



**CRICKET  
LEINSTER**



**LORD'S  
Taverners  
IRELAND**

# What is table cricket?

Table cricket is played on a tennis table, or tables of the same height put together to form a similar sized table top surface area) using a specially designed kit, and allows young people with disabilities the opportunity to compete, socialise and have fun, regardless of ability or disability.



Table cricket provides a competitive pathway and an opportunity for young people with disabilities to represent their school. Through the new Leinster competition structure, schools will compete at county and Leinster level. It is our hope that in the future we will have inter-provincial and national level competition structures as well.

Table Cricket is an adapted version of cricket and it is best played on a table

tennis table, or a table of similar size. Table Cricket is made so that children with a disability can have the opportunity to play cricket. The game has different scoring zones around the border, fixed to the table. Fielders are placed around the border to slide side to side and prevent the batter from scoring 'runs'. The bowler bowls a ball by rolling it down a small ramp down the table to the batter. The batter then scores runs by hitting the ball into the scoring zones and trying to hit in the gaps between the fielders. Each team has 6 players and they take it in turns to bat and bowl. The team with the most runs wins.



## Equipment needed

- Table Cricket Set (this includes a bat, balls, bowlers ramp, side panels and clamps/clips for attaching them to the table and fielders). *These sets can be lent to you by our Cricket Leinster Development Officers or partners in*



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*some LSPs in Leinster so please get in touch if you don't have one.*

- Table tennis table or tables of the same height put together to form a similar sized table top surface area that is level.
- Scoresheets - Cricket Leinster can send you templates to print out.



## How does it help young people?

- Provides access to sport for young people with any disability.
- Improves coordination and cognitive skills.
- Develops teamwork and social skills.

- Understand tactics, draw the best out of team players and to build a social life.
- Allows progression for young volunteers involved in coaching and umpiring, which in turn helps to develop self-confidence, leadership skills and enhances their future employment prospects.



[These programmes are all supported by our Charity Partners Lord's Taverners Ireland - click here for more about what they do.](#)

For more please contact our Disability, Inclusion and Participation Manager, Naomi Scott-Hayward, on [naomi.scotthayward@cricketleinster.ie](mailto:naomi.scotthayward@cricketleinster.ie)