

# Blind Cricket

a beginners guide to coaching



**Blind  
Sports  
Australia**



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Sports  
Australia**

## Blind Sports Australia




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## Acknowledgement

Blind Sports Australia acknowledges Aboriginal and Torres Strait Islander Peoples as Traditional Custodians of Country throughout Australia. We pay respect to their cultures, Elders past, present and emerging, and we commit to working together for our shared future.



**Front Cover:** Australian men's blind cricketer Brad Brider standing with his bat over his shoulder looking away from the camera in his green and gold Australian uniform.

**Inside Front:** Australian womens blind cricketer Adeline Roe in the motion of bowling in her green and gold Australian uniform during the 2023 IBSA World Blind Games.

# Table of Contents

<b>04</b>	<b>Introduction</b>
<b>05</b>	<b>About blind cricket</b>
<b>06</b>	<b>Understanding vision impairment</b>
06	What is 'vision impairment'
06	Understanding common eye conditions
08	Case study: blind cricket coach
<b>09</b>	<b>Guiding and safety principles</b>
09	Communication & guiding system
12	Health and safety considerations
13	Safeguarding children & vulnerable people
<b>14</b>	<b>Coaching education and philosophy</b>
14	Benefits of sport
15	Coaching approaches
16	Developing programs
18	Case study – blind cricket president
19	S.T.E.P.S principles
20	Planning a session
22	Blind cricket core technical skills
<b>24</b>	<b>Competitive sport for athletes</b>
24	Classification
26	Participation pathways
27	Case study: blind cricket player
<b>28</b>	<b>Further information</b>
28	Contact details and resources
28	Support services



**Image shows:** Tasmanian player Nicole McKillop bowling in the first ever all womens game at the 2024 National Cricket Inclusion Championships.

# Introduction

Welcome to Blind Sports Australia's 'Beginners guide to coaching blind cricket', produced in partnership with Blind Cricket Australia. Blind Sports Australia acknowledge the support of the Commonwealth Department of Health for funding through the Driving Social Inclusion through Sport and Physical Activity Grant.

At Blind Sports Australia (BSA) we believe that every person with a vision impairment (VI) has the right to participate in sport and physical activity. We understand there are often hurdles and barriers that need to be overcome in order for someone with a vision impairment to have the same accessibility as a sighted person.

This resource has been created with the specific purpose to assist anyone who is delivering cricket specific physical activities with support, ideas and guidance on how to create an inclusive environment that welcomes people with a vision impairment. This resource aims to help cricket providers to become VI friendly through their provision of activities, training, resources, and support. Cricket providers include these groups:

- Sports coaches
- PE teachers
- Community coaches
- Multi-sport/multi-skill coaches
- Sports clubs
- Volunteers
- Sport development professionals
- Parents and carers

This resource will enable coaches, leaders and parents/carers to:

- Learn about sight loss and eye conditions
- Increase their understanding of the needs of people with a vision impairment.
- Apply their knowledge to meet the needs of people with a vision impairment.
- Use basic communication skills to support the needs of people with a vision impairment in sport and physical activity.
- Understand where you can obtain further support to ensure your club/group is fully accessible to, and inclusive of, people with a vision impairment.



**Image shows:** youth participant sitting in a wheel chair being guided to hit a cricket ball off a tee by another young participant.

# About blind cricket

The game of blind cricket in Australia is administered and controlled at a National level by Blind Cricket Australia (BCA) and at state and territory level by respective state and territory BCA affiliate members.

To understand more about the game of blind cricket, listed below are modifications to rules or equipment.

## The team

A match is played between two teams of 11 players comprising a minimum of four B1 players, a minimum of two B2 players, and a maximum of five B3 players.

B1: No light perception in either eye up to and including light perception, but inability to recognise the shape of a hand at any distance or direction

B2: From ability to recognise the shape of a hand up to and including visual acuity of 2/60 and/or visual field of 5 degrees or less

B3: From visual acuity above 2/60 up to and including visual acuity of 6/60 and/or a visual field of more than 5 degrees up to and including 20 degrees

## Ground dimensions

The field boundaries are measured between 45 - 50 yards (approximately 41 - 46 metres) measured from the centre stump in a complete half circle from each respective wicket and should be joined by parallel lines. The boundary should be clearly indicated by a white line with orange witch hats at intervals.

