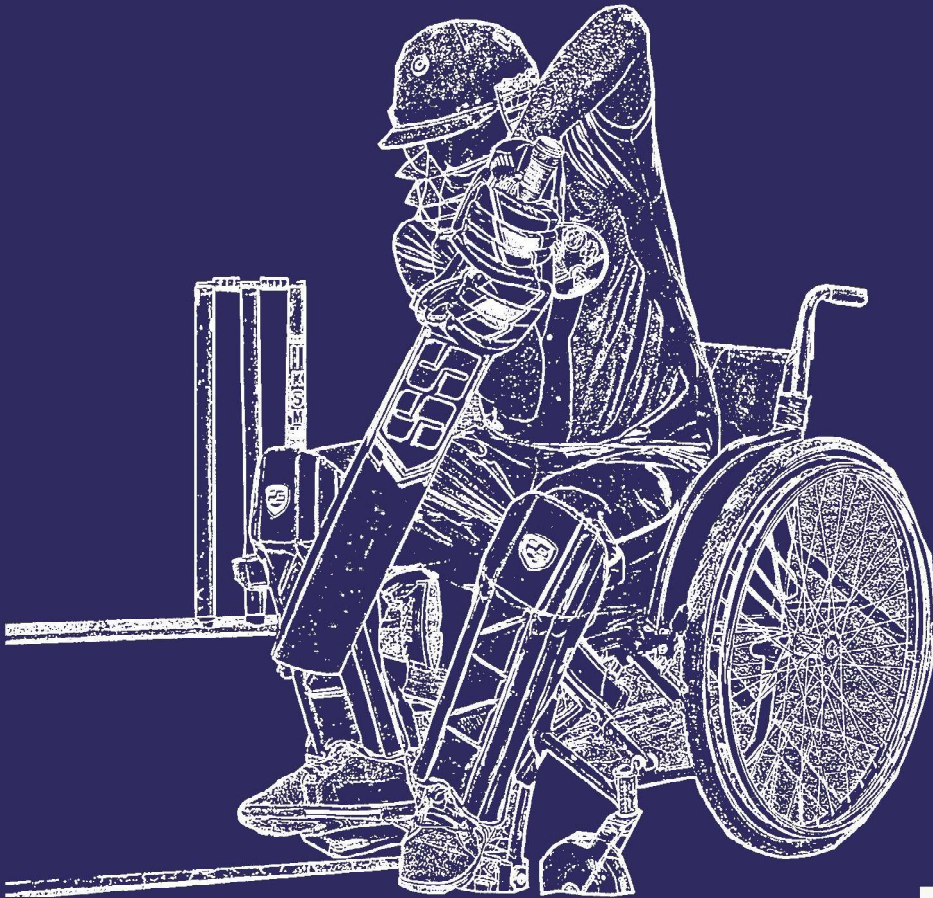


# THE EDICTS OF WHEELCHAIR CRICKET IN INDIA

(Wheelchair Cricket Code -2019)



Wheelchair Cricket Federation of India (WCFI)

**Empowering and Building Capacity of Persons  
with Disabilities through Sports for Inclusive Development**

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WHEELCHAIR CRICKET IN INDIA  
(WHEELCHAIR CRICKET CODE - 2019)

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## MESSAGE

The Wheelchair Cricket federation of India (WCFI) is founded in 2018 with cumulative efforts by Professional Social Workers, representatives of Non - Government Organizations (NGOs), Civil Society members working for empowerment of Persons with Disabilities (PWDs), officials who worked with Sports Authorities and wheelchair sports players etc.

The foundation of WCFI has been laid with a firm motive to ***Empower Persons with Disabilities through Sports for Peace and Inclusive Development.***

In the absence of mechanism, thought on uniformity in wheelchair cricket and its strengthening, WCFI has taken responsibility to work on evolving mechanism, governing bodies, associations and clubs in de-centralized manner to come to a national level platform with pride, commitment in order to work towards Envision Disability 2030 through sports for global peace and inclusive development.

This book on Wheelchair Cricket will be the first ever publication in the country and most probably in the world which will; no doubt pave a path and never ending momentum in bringing all the corners engaged in the same manner. It will also throw light on those persons with disabilities who have been misguided and exploited in the absence of any classification of players.

WCFI has been looking forward to build partnerships, collaborations and alliances on Wheelchair Cricket in India and this book will serve with commitment to work towards the mainstreaming and integration of like-minded Professional Social Workers, Civil Society Members and PWDs.

President  
WCFI

## ACKNOWLEDGEMENT

This book has been inspired from “The Royal Navy” book on Cricket for the beginners and coaches. The aim of this book is to disseminate the information on the basics of cricket to the Persons with Disabilities (PwDs) on wheelchair.

The vision of this book is to rehabilitate and empower Persons with Disabilities (PwDs) to overcome their stress and social stigma.

Wheelchair Cricket Federation of India (WCFI) is engaged in the promotion of wheelchair cricket in India among the marginalized and weaker sections from rural and tough geographical terrain of the country.

WCFI is indebted to the authors of “The Royal Navy” book on cricket for publishing such kind of rich work which is praiseworthy. WCFI also owes its sincere thanks to Bob Carter - the then national coach of the National Cricket Associations and also to P. Edwards M.A. Technical Editer.

The content of this book has been reproduced with an aim to empower Persons with Disabilities (PwDs). The published book will not be sold for commercial purpose.

General Secretary  
WCFI

# UNIT 1

## **INTRODUCTION TO WHEELCHAIR CRICKET MODULES**

After finishing the present Module, the aspiring wheelchair cricketers should be able:

- to understand the basic principles of the skills of the game, tactics, field placement and umpiring signals,
- to apply this knowledge to improve their performance and enjoyment in both practice and the game,
- to discuss the development of the wheelchair cricket in recent times.

### **Wheelchair cricket mentors, coaches should provide:**

- encouragement, support and motivation to aspiring players studying this module under any state associations or clubs.
- access to facilities for practice and also suitable for the game bearing in mind the ability of the players,
- the opportunity for aspiring players to discuss and study any topics not fully covered in the module due to lack of space, e.g. advanced techniques, the Laws etc.

## **SKILLS DEVELOPMENT SHEET**

The beginning stage of learning Wheelchair Cricket is the exploratory phase, where the player is attempting to learn the correct sequence of movements of all the basic skills e.g. wheelchair movements, batting, bowling, and fielding. A number of errors may be made and players will require feedback to recognize and correct these errors with the help of coaches.



During the intermediate stage, a wheelchair cricket player will perform more consistently. Timing and anticipation will improve, although skills may break down under the pressure of a game situation.

At the advanced stage, all the basic skills are automatic and a player will concentrate on more detailed aspects of the skills and the tactics required in the game e.g. positioning of fielders.

| MODULE                  | WHEELCHAIR CRICKET  |
|-------------------------|---|
| <b>Basic Skills</b>     | Fielding, Bowling, Batting, Wicket-keeping  |
| <b>Game-play Skills</b> | Good basic skills and techniques. A good understanding of the basic principles and tactics. Ability to vary strokes and bowling techniques. Demonstrates good concentration and alertness in the field  |
| <b>Tactical Skills</b>  | <p><b>Bowling:</b> Encouraging dangerous strokes. Varying pace, flight, length, spin and width of crease.</p> <p><b>Batsmen:</b> Judgment and decision making; looking for gaps in the field; noting ability of fielders and exploiting weaknesses.</p> <p><b>Fielders:</b> Placing to Catch batters<br/>Stop runs.<br/>Adjusting field according to batter</p> |
| <b>Training skills</b>  | Aerobic endurance, anaerobic endurance, flexibility   |
| <b>Rules</b>            | "The Rules of Wheelchair Cricket" can be check in the last unit.  |

## INTRODUCTION TO WHEELCHAIR CRICKET

Wheelchair Cricket is a game steeped in tradition, in which it is often how you play the game that is as important as winning. The expression “That’s not Wheelchair Cricket” embodied the ideal of “fair play” and good sportsmanship which teachers and coaches should endeavor to foster at all levels.

There are many different levels of the game, ranging from the One Day Match, the afternoon club match, T-20 Wheelchair Cricket. Wheelchair Cricket Pairs game played by person with special abilities in the simplest single wicket game of one Wheelchair bowler and one Wheelchair batsman. Each requires different degrees of ability, fitness, skills and commitment. Early exposure to the skills required is a great help in the making of a successful player, though some players have turned to the game at a later age and achieved a good standard.

Learning the skills can be a very enjoyable experience with a great deal of physical activity involved. They also provide opportunities for wheelchair players to learn new skills and have a good experience.

The material covered in this book does not relate to any specific Board’s curriculum and rules, but is intended to provide a *basic* resource which should be supported and supplemented by reference.

## TECHNIQUES AND SKILLS

In order to play Wheelchair Cricket to analysis level, PWDs should have a good practical and theoretical grasp of the 5 major activities of the game:

1. Fielding
2. Bowling
3. Batting
4. Wicket keeping
5. Wheelchair movement

### 1. FIELDING

Essentially, this involves catching and throwing in a variety of circumstances, both while sitting on the wheelchair and/or during the movement of the wheelchair.

#### 1.1 CATCHING

##### (A) THE HIGH CATCH

**Objective:** To catch a ball which is dropping quickly.

**Method:** Sight the ball.  
Move quickly the wheelchair to where it will come down.

Stand still with hands up above eye level and palms facing the ball, fingers spread out, little fingers touching.

Hands “give” as the ball is caught.

Finish close to the chest (see Figure 1).

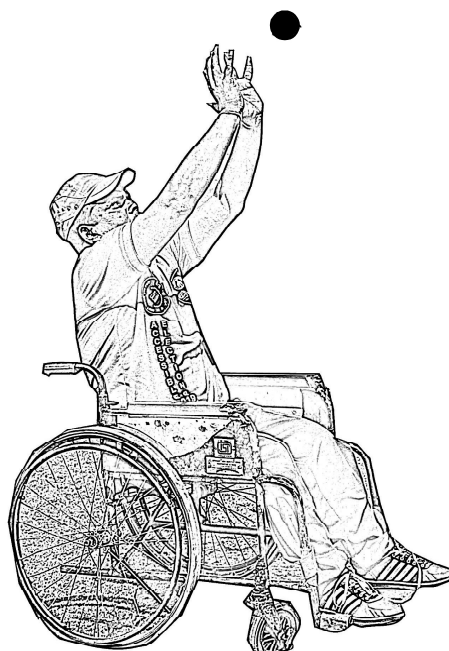


(Figure 1)

### (b) The Skim Catch

**Objective:** Primarily to catch a flat trajectory ball arriving about head high.

**Method:** Sight the ball, palms facing the ball, fingers pointing upwards, thumbs touching.  
Hands give as the ball is caught.  
If ball is caught directly in front of the head, move head to side as hands give (see Figure 2).



(Figure 2)

### (c) The Close Catch

**Objective:** Primarily to deal with catches close to the wicket.

**Method:** Eyes level.  
Head still  
Palms facing anticipated line of ball.  
Fingers pointing down, elbows clear of body.  
Weight on balls of feet.  
Hands give as ball is caught (see Figure 3).



(Figure 3)

## 1.2 INTERCEPTING AND RETURNING:

### (a) The Long Barrier and Throw

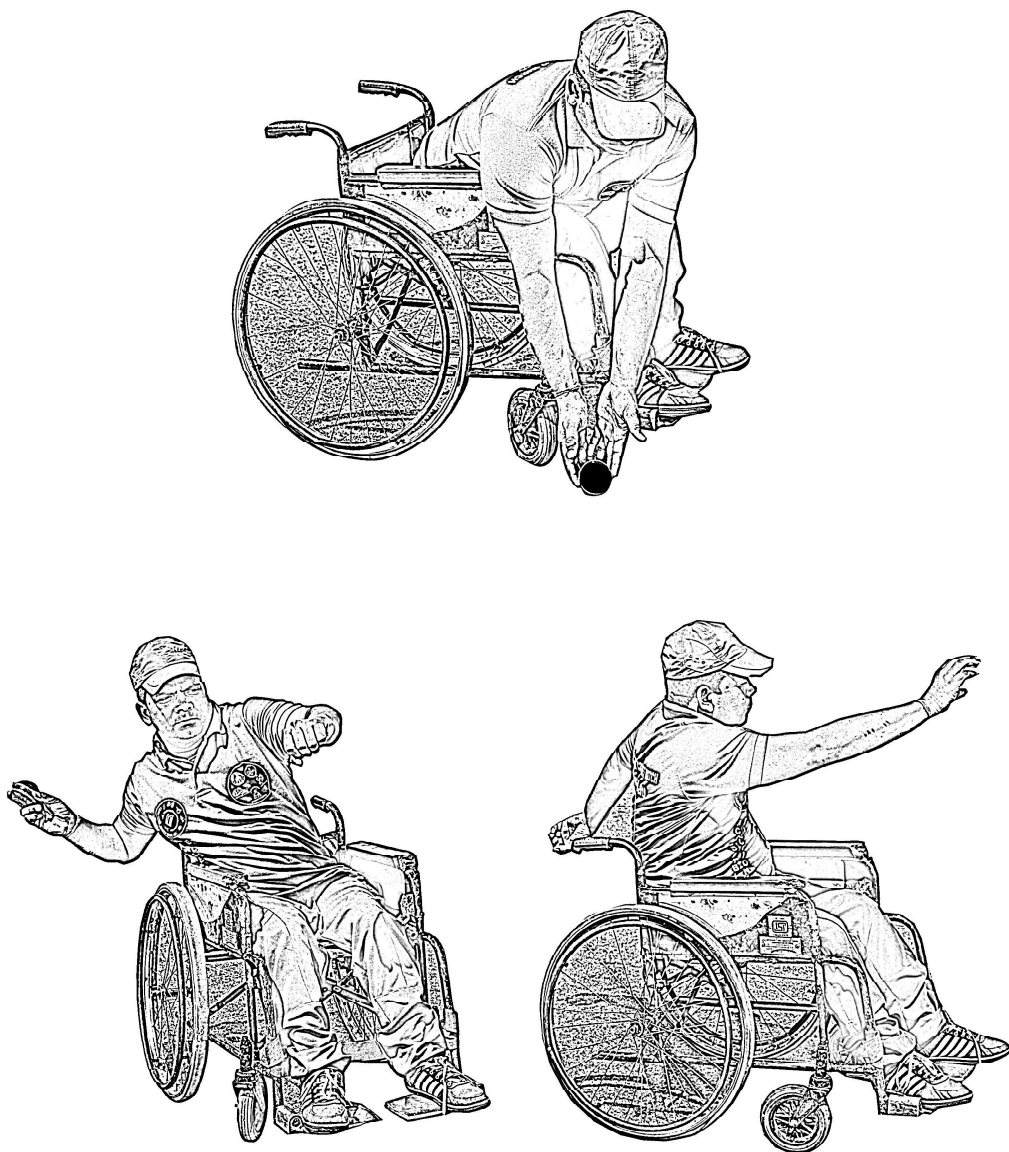
**Objective:** The longest barrier is used to ensure the ball is stopped.

