

# Gåcricket - Walking Cricket

Gåcricket, or Walking cricket, is a modified format of cricket, making cricket accessible to those who over the age of 50, are semi-retired or retired, by tailoring the traditional game of Cricket to suit those with less mobility and by catering for different abilities. . Games games can be played indoors or outdoors.

## The Format

- The game is played between teams of 6 or 8 players each, with players batting in pairs. Each pair bats for 4 overs (if 6 players) 3 (if 8), no matter how many times they are out
- Each time the batter is out the batters change ends, unless it occurs at the end of the over or is a run out.
- There are 6 ways a batter can be dismissed – bowled, caught, LBW, hit wicket, stumped, or run out.
- Each fielder bowls at least one over (the maximum number of balls is 6, aprt from the last over balls are not rebowled.) Extras are worth 2 runs.
- The bowler can bowl under arm.
- When one six has finished batting the total runs is calculated by deducting 5 runs for each dismissal. This determines the teams score. The team with the most runs wins.
- In the unlikely event that both teams end up on the same score, the winner is determined by the team who lost the least wickets.

## Pitch Type/Length

- Grass or artificial, 14 - 16m
- Minimum ground size is a 5-a-side football field

## Time

- 60 min

## No Running

- No fielder or batter is allowed to run

## Bat & Ball

- Modified soft ball (windball), plastic bats (size 6) recommended

## Protective Equipment

- No protective equipment required if playing ith a soft ball

## GÅCRICKET

**PITCH**  
14-16m

**PLAYERS**  
6 or 8

**OVERS**  
12

**BOUNDARIES**  
20m

**DISMISSALS**  
None\*

Modified rules, pairs cricket,  
apply.  
Walking Only

**EQUIPMENT**  
Modified  
soft ball

**50+ YEAR OLDS**

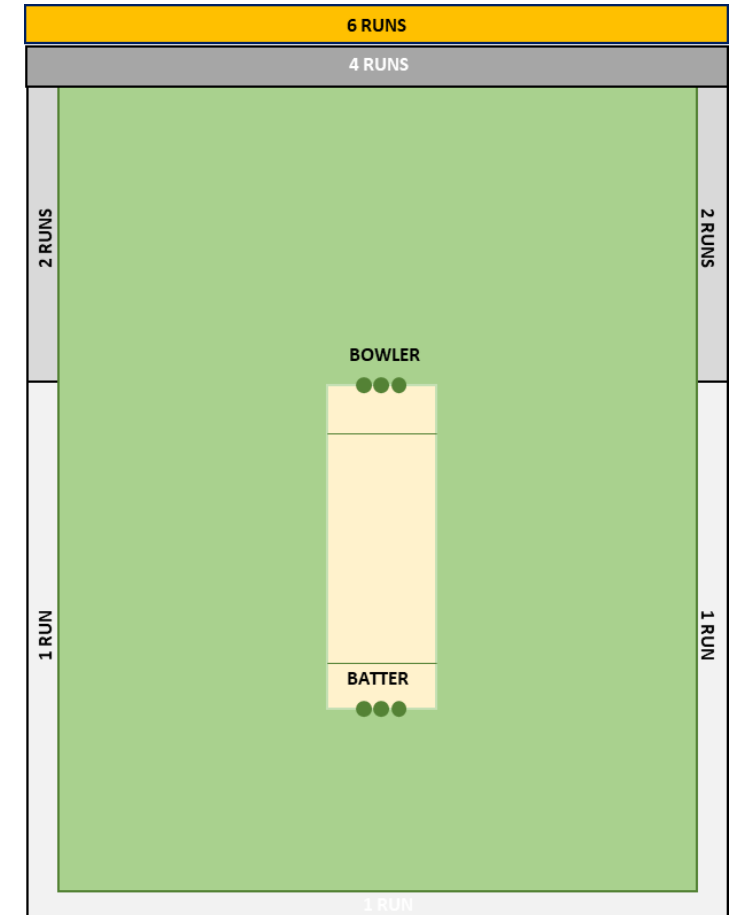


# Scorers Guidelines - Walking Cricket

Here are basic instructions on how to score a Walking Cricket match when the match is played indoors or in a restricted space.