The wicket has a line marked half way along its length (parallel to the bowling and batting crease) as during bowling a delivery the ball must bounce at least once on both sides of this line to be

deemed legal.

## The ball

The ball used in blind cricket is of similar size and is roughly half the weight to a conventional cricket ball with the difference of it being audible and it rattles/rings when in motion.

## Batting

B1 and some B2 players will have a runner when batting. Depending on the type of match, B1 players will be credited with extra runs, when they score.

## Bowling

All bowling is underarm and the ball must bounce at least twice before reaching the batter. Before delivering the ball B1 players receive a direction call from the wicketkeeper to find the correct line to bowl. B1 players must bowl a minimum of 40 per cent of the overs in an innings.

During match play the bowler asks the batter if they are "ready" before delivering the ball and the batter replies with a "yes" to indicate they too are ready. When delivering the ball, the bowler must call "play" to the batter before releasing the ball or it will result in a delivery being called a no-ball by the umpire.

**Blind cricket rules and regulations are updated regularly and you can find the current rules and more information on the game here:**

[Rules of the game](#)

[National championship rules](#)



**Image shows:** a qualified cricket coach is teaching a blind participant the correct way to hold a bat to play blind cricket.

# Understanding vision impairment

## What is 'vision impairment'

Vision impairment is the partial or full loss of sight in one or both eyes. Vision impairment may be the result of disease or injury, may progress over time, and may be permanent or corrected with vision aids (such as glasses) or with surgery.

A vision impairment can be identified by a standard vision test carried out by an ophthalmologist, optometrist, or doctor.

There are four terms used to describe different levels of vision impairment and blindness:

**Partially sighted** - means a person has partial vision, either in one or both eyes.

**Low vision** - refers to a severe vision impairment in which vision acuity is 20/70 or poorer in the better-seeing eye and cannot be improved with glasses or contacts.

**Legally blind** - means a person has a corrected vision of 20/200 in their best-seeing eye. If vision aids such as glasses can correct a person's vision to 20/20, they are not considered legally blind.

**Totally blind** - refers to a complete loss of sight.

Further details can be found at: [Vision Australia](https://www.visionaustralia.org.au/)

## Understanding common conditions

It is important to remember that people are individuals with different levels of vision and varying support needs. These varying conditions affect people who are blind and partially sighted in different ways. For example, a person with a vision impairment may be totally blind, have tunnel vision or have blurred peripheral vision.

Here are four common conditions and corresponding images simulating what a person with those conditions may see. This provides an overview of how sight loss affects a person with a vision impairment:

### Image as seen by a person with 20/20 vision





**Macular degeneration** is an eye condition that affect a small part of the retina at the back of the eye called the macular. It causes a loss of vision in the centre of the vision field, affecting vision when looking directly at something. People with this condition will usually have peripheral vision but may struggle to recognise the faces of their teammates.



**Glaucoma** causes a loss of peripheral vision due to damage to the optic nerve or increased eye pressure. This condition occurs gradually and will result in a significant reduction of peripheral vision over time. While treatment exists for glaucoma, it can't repair the existing sight loss.



**Cataracts** cause blurred or cloudy vision, as result of yellowy pigment on the lens of the eyes. This condition is the main cause of vision impairment across the globe. To treat cataracts, surgery can be used to remove the cloudy lens.



**Diabetic retinopathy** can affect anyone with diabetes. It causes floaters and blurred vision, resulting from damage to the retina due to high blood sugar levels.

Along with these four conditions, there are many other causes of sight loss. Visit the Vision Australia website for more information on specific eye condition, following this link: [Vision Australia Eye Conditions](#)

# Raymond Moxly

## Chairman of Blind Cricket Australia

As a kid, Ray didn't imagine travelling the world to play cricket. In primary school he'd always liked to be involved in sports, including cricket. But, as he got older, and it became harder for Ray to see the ball, he found himself excluded. With thick glasses and an obvious vision impairment, he felt like he stood apart from his peers.

When he was 14, three blind cricketers visited his school to recruit for their junior cricket program, and he gave it go. Nine students played that season, and two went on to play for Australia. Ray met his best mate playing cricket, has worn the baggy green for Australia many times and enjoyed an amazing international cricket career.

