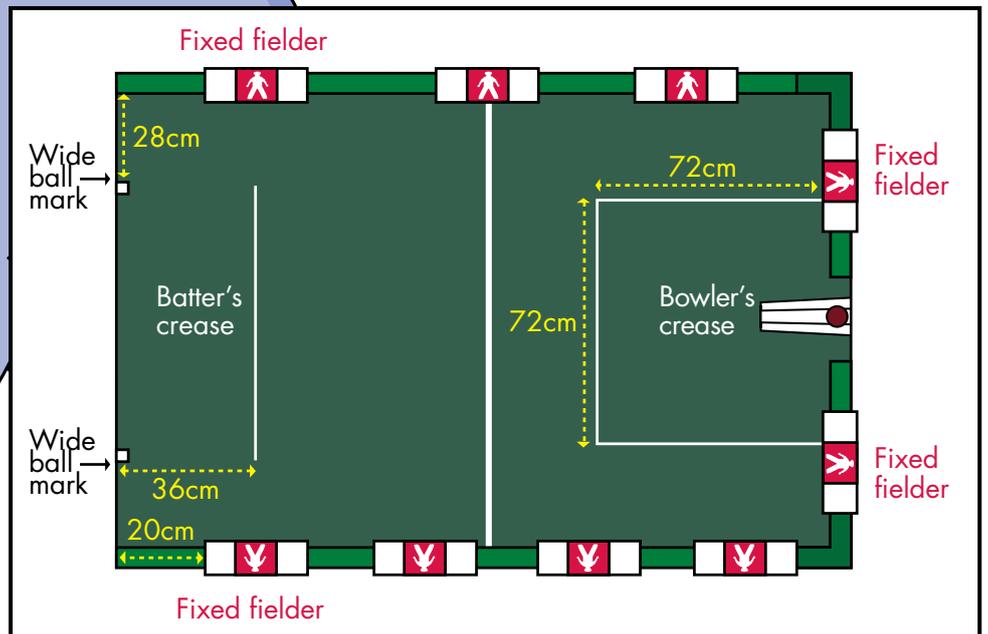
Fielding panels



Two teams of six players



- Make sure your table is level. You can adjust the leg heights with small pieces of cardboard if necessary
- Place a strip of wide masking tape across the middle of the table
- Two creases need to be marked with narrow masking tape, see measurements in diagram below
- Attach the pieces around the edge of the table to form the pitch
- Slot on your nine sliding fielders. Four are fixed, five are active





“IT MAKES ME FEEL GOOD
BEING PART OF A TEAM”



“IT GAVE ME CONFIDENCE
AND MADE ME ACCEPT
RESPONSIBILITY AS THE CAPTAIN”

GET STARTED

Teams of six are picked and the equipment is all in position, now to decide who bats first.

Each team starts batting with a total of 200 runs, and each batter faces one over (six balls), regardless of how many times they are out.

The next few pages contain a detailed breakdown of batting, bowling, and fielding, including tips on how to improve technique, and adaptations for differing levels of ability.

The rules are simple, and can be learned while playing... it's time to get the action underway!



THE CAPTAIN'S KEY ROLE IN THE TEAM:

Represent their team at the coin toss and, if they win it, decide if they will bat or field first

Decide fielding positions, and who is next to bowl

Set the batting line up for their team. This does not have to be decided at the start of the game, but the batter must be chosen before the opposing captain picks the next bowler

Act as a leader and role model, encourage other players, and play in the spirit of cricket

Help coordinate the team at competition days



BATTING

So you fancy yourself as a batsman? Scoring runs is not as easy as you think.

The challenge for the batter is to aim for the green scoring zones around the table, to earn two, four, or six runs (see diagrams below).

Be sure to avoid the fielders, taking extra care of the ones which can be moved to block your ball.

- If the ball hits a white section of a fielder, no runs are scored (dot ball)
- If the ball hits the red section it is out, caught, and five runs are deducted from the batting team's score
- Five runs are also deducted if the batsman is bowled (misses the ball), caught and bowled (caught by the bowling ramp), LBW (the ball hits their hand), or caught behind (hits the ball but it goes off the edge of the table at the batting end)

A standing batsman cannot hit the ball until it crosses the batting crease (see diagram on Set Up page 7).

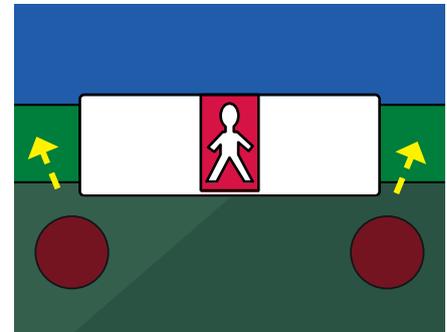
If the ball is wide (outside the wide markers) the batsman does not have to hit it, and automatically earns four runs.