**Method:** Head on line of ball.

Turn the wheelchair to make the right angle with the incoming ball, i.e. tire of wheelchair facing towards the ball.

Holding the ball in right hand, and turn the wheelchair.

Tightly hold the wheelchair with left arm and throw the ball towards the target (see Figure 4).



(Figure 4)



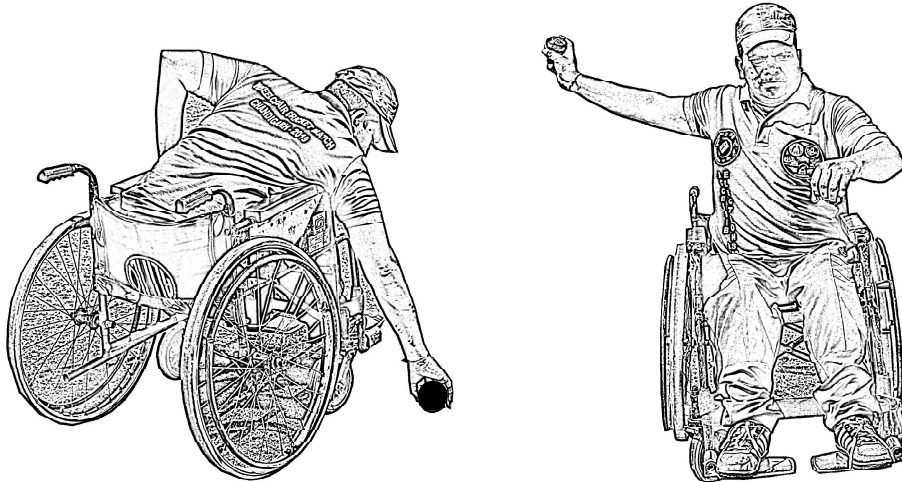
### 1.3 CHASING AND RETRIEVING:

The Short Throw

**Objective:** Move inside the line of ball to pick up the ball with right hand.

**Method:** Weight well back. Head over right knee.

Pick ball up (see Figure 5).



(Figure 5)

### 1.4 The Long Throw

**Objective:** To retrieve a ball after picking up near the boundary.

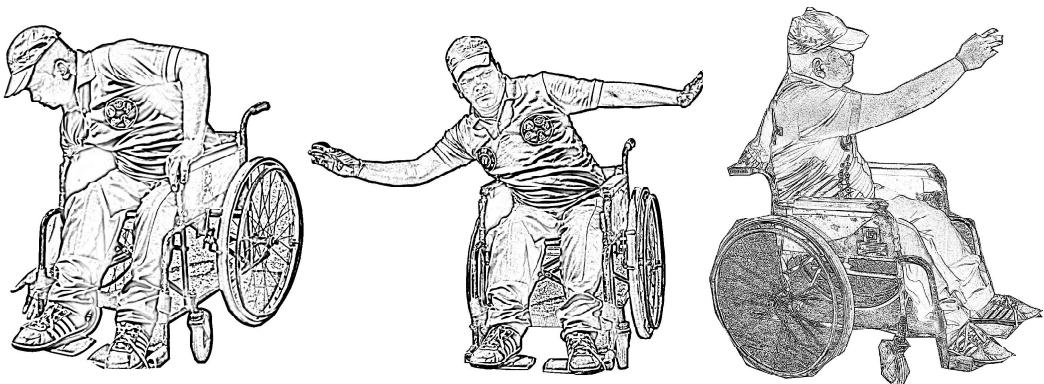
**Method:** Ensure ball is on the left side of the wheelchair.

Bend down, keeping seat well back.

Pick ball up.

Apply breaks on the left side.

Turn to left, fling left arm into aiming position and throw  
(See Figure 6).



(Figure 6)

## 1.5 Throwing on the Turn

This is an advanced technique, used to prevent runs, or to secure a run out.

### **Method:**

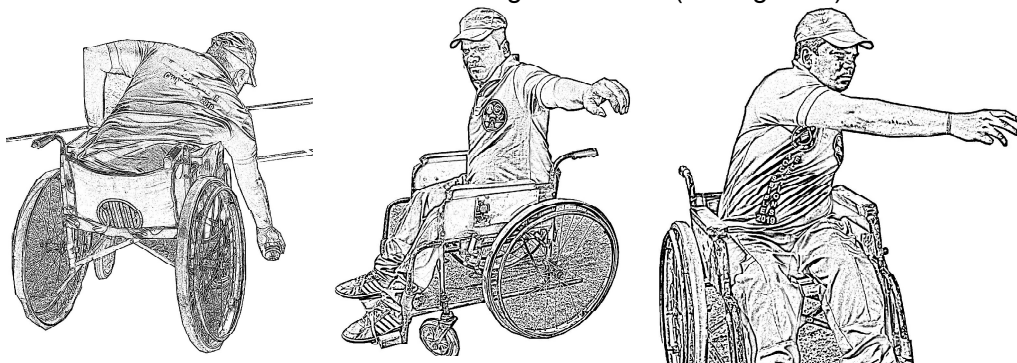
Move inside line of the ball.

Pick up ball alongside right tire.

Apply both breaks and then turn leftwards.

Aim at the target.

Throw while still holding left breaks (see figure 7)



(Figure 7)

## GENERAL POINTS FOR FIELDERS

- I. Expect every ball to come to you, but do not anticipate its line, height or speed.
- II. All fielders except close catchers should be moving in towards the striker as the bowler delivers the ball.
- III. Slips, leg slip and wicketkeeper can watch the ball from the bowler's hand; others watch the bat.
- IV. Sight the ball before moving off in a particular direction; then move quickly.
- V. Whenever possible use two hands and get some part of the wheelchair behind the ball unless this action would prevent a run out.
- VI. Having fielded a ball, throw it immediately to the wicketkeeper or, if there is a chance of a run out, at the stumps.
- VII. If not fielding the ball, back up at either end to reduce the chance of over-throws.
- VIII. If you are close to the bowler's wicket and he cannot get back to it, move with it to take the return.
- IX. Concentrate all the time, keeping an eye on your captain who may wish to move you.
- X. If there is a possibility of two fielders colliding when going for the same ball the nearest should call 'mine' or the captain should shout the name of the player who is to field the ball.
- XI. On cold days, keep your muscles and hands warm to prevent injury and to be ready for instant action.

## 2. BOWLING

The first essential of effective bowling is that the PWDs adopts the correct grip (see Figure 8).

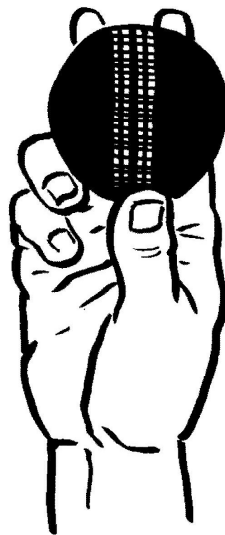
### THE BASIC GRIP

**Method:**

Seam vertical.

Thumb on edge of the seam; first two fingers slightly apart; third finger bent and supporting the ball (See Figure 8).

Having achieved this, the whole skill should be introduced in a simplified form, using the following steps.



(Figure 8)

### Step 1

#### Bowling from the Coil Position

**Objective:**

To introduce the bowling action to beginners.

**Methods:**

Move wheelchair into position and apply the brakes.

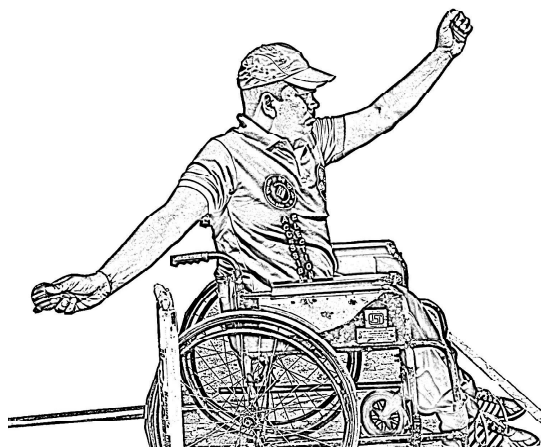
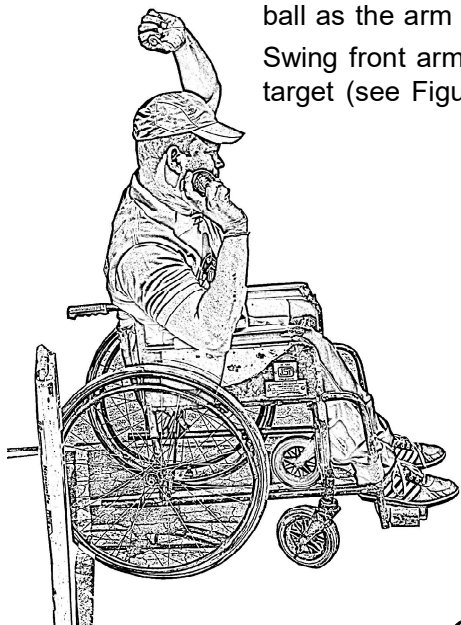
Raise front arm. Look over shoulder. Bowling hand across chest.

Lean back. Arch back slightly. Look down the intended line of delivery.

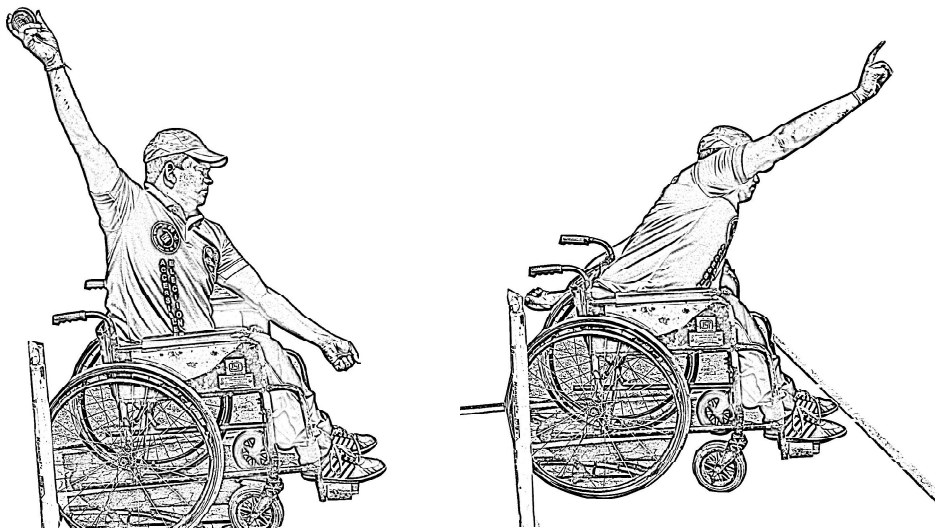
Swing bowling arm downwards and then backwards.

Swing front arm forwards. Continue rotation of arms. Keep the front arm close to the body. Keep head upright. Release the ball as the arm passes head. Keep hand behind the ball.

Swing front arm high behind body. Bowling shoulder points to target (see Figure 9).



(Figure 9-A)



(Figure 9-B)

## Step 2

### Run Up and Bound

**Methods:**

Concentrate on line of deliver.

Smooth rhythmical approach.

Accelerate gradually. Control speed.

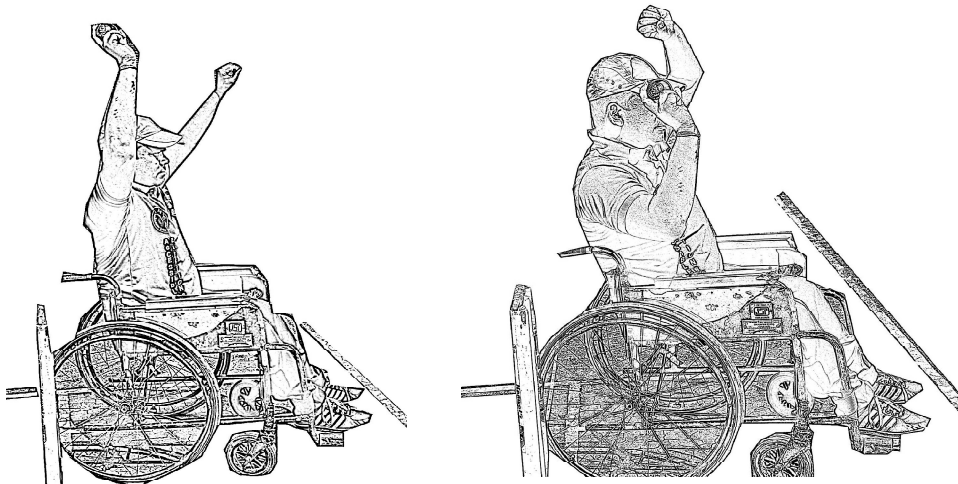
Bound (spring) off left foot. Raise both arms. Turn 90 in air.

Land in coil position leaning back from batsman.

