

SEASON 01 • 2026

PERTH • WESTERN AUSTRALIA

OFFICIAL RULEBOOK
EVERYONE BATS & BOWLS



MADE FOR THE HEALTHCARE COMMUNITY

A brand new **outdoor** hybrid T20 format where a wicket costs runs, not your place, so **everyone bats and everyone bowls**. Faster games, fairer contests, every player in the action.



A SIDE

6

BALLS / OVER

20

OVERS / INNINGS

-5

PER DISMISSAL

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.

OUTDOOR · HARD PINK BALL

8-A-SIDE

4 PAIRS

5 OVERS / PAIR

20-OVER INNINGS

6 LEGAL BALLS / OVER

PAIR BATS THROUGH

START SCORE 0 (CAN GO -)

2 MATCH FORMAT

Teams	8 players per side.
Batting structure	4 fixed pairs. Each pair bats 5 overs (30 legal 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 legal 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.
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 §19 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 for every dismissal (bowled, caught, LBW, stumped, run-out, hit-wicket).
After a dismissal	The batters swap ends and play continues. No one leaves the field.
Pair total	Runs scored – (5 × dismissals). 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 legal 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 .
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 = **+2 runs** to the batting team and is **NOT re-bowled**. The over is always six deliveries, bowl six wides and the over is done for 12.

Wide	+2 runs . Not re-bowled. Counts as one of the six deliveries.
No-ball	+2 runs . Not re-bowled. Counts as a delivery. Next legal ball is a Free Hit (\$6).
Why	No re-bowls is what protects the clock and rewards accurate bowling.

6 THE FREE HIT

Triggered by	No-balls only (not wides).
Effect	On the next legal delivery the batter cannot incur a dismissal penalty . Swing freely, no -5.
Exception	Run-outs still count (-5 applies). Discourages reckless running.
Field	No field changes for the free hit except a change of striker.
6th-ball case	If the no-ball is the 6th ball, the free hit carries to the first legal ball of the next over .

7 THE NO-DOTS RULE

A signature tempo rule with one simple idea: **the scoreboard must not stay frozen for three balls in a row**.

- ◆ A **dead dot** is a ball where the score does not move at all, no runs off the bat and no byes. Two dead dots in a row put a pair on notice.
- ◆ A **third consecutive dead dot** costs the pair **2 runs**, and the **batters change ends** so the other batter faces next. The count then resets.
- ◆ **Any movement of the score resets the count**, in either direction. A run, a bye, a wide or no-ball (+2), or a dismissal (-5) all break the streak, so once the score has moved there is no third-ball obligation.

IN SHORT

Only three dead dots in a row are punished. Move the scoreboard by any means, even conceding an extra or losing a wicket, and the count starts again from zero.

8 FIELDING & POWERPLAYS

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.

STANDARD OVERS

3 & 3, a maximum of three fielders on each side of the wicket.

POWERPLAY ●

4 & 2 permitted, stack four on one side, two on the other. Overs **1-4** and **19-20**.

Powerplays let captains load one side of the field and bluff the batters on where the attack is coming. 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 legal 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 , and the No-Dots rule 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	Standard 3 & 3. No powerplay in a Super Over.
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** (4s and 6s combined) across the whole match.
- 3. **Most sixes** across the whole match.
- 4. **A 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.
After a dismissal	The batters always swap ends . This overrides the usual convention about crossing.
After a No-Dots -2	The batters also swap ends when the third dead-dot penalty is applied, so the other batter faces next.
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.
Extras are team runs	Wides, no-balls, byes and leg byes are true extras : they go to the team total and the extras column, never to a batter.
Byes & leg byes	Byes and leg byes are treated the same: if the batters run when the ball beats the bat or comes off the body, the runs are credited to the team as extras (one action in the scorer). On odd runs the batters cross, so the strike rotates. Not charged to the bowler.
No-ball runs	A no-ball is +2 automatically, then any runs the batters run are added and credited to the striker (kept simple: no bat or pad split). The next legal ball is a Free Hit (§6).
Extras & No-Dots	Any extra moves the score, so it resets the dead-dot count. Once the score has moved there is no third-ball penalty that ball.
Dismissal & No-Dots	A dismissal moves the score (-5), so it also resets the count and never adds a -2. Only a third consecutive dead dot is penalised.
Free hit protects both	On a free hit the batter cannot lose -5 (except run-out) nor -2 for No-Dots. Swing without risk.
Free hit into a new pair	A free hit carried from the 6th ball is bowled to whoever faces the next legal ball , even if that is the incoming pair.
Run-out	A run-out is simply -5 . No part-runs are counted on the play; the penalty covers the dismissal.

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.
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 up to 11 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 ~2 hr 30 min including a short changeover.
Innings clock	Approx. 65-70 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.

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

16 STEPWISE LAUNCH PATHWAY



17 FORMAT VARIANTS & EDITIONS

Core game	The format in this rulebook is the core ATL game, 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 rounds, which may use a tennis ball or a soft ball in place of the hard ball.
What stays the same	The core rules stay the same across every edition: pairs, –5 per dismissal, everyone bats and bowls, the over structure and the No-Dots rule. Only the ball 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 and its ball type are announced ahead of the tournament.

18 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	Registration is free . The league is funded by sponsorship.

19 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.
Washout	A match abandoned for weather or ground conditions is either rescheduled or shared as a tie for points, at the coordinator's discretion.
Forfeit	See §13 for short-handed teams. A forfeit is recorded as a loss.

20 INTELLECTUAL PROPERTY & OWNERSHIP

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21 VERSION & PROVENANCE

Edition	Official Rulebook, Version 3.0.
Year	2026.
Jurisdiction	Perth, Western Australia.
Status	Living document. Playing conditions are confirmed edition by edition as the league develops.

QUICK REFERENCE CARD

FOR CAPTAINS & UMPIRES

The whole game at a glance. Tear this page out or photograph it for the boundary edge.

8

PER SIDE

4

PAIRS × 5 OV

20

OVERS

6

BALLS / OVER

SCORING

Runs normal, plus 4s & 6s

Dismissal -5 to pair & batter

Wide / No-ball +2, true extra

No-ball also a free hit next ball

Byes to team extras, not the batter

Start 0 runs, can go negative

KEY RULES

Pairs bat through, nobody leaves

No-Dots 3 dead dots = -2 + swap ends

Free hit no -5 (run-out still counts)

Bowler min 2, max 4 ov · 7+ bowlers · no 2 in a row

Powerplay ov 1-4 & 19-20, 4&2 field

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.