

Women's Welsh Cup Rules 2025

100 Ball Competition

Introduction

Welcome to the 2025 rules for the Women's Welsh Plate. Any further updates to the rules shall be made prior to the competition and all entrants will be notified via email.

Key Contacts

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Important Links/Information

Women's Welsh Cup page on Cricket Wales Website [Click Here](#)

Dates

Please note that these dates are subject to change based on entries and may be adjusted before the competition begins. If any changes occur, competition entrants will be notified via email.

Round 1 - 29th June 2025

Round 2 - 27th July 2025

Quarter Final - 21st August 2025

Semi Final & Final Scheduled date – 6th September 2025

Each match must be played 'on or before' the designated date above, with exception for the Semi-Final and Final's Day dates where games must be played on the date.

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Eligibility

E1. Entry to the Women's Welsh Cup and Plate is only permitted to those clubs who have entered the Women's Softball League and who are affiliated to and recognised by Cricket Wales.

E2. Players must be a bona-fide member of an entrant club

E3. A player shall be deemed to be bona-fide member of that club if she is eligible to play for that club under the rules of the relevant League

E4. Players selected for any Tier 1, Tier 2, Tier 3, Academy, EPP or Glamorgan U13, U15 or U18 age group summer squads are not permitted to play any form of women's softball cricket. Other than above there are no restrictions to the number of hardball players that can be selected in a team.

E5. If a team is knocked out of the Women's Welsh Plate then any players from this squad are eligible to play in the Women's Welsh Cup. The team must have been eliminated from the Plate Competition before this happens.

Competition Draw

For the 2025 season Cricket Wales will make the draw for the first and second round and publish via a Power Point Presentation on the Cricket Wales website as well as informing clubs directly and placing all fixtures on Play Cricket.

The draw for the subsequent rounds will be made as soon as possible after the previous round and published on the Cricket Wales website as well as informing clubs directly and placing all fixtures on Play Cricket.

Fixtures

F1. Both clubs to contact each other once the draw is known and agree a date (and a reserve date) to play the match before the round end date. NB: reasons for not playing MUST be limited to CRICKET RELATED issues e.g. clash with another competition as opposed to random non-cricket matters. If a club wishes to concede they must contact the opposing club and the organiser must also be informed. In the event of clubs failing to agree a date then this matter must be referred back to the competition organiser asap for adjudication.

F2. Saturdays, Sundays, midweek (which may be a reduced over game) may also be used in order to complete the fixture (in the spirit of Get The Game On)

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F3. If bad weather prevents play or a result, the match will be rearranged on a mutually agreed date.

F4. If bad weather prevents a match of even the minimum number of overs being played, then clubs will toss up for the right to continue in the Competition, with either a Qualified Umpire or the Competition Organiser present. Zoom or video conferencing can be used to gather all parties together, if more convenient.

F5. If a rearranged date can't be agreed on, the club who couldn't fulfil the original fixture on the agreed date must concede the match. If both clubs are unable to fulfil the original fixture and can't agree on another date a coin toss will be the final resolution. Any disagreement as to the format, time and location of a reduced over match is to be referred to the Competition Organiser.

F6. If the 'Home' club are unable to host the original fixture the 'away' club will have the option to host the match. If both clubs' grounds are unavailable, then an alternative date will have to be agreed upon.

F7. Matches may not be postponed for any reason other than inclement weather or Covid related local lockdown restriction, unless by mutual agreement. Should there be no such agreement and there is a clash with another competition (other than an ECB competition) then the Welsh Cup takes precedence over other competitions.

F8. From the Quarter Final onward the games MUST be played on the scheduled date, or on the Reserve date(s). Exceptionally* these games may be played in mid-week but only if the former has been exhausted and is with BOTH teams' agreement [Note*: with the Competition Organiser's agreement]

F9. If the match has not been played 'on or before' the designated date then the Organiser shall arrange a 'coin toss' to decide the winner subject to any claims from the clubs to be adjudicated by the Organising Committee (see Rule 12). There will be no exceptions Junior Welsh Cup Rules 2024 to this except, possibly, in a case of prolonged inclement weather which has had a widespread effect on matches being played.

