

CWW HELMET POLICY

The helmet is defined as a British Standard (BS7928:2013) helmet, and specifies the requirements for materials and construction, for helmets and neck protectors in adult and junior cricket.

Helmet refers to head protection that must provide full face and head protection. Cricket Australia's position on helmets and neck protectors can be found at:

<https://play.cricket.com.au/community/clubs/managing-your-club/helmet-recommendations>

Key features:

The helmet has been tested separately against men's senior and junior sized cricket balls using realistic ball impact speeds.

Facial contact projectile test that assesses for penetration of the ball through the faceguard, and faceguard.

Coverage and impact attenuation test for neck protectors to reduce the frequency and severity of localised injuries to the base of the rear of the head and upper neck.

List of compliant helmets can be found at;

<https://www.icc-cricket.com/about/cricket/rules-and-regulations/helmets>

Strong recommendation is that batters in community cricket wear a neck protector alongside their helmet.

CWW Junior / Under Age Competitions

The Batter, Wicket Keeper and the Fielder

The wearing of helmets whilst batting, keeping over the stumps or fielding within 10 metres of the pitch in all underage competitions is compulsory.

CWW Senior / Open Age Competitions

The Batter

At all times, a batter is strongly recommended to wear a helmet whilst batting against fast or medium paced bowling.

The umpires shall determine if the bowling is fast or medium pace.

The Wicket-Keeper

At all times when wicket-keeping up to the stumps, the wicket-keeper shall wear a compliant helmet.

The Fielder

At all times when fielding in a position closer than 7 metres from the batter's position on the popping crease on a middle stump line (for example, short leg or silly point), with the exception of any fielding position behind the popping crease (on both the off and on sides), a fielder must wear a compliant helmet.

Replacing a Helmet

When being struck by a cricket ball, a proportion of the impact energy is absorbed by the helmet, thereby reducing the force of the blow sustained by the head, face, or neck.

The structure of the helmet might be damaged when absorbing this energy and any head protector component that sustains a severe blow needs to be replaced even if damage is not apparent.

Helmet Fitting Guide

The ideal position for the helmet to sit on the head is with the peak sitting just above the eyebrow. This allows for maximum vision for the player.

Once the helmet has been fitted, test the fit by trying to slide a thumb inside the back of the back of the helmet. The ideal fit will not allow the thumb to easily slide inside the helmet.

If the thumb slides easily into the back of the helmet, then a thicker rear foam pad should be used to help fill the void.

When adjusting internal foam padding, always start by adding thicker padding to the back of the helmet. This helps tilt the helmet forward and improves the player's vision.

Ask the player to:

- Not let their head twist and try to move the helmet from side to side
- Shake their head

The helmet should not move significantly, but there still should be a little bit of give.

The size of a player's head will increase on hot days during the summer, so take this into account when checking the fit of the helmet.

Once a helmet has been fitted, check that the player's jaw is covered;

- Slide two fingers between base of grill and player's chin
- Sufficient coverage = enough room for one to two fingers
- If grill is sitting very close to base of jawline, player may require a larger grill or a hybrid helmet make-up