



CJCC

**COMMUNITY JUNIOR
CRICKET COUNCIL**

Policies and Procedures

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1. Blood Policy

The CJCC supports the Blood Rules Policy of Sports Medicine Australia which can be found at http://sma.org.au/wp-content/uploads/2009/10/Blood_rulesOK-booklet.pdf

This policy is called Blood Rules OK.

The CJCC further supports this as per the General Rules Section 1.6.1 Blood Rule.

2. Clearances

Any player wishing to transfer to another club in any Association shall obtain from his/her former club a clearance, which has been completed on PlayHQ.

A club or Association may only object to an application for clearance if:

- (a) The player owes money to the club.
- (b) The player is under suspension by the club for a breach of club rules or policies.
- (c) A player who is under suspension from the Protests and Disputes Board will be ineligible for clearance until the said player serves the suspension.
- (d) Disputes over clearances shall be referred in writing to the CJCC Administrator.
- (e) Clubs and associations within 14 days shall respond to all player clearances, otherwise player clearance shall be deemed to be CJCC approved.

3. Concussion Policy

- (a) Should any player batsman or fielder receive a blow to the head from a ball or other piece of equipment during play or training they must be assessed for a possible concussion.
- (b) The player should be tested with the concussion recognition tool (see below)
- (c) If the player fails the test, they shall take no further part in the days play/training and must be assessed by trained medical professionals.
- (d) If a player is removed due to a suspected concussion, it must be reported in writing to the association president within 24 hours of the incident.
- (e) That player may not take the field until medical clearance is granted and a copy provided to the association.

Pocket CONCUSSION RECOGNITION TOOL™

To help identify concussion in children, youth and adults



RECOGNIZE & REMOVE

Concussion should be suspected **if one or more** of the following visible clues, signs, symptoms or errors in memory questions are present.

1. Visible clues of suspected concussion

Any one or more of the following visual clues can indicate a possible concussion:

- Loss of consciousness or responsiveness
- Lying motionless on ground/Slow to get up
- Unsteady on feet / Balance problems or falling over/Incoordination
- Grabbing/Clutching of head
- Dazed, blank or vacant look
- Confused/Not aware of plays or events

2. Signs and symptoms of suspected concussion

Presence of any one or more of the following signs & symptoms may suggest a concussion:

- Loss of consciousness
- Seizure or convulsion
- Balance problems
- Nausea or vomiting
- Drowsiness
- More emotional
- Irritability
- Sadness
- Fatigue or low energy
- Nervous or anxious
- "Don't feel right"
- Difficulty remembering
- Headache
- Dizziness
- Confusion
- Feeling slowed down
- "Pressure in head"
- Blurred vision
- Sensitivity to light
- Amnesia
- Feeling like "in a fog"
- Neck Pain
- Sensitivity to noise
- Difficulty concentrating

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3. Memory function

Failure to answer any of these questions correctly may suggest a concussion.

"What venue are we at today?"

"Which half is it now?"

"Who scored last in this game?"

"What team did you play last week / game?"

"Did your team win the last game?"

Any athlete with a suspected concussion should be IMMEDIATELY REMOVED FROM PLAY, and should not be returned to activity until they are assessed medically. Athletes with a suspected concussion should not be left alone and should not drive a motor vehicle.

It is recommended that, in all cases of suspected concussion, the player is referred to a medical professional for diagnosis and guidance as well as return to play decisions, even if the symptoms resolve.

RED FLAGS

If ANY of the following are reported then the player should be safely and immediately removed from the field. If no qualified medical professional is available, consider transporting by ambulance for urgent medical assessment:

- Athlete complains of neck pain
- Increasing confusion or irritability
- Repeated vomiting
- Seizure or convulsion
- Weakness or tingling/burning in arms or legs
- Deteriorating conscious state
- Severe or increasing headache
- Unusual behaviour change
- Double vision

Remember:

- In all cases, the basic principles of first aid (danger, response, airway, breathing, circulation) should be followed.
- Do not attempt to move the player (other than required for airway support) unless trained to do so
- Do not remove helmet (if present) unless trained to do so.

from McCrory et. al, Consensus Statement on Concussion in Sport. Br J Sports Med 47 (5), 2013

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4. Dispensation

Clubs seeking dispensation for players to play out of their designated age group may be required to request approval from their Association or the CJCC as per clause 2.3 of the General Rules. The Association and CJCC will consider the request applying the following criteria:

- (a) Intellectual and/or physical impairment.
- (b) A demonstrated need to fill a team:
 - (i) For long term requests, up to the maximum number of players allowed in a team for that grade.
 - (ii) For individual match day requests, up to the maximum number of players allowed on the field.
- (c) To prevent girls' team being split by progression to the next competition age group. The player's skill level must be appropriate for the competition.