Disputes

U1. Difficulties or appeals from clubs shall be referred to the Competitions Organiser Clubs

U2. In the event of any dispute arising during and affecting the course of the Competition, clubs must contact the Competitions Organiser, by telephone, within 1 day of the dispute, confirming the protest in writing via email within 3 days, and also sending a copy of the protest to any other club involved within 3 days

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U3. Following any response from the other club, the matter will be determined by a special committee under the chairmanship of the Competitions Organiser.

U4. Cricket Wales is entirely responsible for the organisation and administration of the Competition

Match Day Rules

1. Games should last approx. 2 hours
2. 100 balls per innings
3. 5 ball sets
4. A change of ends after every ten balls
5. Bowlers deliver either five or ten consecutive balls
6. Each bowler can deliver a maximum of 20 balls per game
7. Each bowling side is allowed one Strategic Timeout of 2½ minutes
8. Each team must consist of 10 players.
9. Matches will be played using proper rules of cricket – (if you're out you're out)
10. Batters must retire when they pass 30 runs and can return after the last batter is out – if more than one batter retires they can return until the innings is complete.
11. Once 9 wickets have been lost then the innings will close and the team will be (all out)
12. Each club must prepare a 19-yard pitch – with creases at each end and mark a 40-45yard Boundary from the middle stump.
13. Pitches must have 25-yard inner circle. (Marked from the middle stump)
14. Maximum 5 fielders on the leg side (No Ball - free hit called if more than 5 fielders are on the leg side at the point of bowler release)
15. Maximum of 2 fielders outside the inner circle for first 25 balls (No ball - free hit called if more than 2 fielders outside the inner circle at the point of bowler release)
16. Minimum of 4 fielders in the inner circle at all times (No ball - free hit called if less than 4 fielders are inside the inner circle at the point of bowler release)
17. Free Hit if a bowler bowls a No Ball (Batter can only be out – Run Out off a free hit delivery (extra balls for no balls – no extra ball for wides *except for last set of 5*))

18. Wide ball

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- 1) The penalty for a Wide shall be two runs and no extra ball bowled except in the last set where normal rules will apply
 - 2) A pink incrediball in good condition must be provided by the home club for each innings
 - 3) Black fibreglass Soft Ball cricket bats will be the equipment used in the competition (no wooden bats)
19. Home team need to provide minimum one umpire
20. LBW is only to be used where a batter deliberately uses their foot or leg to stop the ball from hitting the wickets – this will be the standing umpire's decision
21. In cases where last minute illness/injury occurs a team is allowed to field a team of 7 players.
22. Substitutions are allowed in the case of injury to players, and may bat and/or bowl. The team selected at the toss must be the same players who bat/bowl in the same match. In accordance with the laws of cricket batter will only be allowed a runner if a person is injured during the game of play. If a player starts the game with an injury then the opposing captain is within their rights to not allow a runner.

Playing Conditions

The Laws of Cricket (2017 Code 2nd Edition - 2019) shall apply with the following exceptions and amendments.

1. Players

- a. Please see Section 14 for safeguarding section regarding player eligibility
- b. Players who are involved in Welsh national age group/women's teams are not permitted to play in the competition
- c. Players who play within the Cricket Wales pathway program are permitted to play

2. Overs/Set

- a. An over/set, wherever it is referred to in the Laws and Playing Conditions shall comprise 5 balls. Any reference to 6 balls or 6 valid balls in the Laws shall be replaced by 5 balls and 5 valid balls, respectively.
- b. Two sets (**10 Balls**) shall be bowled from each end alternately.

