

Year 8 Rounders – How do we abide by the rules to play successfully in Rounders?

To develop their understanding and knowledge of the basic rules of Rounders

SMSC and British Values

- Understanding the need for rules and regulations
- Ensuring fair play at all times



The Basics



Teams

Rounders games are played between two teams. Each team has a maximum of 15 players and a minimum of 6 players. No more than 9 players may be on the field at any one time.

If a team is mixed, there should be no more than 5 male players.

Scoring

If the batter hits the ball and reaches and touches 4th post before the next ball is bowled, the batting team scores 1 Rounder.

If the batter hits a no ball and reaches and touches 4th post before the next ball is bowled, the batting team scores 1 Rounder (you cannot be caught out on a no ball).

A ½ Rounder is scored if the batter reaches 4th post without hitting the ball.

A ½ Rounder is scored if the batter hits the ball and 2nd or 3rd post is reached and touched before next ball is bowled. However, if you continue this run and are put out before reaching 4th post, the score will be forfeited.

A penalty ½ Rounder is scored for an obstruction by a fielder.

A penalty ½ Rounder is scored for 2 consecutive no balls to the same batter.

A penalty ½ Rounder is scored by the fielding team if waiting batters or batters out obstruct a fielder.

A batter can score in the normal way on a backward hit but must remain at 1st post while the ball is in the backward area.

A player is out when...

- The post a batter is running to is stumped. The batter is caught out.
- A batter overtakes another batter on the track.
- A batter deliberately drops or throws their bat.
- The batter misses or hits the ball and their foot is over the front or back line of the batting square.
- A batter runs inside the posts (unless obstructed).
- If the batter is ordered to make and maintain contact with the post and refuse to do so.
- The batter loses contact with the post; When the bowler has the ball and is in the square (except on an over run). During the bowlers action but before they release the ball.

Key Words

Rounder: A rounder is what the batting team is trying to score. The team with the most rounders wins.

Post Fielding: A fielder on a post will need quick reactions and good knowledge of the game to get opponents out.

Deep Fielding: Deep fielders will need good long range catching and throwing skills. They will need to communicate to throw to the correct post.

Bowling: The bowler will bowl accurately into the batters box. They need to ensure they bowl to the target zone between the knees and head.

Batting: Batters will hit the ball into space so that they have enough time to run a rounder.

Numeracy links:

- Estimating
- Distances
- What are 90 Degree Angles?
- Counting and Addition.

rating	men
very good	< 4.80
good	4.80 - 5.09
average	5.10 - 5.29
rating	women
very good	< 5.30
good	5.30 - 5.59
average	5.60 - 5.89

Fitness Component

Speed – the rate at which an individual is able to perform a movement or cover a distance in a period of time.

Training Method

Acceleration/Hollow Sprints – Short interval training as well as weight training can also be used

Testing Method

30 metre sprint test – The test involves running a **single maximum sprint over 30 meters**, with the time recorded. Start from a stationary position, with one foot in front of the other. The front foot must be on or behind the starting line.

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Batting

You will need to use the basics of batting from Year 7 to refine your performance. Changing the position of your body to hit to the right and left and looking for gaps in the field to hit the ball into is essential in being able to score rounders to help your team win



The Skills



Transferrable Skills

Communication is needed between a team to ensure that everyone is on the same page and knows what to do.

Running between posts

If a batter stops at a post, they must keep in contact with the post, with hand or bat. If they don't, the fielding side can stump the following post to put the batter out. Batters can run on to a post even if it has been previously stumped (you don't score if the post immediately ahead has been stumped).

When the bowler has the ball in the bowling square a batter cannot move on, but if they are between posts they can carry on to the next.

There cannot be two batters at a post. The umpire will ask the first to run on when the second makes contact.

When at a post, the batter does not have to move on for every ball bowled.

Once in contact with the post, a batter may turn the corner over the 2 metre line.

Batters can move on as soon as the ball leaves the Bowler's hand, including no balls.

Batters must touch 4th post on getting home.

Catching

There are different catching techniques to use depending upon the height and flight of the ball coming to you. A catch above the head should be caught using 'Fingers up' technique. It is important to create a big and strong **catching** area with the hands and this is achieved by placing your thumb and forefinger of one hand over the thumb and forefinger of the other hand. It creates a web like strong structure that no cricket ball can break. A ball being caught lower down can be caught using the 'Fingers down' technique. Interlink the two little fingers and butt together the heel of your hands to create the strong **catching** structure. Players often forget to spread the thumbs out and this is achieved by moving your elbows closer together. Note the effect that the elbows have on the size and shape of the **catching** area.

Throwing

Throwing the ball in quickly and accurately from the outfield is an important skill for every fielder to master.

Step One

Having collected the ball in both hands, stand sideways to the target. The throwing arm is taken back behind the head.

Step Two

Pull the non-throwing arm through. Throwing arm swings forward keeping the elbow at least level with top of throwing shoulder. The wrist should be outside the line of, and behind, the elbow.

Step Three

Release the ball with both feet on the ground and the chest facing the target.

Step Four

Swing the throwing arm through so that both arms end up behind the opposite hip. Keep the head and eyes facing the target.

Bowling and no-balls

A No Ball will incur if:

The ball is not thrown in a smooth underarm action.
The ball is above the batters head or below the batters knee.

The ball bounces on the way to the batter.

The ball is thrown wide or straight at the batters body.
The Bowler's foot is outside the square during the bowling action.



Fielding

There are a number of fielding positions in a game of rounders. Which position you play can depend on your skill levels in throwing and catching as well as your reaction time.

Positions you might play are:

- Back stop (behind the batter)
- Post fielder (to stump the batter at the post)
- Deep fielder (to field longer hits and if you have a good long throw)