SEASON 01 · 2026

PERTH · WESTERN AUSTRALIA



ALLPLAY T20 LEAGUE

OFFICIAL RULEBOOK

MADE FOR THE HEALTHCARE COMMUNITY

8	4 × 5	20	−5
A SIDE	PAIRS × OVERS	OVERS	PER DISMISSAL

EVERYONE BATS. EVERYONE BOWLS.

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1 A NEW GAME

The AllPlay T20 League is a purpose-built short format created for one goal: a game where every single player contributes, whatever their skill or fitness. Traditional cricket sidelines the weaker player after one ball; the ATL never does. Here a dismissal costs runs, not your place at the crease, and players bat in pairs so nobody stands idle. The result is quick, genuinely competitive, and designed to fit a busy schedule.

EVERYONE BATS
Batting in pairs for a fixed allocation. No player is ever out of the game.

ALWAYS MOVING
Extras are never re-bowled and stalling is penalised. The clock stays honest.

FAIR BY DESIGN
Run penalties, not dismissals, keep the elite and the beginner side by side.

2 MATCH FORMAT

TEAMS	8 players per side.
BATTING STRUCTURE	4 fixed pairs. Each pair bats 5 overs (30 balls), then rotates. Total 20 overs per innings.
INNINGS	Two innings, one per team. Higher net total wins.
STARTING SCORE	Each team begins on 0. Scores can fall below zero through penalties.
THE OVER	Exactly 6 deliveries. Extras are penalised but never re-bowled (§5).
BATTERS CONTINUE	A pair bats its full 5 overs no matter how many times its members are dismissed.
THE CHASE	The chasing team always bats its full 20 overs, even after passing the target. The result is decided only when both innings are complete.
RESULT / TIE	Higher net score wins. A tie triggers a Super Over (see §9).

CORE IDEA You are never sent off. Get dismissed and the pair simply loses 5 runs and plays on, so the weakest and the strongest player both bat every ball of their allocation.

2B EQUIPMENT, GROUND & SAFETY

THE BALL	A standard commercially available hard pink 156g cricket ball. Pink is the ATL signature colour.
PROTECTIVE GEAR	Mandatory, because it is a hard ball. Batters must wear a helmet, pads, gloves and an abdominal guard (box). The wicketkeeper must wear gloves and pads, and a helmet when standing up to the stumps. Close fielders are encouraged to wear a helmet.
BOUNDARY	Flexible, set by the ground on the day and marked with cones or rope, typically 40 to 55 metres from the pitch centre.
UNIFORM	Minimum a team shirt or colour so sides are distinguishable. Caps and matching bottoms encouraged. Footwear appropriate to the surface (no metal spikes on synthetic).
DAYLIGHT & SUN-SMART	Matches are played in daylight. Players should be sun-smart: hats, sunscreen, shade and hydration.

SAFETY FIRST A hard 156g ball demands full protective gear. A player not wearing the required gear may not bat or keep. See §18 for participation and safety.

3 SCORING & DISMISSALS

RUNS	Scored normally, runs between wickets plus 4 and 6 for boundaries.
DISMISSAL PENALTY	**−5 runs from the batting pair AND −5 from the batter dismissed**, for every dismissal (bowled, caught, LBW, stumped, run-out, hit-wicket). An individual score may go negative.
RUN-OUT	Always **−5** to the batter run out, their pair and the team, **whatever runs were completed**. No runs count on that ball: run out going for the 3rd run is −5, not −3. A run-out is never credited to the bowler.
STUMPED OFF A WIDE	The stumping **overrides the wide**: no wide runs are added. It is recorded as a dismissal: −5 to the striker, the pair and the team, and −5 in the bowler's figures. The ball counts as one of the six.
AFTER A DISMISSAL	No one leaves the field. After a run out, whoever is standing at the striker's end faces next; after any other dismissal the batters swap ends (§11).
PAIR TOTAL	Runs scored by the pair, including byes and leg byes while they bat, minus 5 for each dismissal and minus 2 for each Double Trouble. May be negative.
TEAM TOTAL	Sum of all four pairs.

4 BOWLING & PARTICIPATION

The batting side already guarantees everyone bats. The bowling side is built the same way, so the attack is shared and no one or two players carry it all.