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- c. Matches shall consist of one innings per side and each innings shall be a maximum of **100 balls** duration. If this cannot be achieved (e.g., because of weather conditions) a minimum of **50 balls** per side will constitute a match.
- d. If either side is unable to receive at least 50 balls, the match is abandoned and must be replayed.
- e. If the number of overs available to each side is not equal a result will be determined in accordance with Paragraph 11.
- f. If both teams' run rates are equal, the tie-break provisions in Paragraph 11 shall apply.

3. Match Balls

- a. Pink incrediballs balls should be used.
- b. Cricket Wales will provide balls from the Quarter Final stage onwards, the Home team must provide two balls in good condition, although not necessarily new ones, and the visiting Captain shall choose which ball their team shall use to bowl. Sufficient spares should also be available

4. Bowlers

- a. No bowler shall bowl more than 4 sets (20 balls) in a match.
- b. In matches of fewer than 100 balls per side no bowler may bowl more than one fifth of the total overs/sets allowed (unless such a number has been exceeded before the interruption).
- c. Where the total overs/sets are not divisible by 5, one additional over shall be allowed to the minimum number of bowlers necessary to make up the balance.
- d. Bowlers may bowl two sets consecutively and may change ends for the purpose. The bowler's end umpire will signal to the scorers that a bowler is bowling a second consecutive over by crossing hands above the head.

5. Fielding restrictions

- a. Two semi-circles shall be drawn on the field of play. The semi-circles shall have as their centre the middle stump at either end of the pitch. The radius of each of the semi-circles shall be 25 yards (27.3 metres). The ends of each semi-circle shall be joined to the other by a straight line on the same side of the pitch. The

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fielding restriction area shall be marked by white plastic or rubber discs. (N.B. The distance may be amended to an appropriate distance dependent on the size of the boundary. There is no need for absolute precision on the measurements if they are the same on both sides.)

- b. For the first 5 overs/sets (the Powerplay overs) in a 100 ball innings, at the instant of delivery no more than two fielders are permitted outside the fielding restriction area at the instant of delivery.
- c. For the remainder of each innings a minimum of four fielders must be within the fielding restriction area at the instant of delivery
- d. Throughout the match there may be no more than five fielders on the leg side.
- e. In the event of an infringement of any of the fielding restrictions, the umpire at the striker's end shall call and signal No Ball.
- f. If the length of an innings is reduced by delay or interruption, the number of Powerplay overs will be adjusted in accordance with Table 1 below.
- g. If following an interruption, on resumption the total number of Powerplay overs for the innings has already been exceeded, there will be no further Powerplay deliveries bowled in the innings.

Table 1	
Total Balls	Powerplay
76-90	5
66-75	4
56-65	3

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50-55	2
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6. No Balls

- a. The penalty for a No Ball shall be one runs and extra ball bowled (free hit)

7. Wide ball

- a. The penalty for a Wide shall be two runs and no extra ball bowled except in the last set where normal rules will apply
- b. Crease markings are to be clearly visible for umpires and players to see. The leg side wide rule is not applicable in the Welsh Cup . It is at the umpires discretion when calling a wide ball.
- c. If possible, an additional line parallel to the return crease and running between the bowling crease and the popping crease will be marked 17 inches inside the return crease. Such a line should ideally be marked either in a different colour or by a dashed white line. Any ball passing outside the offside wide line not having previously been in contact with the batsman, his bat or his clothing will be deemed a wide ball if in the opinion of the umpire the batsman is unable to play a normal cricket stroke.
- d. In the absence of additional wide lines as described in the preceding sub-paragraph, umpires are expected to adopt a strict interpretation when deciding whether a delivery on the offside is a wide.
- e. There will be no extra ball for a wide – except for the last over where normal rules apply

8. Fielding Restrictions

- a. No player in the shall be allowed to field closer than 8 yards (7.3 metres) from the middle stump, except behind the wicket on the offside, until the batsman has played at the ball. A fielder shall be allowed to move into the restricted area to make a catch or field the ball provided the individual was outside the area when the stroke was made.

