

ISLE OF WIGHT CRICKET BOARD LIMITED STANDARD COMPETITION RULES AND PLAYING REGULATIONS

All matches will be played under the ECB Code of Conduct and Spirit of Cricket.

The following will apply to League and Cup Competitions.

1. Eligibility to enter

Competitions shall be open to all clubs affiliated to the Isle of Wight Cricket Board Limited (IWCB). The control and administration of all competitions shall be by the Isle of Wight Cricket Board Clubs Executive Committee (IWCBCC) and all decisions of that Committee shall be final.

2. Matches will be played under the THE LAWS OF CRICKET 2017 CODE (3rd Edition - 2022) disregarding any special regulations for Test and First Class matches.

3. Entering the League

Clubs participating in any given season will automatically be included in that competition the following season unless the IWCBCC Competition Secretary is notified in writing to the contrary before 30th December of the year preceding the Competition. Clubs that are eligible, and wish to participate in a competition but have not done so in the previous season, must advise the IWCBCC Competition Secretary by 30th December of the year preceding the competition.

4. Entry fee

An entry fee per team per season, as agreed at the Annual General Meeting will be charged and must be paid to the IWCB before the 30th May of each year of the competition.

5. Fixtures

Fixtures will be arranged by the IWCBCC Competition Secretary and Club Fixture Secretaries at a meeting held for that purpose, prior to the season. Once arranged, matches will be played on the dates published in the IWCB fixture list and may only be varied with the consent of both Clubs and prior approval of the IWCBCC Competition Secretary.

6. Under 18 Players

Players aged 17 years or under on 1st September prior to the season may play for more than one Club in a competition during the season.

It is the responsibility of that Club to ensure adequate insurance arrangements are in place to cover such players in the event of accident or injury to them or any third party arising from their action(s).

7. Team Sheets

A team sheet, nominating his players, must be submitted by each Captain and given to each Umpire prior to the toss. If there are no umpires allocated to the game, cards must be exchanged by the captains.

These team sheets must list the age of all players under the age of 18.

8. OVERSEAS / CONTRACTED PLAYERS

Definition

The definition of "Overseas Player" for the purposes of the IWCB is set out in the flow chart below.

A "Contracted Player" for the purposes of the IWCB is a player who receives remuneration for playing cricket.

Registration of Overseas / Contracted Players

All players who may fall into the category of Overseas Players must be registered with the IWCBCC Competition Secretary at least seven (7) days prior to the first match played by that player. A player may be registered by telephone conversation with the IWCBCC Competition Secretary to be followed by written confirmation within six days

It is the duty of the Club to satisfy itself that any player who may be considered to be an Overseas Player is registered in such a way. Failure to do so will result in sanctions (see "Penalty for breach of Rule 8" below).

Limitations of Overseas/Contracted Players

- (a) In the Senior Cup each Club in any match is restricted to a combined maximum of not more than TWO Foreign/Contracted Players per match.
- (b) In all League Divisions, Clubs are restricted to ONE Foreign/Contracted player per match.
- (c) No foreign/Contracted player is allowed to participate in the Fred Winter Cup Competition or 2XI Cup.
- (d) One foreign/Contracted player is allowed to play in any Club's side in the Outdoor Six a side.

Penalty for breach of Rule 8

Any team contravening rule 8 in a league match will receive 0 points (Irrespective of the result of the game and any bonus points gained) with the opponent receiving maximum points available for that fixture. If the contravention takes place in a Cup match or the six-a-sides then the team contravening rule 8 will be disqualified from the competition and the team's opponents from the match in question will progress to the next round (or, if the contravention takes place in the Final, the opponents will be declared the winner).

9. PLAYER ELIGIBILITY

- (a) No club shall have the right to determine the composition of a visiting team as long as the player is entitled to play for the team and not under a cricketing sanction.

10. MATCH RESULT REPORTING

- (a) The Home Club in any match shall be responsible for ensuring the result is correctly recorded onto the IWCB Play Cricket website within 48 hours of the completion of the game. Should the match be abandoned without play being commenced this must be recorded on the scorecard in the result section via the website. Both team lists and umpires should still be inputted along with the result of abandoned. In the event of failure to comply with this rule the HOME Club will be subject to a **£10 fine**.

11. Match Officials

- (a). In all Matches (excluding Cup Finals where Umpires shall be appointed), each team will be responsible for providing a qualified umpire approved.