All dispensations to play are for one season only and new approvals are required each year.

CJCC and Association Dispensation requests must be submitted at least 48 hours before the start time of the match, except where a team requires an additional player to avoid a forfeit.

NOTE: All players who are current or previous Premier Cricket squad members and request to play in younger age or year groups cannot be approved at Association level and MUST be referred to the CJCC for consideration.

5. Helmet Policy

Helmets must be a specifically-designed, properly-fitted cricket helmet with a face guard.

Current “best of breed” helmets are those that are compliant with the British Standard for helmet safety (BS7928:2013 Specification for head protectors for cricketers). This Standard has been described by the International Cricket Council (ICC) as the de facto international standard for helmets and now supersedes the existing Australian Standard for helmets which dates from 1997.

Following an ICC directive on 1 October 2015 it became mandatory for elite cricketers in Australia to only wear helmets that are compliant with BS7928:2013.

Any individual taking responsibility for players should take all reasonable steps to ensure that the guidance below is followed.

5.1. Junior Cricket (Under 18)

Helmets are mandatory for junior cricketers (those under 18 years of age), including when they are playing senior cricket.

In Junior Cricket helmets must be worn when batting and/or in certain circumstances when wicketkeeping. Helmets are not mandatory for junior cricketers while fielding, as junior cricketers are not permitted to field in close proximity to the batter unless otherwise directed or stated in the Age group specific rules in the CJCC Rules

5.2. Junior Wicket-Keepers (Under 18)

Helmets must be worn by all junior wicket-keepers when keeping up to the stumps.

Associations, administrators, club coaches, team managers, parents and other volunteers are also encouraged to consider mandating the use of helmets for junior wicket-keepers (even if “standing back) to medium/fast bowlers) if there are concerns about the skill level of the wicket-keeper, bowlers and fielders. In many instances, the skill levels of the wicket-keeper, bowlers and fielders may still be developing and when combined with variable pitch/ground conditions it may place wicket-keepers at greater risk of receiving a facial/head injury from the ball.

See Age Group Specific Rules for current mandatory use of helmets by age group however refer to above where appropriate over any above the current mandatory helmet use.

5.3. Umpire Safety

Umpires should also consider what protective gear they feel is necessary for them. Advancements in bat technology mean that the larger bats available today are capable of producing stronger and faster shots which may be directed towards the main umpire or the square leg umpire. This is particularly relevant for modified formats of the game such as T20 and Super Sixes, however also applies to traditional formats. Umpires should consider the use of shin pads and some kind of facial/head protections. Accordingly, some umpires may elect to wear a helmet compliant with BS7928:2013 and other protective equipment. This is encouraged by Cricket Australia.



HELMETS

Helmets must be a specifically-designed, properly-fitted cricket helmet with a face guard.

Current 'best of breed' helmets are those that are compliant with the British Standard for helmet safety (BS7928:2017 Specification for head protectors for cricketers). This Standard has been described by the International Cricket Council (ICC) as the de facto international standard for helmets and now supersedes the existing Australian Standard for cricket helmets, which dates from 1997.

Following an ICC directive, on 1 October 2015 it became mandatory for elite cricketers* in Australia to only wear helmets that are compliant with BS7928:2013.

Any individual taking responsibility for players should take all reasonable steps to ensure that the guidance below is followed.

JUNIOR CRICKET (UNDER 18)

HELMETS ARE MANDATORY FOR JUNIOR CRICKETERS (THOSE UNDER 18 YEARS OF AGE), INCLUDING WHEN THEY ARE PLAYING SENIOR CRICKET.

In junior cricket helmets must be worn when batting and/or in certain circumstances when wicket-keeping. Helmets are not mandatory for junior cricketers while fielding, as junior cricketers are not permitted to field in close proximity to the batter (i.e. within 10 or 15 metres of the batter depending on the junior format being played - refer to the Game Formats section on pages 22 - 31 inclusive).