Repeat bowling action.

Practise bowling with a smooth and economical rup-up and easy rhythmical well balanced delivery, finishing with a deliberate adn fluent follow-through (see Figure 10)

Once players have mastered these steps they should be ready to progress to more complex skills using swing and spin.



(Figure 10)

## THE OUTSWING OR AWAY SWING

To do this it is essential that the ball used has a good seam.

### **The Grip :**

#### **Method:**

Seam vertical, but pointing at slips.

Side of thumb on center seam.

First two fingers either side of seam.

Polished side of ball to the leg side (see Figure 11).



(Figure 11)

### **The Action:**

#### **Method:**

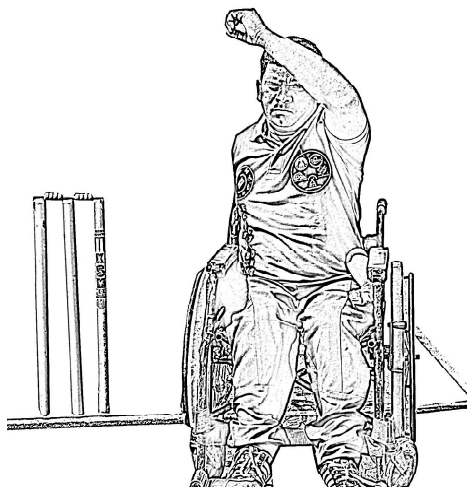
Bowl from close to stumps.

Look over the front shoulder behind front arm.

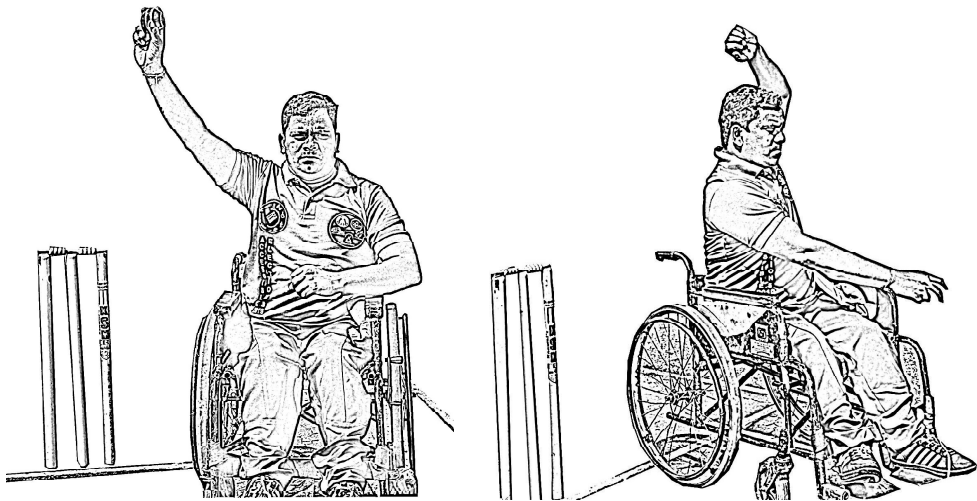
Keep the wheelchair static.

High delivery, hand behind ball.

Emphasize good follow-through of bowling arm and shoulder (see Figure 12).







(Figure 12)

## THE IN-SWING

### *The Grip :*

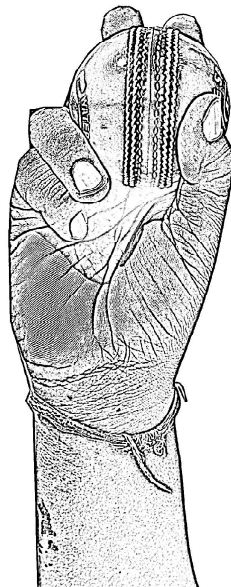
#### **Method:**

Hold the ball with the polished side on the off side.

Seam vertical, but pointing to the leg side.

Ball of thumb against the seam.

First two fingers close together on the seam (see Figure 13).



(Figure 13)

**The Action:**

**Method:**

Bowl from wider position on crease.

Open coil - more chest on.

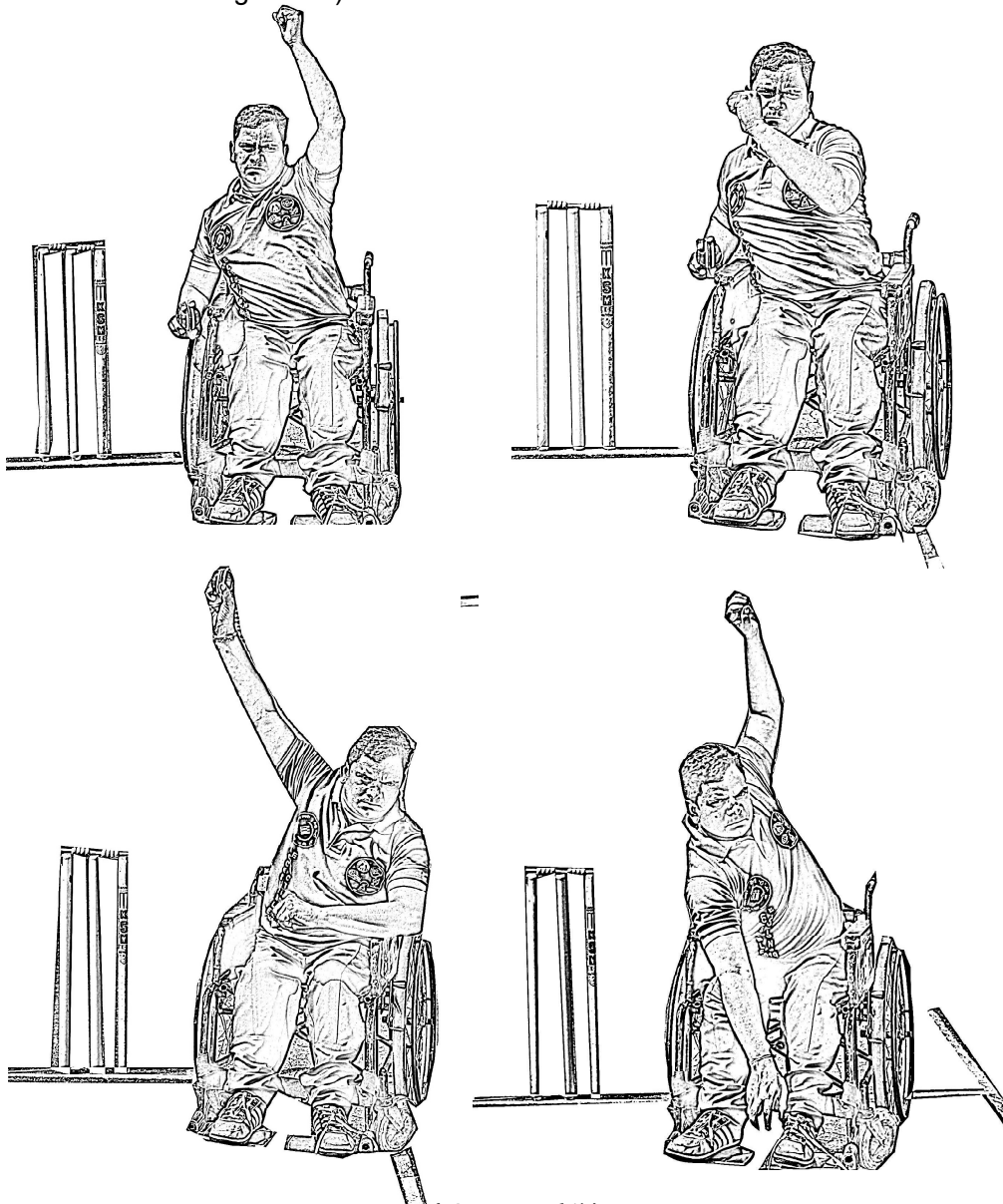
Look inside arm.

Keep wheelchair still.

High bowling arm on release.

Feel as though pushing the ball to the legside.

Bowling arm does not follow-through across the body (see Figure 14).



(Figure 14)

## OFF SPIN AND LEFT ARM ORTHODOX SPIN (FINGER SPIN)

NB An off break spins the ball from off to leg, rotating clockwise from the bowler. The left arm spinner moves the ball from leg to off.

### **The Grip:**

#### **Method:**

Hold the ball in between first and second fingers.

Seam at right angles to the fingers.

Top joints across seam.

Knuckles of the first finger and second finger grip seam.

Do not use thumb to hold the ball (see Figure 15).



(Figure 15)

### **The Action :**

#### **Method:**

Wheelchair completely still in position

Good coil position; look behind the arm. Short delivery stride.

Front foot slightly across to leg side.

High delivery, head up. Twist hand clockwise.

Flick ball with first finger.

Pull bowling arm across the body.

Spin ball clockwise by turning hand upwards.

Finish with palm upwards (see Figure 16).



(Figure 16)

## LEG SPIN OR CHINAMAN:

NB A leg break spins from leg to off, rotating anti-clockwise from the bowler. A left arm wrist spinner rotates the ball clockwise and is said to bowl "Chinaman".

### **The Grip:**

#### **Method:**

Seam at right angles to fingers. First two fingers spread; first joints on seam. Third finger bent along the seam

(see Figure 17).

### **The Action:**

#### **Method:**

Wheelchair should be kept still.

Good coil position. Look over shoulder.

Wrist bent in towards forearm.

Apply the brakes of wheelchair.

Keep head up. High delivery. Hold wrist back. Sit on the front edge of the wheelchair.

Flick wrist forward.

Pull down with the first finger. Straighten third finger.

Flick third finger straight as the ball is released.

Continue across body, palm downwards (see Figure 18).



(Figure 17)





(Figure 18)

## CUTTERS $\frac{1}{2}$ FLTERİ $\frac{1}{2}$ GOOY

Within a work of this size, it is impossible to cover the advanced stages of bowling, although it is acknowledged that some GCSE or equivalent syllabi demand that these are included. Further information regarding these skills is to be found by reference to the texts listed in the recommended reading.

### 3. BATTING

Please note, throughout the module “batsman” also refers to “batswoman”.

Batting in Wheelchair Cricket is probably the most popular of all skills. Firstly, it allows the player to score, and secondly, he has the full attention of not only both teams, but also the spectators.

When teaching batting it is essential that staff exercise great care in selecting the surface on which the skill is performed. At school level this is often a factor over which neither staff nor students have any control. Nevertheless, staff should remain on the side of caution and on bad pitches certain strokes should not be taught. It is accepted that at least one Examining Board includes the hook within the syllabus.

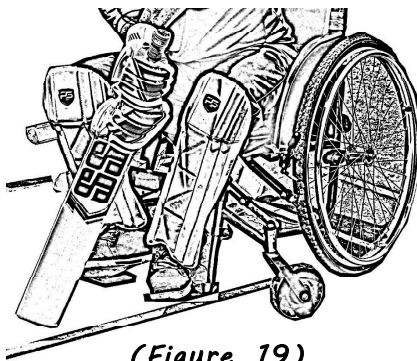
The Wheelchair Cricket Federation of India (WCFI) does not recommend that this stroke be taught to inexperienced players, particularly if the pitch is suspect. For this reason, the hook and other advanced skills (lofted shots, the sweep and the late cut) are omitted from this text.



## BATTING SKILLS ï ½ THE BASIC EL EMEN

### *The Grip:*

**Method:** Hands close together towards top of handle.  
Top hand gripping very firmly.  
Fingers and thumbs of both hands around handle.  
V's formed by thumb and forefinger are inline approximately half way between splice and outside edge of the bat (see Figure 19).



(Figure 19)

### *The Stance:*

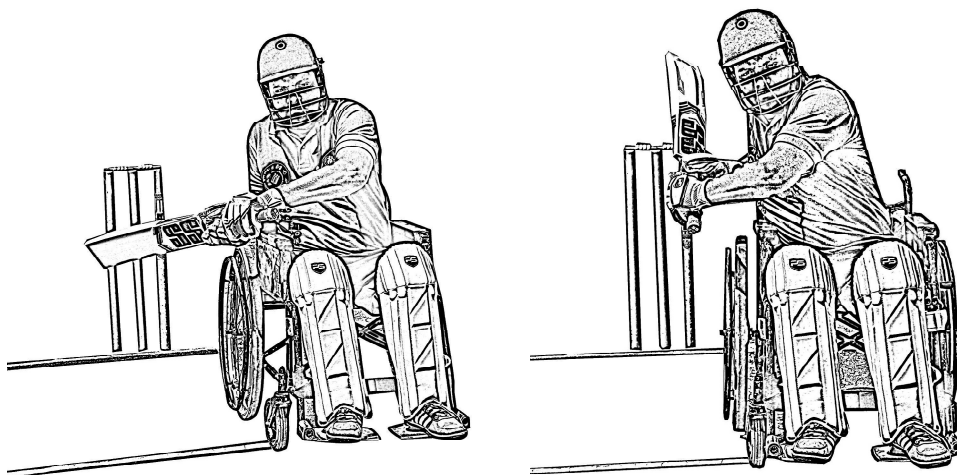
**Method:** Keep the wheelchair still.  
Foots slightly flexed on the footrest of wheelchairs.  
Eyes level and square to line of delivery. Toe of bat on the ground (See figure 20).



(Figure 20)

## THE BACKLIFT

*Method:* Front shoulder and elbow pointing to bowler on fixed wheelchair.  
Bat raised, but pushed back over the middle-stump.  
Head still.  
Open face of bat to point.  
Top forearm roughly with ground.  
Back elbow away from body.  
No movement of body backwards or forwards until selection of stroke to be played is made (see Figure 21)



(Figure 21)

## THE BASIC SHOTS

### THE PULL

This stroke is played to a short-pitched ball bouncing between knee and chest height as it arrives at the batsman. This is known as a long hop.