If only one side provides an approved umpire, that umpire shall officiate from the strikers end at all times.

If no approved umpire is available, the game may be played on the agreement of the two captains. Any one umpiring in such a match must assume the full role and responsibilities of an umpire.

It is suggested that teams shall reimburse their umpire any relevant expenses for which they may incur.

- (b) League Matches

Teams in all Divisions will be awarded 1 extra point for having a separate competent scorer who completes an appropriate & complete score sheet.

Teams in all Divisions will be awarded 1 extra point for supplying a qualified umpire.

- (c) In all Cup Finals, Umpires will be appointed where possible. Each team will also be responsible for providing a Scorer.

- (d) WIDES - Umpires are instructed to apply the following when judging Wide's in all formats, in accordance with Law 22

Judging a Wide

If the bowler bowls a ball, not being a No ball, the umpire shall adjudge it a Wide if,

- the ball passes wide of where the striker is standing or has stood at any point after the ball came into play (since the bowler began their run up for that delivery), and which also would have passed wide of the striker standing in a normal batting position.
- The ball will be considered as passing wide of the striker unless it is sufficiently within reach for him/her to be able to hit it with the bat by means of a normal cricket stroke

(e) For all matches, Umpires shall be not be responsible for holding any excess equipment of the fielding team. For the avoidance of doubt, this shall include hats and jumpers of the bowling team.

12. MATCH BALLS

a) The make and standard of match balls to be used in competitions will be approved by the IWCB annually.

(b) Spare Balls, The home team to hand over where Umpires have been appointed 6 appropriate spare balls (1 box) of varying ages. If there are no qualified umpires the home side need to make sure both teams are aware of where the spare balls are kept.

(c) Ahead of the updates to the Laws of Cricket (Law 41.3); during the 2022 season the application of saliva to the match ball shall not be allowed. Following a first and final warning by the umpires, a 5 run penalty will be awarded against the bowling team for each subsequent infraction.

If the umpires consider that the condition of the ball has been unfairly changed by a member or members of either side, they shall ask the captain of the opposing side if he/she would like the ball to be replaced. If necessary, in the case of the batting side, the batters at the wicket may deputise for their captain.

13. TEA BREAK

No "tea" shall be provided by the home team. However provision of suitable drinks shall be provided to the players and officials.

(a) The Tea Break will be taken between innings where practical and will be 20 mins in length.

(b) If the Captains and Umpires agree that this is not practical, then the second innings can only begin provided that a minimum of 5 overs is bowled at the team batting second before tea is taken.

14. PROTECTED AREA MARKING

On a grass pitch, to mark the protected area, a small white mark will be placed on either side of the pitch five feet from the popping crease. Further white marks will be placed on the bowling crease one foot either side of the centre stump. The marks will be placed at both ends of the pitch.

15. Minimum Player Numbers

The minimum number of players a team must have for a game to commence is 7 (Seven) and if a team has the minimum number the game should be played and not conceded.

16. Sanctions

In addition to the IWCB Discipline procedure; should the League Committee determine that any club or player commits an act which either brings the league or cup into disrepute or challenges the integrity of the league or cup, then the Committee shall enforce any sanctions which they deem fit. A club or player may appeal any decision made by the league committee in line with the appeals process outlined in the IWCB Discipline procedure

17 Over Rates

17.1. The required over rate shall be 16 overs per hour. Achievement of the required over rate and any necessary monitoring are the sole responsibility of team captains.

17.2. During play umpires and captains shall have the power to make all necessary allowances for time lost during an innings (e.g. drinks breaks, injury, lost ball). At the close of play umpires (or captains, if no umpire is officiating) shall be responsible for the calculation of over rate achieved in each innings and shall record any failure in both scorebooks and in Match report which is sent to the league secretary.

17.3. In any league game (including round robin stages of cup completions) A Bowling side that fails to meet the required rate over the course of each innings will have points deducted as follows: -

- Less than 16 overs per hour 1 point
- Less than 15 overs per hour 2 points
- Less than 14 overs per hour 3 points
- Part overs count as one bowled over.

In Any Cup game, A bowling side that fails to meet the required rate over the course of each innings will have runs deducted from their batting innings as follows -

- Less than 16 overs per hour - 6 Runs
- Less than 15 overs per hour - 12 Runs
- Less than 14 overs per hour - 18 Runs
- Part overs count as one bowled over.