OVER LENGTH	6 deliveries. Extras are penalised but never re-bowled (§5).
OVERS PER BOWLER	Each bowler must bowl a minimum of 2 overs and a maximum of 4. Across 20 overs this means at least 7 bowlers turn their arm over.
THE WICKETKEEPER	The keeper is not required to bowl and carries no minimum. To bowl, they hand the gloves to a teammate and may bowl up to the 4-over cap; those overs come out of the team's 20.
NO CONSECUTIVE OVERS	No bowler may bowl two overs in a row.
BOWLER FIGURES	A bowler's runs-against is the runs they concede **minus 5 for every wicket they take** (run-outs never count), mirroring the −5 the batting side loses. A wicket-taking spell can read negative. This also feeds the automatic Player of the Match. The −5 is only ever taken off the team total once.
SHORT-HANDED TEAMS	If a team cannot field enough bowlers to give everyone 2 overs, the minimum is waived and bowlers may double up, still capped at 4 overs each with no consecutive overs.

IN SHORT Min 2, max 4 overs each. At least 7 bowlers. The keeper is optional and can swap in to bowl. Plan the attack from over one so nobody is left short.

5 EXTRAS, WIDES & NO-BALLS

KEY RULE Every wide and no-ball is **+2 runs** and is **NOT re-bowled**. The over is always six deliveries.

WIDE	+2 runs to the team total and **+2 credited to the striker's personal score**. Not re-bowled. Counts as one of the six deliveries.
NO-BALL	+2 runs to the team total and **+2 credited to the striker**, plus any runs the batters run (also to the striker). Not re-bowled. Counts as a delivery. Next ball is a Free Hit (§6).
BYES & LEG BYES	Unchanged. These remain true team extras: they go to the team total and the extras column only, never to a batter.
WHY	No re-bowls is what protects the clock and rewards accurate bowling.

5B FINAL OVER EXTRAS

To keep the finish fair, the last over of each innings has two extra provisions. The last over is over 20, or the final over of a shortened match (for example over 12 in a T12), and the Super Over.

FIRST TWO WIDES	The 1st and 2nd wides of the final over are **+2** each, as normal.
THIRD WIDE ONWARDS	From the 3rd wide of the final over, **each wide is +4** to the team and credited to the striker. Only wides count towards the three; no-balls do not.
STILL SIX DELIVERIES	Nothing is re-bowled. The final over ends after 6 deliveries, like every other over.
LAST-BALL NO-BALL	A no-ball on the **final ball of an innings is +4** (team and striker), plus any runs the batters run, because no free hit is possible. A no-ball on any earlier ball of the final over is +2 with a Free Hit, as normal.

IN SHORT Final over: two wides at +2, every wide after that +4, a no-ball on the very last ball +4, and the over still ends in six. Deliberate wides never pay (see Fair play, §18).

6 THE FREE HIT

TRIGGERED BY	No-balls only (not wides).
EFFECT	On the next delivery the batter cannot incur a dismissal penalty. Swing freely, no −5.
EXCEPTION	A run-out still counts: −5 applies as usual, whatever runs were completed. Discourages reckless running.
FIELD	No field changes for the free hit except a change of striker.
CARRY OVER	If the free hit ball is itself a wide or no-ball, the free hit carries to the next ball.
6TH-BALL CASE	If the no-ball is the 6th ball, the free hit carries to the first ball of the next over.
INNINGS ENDS	If a free hit is due but the innings has ended, it is lost. On the final ball of an innings a no-ball is +4 instead (§5b).

7 DOUBLE TROUBLE

A signature tempo rule with one simple idea: the same batter must not freeze the scoreboard for two balls in a row.

A DEAD DOT	A ball where the score does not move at all: no runs off the bat, no byes, no leg byes, no wide or no-ball, and no dismissal.
THE TRIGGER	When the **same batter faces 2 consecutive dead dots**, Double Trouble fires.
THE PENALTY	**−2 runs from the pair AND −2 from that batter's personal score** (which may go negative, exactly like a dismissal). The count then resets.
SWAP ENDS	The batters change ends so the other batter faces next. The swap is not a run; the only score change is the −2.
RESETS THE COUNT	Any movement of the score resets the count, in either direction. A run, a bye, a wide or no-ball, or a dismissal all break the streak. The count is tracked per batter on strike.

IN SHORT Two dead dots in a row by the same batter cost the pair and the batter 2 runs each, swap the ends, and reset the count. Move the scoreboard by any means and the count starts again from zero.