“Through blind cricket I have had the opportunity to compete nationally and internationally, travelling all over the world with the Australian Team. My greatest highlight is the lifelong friendships I have developed with people just like me all over the globe. Being able to compete in a sport as an equal has given me real feeling of self-worth. I feel a strong obligation to give back to sport, to ensure the next generation of blind cricketers are given the experience I have had and more.”

Raymond Moxly

As Chairman of Blind Cricket Australia and Secretary General of World Blind Cricket, Ray has much experience to share, Ray has some advice for clubs looking to become more inclusive of people with a vision impairment. He comments that not only is it important to ensure your club is accessible, but it is vital to be genuine in your intentions. Ray recommends demonstrating your intent by listening to what people with a vision impairment want from being part of your club.

“Don't assume you know what they want or know what is best. Some may want to be involved with administration, help-out in the canteen or simply want to be there to feel part of the community. Seek critical feedback on a regular basis to make sure people feel included and ensure you don't actively or inadvertently treat people with a vision impairment in a patronising way.”

Raymond Moxly



**Image shows:** Blind Cricket Australia Chairman Raymond Moxly instructing a participant on how to bat correctly, during a blind cricket come and try session in Hobart.



# Guiding and safety principles

## Communication & guiding system

It is important to understand the needs of a person with a vision impairment. Do not be afraid to ask questions to obtain as much information as you can that will aid in coaching and delivery. To overcome any safety issues with young children, discuss options with the child's parents, guardians or carers beforehand.

- Use the person's name to gain attention.
- Use clear, accurate verbal instructions and check they understand them.
- Make sure the participant knows when you have finished and are moving away from them
- Make sure the area in which you are working is free of obstacles and clutter.
- Supply any written information (if necessary) in a suitable format such as audio recording large print or braille copy.
- Agree a method of communication (for example, specific words or gestures) that works for both you and the person with the vision impairment and review it as needed.
- Ask a person who is blind or with a vision impairment if and how they prefer to be guided. Some people prefer to hold the guide's elbow while walking half a step behind as this gives information about direction and slope.

### Correct terminology

It is important to always use the correct terminology when referring to people with a vision impairment and discussing sight loss in general. Using the

wrong type of language can create a barrier, so by using appropriate terminology it will help you build lasting relationships with your participants and grow your participation programmes.

### Words to use

- Person with low vision
- Person with sight loss
- Person who is partially sighted
- Person who is blind
- Has a vision impairment

### Words to avoid

- The blind
- The handicapped
- The disabled
- Vision impaired (when referring to an individual)
- Suffers from

While it is important to use correct terminology, do not over think every sentence you say.



**Image shows:** a blind Queensland state team cricketer in the motion of bowling, with the assistance of a coach who is guiding the players arm in the direction of the opposing batter.

## General guiding principles

A participant who is blind or vision impaired may rely on a sighted person to assist with access to a sports facility. Not having access to a sighted guide may cause a barrier to participation.

One method of overcoming this barrier is to access the services of organisations such as Vision Australia. This service matches people with vision impairment with a trained volunteer who acts as a sighted guide and enables people to do the things they want to do, which can include taking part in sport and physical activity.

### Key points

- Identify yourself and ask if they would like some assistance; don't just presume that they do or don't.
- Offer your elbow or shoulder to hold.
- Ask which side they prefer to be guided.
- When guiding a child, discuss options with the child's parents, guardians, or carers beforehand.
- Aim to be one step in front, don't walk too fast or too slowly, ask if they are happy with your pace.
- Communicate at all times by describing what is coming up, for example steps (up or down) or handrails.

- Describe what objects are close by and explain any changes in ground surface.
- Show the person where a chair is by placing their hand on the back of the chair without backing them onto the seat.
- Ensure the person steps behind you when moving through doorways so they do not get struck by the door or catch their fingers.
- Explain any loud noises.
- Keep your guiding arm still and relaxed without waving it about or pointing.
- Give the person adequate space to safely manoeuvre around obstacles.

### Guiding during sports activities

A participant with a vision impairment may require assistance during the session, especially when changing drills or sets and particularly when equipment is involved.

It is recommended that the guide is not the lead coach but acts as an assistant coach, sports volunteer or support worker.