No penalties shall apply if:

- (i) the batting team is "all out" prior to the end of the innings.
- (ii) play is interrupted, resulting in a deduction of the overs allowed or
- (iii) either innings has to be closed during a prolonged stoppage for weather, etc.

In no case shall over rate penalties be imposed so as to reduce below zero the total points gained by a side in a match.

18. Match Delay

1. Should play be delayed or interrupted for any reason, up to 30 minutes can be lost in total without affecting over Limit
2. Where the start of a match is delayed for any reason over 30 minutes, each innings shall be reduced by one over for each subsequent six minutes lost.
3. Where play is interrupted after a match has commenced, any time lost in the first innings in addition to the 30 minutes specified will initiate a reduction in overs for both sides at a rate of one over for every six minutes lost.
4. Where an interruption occurs during the second innings, and/or time has been lost during the tea interval, anytime lost in addition to the 30 minutes specified will bring a reduction of one over for every three minutes lost.

Should the second innings length be affected by an interruption, the winning target shall be recalculated using the first innings run rate.

5. A match will be considered cancelled if it hasn't commenced within 3 hours (4pm) of the scheduled start. A match that has commenced but where 20 overs are unable to be completed in the second innings because of the weather or any other unavoidable reason will be considered abandoned.

6. Where pitch covers are available they may be used prior to the commencement of a game. The home team Captain must advise Umpires and the visiting Captain prior to the toss of the coin if covers are available. Thereafter, it will be the Umpires who decide as to whether they are to be used during the game.

7. In all competitions where time is lost, all references to overs and batting points shall be reduced pro rata, given the reduction in playing time for each side.

LEAGUE - ADDITIONAL RULES

1. In all Divisions the IWCB League Committee will determine the fixtures annually.
2. The Home Club shall be responsible for the provision of 1 new ball of the approved make and standard. The new ball will be used from the start of the first innings.

In Division 1 only - Should both captains agree prior to the toss, then 2 new balls may be used. Each new ball to be used at the start of each innings. The away team shall supply the second new ball.

3. Player Eligibility.

Any player may play for more than one Club in Isle of Wight Cricket League during the season. It is the responsibility of that Club to ensure adequate insurance arrangements are in place to cover such players in the event of an accident.

4. League positions will be determined on an average points gained in completed matches.

In each Division, should any teams be equal on average points, the team with the most wins will gain the higher position. If still equal, the higher net run rate per over throughout the season shall be to determine places.

LEAGUE – PLAYING REGULATIONS

1. Games will start at 1pm unless a different start time is agreed between both captains.

The toss shall be undertaken no later than 15 minutes prior to the scheduled start and where a team is not present at this time they shall forfeit the toss. All drinks intervals shall be over and above the actual playing time.

2. A side batting with less than eleven players, including a side that has nominated eleven players but where one or more has not arrived at the ground at the time, shall not be permitted to declare its innings closed at the fall of a wicket if no further batsman is available. In such circumstances the batting side will be deemed to be all out.

Match Rules – Division 1

1. Each League match will consist of a maximum of 40 overs per innings

2. The Side scoring more runs shall be deemed the winner of the match. If both teams are tied on points then the match shall be declared a Tie.

3. A maximum of 8 overs per bowler will be allowed. All are subject to the ECB directives.

In the event of an overs reduction at the start of the match, the allocation to each bowler shall be reduced proportionately.

4. Fielding Regulations

4.1 Discs shall be placed in a circle 30 yards from each wicket. Four players plus the wicket keeper and bowler must be within that circle at the moment of delivery.

4.2 There must be no more than two (2) fielders outside the 30 yards circles for the first 12 overs of each innings.

Match Rules – Division 2

1. Each League match will consist of a maximum of 35 overs per innings

2. The Side scoring more runs shall be deemed the winner of the match. If both teams are tied on points then the match shall be declared a Tie.

3. A maximum of 7 overs per bowler will be allowed. All are subject to the ECB directives.

In the event of an overs reduction, the allocation to each bowler shall be reduced proportionately.

4. Fielding Regulations

4.1 Other than any fielding regulations contained within the Laws of Cricket, no additional fielding regulations shall apply.

Awarding of Points

1. Points in league matches will be awarded as follows:-

- Win = 10 Points + Bonus Points
- Tie = 5 Points + Bonus Points
- Loss = 0 points + Bonus Points

2. If a team fails to fulfil a fixture they shall be awarded 0 points. The opposition shall be awarded the maximum available points for that game.