The score is based upon the first point of contact after the batsman strikes the ball.

If the batsman hits the ball but it fails to reach the side panels, one run is awarded.

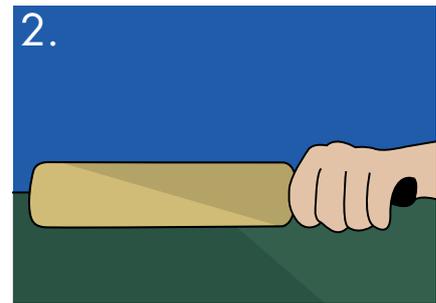
The bat does not need to touch the table.

THE AIM



Aim for the green areas around the outside of the table to score

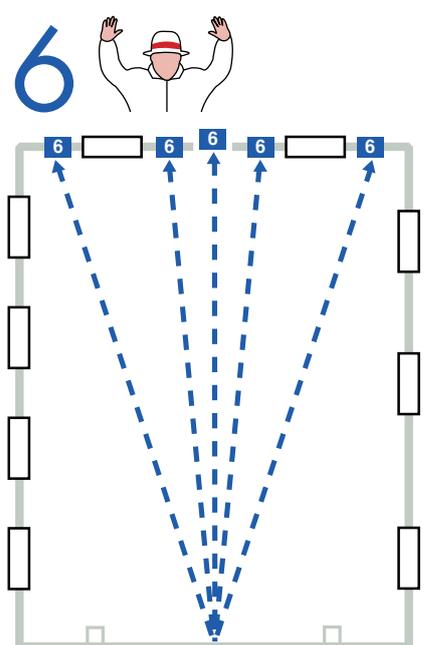
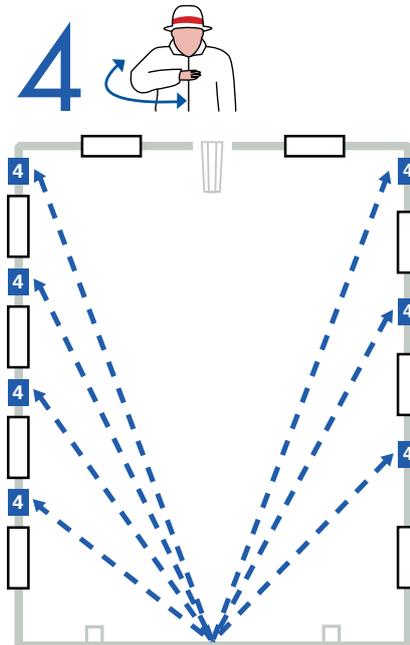
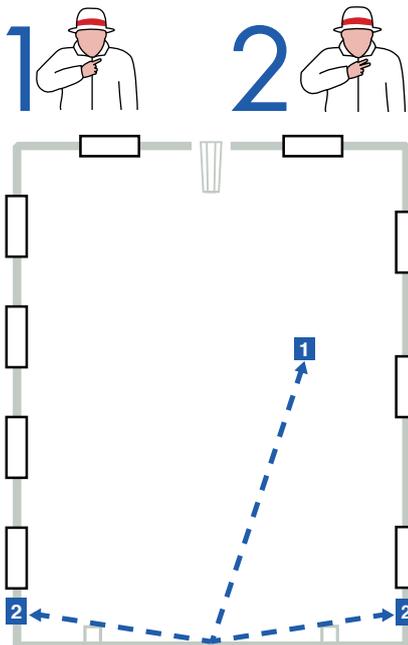
BAT ANGLE