Consider using a buddy system to provide the necessary guiding support during sports activities.



**Image shows:** a totally blind player is being assisted to the wicket by another player at an outdoor game.

### Sports that require a sighted guide

While participants with a vision impairment generally do not require a guide to play blind cricket, B1 players may need guiding to navigate their way onto and off the field.

When a B1 batter is batting, this assistance is usually provided by their runner or umpire. When fielding it is often verbal instruction from the wicket keeper or captain that is provided to assist players navigate their way around the field.

When a B1 player is bowling, it will often be a fielder from their team that will guide them to the bowling crease and assist them in aligning to stumps and instruction from the keeper on where to bowl.

### Creating a buddy system

When working with young people who are trying blind cricket for the first time, a simple and very effective method of including a person with a vision impairment into a session and to increase communication is to develop a “buddy” system. This involves identifying another participant in the group to support, help and guide the vision impaired participant. The role of a “buddy” may

consist of simply telling the person with a vision impairment where to move to, or when to expect to receive the ball, explaining the next section of the session or guiding the participant to the next activity.

A buddy system ensures that a person with a vision impairment is made to feel part of the group and isn't completely reliant on the coach or leader. This enables the coach to focus on all participants. A buddy system also encourages communication, promotes social interaction, and allows friendships to develop.

**For more information about communication and guiding principles visit:**

- [Community Coaching Resource](#)
- [Guiding Principles](#)
- [Effective Communication Approach, Assist, Ask](#)



**Images from bottom left clockwise:** First image - blind cricket player in the motion of throwing during a match. Second image - a blind cricket player in black and orange uniform in the motion of hitting the ball during a match.

## Health and safety considerations

There are some key health and safety considerations that sports coaches/leaders and parents/carers may need to consider when a person with a vision impairment takes part in a sport and recreational activity.

Health and safety considerations should not be a barrier to including participants.

Specific risks should be considered as part of your organisations daily risk assessment for the activity. Any action taken to minimise potential risks should be provided on the form in detail.

A template risk assessment form is available at: [www.blindsportsaustralia.com.au](http://www.blindsportsaustralia.com.au)

Below is a list of some of the most common risks and how to negate these risks:

**Obstacles:** a participant may not see obstacles and be unable to avoid them, so be sure to provide detailed verbal descriptions of the activity area and explain in advance any obstacles or hazards.

- Always let the person with a vision impairment know if they need to spend any period of time on their own
- Use a guide if necessary
- Make other coaches/leaders and participants using the facility aware that there is a person with a vision impairment who may not see other participants or equipment

**Fire evacuation:** ensure procedures are in place to support a person with a vision impairment in the event of an emergency evacuation such as fire or security threat, and that the person with the vision impairment understands that procedure. For example, assigning a buddy, or providing a guide to assist.

**Insurance:** ensure all sports sessions have adequate insurance cover to protect you, your participants, and your club.

### Further information

Sports Australia – [Safe and Inclusive Sport](#)



Image shows: first aid bag and equipment.

## Safeguarding children and vulnerable adults

As a club, sport coach, leader or volunteer it is vitally important to have safeguards in place to prioritise the welfare of children and vulnerable adults, and these should be made available to all participants and their carers/parents.

In this resource the term 'children' refers to children and young people under the age of 18.

### Anyone directly or indirectly involved with providing sport and physical activity opportunities has a responsibility to:

- Be sure to have participants' approval to use any images in any social media and general marketing from photos taken. This is called a 'photo release' and is secured with the individual and/or guardian signing a 'consent form'.
- Ensure child safety policies and procedures are in place.
- Adhere to Code of Conduct/Code of Practice in place.
- Recognise the signs of child abuse and understand the impact of abuse on children.
- Respond in an appropriate manner to children who may disclose that they are being abused.
- Take appropriate action if concerns are raised.
- Know where to go for further information.
- Ensure a clear process is in place and communicated to staff/volunteers to gain a Working with Children's check (WWCC).
- Check if staff or volunteers require a Working with Vulnerable People check.
- Understand the protocols and ensure that policies and procedures are in place for taking photography and videography of children and vulnerable adults.