Batting and Bowling Bonus Points

1. Batting Points

Division 1

One Batting point will be awarded at each of 100, 125, 150, 175, 200, 225, 250 runs for the batting side (Maximum 7 Points) in both innings.

Division 2

One Batting point will be awarded at each of 75, 100, 125, 150, 175, 200, 225 runs for the batting side (Maximum 7 Points) in both innings

Should the length any innings be reduced in accordance with Section 18 – Match Delay, the level that batting points shall be awarded at will be reduced on a pro rata basis.

2. One bowling point will be awarded at each of the 2nd, 4th, 6th, 8th and 10th wickets taken by the bowling side. (Maximum 5 Points).

3. Additional Batting Points can be gained for teams batting second and winning with wickets in hand, who are not able to achieve maximum batting points because the total set in the first inning. (But only a maximum of 7 batting points will be able to be gained).

- 10 Wickets in hand = 7 Points
- 9 Wickets in hand = 6 Points
- 8 Wickets in hand = 5 Points
- 7 Wickets in hand = 4 Points
- 5 or 6 Wickets in hand = 3 Points
- 3 or 4 Wickets in hand = 2 Points
- 1 or 2 Wickets in hand = 1 Point

4. In the event of a team fielding less than eleven players' maximum bowling points will be awarded on the fall of the last wicket.

Cup Competition Regulations

1. All matches will commence at 1pm with the toss to be completed no later than 15 minutes before the scheduled start of play.

2. The HOME Club shall be responsible for the provision of ONE new ball of the approved make and standard. The new ball will be used from the start of the first innings.

Should both captains agree prior to the toss, then 2 new balls may be used. Each new ball shall be used at the start of each innings. The away team shall supply the second new ball.

3. For all Finals, the IWCB will be responsible for all arrangements including the selection of the venues, the provision of 2 match balls, and umpires.

4. The winner of any match shall be the team scoring the greater number of runs in the agreed number of overs.

5. In the event of a tie in any knock out match, a Super over shall be conducted.

SENIOR CUP REGULATIONS

Group Stages

1. The Senior Cup will be played on a Round Robin basis, with 2 groups.

- The winner of each group shall progress to the Senior Cup Final.
- Teams placed in 2nd and 3rd in each group shall progress to the Fred Winter Memorial Cup Semi Finals.

Should two teams finish the round robin stage on equal points then the team with highest run rate shall be declared the winner.

2. A player may not play in the Senior Cup Group Stages if in the current season they have :-

- a) Played in the IW Senior Cup for a different club in the current season.
- b) Plays any Premier League Cricket in the current season
- c) Played in more than four Mainland League Cricket matches in the current season.

It is the responsibility of the Club to ensure compliance with Rule 2. Any breach of this rule will result in the team being disqualified.

PLAYING REGULATIONS

1 Matches will be played on a Saturday on a 40 over basis, unless a different day is agreed by the IWCBCC Competition Secretary.

2. In any match, no bowler may bowl more than 9 overs.

3. The awarding of Points

Result

Winning - 10 Points

Tie - 5 Points

Lose - 0 Points

Bonus Points

One Batting point will be awarded at each of 100, 125, 150, 175, 200, 225, 250 runs for the batting side (Maximum 7 Points) in both innings.

Should the length any innings be reduced in accordance with Section 18 – Match Delay, the level that batting points shall be awarded will be reduced on a pro rata basis.

2. One bowling point will be awarded at each of the 2nd, 4th, 6th, 8th and 10th wickets taken by the bowling side. (Maximum 5 Points).

3. Additional Batting Points can be gained for teams batting second and winning with wickets in hand, who are not able to achieve maximum batting points because the total set in the first inning. (But only a maximum of 7 batting points will be able to be gained).

- 10 Wickets in hand = 7 Points
- 9 Wickets in hand = 6 Points
- 8 Wickets in hand = 5 Points
- 7 Wickets in hand = 4 Points
- 5 or 6 Wickets in hand = 3 Points
- 3 or 4 Wickets in hand = 2 Points
- 1 or 2 Wickets in hand = 1 Point

In the event of a postponement, or a NO RESULT match, it will be played, or replayed on a date mutually agreed by the Clubs concerned BEFORE the date of the Final / Semi Finals. In any replayed match a lesser number of overs than specified in Paragraph 2 may be mutually agreed between the Clubs, but no less than 20 overs per team. In the event of disagreement, 20 overs per team shall be played.