8 FIELDING

On the field: 1 bowler, 1 wicketkeeper and 6 fielders. The field is split by the line through the stumps into an off side and a leg side, defined from the striker's stance and flipping for a left-hander.

THE FIELD RULE	Of the 6 fielders, a captain may set **3 & 3 or 4 & 2**. Never more than 4 on one side, so at least 2 fielders stay on the other side at all times.
EVERY OVER	The same rule applies to every over. There is no powerplay and no field window. Captains simply choose 3 & 3 or 4 & 2 each over.

Loading one side up to four lets captains bluff the batters on where the attack is coming, while the minimum of two on the other side keeps the contest fair. The keeper and bowler are not counted in the side split.

9 THE SUPER OVER

If the two innings finish level on net score, the match is decided by a Super Over. Full ATL rules apply, so it plays exactly like the game itself.

FORMAT	One over (6 deliveries) per team. The side batting second in the match bats first in the Super Over.
THE PAIR	Each team nominates any one of its four pairs to bat. Both members may bat as in a normal over.
FULL RULES APPLY	The −5 dismissal penalty, the Free Hit, Double Trouble and the Final Over Extras (§5b) all apply. A Super Over score can be negative.
BOWLING	One bowler bowls the over. A bowler who has already bowled their 4-over match cap may still bowl the Super Over.
FIELDING	The standard field rule applies: 3 & 3 or 4 & 2, never more than 4 on one side.
WINNER	Higher Super Over net score wins the match.

10 IF THE SUPER OVER TIES

Should the Super Over also finish level, the match is decided by working down this ladder until one team is ahead:

1 · FEWEST DISMISSALS	Across the whole match (both innings combined). Fewer wickets lost wins.
2 · MOST BOUNDARIES	Most 4s and 6s combined across the whole match.
3 · MOST SIXES	Most sixes across the whole match.
4 · SECOND SUPER OVER	Then repeat this ladder if still level.

NO COIN TOSS An ATL result is always earned on the field. The ladder is exhaustive enough that a match is never settled by chance.

11 STRIKE, ORDER & PAIRS

WHO'S ON STRIKE	Each incoming pair nominates its striker. If they don't, the second-named batter takes strike.
RUNS	On odd runs (including byes and leg byes) the batters cross, so the other batter faces next.
AFTER A RUN OUT	**The runs are cancelled for the score, not for the strike.** No runs count on that ball, but whoever is standing at the striker's end faces the next ball. The scorer records who was run out (the −5 goes to that batter) and who is at the striker's end.
AFTER ANY OTHER DISMISSAL	The batters swap ends, so the other batter faces next.
AFTER A DOUBLE TROUBLE −2	The batters also swap ends when the second dead-dot penalty is applied, so the other batter faces next.
END OF EVERY OVER	The batters swap ends at the end of every over, so the other batter faces the first ball of the next over. This applies in every format, including after a run out on the last ball of an over.
BOWLING ENDS	T20: overs 1 to 10 are bowled from one end and overs 11 to 20 from the other. At the change, the batters take the new ends so that the batter due on strike faces. T12 and other short editions: every over is bowled from the same end.
PAIR MEMBERSHIP	The two players in each pair are fixed at the toss for the whole match. Partners cannot be reshuffled.
PAIR ORDER	The order in which the four pairs bat may be changed for the second innings. Membership stays locked.