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- b. These minimum distances apply even if the player is wearing a helmet. Players should wear appropriate protective equipment whenever they are fielding in a position where they may be at risk.
- c. The team manager shall be responsible for identifying to the umpires any players who are in either of these age groups.
- d. In the event of a breach, the umpires must stop play and instruct the fielder(s) to move back as necessary.

9. **Unfair and Dangerous Bowling**

- a. Law 41.6 (dangerous and unfair short-pitched deliveries) and Law 41.7 (dangerous and unfair non-pitching deliveries or “beamers”), including the warning and suspension provisions are to be strictly applied provided that
 - i. There shall be no more than one delivery per over which after pitching passes or would have passed over shoulder height of the striker standing upright at the popping crease.
 - ii. A second such delivery bowled in the same over is unfair and dangerous and shall be called as a No Ball and the procedures in Law 41.6.3 and 41.6.4 must be followed (A first and final warning for the first offence and suspension of the bowler for the second offence).

10. **Time**

- a. All sides are expected to be in position to bowl the first ball of the last over/set of their 100 balls within 65 minutes playing time. In the event of their failing to do so, one fewer fielder shall be permitted outside the fielding restriction area than would normally be the case for all the remaining deliveries in the innings. This penalty will be imposed immediately the ball first becomes dead after 65 minutes of playing time has elapsed.” The interval between innings shall be 10 minutes.
- b. When computing time for the purpose of this Paragraph, umpires shall make due allowance for injury, frequent movement of sightscreens, Strategic Timeouts, and any other unforeseen circumstances, including time wasting by the batting side or failure to comply with the next sub-paragraph.
- c. The incoming batsman should be in position to take guard or for his partner to be ready to receive the next ball within 60 seconds of the fall of the previous wicket or the retirement of a batsman. The incoming batsman is expected to be ready to

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make his way to the wicket immediately and should jog to the wicket. Umpires will strictly apply Law 41.10 (Batsman wasting time).

- d. If the overs for either side are reduced, the time allowed for the innings shall be reduced in accordance with Table 2 below:

Table 2	
Overs in innings	Time to start final over
19	63
18	60
17	57
16	54
15	51
14	47
13	44
12	41

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11	38
10	35

11. Delays and interruptions

- a. The scheduled finishing time (SFT) for the purpose of this paragraph is 2½ hours after the scheduled start time.
- b. If the start is delayed, compute the time between the revised start time and the SFT and deduct 10 minutes for the interval. The number of overs allocated to each side is as set out in Table 3 below:

Table 3	
Total playing time available (minutes)	Overs per side
130 or more	20
126	19
120	18
114	17

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108	16
102	15
94	14
88	13
82	12
76	11
70	10

- c. If the first innings is interrupted,
 - i. Compute the time taken between the start and the interruption.
 - ii. Add the time available between the resumption and the SFT and deduct 10 minutes for the interval. The number of overs allocated to each side is as set out in Table 3 above.
- d. If the start of the second innings is delayed compute the time available between the revised start time of the innings and the SFT. The number of overs in the innings is as set out in Table 4 below:

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Table 4	
Total playing time available (minutes)	Overs
65 or more	20
63	19
60	18
57	17
54	16
51	15
47	14
44	13
41	12

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38	11
35	10

- e. If the second innings is interrupted,
 - i. Compute the time taken between the start of the innings and the interruption.
 - ii. Add the time available between the resumption and the SFT. The number of overs allocated to the innings is as set out in Table 4 above.