8. Other than any fielding regulations contained within the Laws of Cricket, no additional fielding regulations shall apply to Senior Cup Group Stage

Senior Cup Final

1. The Senior Cup Final will be played at a Nominated ground, with the team scoring the greatest of runs over shall be determined the winner.

2. Each innings of the Cup Final shall consist of 45 overs per team.

3. No bowler shall be allowed to bowl more than 10 overs. Should there be a reduction in overs, the bowlers quota shall be reduced accordingly.

4. A new ball shall be used at the start of each innings.

5. In Senior Cup Final discs shall be placed in a circle 30 yards from each wicket. Four players plus the wicket keeper and bowler must be within that circle at the moment of delivery.

6. In Senior Cup there must be no more than two fielders outside the 30 yards circles for the first 12 over of each sides innings

FRED WINTER CUP – Knock Out Phase

1. Matches will be played on a Saturday on a 40 over basis, unless a different day is agreed by the IWCBCC Competition Secretary.

2. The team drawn first in the semi final shall be the HOME team and shall be responsible for any necessary arrangements.
3. For all matches other than the final, The HOME Club shall be responsible for the provision of ONE new ball of the approved make and standard. The new ball will be used from the start of the first innings.
4. The Cup to be competed for annually shall be known as the 'Fred Winter Memorial Cup'.
5. A player may not play in the Fred Winter Memorial Cup if the in the current season they have : -
 - a) Played in the IW Senior Cup for a different club in the current season.
 - b) Plays any Premier League Cricket in the current season
 - c) Played in more than four Mainland League Cricket matches in the current season.
 - d) Played for any other side in the Fred Winter Memorial Cup in the current season.
6. In any match, no bowler may bowl more than 9 overs.
7. In the event of a postponement, or a NO RESULT match, it will be played, or replayed on a date mutually agreed by the Clubs concerned BEFORE the date of the Final. In any replayed match a lesser number of overs than specified in Paragraph 2 may be mutually agreed between the Clubs, but no less than 20 overs per team. In the event of disagreement, 20 overs per team shall be played.
8. Other than any fielding regulations contained within the Laws of Cricket, no additional fielding regulations shall apply to Fred Winter Memorial Cup Matches.

2XI Cup - PLAYING REGULATIONS

1. All matches will commence at 1pm with the toss to be completed no later than 15 minutes before the scheduled start of play.
2. Matches will be played on a Saturday on a 35 over basis, unless a different day is agreed by the IWCBCC Competition Secretary.
3. In any match, no bowler may bowl more than 8 overs.
4. The winner of any match shall be the team scoring the greater number of runs in the agreed number of overs.
5. In the event of a postponement, or a NO RESULT match, it will be played, or replayed on a date mutually agreed by the Clubs concerned BEFORE the date of the Final. In any replayed match a lesser number of overs than specified in Paragraph 2 may be mutually agreed between the Clubs, but no less than 20 overs per team. In the event of disagreement, 20 overs per team shall be played.
6. Other than any fielding regulations contained within the Laws of Cricket, no additional fielding regulations shall apply.
7. A player may not play in the 2XI Cup if the in the current season they have :
 - a) Played in the IW Senior Cup for a different club in the current season.
 - b) Plays any Premier League Cricket in the current season
 - c) Played in more than four Mainland League Cricket matches in the current season.
 - d) Played for any other club in the Fred Winter Memorial Cup in the current season.

INDOOR LEAGUE AND CUP RULES AND PLAYING REGULATIONS

1. The competition shall be open to all member Clubs or affiliated Associations of the Isle of Wight Cricket Board. The control and administration of the competition shall be by the Indoor Cricket League Secretary.
2. The League will consist of Divisions as determined by the Indoor Cricket Competition Secretary. Any new entrants will compete, in the first instance, in the bottom division.
3. Clubs must register for the new season by 31st August each year.
4. At the end of the season the bottom club will be relegated to the Division below and the top club will be promoted to the Division above.
5. An entry fee per team per season, as agreed at the Annual General Meeting, will be charged and must be paid to the Isle of Wight Cricket Board before 30th April of each year of the competition.