When learning strokes, a firm level surface is required in order to achieve an even predictable bounce from a tennis ball. Extreme care must be taken to ensure that no batsman will hit a ball in an area where others are working. Sufficient space must be allowed so that individual batsmen do not strike any person from another group with the bat. No fielder is allowed nearer than 10 paces from the batsman. If practicing inside, the batsman can strike the ball towards a wall and the fielders can intercept the ball on the rebound from the wall in a position nearer the striker but on the opposite side from the direction in which the ball was struck.

**Method:**

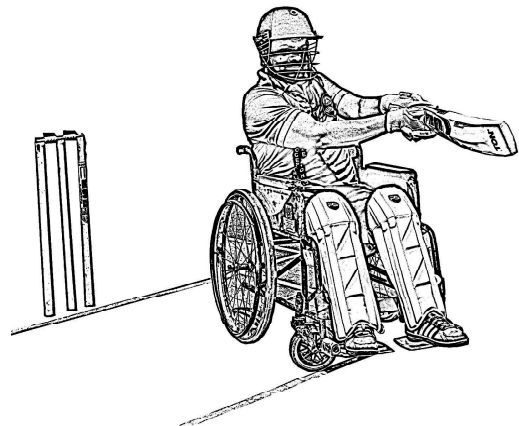
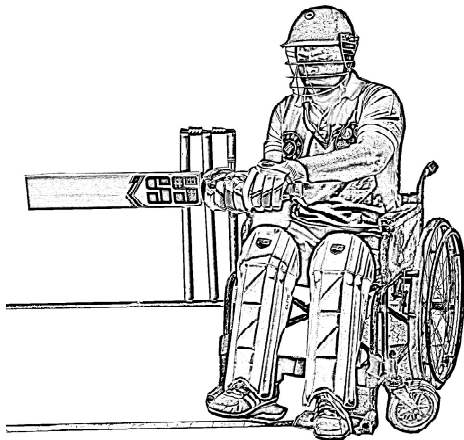
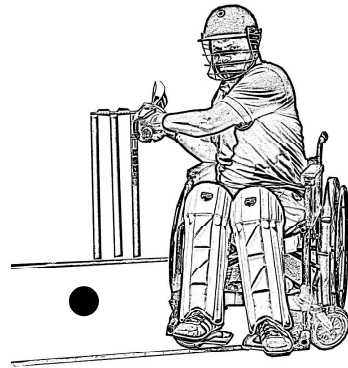
Start with high back lift.

Take position on the wheelchair.

Fix eyes on the ball and keep head still and forward of the body.

Hit the ball at arm's length in line with body.

Aim to hit the ball in front of square-leg and downwards (see Figure 22).

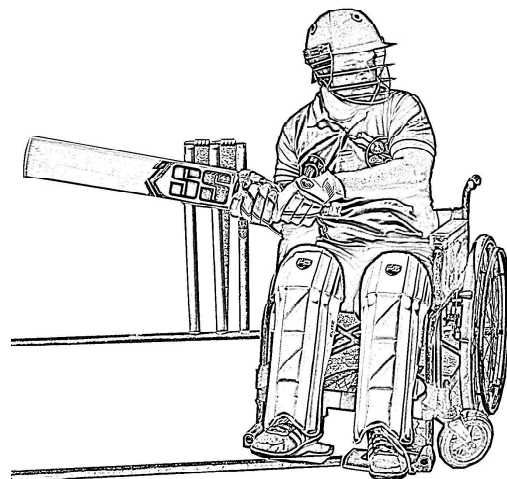


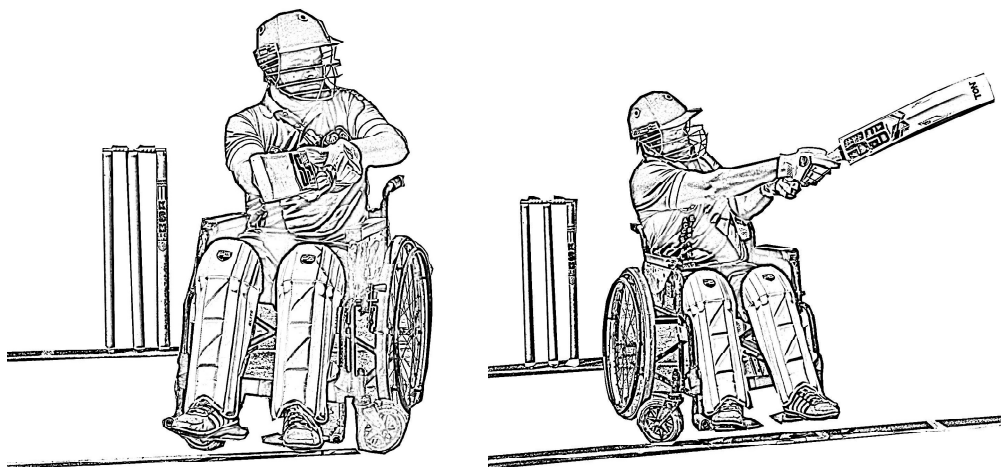
(Figure 22)

## HITTING A FULL TOSS TO LEG

**Objective:** To play a ball which does not bounce before arriving at the batsman.

**Method:** High back lift.  
Lean forward, head and front shoulder leading on to line of the ball.  
Fix eyes on ball.  
Hit ball downwards at arm's length.  
Aim in front of square-leg.





(Figure 23)

Weight on the wheelchair.

Keep looking at place where contact was made in order to keep the head still and maintain balance (see Figure 23).

## BACK DEFENSIVE STROKE

**Objective:** This stroke is played to a ball

Pitching short and bouncing knee high or above

**Method:** High back lift.

Step back and across towards off side if the ball is on off stump.

Back foot parallel with a crease.

Back of front shoulder turned slightly. Head on line of delivery.

Weight on back foot.

Balance of body forward.

Front foot brought back naturally.

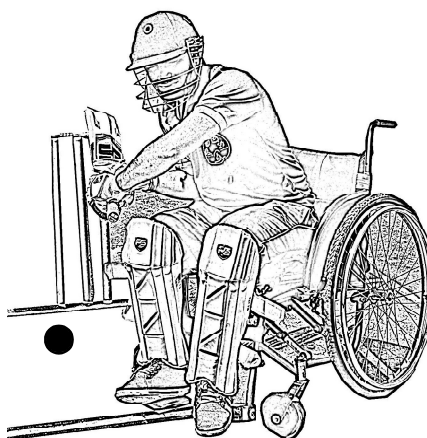
Relax bottom hand to finger and thumb grip.

Top hand in control.

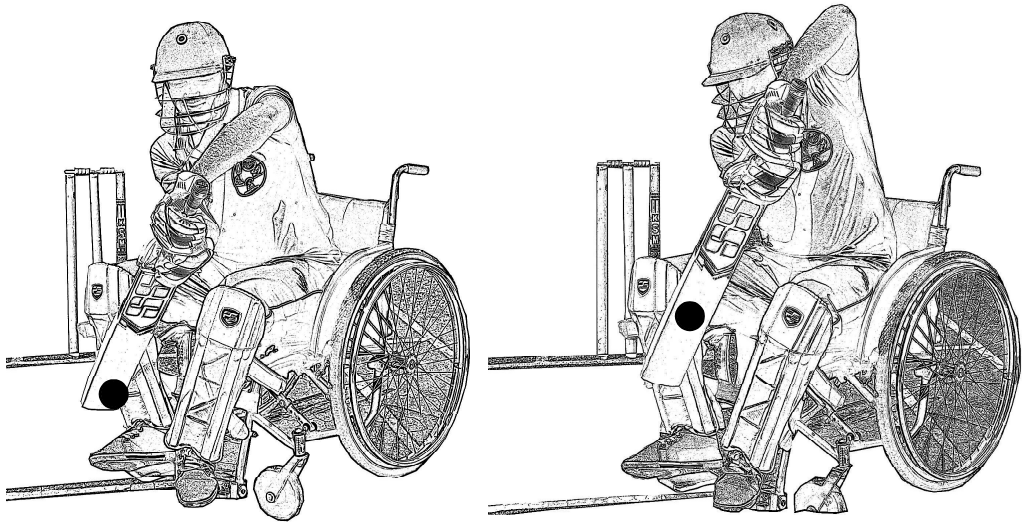
Ball is played under head.

Bat vertical, but

angled downwards so that the ball is not played upwards (see Figure 24).



(Figure 24-A)



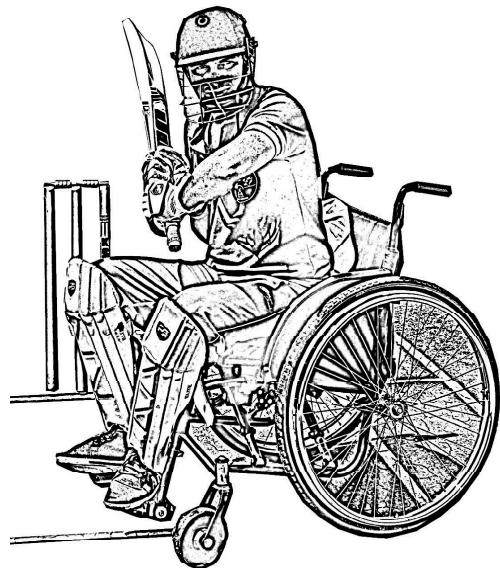
(Figure 24-B, C)

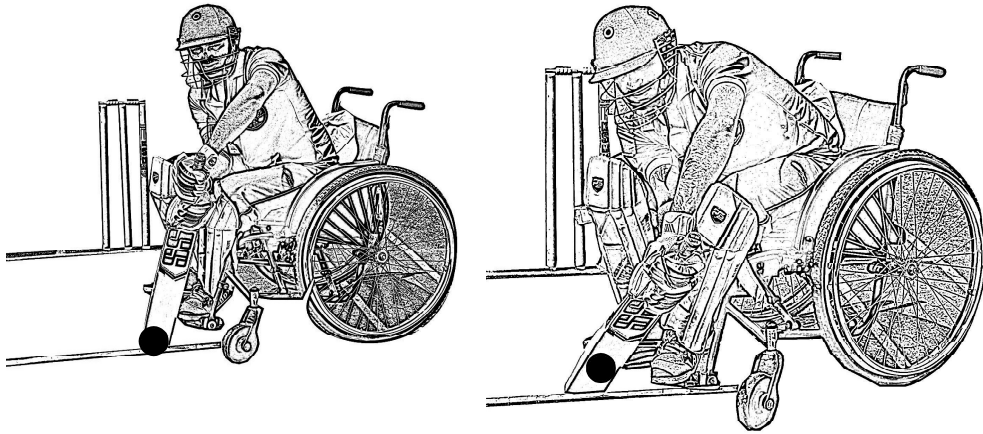
## THE FORWARD DEFENSE STROKE

**Objective:** To prevent a good length ball from hitting the wicket. The ball should not bounce as high as the knee.

**Method:** From a good straight back lift lead with head and front shoulder onto the line of the ball. Top hand in control. Relax bottom hand to thumb and finger grip. Front leg close to line of ball and bent at the knee.

Ease back foot onto inside of the foot; keep the back leg straight. Do not follow-through. Do





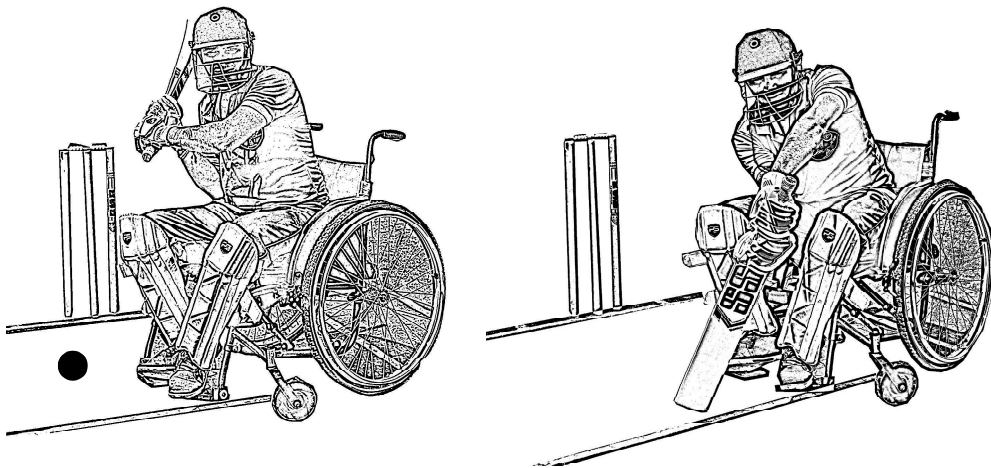
(Figure 25)

not follow-through. Maintain a good balance by keeping head close to front shoulder and over the bat. (see Figure 25).

## THE OFF DRIVE

**Objective:** To play to a half-volley, a ball which pitches close to the batsman and does not bounce very high. It will be just on or outside the off stump.

**Method:** From a good high backlift, lead with head and front shoulder onto line of ball.



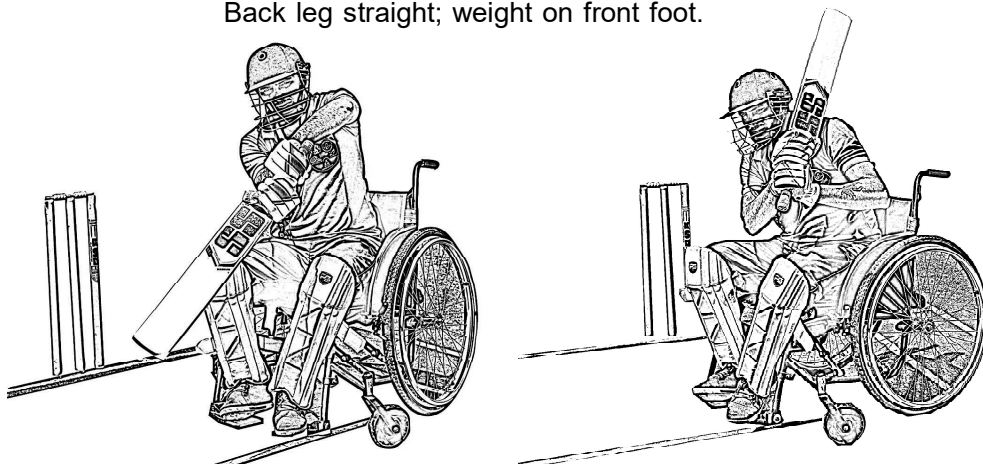
(Figure 26\_A)

## TOP HAND IN CONTROL.

Play ball under head close to bent front leg. Do not lift head after contact.