JUNIOR WICKET-KEEPERS (UNDER 18)

Helmets must be worn by all junior wicket-keepers when keeping up to the stumps.

Association administrators, club coaches, team managers, parents and other volunteers are also encouraged to consider mandating the use of helmets for junior wicket-keepers (even if 'standing back' to medium/fast bowlers) if there are concerns about the skill level of the wicket-keeper, bowlers and fielders. In many instances, the skill levels of the wicket-keeper, bowlers and fielders may still be developing and when combined with variable pitch/ground conditions it may place wicket-keepers at greater risk of receiving a facial/head injury from the ball.

SENIOR CRICKET

Cricket Australia also strongly recommends that all senior cricketers wear a helmet when batting, wicket-keeping up to the stumps and fielding in close (or in a zero reaction time position). In elite cricket a zero reaction time position is considered any position within 7 metres of the batter except any position behind square on the off side - therefore, if fielding at silly mid-off or short-leg you would need to wear a helmet, whereas you would not if fielding at gully or (regulation) slip to a spinner.

It should also be noted that helmet development is going ahead by expert manufacturers and developers to design a helmet better suited to wicket-keeping and umpiring. Cricket Australia will communicate when these products are available.

Players should be aware that under the British Standard, helmets can only be tested against men's/women's and/or junior balls (156 grams and 142 grams). Accordingly, players must wear helmets that have been tested against the type of ball they will be utilising in match and training conditions. Suitable helmets for women's cricket therefore, are those that have been tested against both a men's and junior ball and a list of such helmets is maintained and regularly update at www.ecs.co.uk/information/ecs-and-pgc-guidance-head-protector/helmets.

UPCOMING CHANGES TO HELMET REGULATIONS

At the commencement of the 2019-2020 cricket season, all community cricketers (whether junior or senior) will be required to wear BS7928:2013 compliant helmets at all times when batting, wicket keeping up to the stumps and fielding in close. More guidance will be provided in due course.

UMPIRE SAFETY

Umpires should also consider what protective gear they feel is necessary for them. Advancements in ball technology mean that the larger bats available today are capable of producing stronger and faster shots which may be directed towards the main umpire (or the square leg umpire). This is particularly relevant for modified formats of the game such as T20 and Super Sixes, however also applies to traditional formats. Umpires should consider the use of shin pads, and some kind of facial/head protection. Accordingly, some umpires may elect to wear a helmet compliant with BS7928:2013 and other protective equipment. This is encouraged by Cricket Australia.

*CA or State/Territory contracted players, members of CA or State/Territory squads, BBL/WBBL contracted players, members of underage state teams (male and female), and any player invited to train with any of those teams or squads.



6. Lightning Policy

6.1. Safer locations during thunderstorms and locations to avoid;

6.1.1 No place is absolutely safe from the lightning threat; however, some places are safer than others. Large enclosed structures (substantially constructed buildings) tend to be much safer than smaller or open structures. The risk for lightning injury depends on whether the structure incorporates lightning protection, construction materials used, and the size of the structure.

6.1.2 In general, fully enclosed metal vehicles such as cars, trucks, buses, vans, fully enclosed farm vehicles, etc. with the windows rolled up provide good shelter from lightning. Avoid contact with metal or conducting surfaces outside or inside the vehicle.

6.1.3 AVOID being in or near high places and open fields, isolated trees, unprotected gazebos, rain or picnic shelters, baseball dugouts, communications towers, flagpoles, light poles, bleachers (metal or wood), metal fences, convertibles, golf carts, water (ocean, lakes, swimming pools, rivers, etc.).

6.1.4 When inside a building AVOID use of the telephone, taking a shower, washing your hands, doing dishes, or any contact with conductive surfaces with exposure to the outside, such as metal door or window frames, electrical wiring, telephone wiring, cable TV wiring, plumbing, etc.

6.2. Safety guidelines for individuals;

6.2.1 Generally speaking, if an individual can see lightning and/or hear thunder they are already at risk. Louder or more frequent thunder indicates that lightning activity is approaching, increasing the risk for lightning injury or death. If the time delay between seeing the flash (lightning) and hearing the bang (thunder) is less than 30 seconds, the individual should be in, or seek a safer location (see 1 above). Be aware that this method of ranging has severe limitations in part due to the difficulty of associating the proper thunder to the corresponding flash.

