

E-LAKSHYA

PREFACE



Lakshya is an initiative taken by the Rotaract club of Gayatri Vidya Parishad (RACGVP) in the year 2018-19. Lakshya mainly focuses on creating awareness about the importance of sports along with academia and ensuring that all students participate actively. Every year, Rotaractors conduct this event explaining the importance of physical education and the way it helps us in improving our mental health. They try to engage them in fun and exhilarating mini-sports competitions followed by prize distribution. In this way, we stimulate young minds through Lakshya.

What if the schools are closed? You still have your home, get set play! This year (2021-22), though the COVID-19 pandemic has become an obstacle for us to make them play on grounds, we did not stop as learning has no boundaries. Thereby taking forward Lakshya through online platforms as E-Lakshya, by releasing the guides of various sports. Each month a guide is released consisting of a set of rules and regulations to play. Further, the Rotaractors visit several Zilla Parishad High Schools (ZPHS) and present the game guide to the heads of the respective educational institutions. Later the guide will be passed down to students to learn and understand the rules of the game which shall be conducted after the pandemic.

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CRICKET

Cricket is believed to have begun as early as the 16th century but its exact origins are not known. The name cricket derives from the Anglo-Saxon word 'cric', meaning a shepherd's staff. It is believed that the first players were English shepherds. The first recorded cricket match was in 1646 in Kent, England. In 1744, the Laws of Cricket were written and subsequently amended, MCC (Melbourne Cricket Club) became the custodian of the Laws and has made revisions ever since then to the current day. The world's first cricket club was formed in 1760 and it was considered the golden era of cricket. Britishers are credited with introducing Cricket in India. In 1792, Calcutta (Now Kolkata) cricket club was formed. India played its first test match in 1932 against England.

Cricket is one of the most popular and exciting sports in the modern world. It is a bat-and-ball game played between two teams of eleven players each on a field at the center of which is a 22-yard pitch with a wicket at each end, each comprising two bails balanced on three stumps. The Cricket World Cup was introduced in the year 1975 in England. It was once an Olympic sport, but it ended up leaving the program because it did not have all the rules well defined and the number of practitioners in the World was not big enough. They are currently trying to include it again. Playing cricket regularly can help build endurance and stamina, balance and coordination as well as physical health benefits. Cricket can also improve team skills and social skills.

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How to play



1. The objective of cricket is to score more runs than your opponent.
2. Each team consists of eleven players, including a captain. Outside of official competitions, teams can agree to play more than eleven-a-side, though no more than eleven players may field.
3. The captains shall toss a coin for the choice of innings, on the field of play and in the presence of one or both of the umpires.
4. An innings is made of a specific number of overs or a certain amount of time, during which the batting team will have two batsmen on the pitch while the 11 players of the opposing team (the bowling team) will have their players at various parts of the field as fielders.
5. One of them will be bowling the ball and another one will be a wicket-keeper and will be stationed behind the wicket.
6. An over consists of six balls bowled, excluding wides and no-balls. Consecutive overs are delivered from opposite ends of the pitch. A bowler may not bowl two consecutive overs.
7. Runs are scored when the two batsmen run to each other's end of the pitch.
8. A boundary is marked around the edge of the field of play. If the ball is hit into or past this boundary, four runs are scored, or six runs if the ball doesn't hit the ground before crossing the boundary.
9. Other ways to score runs are when the bowler bowls any ball that isn't within the rules of bowling in which case the batting team gets extra runs.

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How to play



10. Each team tries to restrict the number of runs the other team scores by getting the players 'out'. This is called a wicket.
11. A batsman can be given out by:
 - a) Being Bowled: The ball hitting the stumps behind him.
 - b) Being Caught: A fielder catches the ball in the air.
 - c) Leg Before Wicket: The ball hits the batsman's pads impeding its line into the stumps.
 - d) Being Stumped: The wicket-keeper strikes the stumps with the ball whilst the batsman is outside of the crease.
 - e) Hit Wicket: The batsman hits their wicket.
 - f) Handled Ball: The batsman handles the cricket ball on purpose.
 - g) Obstruction: The batsman purposely prevents the fielder from getting the ball.
12. After completing the allocated number of overs or losing all the wickets, the team with the most runs at the end of the game wins.



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Rules and Regulations

1. The pitch contains two wicket sets (with two wooden bails atop) that must be 22 yards apart. The width of a pitch is 3.05m.
2. There should be a marked line drawn about 2 yards across the wicket from the stumps - called the 'crease'.
3. Traditional cricket clothing is for players to wear a white uniform. The exception could be in shorter timescale games and the Cricket World Cup.
4. Batters usually wear padded clothing. It includes gloves, leg and thigh guards, a box, a helmet, a chest guard, and wear spiked shoes.
5. The cricket ball is in fact made of cork. Teams use red for test cricket games and white for one day games.
6. Cricket bats are most often made from wood.
7. There are two on-field umpires who make the decisions of the game. There is also a third umpire that monitors the game through a screen and helps with uncertain or close decisions.
8. There are three variations of the game (Test, One Day and T20) and each gives a certain timescale in which the game must be completed.
9. Test cricket is played over 5 days where each team has two innings (or two chances to bat). The scores are then cumulative and the team with the most runs after each innings is the winner.
10. One Day cricket is played with 50 overs. Each team finishes batting (or bowling) before swapping at the end of the 50 overs. The team with the most runs at the end of the game wins.

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Rules and Regulations

11. In a T20 game, the two teams have a single innings each, which is restricted to a maximum of 20 overs. The team with the most runs at the end of the game wins.
12. There are specifically three types of penalty balls in cricket:
 - a) Dead ball: The ball becomes dead for a number of reasons, most commonly when a batter is dismissed, when a boundary is hit, or when the ball has finally settled with the bowler or wicket keeper. Once the ball is dead, no runs can be scored and no batsmen can be dismissed.
 - b) No ball: If the bowler bowls from the wrong place or if he crosses the crease while bowling, it will be considered as a dead ball.
 - c) Wide ball: An umpire calls a ball "wide" if he thinks the batter did not have a reasonable opportunity to score off the delivery
13. If a ball that is not a wide passes the striker and runs are scored, they are called byes. If a ball hits the striker but not the bat and runs are scored, they are called leg-byes. Byes and Leg-byes are credited to the team's but not the batter's total.
14. There are a number of restrictions to ensure fair play covering: changing the condition of the ball, distracting the batsmen, dangerous bowling, time-wasting and damaging the pitch.
15. The umpires shall penalize unacceptable conduct based on the severity of the actions. Serious misconduct can see a player sent from the field; lesser offenses, a warning and penalty runs.