Arms follow-through along line ball was struck; top hand and elbow high.

Back leg straight; weight on front foot.



(Figure 26\_B)

The wrist can now 'break' allowing the bat to go over the shoulder, handle pointing roughly in direction of the ball (see Figure 26).

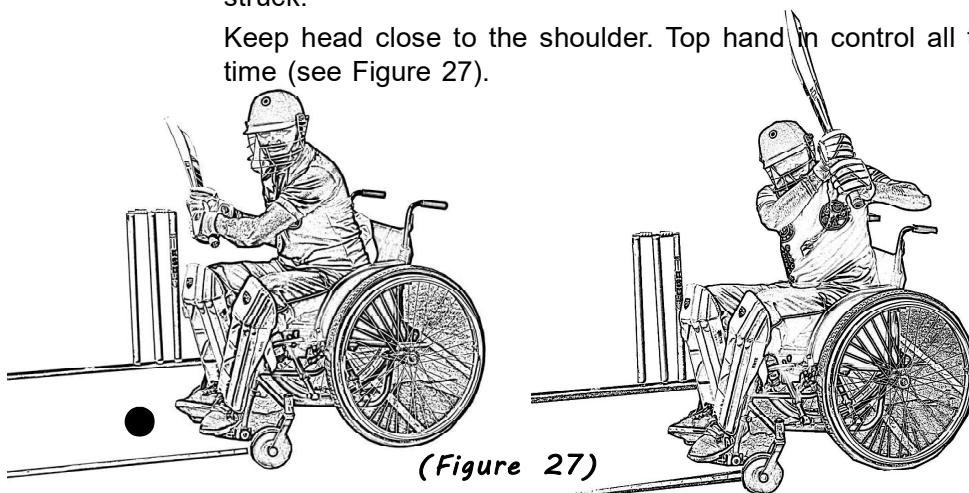
## THE ON DRIVE

**Objective:** This stroke is played to a half-volley, pitching on or just outside the leg stump.

**Method:** Lead with head and front shoulder onto a line of the ball.  
Dip front shoulder while taking a shorter stride than for other drives.

Throw hands and arms out along line ball is intended to be struck.

Keep head close to the shoulder. Top hand in control all the time (see Figure 27).



(Figure 27)

## THE FORCING STROKE OFF THE BACK FOOT

**Objective:** This stroke is played to a ball short of a length outside the off stump which does not bounce more than about knee height.

**Method:** Essential to have a good high back lift.  
Step back and slightly across to offside just inside the line of the ball.

Back foot parallel to crease.

Front shoulder turned slightly to off side. Weight on back foot.

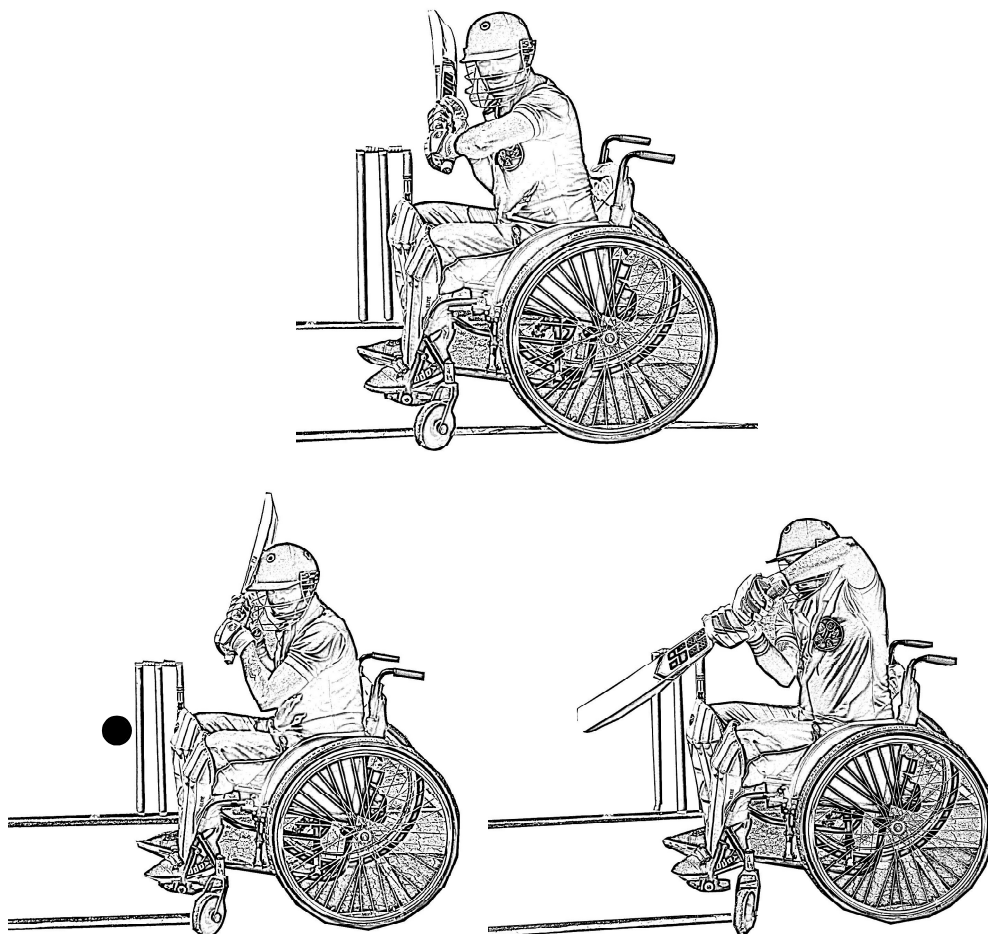
Head down.

Control downswing of bat with top hand. Allow the front leg to move close to back leg.

Just before contact with ball punch through with bottom hand.

Stop (check) swing of bat as shown, keeping a high front elbow.

Keep looking at spot contact was made to maintain balance and forward poise of the body (see Figure 28).



(Figure 28)



## THE SQUARE CUT

**Objective:** This stroke is played to a shortpitched ball which passes wide of the off stump, ideally about waist high.

**Method:** High backlift.

Turn back of the front shoulder to bowler.

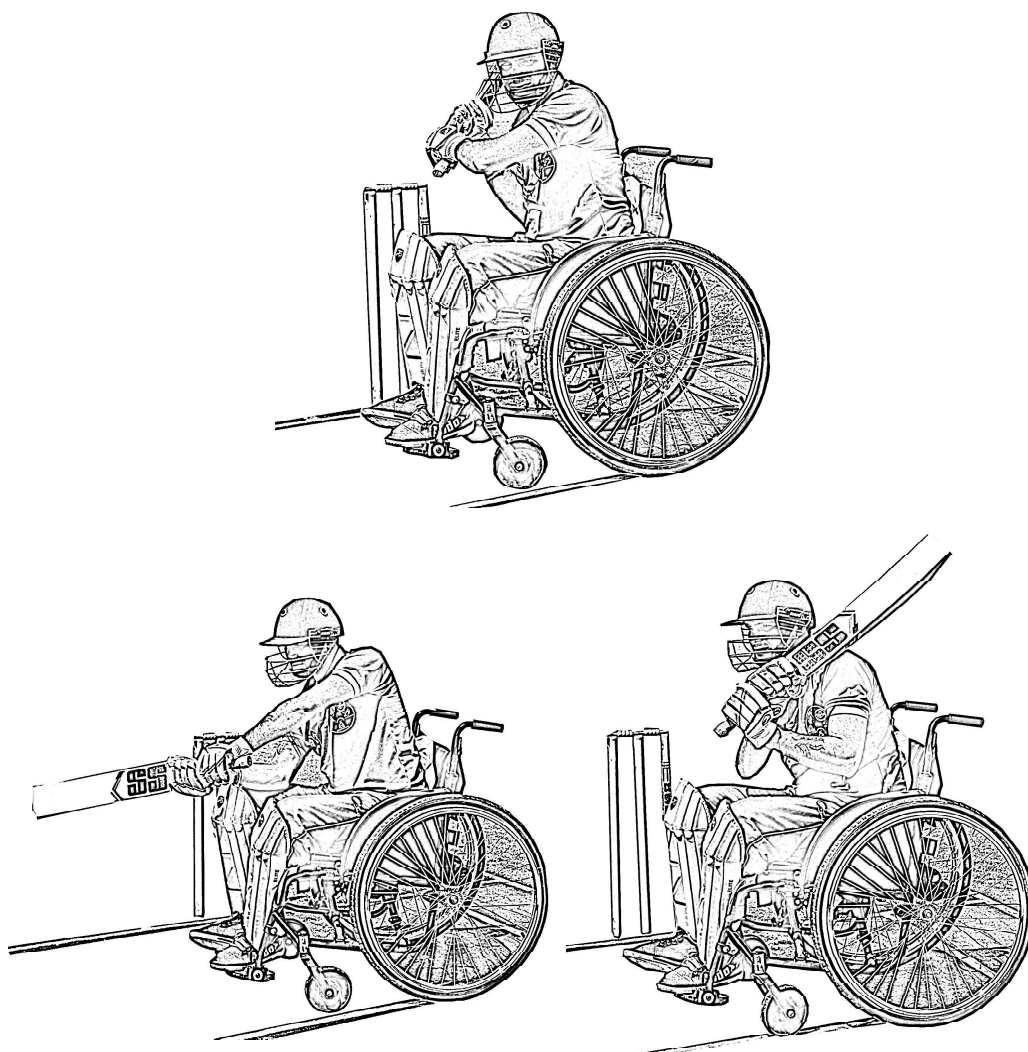
Step back and across to off side with the back foot.

Hit down on the ball at arm's length.

Watch ball carefully, making contact as it is level with the body.

Keep head well over the back knee as bat follows through.

Weight is on the back foot (see Figure 29).

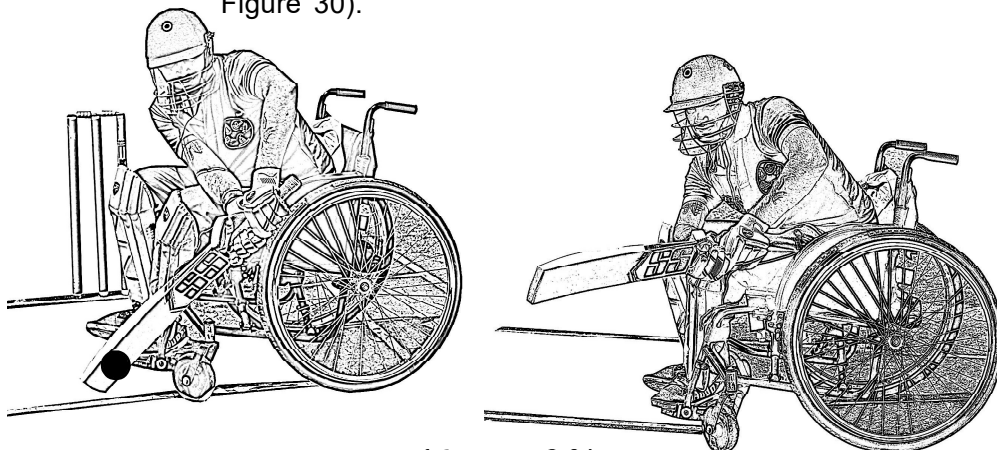


(Figure 29)

## THE FORWARD LEG GLANCE

**Objective:** This stroke is played to a good length or slightly over pitched ball on or outside the leg stump.

**Method:** Lead with head and front shoulder onto a line of the ball.  
Front foot lands in line with ball; top hand in control.  
Angle face of bat slightly to the leg side.  
Keep handle further forward than blade to play the ball down.  
Maintain a good balance by keeping head over the front knee as the ball is played and afterwards.  
Allow wrists to continue to turn as bat follows through (see Figure 30).



(Figure 30)

## THE BACKWARD LEG GLANCE

**Objective:** This stroke is played to a ball just short of a length which is missing the leg stump.

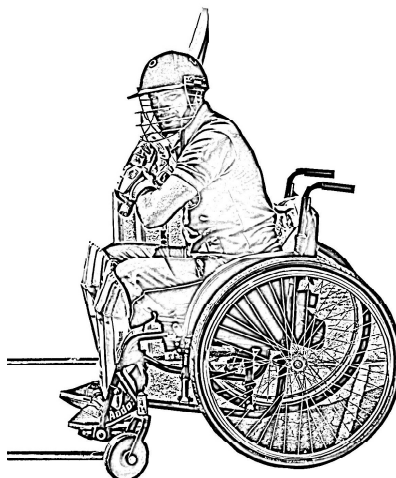
**Method:** Step back, allowing the back foot to point to cover.  
Head on line of ball.  
Front foot taken back naturally. Allow ball to come close.

Play ball down with angled bat, face pointing to the leg side.

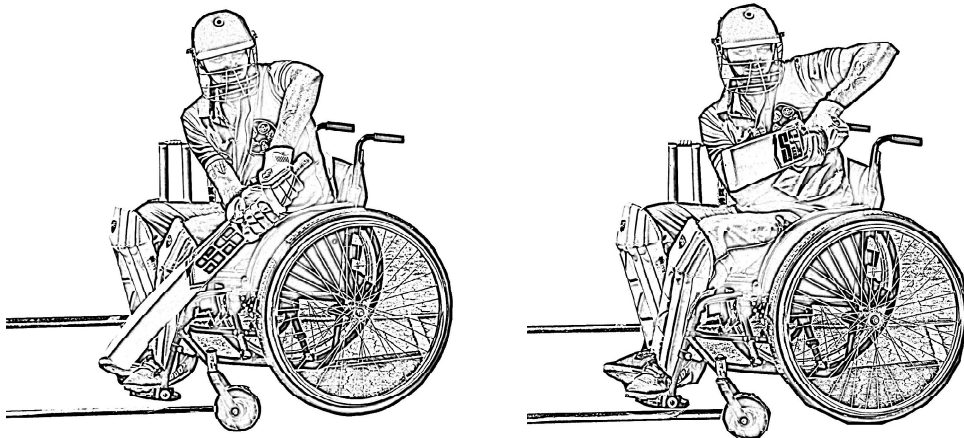
Control stroke with top hand.