12. Target.

- a. Where the number of balls available to both sides remains equal, the team scoring the greater number of runs shall be the winner.
- b. Subject to Paragraphs 11c and 11d, if the scores are tied the team losing fewer wickets shall be the winner. Should these be equal, then the team with the higher score after 5 overs shall be the winners. If the scores after 5 overs are equal, the team with the higher score after 6 overs shall be the winners. If the scores after 6 overs are equal, the team with the higher score after 7 overs shall be the winners and so on up to the end of the penultimate over.
- c. If the team batting second has not had the opportunity to receive the same number of overs as the team batting first and has not been dismissed, the following shall apply:
 - i. If, due to delay or interruption, the number of overs in the innings of the team batting second is reduced, their target score shall be calculated by multiplying the reduced number of balls available to them by the average run rate of the side batting first and rounding up to the next whole number. If the calculation involves a fraction of a run, the final scores cannot be equal, and the result cannot be a tie.

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- ii. If the match is abandoned before the Close of Play but after the team batting second has received at least 10 overs, the result shall be decided on higher average run rate throughout the innings.
- d. A team's average run rate is calculated by dividing the number of runs scored in its innings by the number of legitimate balls received during that innings.
 - i. If the team batting first is dismissed in fewer than the number of overs allocated for their innings, the calculation will be based on the number of balls that the team was scheduled to receive and not on the number actually received.
 - ii. If the team batting second is unable to receive all their allocated overs, the calculation of their average run rate will be based on the number of legitimate deliveries actually received by them during their innings.
- e. The average run rate can be calculated to any number of decimal places and a tie can only be achieved if the average run rates are identical.

13. **Strategic Timeout**

- a. The fielding side's Captain may apply to the Umpires to take a Strategic Timeout.
- b. A Strategic Timeout may not be taken during the Powerplay overs.
- c. Otherwise, a team may apply for the Strategic Timeout when they are the fielding side and when the ball is dead.
 - i. A Strategic Timeout may be taken mid-over or between overs.
 - ii. It is not mandatory to take a Strategic Timeout.
 - iii. A Strategic Timeout shall be of 2 minutes 30 seconds duration and shall be deemed to have commenced at the time that it is approved and signalled by the umpires.
 - iv. The bowler's end umpire will signal a Strategic Timeout by tapping a raised wrist with the other hand.

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- v. The batter and the fielding team must be ready for the next ball of the match 2 minutes 30 seconds after the Strategic Timeout has been allowed by the Umpires.

Results

The winner is the team scoring the most runs. In the event of the scores of each team being equal the winner shall be determined as follows:

The game will be decided by a Super Over. Super Over Rules : A coin toss determines which team bats first (winner of the coin toss can decide). 3 bowlers each bowl 2 legitimate deliveries (extra's bowled again) until the team bowls 6 legitimate balls. There is no limit on the number of batsmen. The team that scores the most runs in the over win the game. If scores are equal, additional Super Over's will be played until there is a winner.

In the event of a rain curtailed match, where each team has not bowled a minimum of ten overs, the match should be rearranged if both sides can mutually agree a date before the 'scheduled' reserve date for that round. If not it is to be decided by a Super Over or by the toss of a coin.

Safeguarding

S1. Please read the below information regarding safeguarding and player eligibility.

S2. All Captains must be DBS checked

S3. Making the step up from junior to open age group cricket is an important event in any player's cricket experience. The player's safety, personal development needs and overall cricket experience must be considered, their welfare is paramount.

S4. Players who are selected in Wales Age group squads in Spring for a Summer squad for that season are NOT eligible to play Women's softball cricket.

S5. Players who are selected in Regional squads in spring for a summer squad for that season are eligible to play Women's Softball cricket. That is providing they are at least 11 years old, are in School Year 7 on 1st September in the year preceding the season and have written parental consent to play. This means children who are in Regional squads, are able to play Women's Softball cricket if they are in an U12 age group and are a minimum of 11 years old on 1st September of the year preceding the season.

S6. Club cricketers who are not in Regional squads must wait until they reach the U13 age group, be in Year 8 and be 12 years old on 1st September of the preceding year before being able to play in any Women's Softball cricket. As before, written parental consent is required for these players.