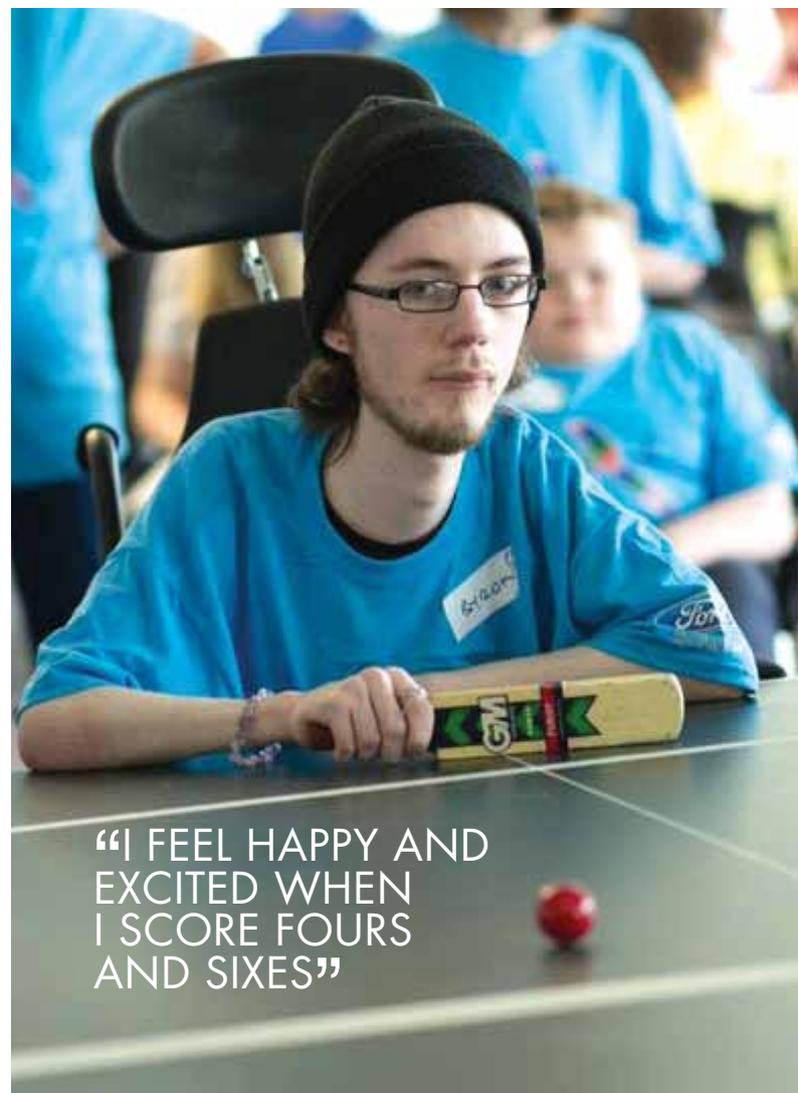


For standing players, there must be some degree of bat angle when striking the ball

Wheelchair users, and those who are physically unable to hold the bat at an angle, may have it flush to the table

SCORING RUNS





“I FEEL HAPPY AND
EXCITED WHEN
I SCORE FOURS
AND SIXES”



“WHEN WE
PLAY, EVERYONE
GETS A TURN AT
EVERYTHING”

BOWLING

When bowling, the ball is sent down the ramp towards the batter. Each delivery must be pushed - not flicked.

The bowler has the option of using two balls. The first runs true and the second - known as the swing ball - contains a bias which enables you to bowl in a curved line.

All six balls of the first over must be bowled with the swing ball.

A wide is called if the ball is left or missed by the batter, and is outside of the wide ball marking. Four runs are awarded for a wide but an extra delivery is only added in the last over of each innings.

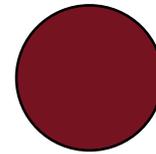
Four runs are also awarded for a no ball - when the bowler flicks the ball down the ramp, or pushes it with excessive force (umpire's discretion).

The bowler can move the ramp and use it as a fielder; the ball can only be stopped when it is within the taped bowling crease.

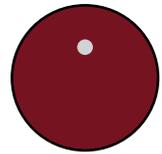
Bowling is an important skill to master and can be game-changing. For every wicket taken, five runs are deducted from the opposition's score. The images below demonstrate the six methods of dismissal in Table Cricket.

Each bowler bowls six balls. At the end of the over, after the next batsman has come to the table, the captain of the fielding team chooses the next player to bowl. The new bowler then switches places with the preceding one; all other fielding players remain in the same position.

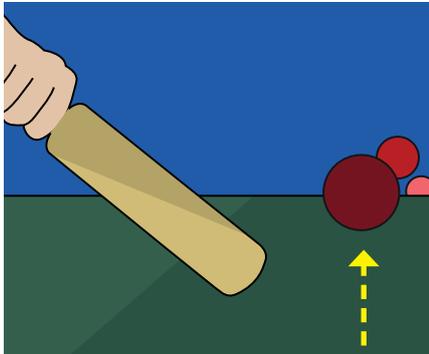
Non-biased ball



Biased ball

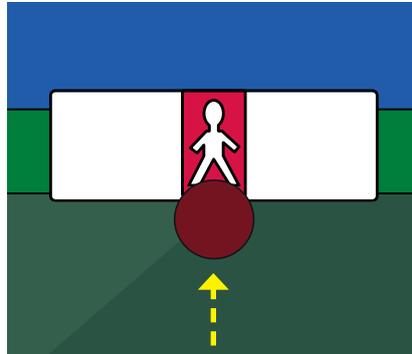


BOWLED



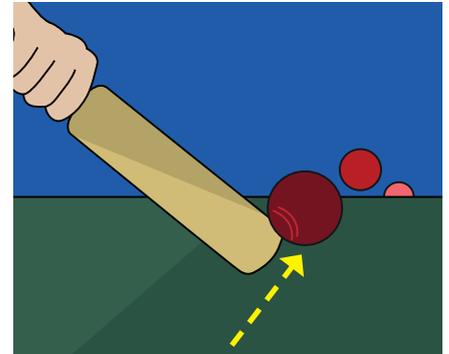
When the batter misses the ball and it rolls off the table within the wide markers