Wrists continue to turn as bat follows through or

details and descriptions of more advanced strokes reference should be made to Recommended Reading (see Figure 31)



(Figure 31-A)



(Figure 31-B, C)

## RUNNING BETWEEN THE WICKETS

In order to score in Wheelchair Cricket it is necessary for the batsman to run between the wickets. While this may appear blatantly obvious, there is nevertheless a degree of judgement as well as physical skill involved, and staff are recommended to spend some time on this topic within the time allotted to teaching and practicing batting.

## RUNNING BETWEEN THE WICKETS INVOLVES 5 FACTORS:

- (1) Calling
- (2) Deciding who makes the call
- (3) Backing up
- (4) Making one's ground
- (5) Multiple runs

## CALLING

There are three calls:

**Yes** – when there is definitely a run

**No** – when there is no chance of a run

**Wait** – if unsure whether the fielder can collect the ball

Wait is always followed quickly by either yes or no.

## WHOSE CALL

This depends on where the ball has been struck. Generally, if the striker can see the ball easily it is his call. If it has gone behind the striker it would be the non-striker's call (see Figure 32).

Either batsman may refuse to run if he thinks he cannot make the run, provided he does so immediately.

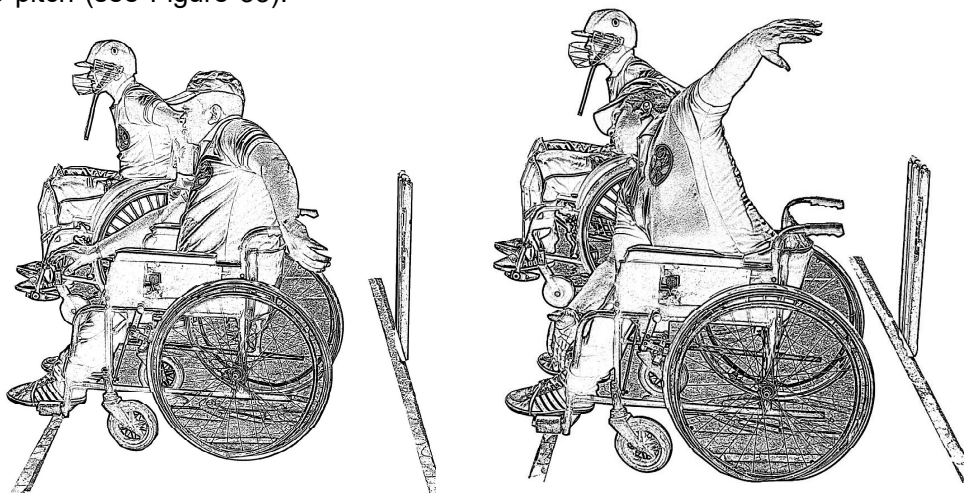


(Figure 32)

## BACKING UP

The non-striker holds his bat with the hand nearest the bowler. As the bowler commences his delivery, the non-striker is moving towards his partner, placing his bat just inside the popping crease. He watches the bowler deliver the ball before leaving the crease and moving down the pitch. If the bowler does not deliver the ball, he is able to remain within his ground because the bat is grounded behind the crease.

The non-striker's duty is to run clear of the striker so that he does not impede him if the striker, due to the stroke he has played, has to run on the same side of the pitch (see Figure 33).



(Figure 33)

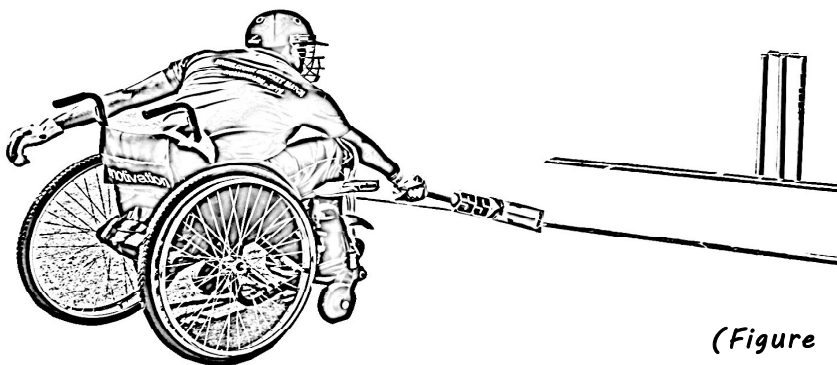
## MAKING ONE'S GROU

Always run the first run as fast as possible. Aim to run the bat in short of the popping crease so that it is grounded as it crosses the crease (see Figure 34).

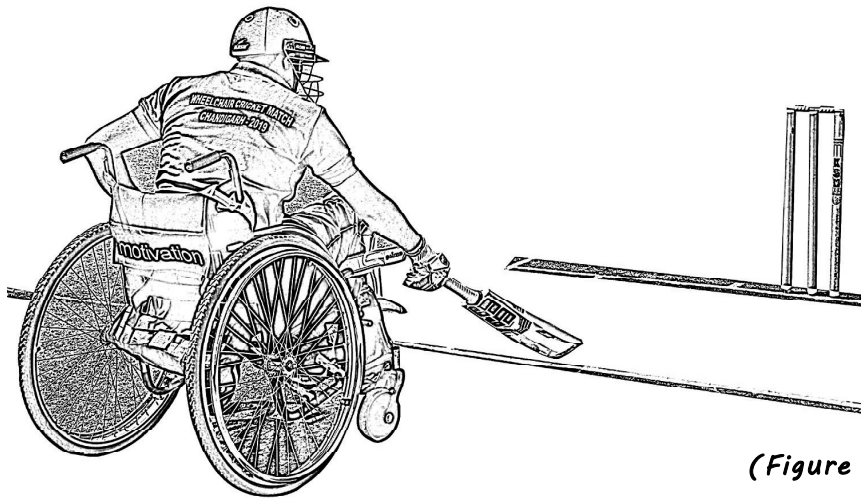
## MULTIPLE RUNS

When there is a possibility of more than one run, the call is yes, but as the batsmen pass each other they should quietly suggest the possibility: "Look for two", "Could be three".

Ground the bat in either left or right hand so that the turn can be made facing the direction in which the ball is being fielded.



(Figure 34-A)



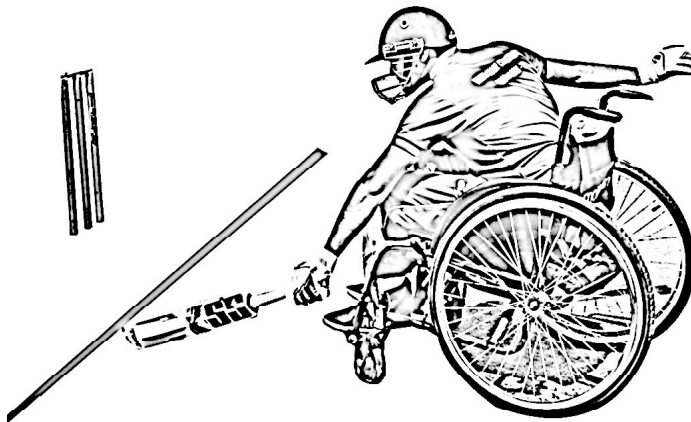
(Figure 34-B)

## TURN

Look – at the fielder to see whether there is another run.  
 Look – at the other batsman to ensure he can run again.  
 Call – run if yes, stay in ground if no (see Figure 35).

## GENERAL POINTS

If both batsmen start to run it is better to try and get to the other end than to stop and return to the starting point.  
 Ensure the bat is run in on its edge and grounded behind the popping crease before turning for the next run.



(Figure 35)

Before running for a misfield, ensure that the ball has travelled a sufficient distance from the fielder to allow a safe run. Having accepted a run, do not watch the ball when running.

## WICKET KEEPING

There are 2 positions from which to keep wicket.

- Standing back from the wicket.
- Standing up to the wicket.

### STANDING BACK

**Method:** Position where the ball can be taken as it drops between waist and knee height after bouncing.

Crouch to off side of stumps to get a clear view of ball. Rise with bounce of the ball.

Palms facing the ball, little fingers touching. Hands forward to give as the ball is taken.

Eye level; head as still as possible (see Figure 36).

Standing up to the Wicket – The Stance



(Figure 36)

### STANDING UP TO WICKET - THE STANCE

**Method:** Squat down just wide enough to obtain a good view of the ball.

Safe distance behind stumps so that no part of the keeper or his/her equipment breaks back edge of bowling crease as the ball is taken.

Eyes level, weight on balls of feet.

Backs of fingers resting on the ground, palms facing the bowler (see Figure 37).

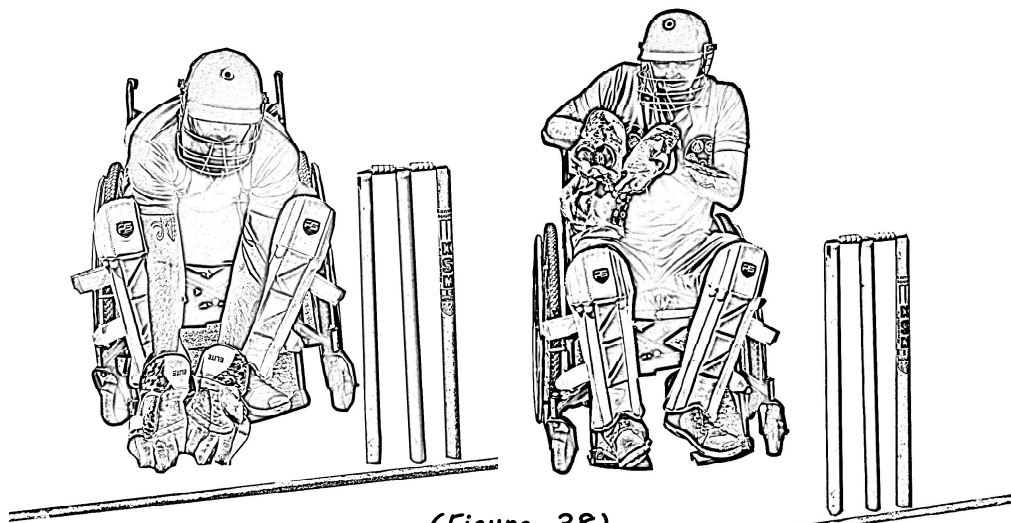
Standing Up to the Wicket – Taking a Straight Ball



(Figure 37)

## STANDING UP TO WICKET - TAKING A STRAIGHT BALL

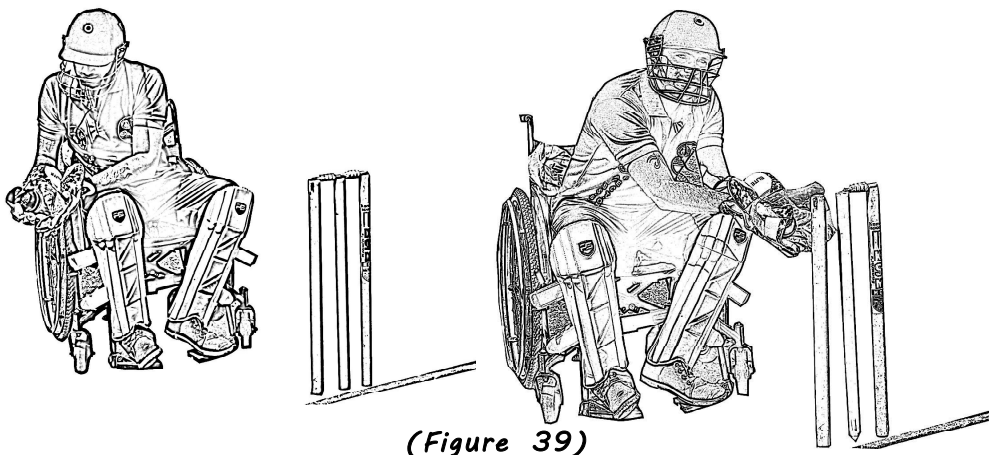
**Method:** Head and body behind line of ball.  
Rise with bounce of ball. Fingers pointing down.  
Hands give and elbows clear of body as the ball is taken.  
Transfer weight to foot nearest stumps to commence bringing ball towards the wicket in case of stumping opportunity (see Figure 38).



(Figure 38)

## STANDING UP TO THE WICKET $\frac{1}{2}$ TAKING A WIDE OFFSIDE BALL

**Method:** Move quickly to offside with outside foot turned in.  
Hands on line of ball. Give with hands.  
Transfer weight towards stumps by pushing head towards them.  
Swing arms towards wicket.  
Knock bails off if the batsman is to be stumped (see Figure 39).