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S7. To be clear, selection of a child of tender age to adult cricket is a potential risk and such a decision should not be taken lightly. Each case must be determined on an individual basis taking into account the players ability and stage of cognitive and emotional maturity to take part in Women's Softball cricket.

S8. Children who are in Year 9 and 13 years of age on 1st of September of the preceding year are eligible to play without written parental consent and this form need not be completed.

S9. Written consent forms must be completed in advance. This can be found here.

S10. The minimum age restrictions MUST be followed.

AFEGUARDING

15. Inclement Weather

There is a general presumption that in the event of inclement weather, common sense and agreement between the clubs will prevail to ensure that the safety of players is upheld.

A) It will be the responsibility of the host team club to decide whether the match should start if the playing area has been affected by inclement weather.

B) The number of overs will not be reduced until 30 minutes has been lost.

C) Weather interference before the match – 2 overs will be taken from the aggregate overs for every 6 minutes lost after the initial 30 minutes.

D) A minimum of 50 balls per team shall constitute a game.

E) The number of overs allowed by each bowler and faced by each batting pair will be reduced in proportion to the total number of overs agreed.

Notification of Results

A) It will be the responsibility of the host team to enter the result of the match within 24 hours and full scorecard on Play-Cricket within 72 hours of the game completing.

B) Full details of notable performances including full names are welcomed and should be included.

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Disciplinary Process

Disciplinary Procedure

1. Cricket Wales adopts the ECB Recreational Conduct Regulations (RCR), which cover both on- and off-field offences
2. The Umpires will fully apply the provisions of the Laws of Cricket (2017 Code – 3rd Edition) including Law 42
3. In addition, the umpires inform captain(s) at the end of the match that they are making a report.
4. The offending player and his/her captain are on report.
5. The umpires write their report using the ECB pro forma and indicate their view whether the offence is Level 1/2/3 or 4 or a breach of another Law or Laws.
6. The report is to be submitted to the Competition Organiser within 48 hours of the conclusion of the match.
7. The RCR procedure will be followed subject to such amendments as the Competition organiser shall determine

Disciplinary Offences as set out in Law 42

Level 1

- Wilfully mistreating any part of the cricket ground, equipment or implements used in the match
- Showing dissent at an umpire's decision by word or action
- Using language that, in the circumstances, is obscene, offensive or insulting
- Making an obscene gesture
- Appealing excessively
- Advancing towards an umpire in an aggressive manner when appealing • Any other misconduct, the nature of which is, in the opinion of the umpires, equivalent to a Level 1 offence

Level 2

- Showing serious dissent at an umpire's decision by word or action
- Making inappropriate and deliberate physical conduct with another player • Throwing the ball at a player, umpire or another person in an inappropriate and dangerous manner
- Using language or gesture to another player, umpire, team official or spectator that, in the circumstances, is obscene or of a seriously insulting nature

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- Any other misconduct, the nature of which is, in the opinion of the umpires, equivalent to a Level 2 offence

Level 3

- Intimidating an umpire by language or gesture
- Threatening to assault a player or any other person except an umpire

Level 4

- Threatening to assault an umpire
- Making inappropriate and deliberate physical contact with an umpire
- Physically assaulting any other person
- Committing any other act of violence

Further Disciplinary Offences

The following will be treated as Law 42 Level 3 offences:

- Using language or gestures that offend, insult, humiliate, intimidate, threaten, disparage or vilify another person on the basis of that person's race, religion, sexual orientation, colour, descent or national or ethnic origin
- The deliberate bowling of any dangerous and unfair non-pitching delivery contrary to Law 41.7

The following will be treated as a Law 42 Level 4 offence:

- Using language or gestures that seriously offend, insult, humiliate, intimidate, threaten, disparage or vilify another person on the basis of that person's race, religion, sexual orientation, colour, descent or national or ethnic origin