6.2.2 High winds, rainfall, and cloud cover often act as precursors to actual cloud-to-ground strikes notifying individuals to act. Many lightning casualties occur in the beginning, as the storm approaches, because people ignore these precursors. Also, many lightning casualties occur after the perceived threat has passed. Generally, the lightning threat diminishes with time after the last sound of thunder, but may persist for more than 30 minutes. When thunderstorms are in the area but not overhead, the lightning threat can exist even when it is sunny, not raining, or when clear sky is visible.

6.2.3 Because of the difficulties pointed out in 6.2.1 above the CJCC recommends that players and officials leave the field immediately and seek cover when lightning is sighted and to stay under cover for a minimum of 30 minutes after the last sighting of lightning.

6.2.4 The safety of players is paramount; if matches are suspended General Rules Section 4.4 Play Lost Through Inclement Weather should be applied.

6.3. First aid recommendations for lightning victims;

Most lightning victims can survive their encounter with lightning, especially with timely medical treatment. Individuals struck by lightning do not carry a charge and it is safe to touch them to render medical treatment. Follow these steps to try to save the life of a lightning victim:

6.3.1 First: 'Call 000' to provide directions and information about the likely number of victims.

6.3.2 Response: The first tenet of emergency care is "make no more casualties". If the area where the victim is located is a high-risk area (isolated tree, open field, etc.) with a continuing thunderstorm, the rescuers may be placing themselves in significant danger.

6.3.3 Evacuation: It is relatively unusual for victims who survive a lightning strike to have major fractures that would cause paralysis or major bleeding complications unless they have suffered a fall or been thrown a distance. Thus, in an active thunderstorm, the rescuer needs to choose whether evacuation from very high risk areas to an area of lesser risk is warranted and should not be afraid to move the victim rapidly if necessary. Rescuers are cautioned to minimize their exposure to lightning as much as possible.

6.3.4 Resuscitation: If the victim is not breathing, start mouth to mouth resuscitation. If it is decided to move the victim, give a few quick breaths prior to moving them. Determine if the victim has a pulse by checking the pulse at the carotid artery (side of the neck) or femoral artery (groin) for at least 20-30 seconds. If no pulse is detected, start cardiac compressions as well. In situations that are cold and wet, putting a protective layer between the victim and the ground may decrease the hypothermia that the victim suffers which can further complicate the resuscitation.

GROUND AND WEATHER CONDITIONS

Ground and weather conditions can have a significant impact on the safety and enjoyment of cricket at both junior and senior levels.

Sometimes, as is the case with weather, these conditions are somewhat unpredictable and uncontrollable. Appropriate care should be taken to avoid any weather-related injuries.

Umpires, coaches and teachers should exercise a conservative approach to continuing play in the rain, where lightning is present or where the field conditions have reached a point where they pose danger to participants.

It is important that Clubs foster good working relationships with local government authorities to encourage a pro-active approach to the maintenance and improvement of your cricket facilities

Keep them informed in writing of any deteriorations and don't forget to thank them when upgrades and repairs have been completed.

LIGHTNING SAFETY

Lightning can occur during the Summer months in Australia, when warmer weather and the increase in energy provided by the sun can combine to create more frequent thunderstorms.

The hours of 2pm-6pm are also more likely to see thunderstorm activity than others – precisely when cricket is usually played. Despite these general trends, lightning can and does occur at all times of the year and at any time of the day or night. As such, there is a clear need for Clubs and Associations to have a well-developed lightning safety plan.

Clubs should nominate a person to be responsible for monitoring the weather before and during a match, and Associations should remind Clubs of the need to have in place appropriate arrangements for managing lightning safety. A variety of smartphone apps are available to help with accurate weather forecasts during a match.

LIGHTNING 30/30 RULE

Should thunderstorms be prevalent on match day, the 30/30 rule should be used to determine whether play should be suspended and when it is safe to resume. Thunderstorms within 10km are deemed dangerous – the 30/30 rule is used to determine the distance to the storm so match officials can make the appropriate decisions.

Sound travels at a speed of around 1km every 3 seconds. When lightning is sighted, count the seconds between the flash of lightning and the sound of the thunder. If the time between flash and bang is less than 30 seconds, this means the storm is within 10km and is therefore close enough to be dangerous. Play should then be suspended for a minimum of 30 minutes, and must not resume until 30 minutes after the last audible thunder.

