## SOUTH WEST METROPOLITAN JUNIOR CRICKET COUNCIL

## EXTREME HEAT POLICY

The Extreme Heat Policy for Junior / Master Blaster, all Stage Formats and competitions in the South West Metropolitan Junior Cricket Council (**SWMJCC**) are set out below. You can find a full set of rules for all competitions on the SWMJCC website, under ‘Competition Info’ and ‘Rules’.

The majority of junior cricket matches are normally played before or after the hottest part of the day. However, player’s health must always be considered in the scheduling of matches. Cricket Australia, Community Junior Cricket Council (**CJCC**) and the SWMJCC all recommend that clubs apply common sense guidelines to climatic conditions.

The SWMJCC Executive have been extremely diligent in ensuring the well-being of all players and officials when Extreme Heat is forecasted or actual.

The SWMJCC Executive can abandon all games under the Extreme Heat Policy if they deemed necessary.

If a team chooses not to play, please advise the SWMJCC in order for the opposing team to be advised. There is **NO PENALTY** or consequences for a side deciding not to play and the game will be registered as a draw in MyCricket.

**If the temperature of the ground, that a fixture is being played exceeds 38 degrees at any time the game is to** **be called off immediately.**  The result will be recorded as a draw on MyCricket.

Under the Extreme Heat Policy all fixture games can proceed under strict adherence to the below conditions.

* All games for all Stages and Competitions MUST commence at 7.30am.  (Games can start earlier upon agreement between both teams);
* No games will continue past 11.00am;
* Junior / Master Blaster will be cancelled;
* Stage One Formats should be finished no later than 10.00am;
* Stage Two Formats will play Quarters Cricket (please read below for details);
* Stage Three and other age Competitions will play a normal fixture; and
* In all games once a result is reached the game stops.  There is **NO** batting on

**Playing Conditions for Quarters Cricket:**

All rules remain the same with the exception of the below:

***First Quarter -***

* Time: 7.30am - 8.15am
* 15 overs or 45 minutes whichever occurs first
* 10-minute Change over

***Second Quarter –***

* Time: 8.25am – 9.10am
* 15 overs or 45 minutes whichever occurs first
* 5-minute Change over

***Third Quarter -***

* Time: 9.15am – 10.00am
* 15 overs or 45 minutes whichever occurs first
* 5-minute Change over

***Fourth Quarter -***

* Time: 10.05am – 10.50am
* 15 overs or 45 minutes whichever occurs first

**Points to Note**

* Clarification on overs bowled during a quarter. If in the 1st quarter i.e. if 13 overs are bowled in 45 minutes’ opposition only bowls 13 overs in the 2nd quarter. This is the same for the 3rd and fourth quarters. **Overs are not made in the 3rd and 4th quarters;**
* There is a compulsory drinks break at 8 overs during both the third and fourth quarter; and
* Game **MUST** be finished at 11.00am regardless.

**These times and rules are to be strictly adhered to.**

**Safety & Health Regulations:**

**Sun Protection:**

Appropriate clothing, i.e. light coloured, loose fitting clothes of natural fibres are the most appropriate clothing in mild and extreme temperatures.

It is also highly recommended that players wear a broad brimmed hat; that shaded areas are made available at grounds (sit under trees, umbrellas); that sunscreen with an SPF 30+ (min) or 50+ preferably water resistant is made available; and that players are recommended to wear long sleeved shirts. This is not compulsory and is a club and individual choice.

**Tips for Hot Weather**

* Ensure that all players are hydrated tonight.  Minimum of 2L - 4L water in preparation for the game;
* Umpires are to be fully looked after at all times during the game;
* Remember "No Hat, No Play!!!" (preferably wide brimmed hat) and wear sunscreen at all times; and
* Suggest Icy Poles and adequate water be provided to players at breaks.

A point to note from our past monitoring of temperatures the hottest grounds in the SWMJCC are usually in Jandakot and Troy Park.