CAUGHT



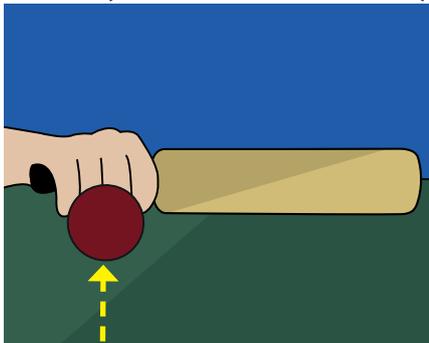
If the batter plays a shot that hits the fielder on the red area

CAUGHT BEHIND



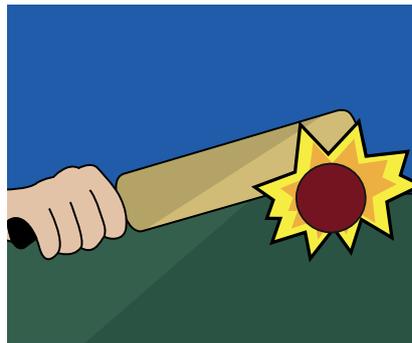
Where the player "nicks" the ball off the open end of the table

LBW (LEG BEFORE WICKET)



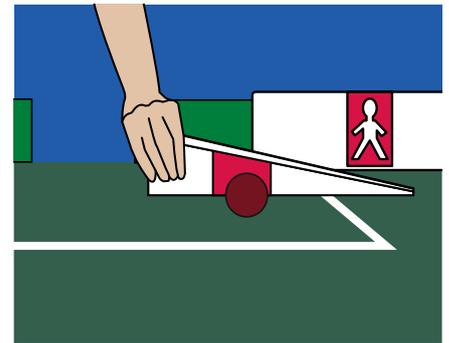
Playing the ball with the arm or hand

BALLISTIC HITTING



Striking the ball with excessive force (Umpire's discretion)

CAUGHT & BOWLED



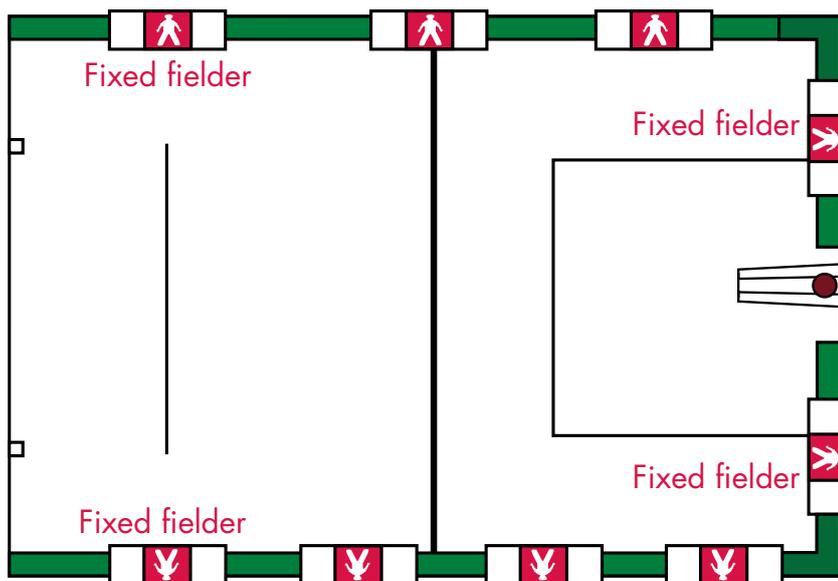
When the bowler catches the batter out by using the bowling ramp

FIELDING

Never underestimate the importance of fielding in Table Cricket - fielders can make a match-winning contribution by taking a smart catch or preventing a boundary from being scored.

There are nine fielders around the edge of the table. Four are fixed, and cannot be moved; five are active, and can be moved side to side (see diagram below).

At the start of each innings the fielding captain decides which side of the pitch will have two active fielders and which will have three. These cannot be changed.



If the ball strikes a white area, no runs are scored (dot ball).

