

# Girls Smash Guide



## Equipment:

- 1 x soft ball
- 1 x batting tee
- 2 x plastic bats
- 2 x sets of plastic wickets

## How to Play:

- **6 a-side teams**
- **Everyone bats 2 overs & bowls 1 over**
- **Players bat in pairs for 2 overs each**
- **1 bowler, 1 keeper, 2 fielders on each side of the pitch**
  
- **Minus 2 runs for every wicket lost**
- **Batswoman to swap ends after loss of each wicket**
- **Can only be out caught, bowled or run out**
- **No boundaries, run your runs**
  
- **6 ball overs max (Wides/No balls not re-bowled)**
- **Batswoman to have a tee hit if the delivery faced is a wide/no ball**
- **Players rotate one fielding position at the end of an over**
- **Overs should be bowled from one fixed end of the pitch**
  
- **Each team starts on 100 runs**
- **The team with the most runs at the end of the game wins**