(Figure 39)

## STANDING UP TO THE WICKET İ ½ TAKI M LEG-SIDE BALL

### **Method:**

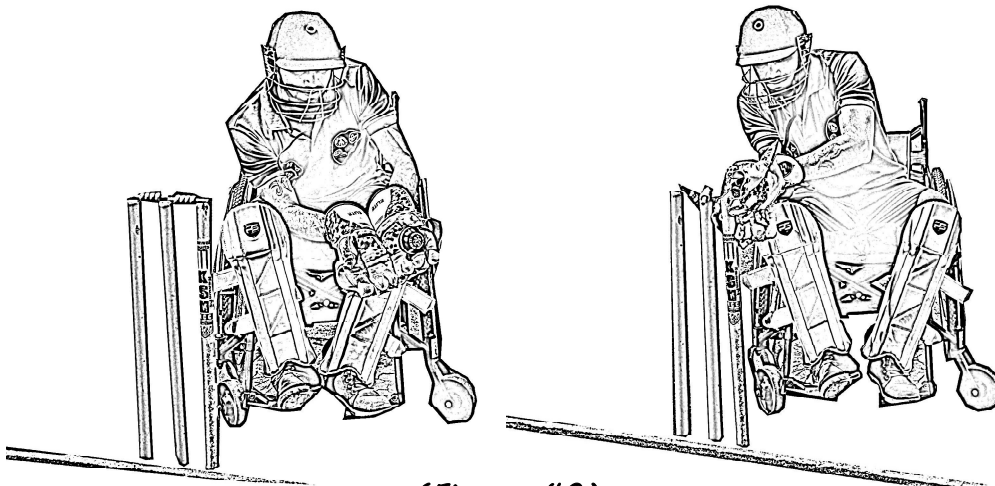
Sight and judge ball from normal stance.

Move quickly to the leg side.

Transfer weight from left foot which has turned in slightly, to right.

Take ball just outside line of the body.

Push head towards the wicket to assist swing of the arms to break the wicket if necessary (see Figure 40).



(Figure 40)

## STANDING UP TO THE WICKET İ ½ TAKI M RISING BALL

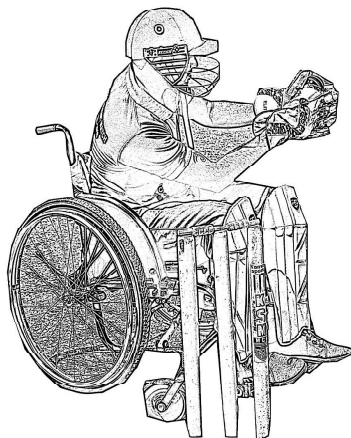
### **Method:**

This applies to leg and offside.

Keep gloves on line of the ball.

Sway head and body off the line; allow gloves to rise with the ball.

Push head towards stumps to assist arm swing back for possible stumping (see Figure 41).



(Figure 41)



# **UNIT 4**

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## **TACTICS AND FIELD PLACEMENT**

It has not been possible to cover these topics in any detail, and again teachers are referred to more comprehensive texts.

In terms of tactics this section has been sub-divided into key points for consideration when examining the tactics of the game from the perspective of the bowler and the batsman.

### **THE BOWLER**

#### **TACTICS FOR SEAM BOWLERS**

Bowl at the wicket or just outside off stump.

When attempting to swing the ball, aim to pitch the ball close to the batsman to encourage front foot strokes, i.e. bowl a full length.

Vary length from time to time so that batsman has to think whether to play forward or back. Bowl the occasional bouncer.

Encourage dangerous strokes by leaving gaps in the field and pitching the ball so that it is difficult to hit the ball into those gaps.

Frustrate batsman by bowling to avoid his favorite strokes, e.g. keep front foot players on the back foot by bowling shorter length balls.

Do not bowl too many variations, e.g. out-swinger, in-swinger, off cutter, leg cutter. It is difficult to set fields for a great variety of balls. Do vary your position on the crease.

If one batsman is poor try to bowl at him most of the time by allowing the better batsman the opportunity of scoring singles early in the over by setting the field deeper.

Towards the end of an over do not allow the better batsman a single so that he faces the next over. Bring the field in to stop the single.

## **TACTICS FOR SPIN BOWLERS**

Much of the previous section on tactics for seam bowlers applies to spin bowlers with the addition of the following:

It is essential to bowl a good or even fuller length.

Always try to spin the ball even if the pitch appears unresponsive. Use the variations sparingly, e.g. floater, arm ball, etc. Vary pace and flight, i.e. release ball earlier to give a high trajectory and later to give a low trajectory. Use the width of the crease and change from round the wicket to over wicket or vice versa if necessary.

Adjust field to attack defensive batsman and set field to cut off runs for an attacking batsman. If not successful at one end ask to bowl from the other.

## **THE BATSMAN**

### **TACTICS FOR BATSMEN**

Batting in Wheelchair Cricket not only involves high levels of physical skill, but also judgmental and decision making skills. The batsman has to make decisions regarding his reaction to the tactics of the opposition. The speed of this decision making will be dictated externally, i.e., externally paced, or influenced by the speed and accuracy of the bowler, the field placement of the opposition, the stage in the innings, and the stage in the match. Often players have to make decisions based on anticipated outcomes. In other words, the speed of the ball will be too fast for the human visual system to track, and therefore a player must predict what will happen and base his/her decision on this judgment. At the school level the task is easier in terms of the speed of bowlers, but difficult in terms of the batsman's experience. The following should act as basic guidelines.

### **STROKE SELECTION**

Early on, play well pitched up and straight balls between mid-on and mid-off with straight bat strokes.

Hit bad balls to the side that they are swinging or spinning. Do not try to hit them too hard.

If the pitch has variable bounce, do not hook and be on your guard for 'shooters'. Pick bat up early, particularly against faster bowlers, so that you have time to come down on the ball.

Only play defensive strokes to balls which will hit the wicket or which would otherwise hit you.

An additional judgment must be made following stroke production, and that is how and when to attempt to score runs.

## **SCORING RUNS**

Check the field setting for obvious gaps or fielders set too deep to stop singles.

Note which fielders are left handed, slow movers, poor throwers.

Be prepared for quick singles, back up when non-striker and run first and hard.

Relax hands when playing defensive strokes so that the ball does not roll far from the bat. Fielders may now have to remain close to wicket to prevent singles. A firm push may now beat the fielder as he is too close to react to save the single.

If a fielder is dropped back, do not try to hit the ball over him; aim for the gap he has left or try to hit to another part of the field.

If you are having difficulty scoring off or playing a particular bowler, get your partner to try to remain facing that bowler as much as possible.

Against spinners, using the feet to get to the pitch or full toss may help to pierce the field.

Be patient – sooner or later the bowler will bowl a bad ball.

The tactics of both bowler and batsmen will interact with those of the fielders. It is therefore important that players know how to set fields to support the teams' tactical objectives.

## **FIELD SETTING**

***Fielders are placed in specific places for two reasons:***

- To catch an opponent out
- To stop the batsman scoring runs. There are three types of fielding positions:
  - Close catchers – slips, gully, short leg etc.
  - Fielders saving one run – cover, mid on, square leg etc.
  - Boundary fielders stopping boundaries – deep third man, deep fine leg, long off etc.

Occasionally it may be necessary to place fielders halfway to the boundary, if it is

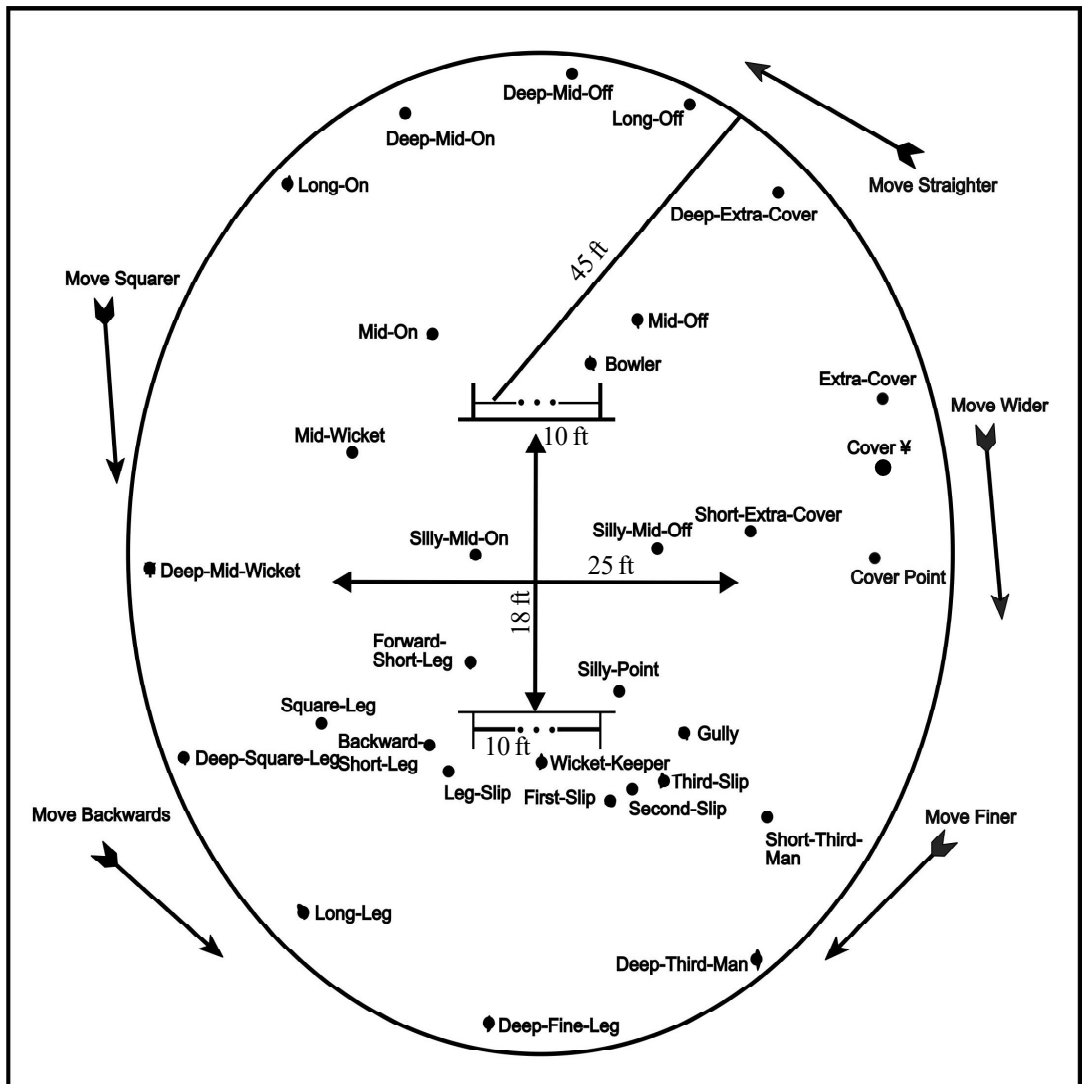
a very long boundary and the well hit ball will not reach the normally placed boundary fielder. Alternatively a batsman may be known to hit a ball regularly to the place where the field is sited.

**Guidelines:** The faster the bowler, the faster the pitch, the finer the field is set. The slower the bowler, the slower the pitch, the straighter and squarer the field. Set the field so that good balls are played to the fielders. If the bowler bowls a lot of bad balls, change the bowler not the field setting. Fielders must also be told to move as in Figure 42 below.

Figure 42

Closer means move towards the batsman.

Deeper means move farther away from the batsman.



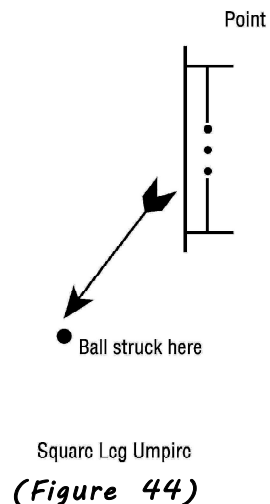
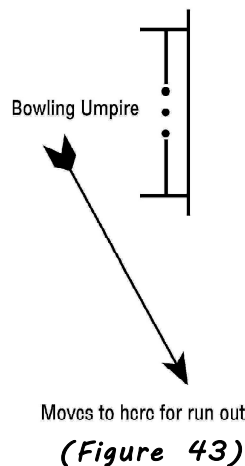
(Figure 42)

# UNIT 5

## UMPIRING

The umpires are the sole judges of all matters concerning the game once the toss for innings has been made. They decide whether it is fit or unfit to play, make all decisions regarding the laws and officially check the scores at the end of the game to confirm the result.

The bowling end umpire stands in line with the wickets (see Figure 43) and makes decisions about the placement of the bowler's feet for the fairness of delivery, LBW etc. He may move up to the wicket or back if requested by the bowler, but he must be in a position to carry out his function.

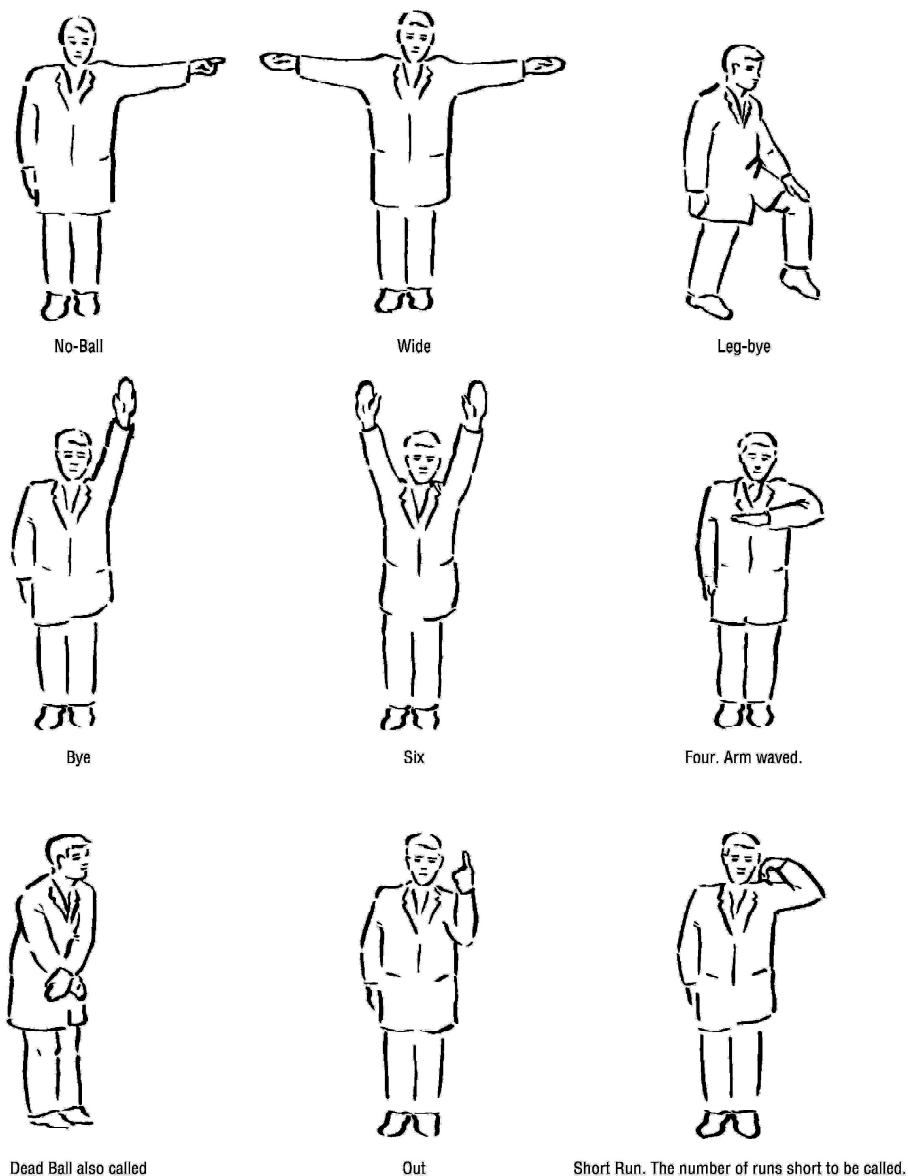


When a run is being taken, the bowling umpire moves to the same side of the pitch as the ball and level with the popping crease, to get in the best position to give a decision for a run out as in the diagram.