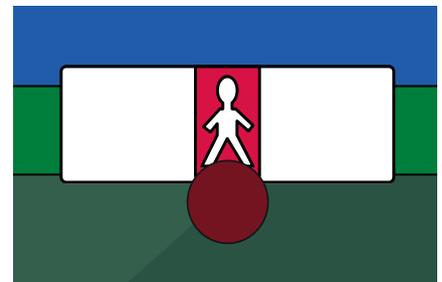
If the ball hits the central red area, the batter is caught out and five runs are deducted from the batting team's total.

Remember, if a fielding panel touches or collides with another fielder, it is a 'clash' and four runs are awarded to the batting side (umpire's discretion). The bowling ramp acts as a fielder, and can be moved.

Note, the ramp can be moved outside the bowling crease but the ball must be stopped within. If the ball is stopped or caught outside the taped area, or hits the bowler's hand, six runs are automatically awarded to the batting team.

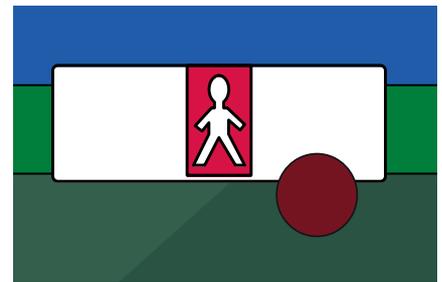
All fielding players remain in the same position except the one who is switching with the bowler.

TAKE A CATCH



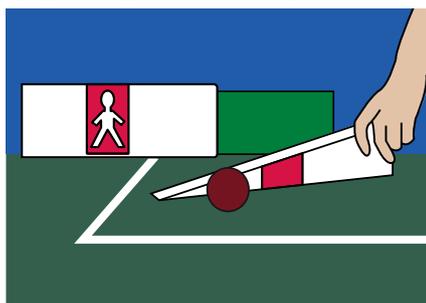
Fielders can catch the opposition out when the ball hits the fielder in the red

STOP RUNS

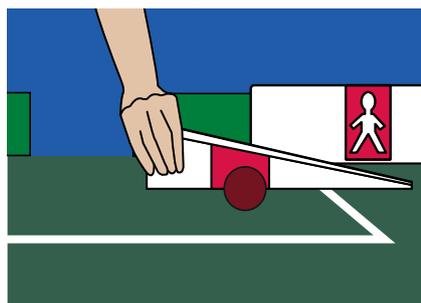


Fielders can stop runs being scored when the ball hits the white area

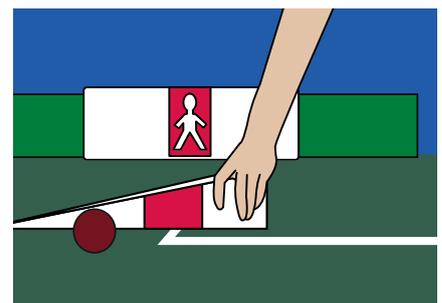
USING THE BOWLING RAMP AS A FIELDER



Dot ball:
no runs scored



Caught and bowled:
out, minus five runs



Contact outside bowling crease:
six runs scored



“TABLE CRICKET IS A GREAT TEAM GAME WHICH ENCOURAGES PLAYERS TO THINK, PLAN, AND WORK TOGETHER”



“TABLE CRICKET HELPS US DEVELOP SPORTING FRIENDSHIPS”

HOW TO KEEP SCORE

Scoring is easy!

Remember each team starts with 200 runs, and the batting team lose five runs every time a wicket is lost.

The opposite page has a scoresheet, which can also be downloaded from: www.lordstaverners.org/table-cricket
At competition level there will be two umpires and a scorer per table.

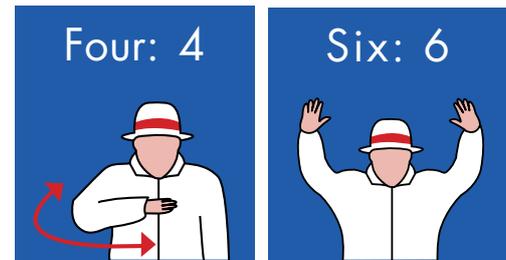
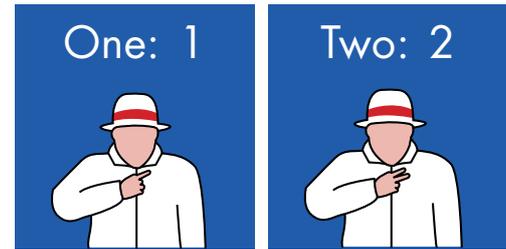
The first umpire is positioned at the bowling end and is responsible for the final decision and signalling.

The second (co-umpire) stands to one side of the batter and offers assistance to the first umpire on decisions.

If a scorer is unavailable, the second umpire should keep score as well as assist.