The safest structure during a thunderstorm is an enclosed building such as a Clubhouse, should one be available. Alternatives are vehicles, with care taken to avoid any metal objects. Shelter should never be sought in open fields, or under trees or small open structures such as rain/picnic shelters. Metal fences, poles, clothes lines or antennas should be avoided. Metal must not be touched.

If a person is struck by lightning, immediately give first aid and call 000. Begin CPR if necessary and use an AED should one be available.

POINTS TO REMEMBER:

- Make sure your Club has a lightning safety plan.
- Monitor the weather before and during match.
- If thunderstorms occur, use the 30/30 rule to determine if the storm is less than 10km away.
- Seek shelter in pre-arranged safe location.
- Wait until 30 minutes after the storm has passed before resuming play.
- If a person is struck, give first aid and call 000. Begin CPR if necessary and use AED if available.

7. Remedial Bowling Action Policy

- (a) In the event of a coach, parent and/or umpire recognising an illegal bowling action, a “No-Ball” is not to be called on the basis of the player’s action.
- (b) A coach, parent or umpire recognising a suspect bowling action should refer to the CJCC’s Remedial Bowling Action Video (the Video) for assistance in distinguishing a legal action from an illegal action.
- (c) In the event that the action is still considered illegal after referring to the Video, the coach of the player in question should inform the player in a manner consistent with the CJCC’s principles of guaranteed participation and enjoyment, as shown in the Video.
- (d) In training, the coach should set up exercises as in the Video to assist the player in question with making the required changes to their action. Such exercises can be beneficial to all players, so players requiring assistance should not be singled out.
- (e) In the event that, despite these remedial exercises, a player’s action continues to be considered illegal, the coach, the player, or both, may choose to attend a CJCC Remedial Bowling Action Workshop.
- (f) The CJCC shall organise Remedial Bowling Action Workshops, at the request of and in conjunction with, the Associations.

8. Responsible Service of Alcohol Policy

- (a) Clubs should follow the Liquor Licensing legislation requirements for Responsible Service of Alcohol, even if it is not directly binding on them or in certain unlicensed parts of their premises, such as changing rooms. In particular, clubs should ensure that alcohol is not provided to players and underage patrons. Where possible, alcohol should be consumed so that spectators and officials can consume in a licensed area and not in player change-rooms.

9. Social Media Policy

The Community Junior Cricket Council and affiliated Associations and clubs have an obligation to ensure a safe physical and emotional environment is maintained. This includes cyber safety and the safe and responsible use of Information and Communication Technology (ICT). Individual players, parents, spectators, team officials, match officials and Association representatives also have a responsibility to use ICT in a safe and responsible way.

All those involved in Junior Cricket will create a cybersafe environment by

- (a) Using the CJCC name, motto, crest and/or logo only in an appropriate way in line with the organisation's guidelines,
- (b) Using the CJCC or affiliated Association club's websites to provide information about competitions, committees, policies, rules, social events or other important sport related issues,
- (c) Using SMS and/or email by officials, managers, coaches etc. to communicate officially sanctioned social events (via parents),
- (d) Using the official social network pages to promote positive cricket news and events (with permission obtained from featured individual(s) and via parents for juniors. Explicit permission must be obtained for all third parties present in published photographs, even those in the background.,
- (e) Ensuring content of posts or electronic communication doesn't breach The Spirit of Cricket,
- (f) Not engaging in cyber bullying, including but not limited to:
 - (i) harassing, teasing, intimidating or threatening another person via electronic means,
 - (ii) sending or posting inappropriate digital pictures or images, email / instant / phone / text messages, or website postings (including social network sites i.e. Facebook or blogs) and is irrespective of whether the page could be viewed by the wider public or not,
- (g) Members will remain responsible for and be vigilant of the content and security of their individual accounts such as email, social networking (i.e. Facebook), micro blogging (i.e. Twitter), video sharing (i.e. YouTube), picture sharing (i.e. Instagram) and mobile phones.

The CJCC, affiliated Associations and Clubs will take any breaches of the policy seriously. Any person (including, but not limited to, players, officials, coaches, members, umpires, spectators, and parents) or clubs who breach this policy can be charged and called to account before a disciplinary committee.