12 DELIVERIES, EXTRAS & FREE HITS

OVER COMPLETE	An over ends after 6 deliveries of any kind, legal or extra. A wide or no-ball counts as one of the six, including in the final over.
HOW EXTRAS ARE CREDITED	Byes and leg byes go to the team total and the extras column only, never to a batter. Wides and no-balls go to the team total and are credited to the striker's personal score.
BYES & LEG BYES	Byes (ball beats the bat) and leg byes (ball off the body) are entered separately, each as runs to the team extras, never to a batter. On odd runs the batters cross, so the strike rotates. Not charged to the bowler. They are not capped at 4: if the batters run and a fielder's overthrow then reaches the boundary, the total can be 5, 6 or more. Overthrows are simply included in the total.
OVERTHROWS	An overthrow is not a separate category. The extra runs are added to whatever the ball already was: off the bat they go to the striker, off a bye they are more byes, off a leg bye more leg byes.
NO-BALL RUNS	A no-ball is +2 automatically (+4 on the final ball of an innings, §5b), then any runs the batters run are added, all credited to the striker (kept simple: no bat or pad split). The next ball is a Free Hit (§6).
RUN-OUT ON A SCORING BALL	If a batter is run out, no runs count on that ball, including any completed runs. The only score change is the −5 (§3).
STUMPED OFF A WIDE	The stumping overrides the wide: no wide runs, −5 as a normal dismissal (§3).
EXTRAS & DOUBLE TROUBLE	Any extra moves the score, so it resets the dead-dot count. Once the score has moved there is no penalty that ball.
DISMISSAL & DOUBLE TROUBLE	A dismissal moves the score (−5), so it also resets the count and never adds a −2. Only a second consecutive dead dot by the same batter is penalised.
FREE HIT PROTECTS BOTH	On a free hit the batter cannot lose −5 (except run-out) nor −2 for Double Trouble. Swing without risk.
FREE HIT INTO A NEW PAIR	A free hit carried from the 6th ball is bowled to whoever faces the next ball, even if that is the incoming pair.

13 RULINGS, TEAMS & AUTHORITY

OVER THE CAP BY ERROR	If a bowler bowls beyond the 4-over cap unnoticed, runs already scored stand; change bowler on discovery, no re-bowl.
PARTICIPATION NOT MET	If the innings ends with a bowler short of the 2-over minimum, it stands as an administrative note, not a penalty; captains are trusted to plan the attack. Persistent breaches are a matter for the coordinator.
SHORT-HANDED TEAM	A team may play with fewer than 8. A pair reduced to one player bats the full allocation solo; every dismissal is still −5. Fewer than 6 players forfeits unless captains agree to continue.
SEVEN PLAYERS: BAT AGAIN	When a team has 7, the opposition captain nominates one of that team's batters to bat a second time to complete the fourth pair. Their runs, balls and dismissals combine into one line. The nomination sits with the opposition (who will usually pick the weaker batter), which keeps it fair.
NO "ALL OUT"	Because nobody leaves the crease, an innings only ends at 20 overs. There is no all-out.
GROUND RULES	Short boundaries, adjacent pitches and similar are agreed by both captains before the toss.
AUTHORITY	The umpire's on-field call is final. The scorer's app is the official record. Unresolved disputes go to the tournament coordinator.

14 SQUADS

ON THE FIELD	8 players per side take the field.
SQUAD SIZE	A squad of around 11 to 12 is recommended so teams can field a full side each week.
SPIRIT	The competition assumes clinical duty comes first, and is designed to be quick and easy to turn up for.

15 MATCH TIMING

FORMAT LENGTH	Two 20-over innings. Target duration about 2 hr 30 min including a short changeover.
INNINGS CLOCK	Approx. 65 to 70 min live play per side; captains keep the over-rate up.
CHANGEOVER	Hard 10-minute break between innings.
SLOW OVER-RATE	Persistent time-wasting: −5 runs to the fielding side, umpire's discretion.

KEY No re-bowling of extras is the single biggest time-saver: it is what keeps the fixture on schedule.

16 FORMAT VARIANTS & EDITIONS

CORE GAME	The format in this rulebook is the core ATL game: T20, played with the standard hard pink 156g ball.
VARIANT EDITIONS	The league may run variant editions of the same format for specific tournaments or groups, for example lower-intensity, beginner, mixed, or women's matches, which may use a tennis ball or a soft ball in place of the hard ball and fewer overs (for example a women's T12, with four pairs batting 3 overs each).
WHAT STAYS THE SAME	The core rules stay the same across every edition: pairs, −5 per dismissal, everyone bats and bowls, the over structure, Double Trouble and the Final Over Extras on the last over. Only the ball, the overs and the intensity change.
GEAR ADJUSTS TO THE BALL	When a soft or tennis ball is used, the mandatory protective-gear requirements are relaxed accordingly.
ANNOUNCED PER TOURNAMENT	Each edition, its ball type and its overs are announced ahead of the match or tournament.

17 ELIGIBILITY & THE LEAGUE

WHO CAN PLAY	Open to the whole healthcare community: doctors, nurses, midwives, allied health, paramedics, pharmacists, dentists, healthcare scientists, students in these fields, and hospital or clinic support and admin staff.
GUESTS	Up to 2 guest (non-healthcare) players per team to help fill a side. Eligibility is by self-declaration.
REGISTRATION	Every player, including guests, registers through PlayHQ, Cricket Australia's official registration platform, which includes insurance under the Australian Cricket umbrella. A player already registered for the season through another club pays nothing extra.

