ADVICE PAGE

SAFETY FIRST

1. **It is advisable that players involved in League matches, Cup matches and Tournaments, wear the correct footwear for the pitch conditions:-**
   In wet weather or when the grass is damp, it would be advisable to wear football boots or pimpled-soled trainers. Likewise, when the ground is hard and dry it would be advisable to wear cushion-soled trainers.
   (Please note running spikes are not allowed).

2. Please bring waterproof clothing in case of adverse weather.

3. As a safety measure it is a good idea to take along a 'first aid kit' to your matches and it is strongly recommended that this kit is of the proper format and not just an odd plaster found in the bottom of someone's kit bag.

4. Make sure that there are no obstacles (e.g. bags, bikes etc) behind the backstop area or 4th post area.

PLEASE NOTE THAT THIS IS ADVICE AND NOT RULES, THIS ADVICE IS GIVEN TO LESSEN THE RISK OF INJURY TO PLAYERS AND TO MAKE THE GAME SAFER AND THEREFORE MORE ENJOYABLE TO PLAY.
REMEMBER ALL PLAYERS PLAY AT THEIR OWN RISK.

ADVICE TO UMPIRES

1. It is a good idea to take along a marker (flag or disc) to be placed in the appropriate position so as to distinguish between a 'forward or backward' hit.

2. Please remember games now start at 6.30pm prompt as the new rule states that players can join in at any time after the game has started.

3. Remember to put all half rounders scored as a result of two no-balls being bowled in the box provided on the score sheet (extras) and not against the batsman's name.

ADVICE TO CAPTAINS

1. Please prepare the score sheet with player's names prior to the umpire's arrival to save time.

2. Additional registration numbers, once used, must be notified to the registration secretary (full name, address and phone number) in the timescale stated.

3. Be polite to other players on the field, we all play to enjoy.

ENJOY YOUR SEASON AND LET'S HOPE FOR GOOD WEATHER

PS. Please support the Chairperson and the Committee, they put in a lot of hard work into running The League. Even during closed season they are busy working on fixtures and events to make The League run as smoothly as possible. It would make a nice change to have some praise as well as criticism.