For a detailed explanation of the role of the umpire, please see the document on our website at: www.lordstaverners.org/table-cricket

UMPIRE SIGNALS



EXAMPLE SCORESHEET:

Team: <i>Class 3B</i>		Runs						Batter's Gross Score	Team: <i>Class 3C</i>		Wickets Lost	Batter's Net Score	Team Total (200)
Batter's Name									Bowler's Name				
<i>Asif</i>	2	4	W	4	W	6	16	<i>Jas</i>	2	6	206		
<i>Jack</i>	4f	4	.	6	.	4	18	<i>Sally</i>	0	18	224		
<i>Sarah</i>	6	6	W	W	2	W	14	<i>Ben</i>	3	-1	223		
<i>Kate</i>	4	4+	.	.	.	W	8	<i>Zena</i>	1	3	226		
<i>Simreet</i>	2	2	2	4n	.	4	14	<i>Jermaine</i>	0	14	240		
<i>Pat</i>	2	6	6	4+	.	4+	22	<i>Craig</i>	1	17	257		
	W	.											
Total										Wickets	Runs		
										7	57		

TABLE CRICKET SCORE SHEET



Venue..... Date.....

Team (A)..... Score..... Vs Team (B)..... Score..... Result.....

Team: Batter's Name	Runs			Batter's Gross Score	Team:	Bowler's Name	Wickets Lost	Batter's Net Score	Team Total (200)
				Total			Wickets	Runs	

Team: Batter's Name	Runs			Batter's Gross Score	Team:	Bowler's Name	Wickets Lost	Batter's Net Score	Team Total (200)
				Total			Wickets	Runs	
									Game result

Each team starts with 200 runs Key: W = - 5 runs, dot = no runs, 4+ = wide, 4n = no ball, 4f = felder clash
 Remember extra ball in last over of each innings for every wide ball or no ball bowled in that over



“I ENJOYED FEELING PART OF THE TEAM. I LOVED GETTING INVOLVED AND ENJOYED THE PRE-MATCH COACHING SESSIONS. I AM REALLY LOOKING FORWARD TO THE NEXT MATCH”



“TABLE CRICKET IS A GREAT WAY TO INCREASE VISUAL, PERCEPTUAL AND FINE MOTOR SKILLS. BECAUSE THEY ARE HAVING SO MUCH FUN DURING THE GAME, THE PLAYERS DON'T REALISE THEY ARE ALSO GETTING GREAT PHYSIOTHERAPY, OCCUPATIONAL THERAPY, AND COGNITIVE DEVELOPMENT”



PRACTICE AND PLAY

Be flexible...

Table Cricket is very flexible and adaptable. The rules as stated in this guide only need to be applied at competition level. Whether practicing, playing with friends, or playing at a competition, the most important thing is to have fun! Table Cricket is inclusive and can be modified to benefit the needs of an individual or group - the only limit is your imagination!

Here are a few ideas...

A team has six players, but the game can be enjoyed with any number.

A good way to practice as a team is to play with seven players rotating around the table so everyone gets a chance to bat, bowl, and field in every position.

Why not practice your batting and bowling skills without fielders - all you need is one person to bowl and another to bat.

To improve fielding skills and reaction times, players can be made responsible for controlling two sliding panels instead of just one. Please note: for players with more severe disabilities, the active fielders can be left entirely unattended.

Challenge yourself...

There are plenty of adapted versions of Table Cricket designed to increase skill levels and have fun.

Official variations of Table Cricket include:

- Target Cricket
- TC20
- Skittle Cricket

For more information on these, and other inclusive formats and rules, visit our website at: www.lordstaverners.org/table-cricket

For details of coaching courses, equipment suppliers, and volunteering opportunities email disabilitycricket@lordstaverners.org



“TOURNAMENTS GIVE YOUNG PEOPLE THE OPPORTUNITY TO VISIT OTHER SCHOOLS AND SPORTING FACILITIES SUCH AS DURHAM ICG - MANY STUDENTS HAVE NEVER BEEN TO A CRICKET GROUND AND REALLY ENJOY THE EXPERIENCE”

LORD'S TAVERNERS



National Table Cricket



Doug Williamson - The Inventor of Table Cricket

“I FEEL REALLY EXCITED BECAUSE I AM PART OF A TEAM AND IN A COMPETITION”



“THE PUPILS ALWAYS LOOK FORWARD TO THE ANNUAL TABLE CRICKET COMPETITION. THE CHANCE TO PLAY AT LORD'S IS A BIG INCENTIVE. THE PUPILS ARE PROUD TO REPRESENT THEIR SCHOOL AT SUCH A PRESTIGIOUS EVENT”