18 PARTICIPATION, SAFETY & CONDUCT

OWN RISK	ATL is played with a hard cricket ball. Players take part at their own risk and must wear the mandatory protective gear (§2b). A player not wearing the required gear may not bat or keep.
FIRST AID	A first-aid kit is present at every match, with a named person responsible for it. Any head knock is taken seriously: when in doubt, sit the player out.
CODE OF CONDUCT	Play in the spirit of the game: respect for opponents, umpires and the ground. It is a social, inclusive league first.
FAIR PLAY	Deliberately bowling wides or no-balls, at any stage of the match, is unfair play. **The umpire may award 5 penalty runs to the batting side for each one**, recorded through the scorer's penalty tool. Time-wasting is covered in §15.
FILMING & LIVE STREAMING	ATL matches are filmed, photographed and streamed live, with players' names and scores shown on screen. Consent to this is a condition of taking part (see the participant terms).
INTERRUPTED MATCH	If a match is abandoned part way, the result is decided by the interrupted-match rule in §18b.
FORFEIT	See §13 for short-handed teams. A forfeit is recorded as a loss.

18B INTERRUPTED & ABANDONED MATCHES

HOW THE RESULT IS DECIDED	Compare the two teams' net scores at the last equal over both teams completed. Net scores already include the −5 dismissal penalties and −2 Double Trouble penalties, since those are negative runs.
MINIMUM FOR A RESULT	The chasing (second) team must have completed at least half its overs. Below that, or if the first innings is cut short before the second team has a fair go, the match is a No Result.
IF SCORES ARE LEVEL	Tiebreakers in order: fewer dismissals wins, then fewer Double Trouble penalties, then it is a tie.
THE SCORECARD IS HONEST	The scorecard always shows the actual scores in full. The result and how it was reached are shown separately. Actual scores are never replaced with adjusted numbers.

19 VERSION & PROVENANCE

EDITION	Official Rulebook, Version 4.5 (November 2026: strike after a run out, end-of-over swap and bowling ends set out in §11).
YEAR	2026.
JURISDICTION	Perth, Western Australia.
STATUS	Living document. Playing conditions are confirmed edition by edition as the league develops.

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THE FORMAT	The ATL playing format and rules are made available for clubs and players to use for playing the game under the competition's banner. Using the rules to run matches is encouraged; passing the format off as another branded competition is not.
THE SCORING APP	The ATL scoring application and its source code are copyright of the competition and provided for use within ATL fixtures.
CONTRIBUTIONS	Feedback and suggestions that shape future editions are welcomed and, once incorporated, form part of the competition's materials.

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THE WHOLE GAME AT A GLANCE

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8	4	20	6
PER SIDE	PAIRS × 5 OV	OVERS	BALLS / OVER

SCORING

- Runs normal, plus 4s & 6s
- **Dismissal** −5 to pair & batter
- **Run-out** −5, no runs; striker's end faces
- **Stumped off a wide** −5, no wide runs
- **Wide / No-ball** +2, to team & striker
- **Final over** 3rd wide onwards +4
- **Last-ball no-ball** +4, no free hit
- Byes & leg byes to team extras only
- **Bowler** −5 per wicket (not run-outs)
- Start 0 runs, can go negative

KEY RULES

- Pairs bat through, nobody leaves
- **Double Trouble** 2 dead dots = −2 + swap
- **Free hit** no −5 (run-out still −5)
- Free hit lost if the innings ends
- 6 balls an over, then batters swap ends
- **Bowlers** min 2, max 4 ov · 7+ bowlers
- **Field** 3&3 or 4&2, max 4 one side
- **Fair play** deliberate wides: +5 penalty
- Chasers bat all 20 overs
- **Tie** Super Over, then the ladder

THE ONE THING TO REMEMBER

Nobody is ever out of the game. A wicket costs the pair 5 runs, not their place at the crease, so every player bats all five overs of their pair's allocation.

OVER-RATE & TIMING · Extras are never re-bowled, that is what keeps the clock. Six deliveries of any kind end the over. Hard 10-minute changeover. Target duration about 2 hr 30 min.

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