6. Matches must be played on the dates and times specified in the Fixture List.

7. Normal white cricket clothing must be worn, but spiked footwear is not permitted. Wicket-keepers must wear the normal protective gear at all times.

8. Match balls will be provided by the Isle of Wight Cricket Board.

9. Player Selections

No player shall be eligible for selection unless he is a bona fide member of the club for which he is playing. It is the responsibility of the club to ensure adequate insurance arrangements are in place to cover players in the event of accident or injury to them or any third party arising from their action(s).

- A) A Player may play up to 3 teams in one season, however they shall not play more than 2 games for more than one team.
- B) A Player may only play for 1 team in the Indoor Cup
- C) Players aged 17 years or under on the 1st September prior to the season may play for more than one club during the season.

10. Each club in any match is restricted to a combined maximum of not more than one Foreign/Contracted players. Definition of these players will be as per the current ECB regulations. Clubs contravening this Rule will forfeit any points gained in the match concerned.

11. Any disputes will be referred to the Indoor Cricket Competition Secretary and his decision will be final.

12. Any club failing to fulfil a fixture will be charged with their opponents match fee as well as their own for the match and full points will be awarded to their opponents. In the event of a match not being played through the absence of both teams, both teams will be charged their match fees. If a club fails to fulfil more than one game, 10 points will be deducted per game after the one game allowed.

13. All matches shall be played under the ECB Code of Conduct.

14. Matches will be played under the Playing Regulations laid down by the England and Wales Cricket Board for the National Indoor Six-a-Side Club Cricket Championship, except as specified in below.

15. The team winning the indoor cup shall progress to represent the Isle of Wight in the National Indoor Six-a-Side Club Cricket Championship.

League Playing Regulations

2. The team scoring the most runs in any match will be declared the winner and will be awarded 10 points. In the event of a tie both teams will be awarded 5 points. In the event of a fixture not being played due to the absence of both teams, NO points will be awarded.

Teams will also be awarded bonus Batting and Bowling points: Batting

80 runs - 1 point
100 runs - 2 points
120 runs - 3 points
140 runs - 4 points
160 runs - 5 points

Additional Batting Points

Winning with 5 or 6 wickets in hand batting second - 5 points
Winning with 4 wickets in hand batting second - 4 points
Winning with 3 wickets in hand batting second - 3 points
Winning with 2 wickets in hand batting second - 2 points
Winning with 1 wicket in hand batting second - 1 point (Maximum of 5 batting plus additional batting points)

Bowling Points

2 wickets - 1 point
3 wickets - 2 points
4 wickets - 3 points
5 wickets - 4 points
6 wickets - 5 points.

3. At the end of the season, in the event of two or more teams having equal points, the final Division position will be determined by Net Run Rate throughout the season.

4. (a) **WIDES** - Any ball that passes the batsman on the legside, outside of the leg stump, shall be called a Wide.

When a wide is called no extra ball is bowled. The penalty for a wide is 3 runs plus any runs scored from that ball.

(b) **NO BALLS** - In addition to any No Balls bowled as per the laws of Cricket, and ball that pitches off the mat at the strikers end shall be called a No Ball.

When a no ball is called no extra ball is bowled. The penalty for a no ball is 3 runs plus any runs scored from that ball.

(c) In the final (twelfth) over of EACH INNINGS, if wides and no balls are called, the penalty is 1 run plus any runs scored from that ball. An extra ball is bowled for each wide or no ball in this over only.

Cup Playing Regulations

2. The team scoring the most runs in any match will be declared the winner. In the case of a TIE, the following criteria will be used to determine the winner:

- (a) The team losing fewer wickets
- (b) The highest score after 6 overs
- (c) The highest score after 9 overs
- (d) The toss of a coin

3.

(a) **WIDES** - Any ball that passes the batsman on the legside, outside of the leg stump, shall be called a Wide.

When a wide is called no extra ball is bowled. The penalty for a wide is 3 runs plus any runs scored from that ball.

(b) **NO BALLS** - In addition to any No Balls bowled as per the laws of Cricket, and ball that pitches off the mat at the strikers end shall be called a No Ball.

When a no ball is called no extra ball is bowled. The penalty for a no ball is 3 runs plus any runs scored from that ball.

(c) In the final (twelfth) over of EACH INNINGS, if wides and no balls are called, the penalty is 1 run plus any runs scored from that ball. An extra ball is bowled for each wide or no ball in this over only.