COMPETITIONS

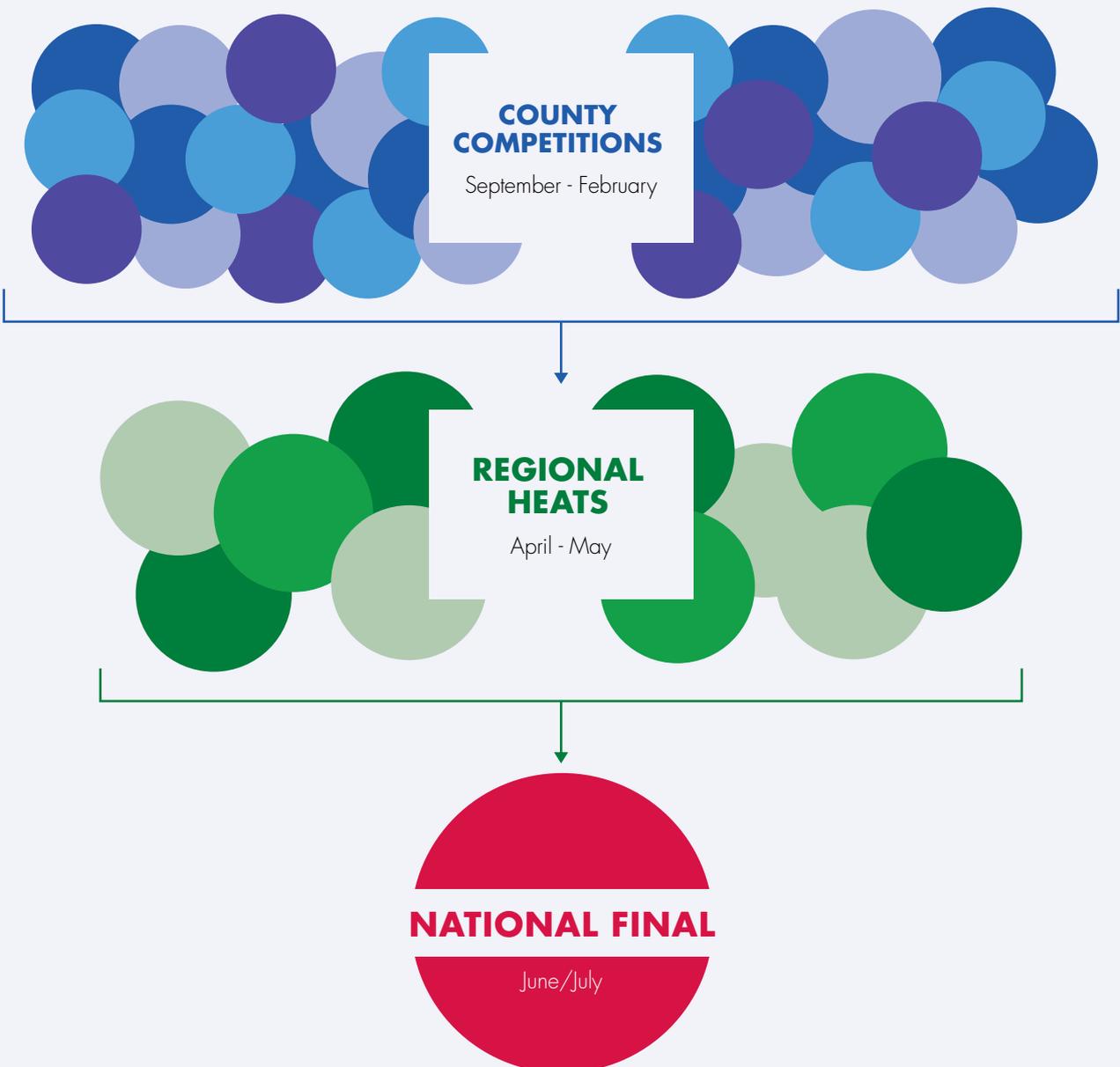
Table Cricket provides recreational opportunities and gives participants a chance to socialise while improving physical well-being. The Lord's Taverners believe all young people should have equal access to sport, both for fun and competitive opportunities. Table Cricket competitions give players an aim for training, and offer the prospect of a fun day out where they can represent their team and meet other young people.

The Lord's Taverners Table Cricket Development Programme will introduce the game to thousands of new players around the UK. Coaching sessions will be provided by the County Cricket Boards throughout the year, with County Finals

being held at local venues and sports clubs. These competitions feed into Lord's Taverners Regional Finals, which often take place at international cricket grounds throughout the country. The winners progress to the National Final, which has been held at Lord's Cricket Ground since the inception of Table Cricket and usually takes place in late June.

Not many people can say they have played cricket at Lord's, but with a little practice, teamwork and dedication, it could be your team lifting the cup at the home of cricket...