## Instructions

- The score at the start of an inning starts at **200 runs**
- If no runs are added (or deducted) then the score remains the same
- Deduct **5 runs** if a batter is out, and make a circle around the score at that point in the over
- Add **1 run** if the batter walks from one crease to the other without being “out”.
- Add **1 run** for hitting a non-boundary fence. If the batters have crossed that will make **2 runs**.
- Add **2 runs** for hitting the side boundary wall between the rear boundary and the bowlers end wicket. If the batters have crossed that will make **3 runs**.
- Add **4 runs** for hitting the rear boundary wall
- Add **6 runs** for hitting the rear boundary wall on the full (without bouncing)
- Add **2 runs** for extras (Wides & No Balls) as called by the Umpire



# WALKING CRICKET SCORESHEET

INNINGS 1 - TEAM:					
	Over 1	Over 2	Over 3	Over 4	
<b>Bowler:</b>					
<b>PAIR 1</b>	+200				Wickets Lost:
	1:	1:	1:	1:	Total Runs:
	2:	2:	2:	2:	
	3:	3:	3:	3:	
	4:	4:	4:	4:	
	5:	5:	5:	5:	
6:	6:	6:	6:		
<b>Bowler:</b>					
<b>PAIR 2</b>	1:	1:	1:	1:	Wickets Lost:
	2:	2:	2:	2:	Total Runs:
	3:	3:	3:	3:	
	4:	4:	4:	4:	
	5:	5:	5:	5:	
	6:	6:	6:	6:	
<b>Bowler:</b>					
<b>PAIR 3</b>	1:	1:	1:	1:	Wickets Lost:
	2:	2:	2:	2:	Total Runs:
	3:	3:	3:	3:	
	4:	4:	4:	4:	
	5:	5:	5:	5:	
	6:	6:	6:	6:	
<b>Bowler:</b>					
<b>PAIR 4</b>	1:	1:	1:	1:	Wickets Lost:
	2:	2:	2:	2:	Total Runs:
	3:	3:	3:	3:	
	4:	4:	4:	4:	
	5:	5:	5:	5:	
	6:	6:	6:	6:	

INNINGS 2 - TEAM:					
	Over 1	Over 2	Over 3	Over 4	
<b>Bowler:</b>					
<b>PAIR 1</b>	+200				Wickets Lost:
	1:	1:	1:	1:	Total Runs:
	2:	2:	2:	2:	
	3:	3:	3:	3:	
	4:	4:	4:	4:	
	5:	5:	5:	5:	
6:	6:	6:	6:		
<b>Bowler:</b>					
<b>PAIR 2</b>	1:	1:	1:	1:	Wickets Lost:
	2:	2:	2:	2:	Total Runs:
	3:	3:	3:	3:	
	4:	4:	4:	4:	
	5:	5:	5:	5:	
	6:	6:	6:	6:	
<b>Bowler:</b>					
<b>PAIR 3</b>	1:	1:	1:	1:	Wickets Lost:
	2:	2:	2:	2:	Total Runs:
	3:	3:	3:	3:	
	4:	4:	4:	4:	
	5:	5:	5:	5:	
	6:	6:	6:	6:	
<b>Bowler:</b>					
<b>PAIR 4</b>	1:	1:	1:	1:	Wickets Lost:
	2:	2:	2:	2:	Total Runs:
	3:	3:	3:	3:	
	4:	4:	4:	4:	
	5:	5:	5:	5:	
	6:	6:	6:	6:	

INNINGS 1 TOTAL: \_\_\_\_\_ runs for \_\_\_\_ wickets

INNINGS 2 TOTAL: \_\_\_\_\_ runs for \_\_\_\_ wickets

RESULT: \_\_\_\_\_ win by \_\_\_\_\_ runs.

