

## **APPENDIX F: Bowl-Out Regulations**

Team shall consist of 6 players.

A toss will be taken. Winner of the toss may choose to bowl first or second.

Each player shall bowl 1 ball at 3 stumps from a distance equivalent to the length of the pitch on which the match was being played.

The ball shall not bounce more than twice to be a legitimate delivery.

A ball which hits the side or top netting (indoors or in a practice net, if used) shall be called a no-ball, but no extra ball shall be bowled.

The winning team shall be the one which scores most hits in 6 balls.

If, after both teams have bowled, the scores are level, then the same players will continue bowling in the same order in a sudden death situation.