We hope to see you soon. Good luck!





MY EXPERIENCE BY LIAM DRUMMOND

Can you tell us a little bit about yourself and your disability?

"My name is Liam, I am 18 years old and I have Duchenne muscular Dystrophy. I love sport, coaching as well as playing it; particularly Table Cricket, Boccia and Football."

How long have you been playing Table Cricket?

"Seven years. The first time I played Table Cricket we got to the final at Lord's. I was only a replacement and was only meant to play one competition, but ended up playing in the finals every year since and am now the team captain!"

What do you enjoy about Table Cricket?

"Being part of a team; achieving success; socialising and having a laugh with my friends."

What does it mean to you to be captain?

"It's a big responsibility as you have to be a role model to the other players. It is an honour to be captain as so many legends in our school have done so well in the past. I had to keep up the legacy."

How has Table Cricket changed your life?

"It has given me an opportunity to compete nationally and has made me determined to achieve my goals and to help others."

If you had to recommend Table Cricket to someone, what would you say?

"It's a good team sport to play and a great way to improve your skills and play in competitions that go up to national level. It's also a great way to build friendships that last."

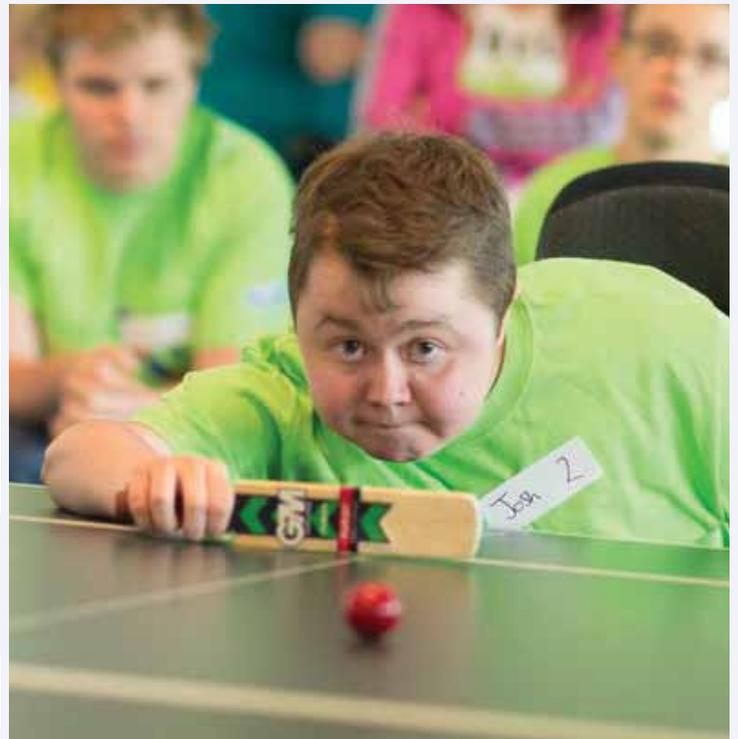
QUOTE FROM COACH ALISON DOUGAL

"Liam loves playing Table Cricket and is a very talented player. He especially likes playing at Lord's Cricket ground. Table Cricket has had a positive impact on his life and has greatly improved not only his confidence, but also his concentration and behaviour, from when he first started playing the game. It is such an inclusive game and our students train every week, which also creates time for team bonding as they socialise with friends. Since becoming captain, Liam has thrived on the responsibility and taken the importance of being a role model beyond what is required. He has become a sports leader and runs Table Cricket coaching sessions, passing on his knowledge to younger players, as he sees them as 'the future stars of Table Cricket'. Liam should be proud of all he has achieved and continue to be an ambassador to others in disability sport."





“THIS TOURNAMENT IS A RARE OPPORTUNITY FOR DISABLED STUDENTS TO PARTICIPATE IN A MEANINGFUL COMPETITIVE SPORT. OUR PLAYERS HAVE TRAINED WITH STUDENTS FROM OTHER SCHOOLS, ENABLING THEM TO BUILD RELATIONSHIPS WITH PEOPLE ORDINARILY OUTSIDE THEIR DAY TO DAY SPHERE. TABLE CRICKET HELPS TO DEVELOP TEAMWORK, SELF-DISCIPLINE, AND RESILIENCE, AS WELL AS MANY PHYSICAL SKILLS”



“MANY OF THE CHILDREN I WORK WITH CANNOT ALWAYS ACCESS THE SPORT OPPORTUNITIES IN MAIN-STREAM SCHOOL. TABLE CRICKET ALLOWS THESE CHILDREN TO FEEL PART OF A TEAM AND HELPS BUILD SELF-ESTEEM”



LORD'S TAVERNERS
Giving young people a sporting chance

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