The other umpire usually stands level with the popping crease at square leg (see Figure 44). However, if the sun or a fielder interferes with his view he can stand at the Point. His principal function is to give decisions on stumpings, run outs, etc. at the strikers end.

The bowling umpire starts the game by calling "Play". After six legitimate balls he calls "Over"; at the end of the play he calls "Time" and removes the bails. During the game he gives the following signals to the scorers to inform them of what is happening. There is no signal for one or more runs scored from the bat, unless a boundary is scored. No signal will be given if a batsman is not out on appeal, but the umpire will say "Not out". Umpires communicate their decisions to both players and spectators through a series of signals (see Table 1).

Table 1: The Umpire Signals



NB the umpire will not allow the game to continue until the scorers have acknowledged his signal.

(Figure 45)

# UNIT 6

## **RULES & REGULATIONS**

### **GROUND SPECIFICATIONS:**

1. The ground shall be in round circle.
2. Boundaries would be 45 meters from the pitch.
3. Inner circle will be of 25 meters from the pitch.
4. The length of the pitch will be of 18 feet distance from wicket to wicket
5. Popping crease dimensions will be 4.4 feet on both sides.
6. Width of the pitch will be 10 feet.
7. Return crease will be same as in the case of point no. 5.

### **WIDE BALL:**

1. 2.4 feet from the stump towards the off side/ right side.
2. Towards the left side/ leg side, sitting posture of the batsman will determine the wide ball, the justification of which is as under:
  - a. If the batsman keeps the wheelchair straight facing the bowler, then leaving aside the batsman, the wide will be towards the leg side.
  - b. If the ball is not in the line with the first condition and the ball strikes the half of the wheel of wheelchair, it will still considered as wide.

### **NO BALL:**

1. If the bowler's feet touches the ground, it will be considered as no ball.
2. While delivering the ball, if the wheelchair cross the popping crease, it will be considered as no ball.

3. If the wheel of the bowler's wheelchair is outside the return crease, it will be considered as no ball.
4. If the bouncer is delivered by the bowler which is above the stump height/ shoulder height of the batsman, it will be considered as no ball.
5. If more than one bouncer is delivered by the bowler in one over which is above the stump height/ shoulder height of the batsman, it will be considered as no ball.
6. If the ball hits the pitch with more than one tip, it will be considered as no ball.

## **RULES FOR THE BATING:**

1. The batsman can play either with one hand or with both the hands.
2. The batsman has to wear pads and batting gloves during the batting.
3. Helmet, chest guard or any other safety measures can be adopted by the batsman which will remain optional.
4. While batting, the feet of the batsman should not touch the ground.
5. While playing the shot, the batsman can run without the bat.
6. The batsman has to continue with the same posture which he/she has opted which will be decided by the umpire.

## **RULES FOR GETTING OUT:**

### **I. BOLD:**

1. Under any circumstances, if the ball hits the stumps (by touching the body of batsman, wheelchair as well as with the bat), it will be considered as out (bold).
2. Nevertheless, considering the above point, if the bales does not fall, it will not be considered as out (bold).

### **II. CATCH:**

1. If the ball hits the bat and same is taken by the fielder without falling on the ground, it will be considered as catch out.
2. If the ball does not hit the bat but touches the elbow or hand gloves and same it taken by the field without falling on the ground, it will be considered as catch out.
3. In case, if the ball struck on the wheelchair of the fielder while taking the catch, it will also be considered as catch out (ball should be in the air).
4. During a dive catch or any other form of the same, if the feet of the fielder touches the ground, it will not be considered as catch out.



### **III. HIT WICKET:**

1. During the batting, if the bat, body of the batsman or the wheelchair hits the wicket and the bail falls on the ground, it will be considered as hit wicket.
2. While taking the run, if the bat, body of the batsman or the wheelchair hits the wicket and the bail falls on the ground, it will be considered as hit wicket.

### **IV. LEG BEFORE WICKET (LBW):**

1. As per the rules, if the pad of the batsman or wheelchair or any part of the body which is in line with the stumps and where the ball is equivalent to the height of the wickets, it will be considered as LBW.

### **V. RUN OUT:**

1. While taking the run, if the batsman is outside the popping crease (whether at the batsman's end or at the non-batsman end) and the ball hits the wicket, it will be considered as run out.
2. From popping crease to popping crease, if the wheel or the bat falls inside the demarcated line before the ball hits the stumps, it will not be considered as run out.
3. Run out will be considered on the no ball call by the umpire.

### **VI. STUMPING:**

1. While playing the shot, if the batsman is outside the popping crease and the wicket keeper takes the stump off, it will be considered as stump out.

### **RULES FOR BALLING:**

1. While delivering the ball, wheelchair of the bowler should be within the demarcated line from both the sides.
2. While delivering the ball, if the wheelchair of the bowler is outside the demarcated line, it will be considered as no ball.
3. Ball can be delivered while the wheelchair is stable or it is in movement.
4. While delivering the ball, arm of the bowler should swing in the circular movement. In case of non-circular movement of the arm, it will be considered as no ball.

### **SCORING RULES:**

1. In case of a no ball or wide ball, the batting team will get an extra run and extra ball to play.
2. In case of a no ball, the batting team will be benefited with a free hit during the next ball. Except run-out, the batsman cannot get out while a free hit shot is been played.

3. If the ball is not hit by the batsman and the ball is also not captured by the wicket keeper, the batsman can take the run which will be considered as extra run (bye-run).
4. If the ball hit the body of the wheelchair of the batsman and the run is been taken by the batsman, it will be considered as extra run (leg-bye run).
5. Under rule no. 3 & 4 of the scoring, if the ball crosses the boundary, the batting team will get four runs as extra run (bye or leg-bye run).
6. In case of over through, the runs will be counted at the batsman's end.
7. If the feet of the batsman touches the ground while playing the shot, two runs in form of penalty shall be deducted from the total score of the batsman which will be from the grand total score of the team.

### **COMPOSITION OF THE GROUND PLAYERS:**

1. Among 11 players on the ground, 6 should be with the polio on both the legs or with spinal cord injury.
2. Among 11 players on the ground, a maximum of 2 should be the leg amputee.
3. Remaining 3 players should be at least with one leg polio.
4. In case, if the amputee players are not in the team then, 7 players should be with polio on both the legs or with the spinal cord injury. Remaining 4 should be with at least one leg polio.
5. If the team is having only 01 amputee player, the other player can be from any other category (spinal cord injury, one leg or both legs polio).
6. In case if the legs of any player are amputee above the knee level, it will be considered equivalent to both leg polio.

# HISTORY OF WHEELCHAIR CRICKET IN INDIA

The origin of Wheelchair Cricket is not clearly documented anywhere. However, it is clear that from some undocumented source depicting a games played that involves striking a ball preferably tennis ball with a bat sitting on wheelchair.

While making an online research as well as meeting with few of them, it was observed that the first ever Wheelchair Cricket Match in the country was formally organized by Shri Atul Srivastava at Allahabad (Uttar Pradesh) in 2016. Shri Srivastava himself was on wheelchair and had invited three teams collectively and were not state specific. Further, it was also observed that few segregated matches were organized by Non-Government Organizations (NGOs) and Faith Based Organizations (FBOs) in the country. For instance, players were invited from Uttar Pradesh, Haryana and Chandigarh.

In Haryana, Wheelchair Cricket Match was organized by Shaan-e-Khalsa Sewa Samiti on 10<sup>th</sup> September, 2016 at Sirsa by inviting players from Delhi, Uttar Pradesh, Chandigarh and Haryana itself.

In Chandigarh, the first formal wheelchair tournament and a complete series comprising of four state teams from Uttar Pradesh, Delhi, Haryana and Punjab was organized by Association of Professional Social Workers and Development Practitioners (APSWDP). The event was supported by Rajiv Gandhi National Institute of Youth Development (RGNIYD), Regional Center Chandigarh under the initiative of Capacity Building and Training of Persons with Disabilities through Sports from 21-22 October, 2017 at Panjab University, Chandigarh. The event made a remarkable debut in the country and sensitized media, Sports, and marginalized community based organizations. It sparked a momentum in the entire country and set a platform for many aspiring wheelchair cricketers.

In 2018, another wheelchair tournament and series was organized by Association of Professional Social Workers and Development Practitioners (APSWDP) from 20-21 January, 2018 at Punjab Engineering College (PEC) Campus by inviting players from Chhattisgarh, Punjab and Gujarat. It motivated to evolve wheelchair cricket in India in an organized way as a part of empowerment of Persons with Disabilities through Sports which became a part of capacity building and training programme.

Later, a series of wheelchair cricket was organized by a sports trust at Ghaziabad (Uttar Pradesh) in 2018. Association of Professional Social Workers and Development Practitioners (APSWDP) has already developed the capacity of Persons with Disabilities (PwDs) from 08 States/U.T. namely Chandigarh, Punjab, Gujarat, Madhya Pradesh, Karnataka, Himachal Pradesh, Jammu & Kashmir and Chhattisgarh. It was aimed at evolving the State Level Associations and Organizations for promoting wheelchair cricket in the country by the way of introducing it as a formal setup under the State specific legal instrument. Simultaneously, a country wide federation was also established with overall guidance and technical support of APSWDP namely 'Wheelchair Cricket Federation of India' (WCFI) in 2018.

Since the inception of WCFI, few States Associations namely Chhattisgarh, Karnataka, Punjab, Uttar Pradesh, Madhya Pradesh, Himachal Pradesh and Gujarat have organized selection camps, trainings and friendly matches in 2018-19 on war footing.

Similarly, 'Divyang Wheelchair Cricket Federation of Chhattisgarh' (DWCFI) has organized an Intra-State Wheelchair Cricket Tournament on 16-17 March, 2019 at Indira Gandhi Krishi Visvavidyala (IGKV), Raipur under the patronage of WCFI.

In 2019, WCFI organized a high profile Day & Night Wheelchair Cricket Match between North India XI and Central India XI under the patronage of Chief Electoral Officer, Chandigarh Election Commission of India for the Promotion of Accessible Elections during 'General Elections 2019' on 14<sup>th</sup> May, 2019 at Cricket Stadium, Sector-16, Chandigarh. This initiative has been described as one of the best practice under the compendium compiled by the Election Commission of India.

Thereafter, Karnataka Wheelchair Cricket Association (KWCA) had organized a 'Dasahra Cup' on 29<sup>th</sup> September, 2019 at Mysuru.

In 2020, Gujarat Wheelchair Cricket Association (GWCA) had organized a triangular series between Karnataka, Madhya Pradesh and Gujarat from 01-02 February, 2020 at Baroda. It was first of its kind in the State of Gujarat, which made a remarkable event and was appreciated by the Hon'ble Speaker of the Gujarat Legislative Assembly.

WCFI endeavors to promote wheelchair cricket in the country with a vision of its holistic inclusion in the Social Welfare schemes. Wheelchair cricket aims at bringing peace and harmony among the families of PwDs. It also aids and empowers PwDs to overcome their long depression of staying exclusively inside the four walls of house. It motivates them to be a part of a team with alike peers who have not surrendered because of their being as PwDs.

It is a great achievement and one of the best initiative towards empowerment of Persons with Disabilities led by WCFI and along with its affiliated associations in eight different States/ U.T.'s.

#### **List of Registered Wheelchair Cricket Associations and Organizations**

| <b>Sr. No.</b> | <b>State Associations</b>  | <b>Registration/ Establishing Year</b> |
|----------------|--|--|
| 1              | Wheelchair Cricket Association Himachal Pradesh (WCAHP)  | 15.09.2018                             |
| 2              | Chandigarh & Punjab Wheelchair Cricket Association (CPWCA)                                       | 06.09.2018                             |
| 3              | Wheelchair Cricket Association Uttar Pradesh (WCAUP)   | 11.12.2018                             |
| 4              | Disabled Sports (Wheelchair Cricket & Basket Ball) and Social Welfare Association Madhay Pradesh | 30.08.2019                             |
| 5              | Karnataka Wheelchair Cricket Association   | 22.11.2019                             |
| 6              | Gujarat Wheelchair Cricket Association   | 29.01.2019                             |
| 7              | Divyang Wheelchair Cricket Federation of Chhattisgarh (DWCFI)                                    | 07.02.2019                             |
| 8              | Wheelchair Cricket Association Jammu and Kashmir   | 11.07.2019                             |

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