### Further information about a safeguarding children:

[Working with childrens check](#)

[Clearing house for sport - child safety](#)

[Sport integrity - safe guarding children](#)

[Play by the rules](#)

[Codes of conduct template](#)



**Image shows:** a group of young participants with adult coaches ready to experience a blind cricket session.

# Coaching education and philosophy

## Benefits of sport

Sport and physical activity can be a very effective catalyst to ensuring a healthier and happier lifestyle.

**“I love the team spirit in both sport even though if you are playing an individual sport it takes a massive team to get you ready to go out there and participate. The harder you work in training the more rewarding the final victory is.”**

**Courtney Webeck - Australian BLV tennis & blind cricket player**

Sport and recreation is important in encouraging people with vision loss to get involved in leading an active lifestyle, which in many cases results in improving a participants general health, social interaction, balance, motor skill acquisition, communication and teamwork.

**“Even if you don’t enjoy the sport, you can tell yourself that you have tried it, and that will give you the confidence, and life lesson to get out there and try another activity.”**

**Steffan Nero - Australian Blind cricket player**

Sport and recreation is invaluable for peer integration and social inclusion, some of the benefits include:

- Creating bonds and friendships.
- Improving communication skills, leadership and teamwork raising confidence and self-esteem which allows for further independence and achievement.
- Developing spatial awareness, muscle strength and balance acquiring motor skills.

It is important that participants who have a pre-existing medical condition or haven't exercised regularly for a long-time check with their doctor before starting any type of sport or exercise program.

Information and assistance for blind and vision Impaired participants:

- Local doctor
- Vision specialist
- Vision Australia and low vision services  
Tel. 1300 84 74 66
- Blind Sports Australia
- State vision organisation



**Image shows:** a group of Australian women's team cricket players with their hands in the air celebrating a wicket against India at the 2023 IBSA World Blind Games.

## Coaching guidance

It is important that coaches and volunteers are knowledgeable about working with participants with a vision impairment. Like any interaction between people, it is about assessing a situation and behaving appropriately.

Remember we are all different, and blindness is a spectrum, so each individual vision impairment will also differ. Their degree of sight, ability, personality and fitness levels will vary. It is important not to generalise about vision impairments across participants, but to understand how much the person can see and how to maximise the use of any sight they have.

### General coaching advice

When approaching a person or group, always say who you are by name and be aware that you may need to repeat this to allow them to become familiar with the sound of your voice.

- Consider what descriptive language you use when describing an activity or action as some participants with a vision impairment may not understand certain descriptions due to knowledge gaps or having no reference for that action such as high knees.
- Try and verbalise any body language you might be using as some participants with sight loss may not be able to read facial expressions or make eye contact.
- Address a participant with a vision impairment by name or lightly touch them on the side of the arm to indicate you are talking to them but ensure you always ask before touching a participant.
- Use everyday language to describe something such as “see” or “look”.
- Listening to coaching sessions with your eyes closed to try and understand sight loss and

whether enough information is being provided for a person with a vision impairment and that the techniques required are adequately described.

- Clear communication is vital, so provide detailed verbal explanations of drill, skills and rules.
- Physical demonstrations of a task or action may be necessary when working with a participant with a vision impairment and it is essential that you ask the participant's permission to do this.
- Some participants with a vision impairment may require additional support, such as hands-on support, guiding or assisting with skills repetition.
- Remove obstacles from the activity area, such as spare balls or cones.
- Keep equipment in a well-defined area and inform the participants of the location.
- Give precise instructions to help participants with a vision impairment find their way by saying “the equipment is on your left side” instead of pointing and vaguely saying “its over there”.
- Involve participants in all aspects of the clubs operations including social activities, canteen operations and committee participation.

**Learn more regarding coaching styles and training principles for individual sports can be found: [BSA resources](#)**



**Image shows:** three junior blind cricket players taking it in turns to bowl during an indoor net training session.

## Developing programs

Offering equal and consistent participation opportunities for people with a vision impairment is an important part of social inclusion. This section outlines key factors to consider when planning and delivering cricket sessions to help ensure a participant with a vision impairment has an enjoyable and welcoming experience.

### Preparation

Just like any sports or activity session, preparation is paramount. The following proverbs are a good reminder to sports coaches and leaders of the importance of preparation.

- Prior planning prevents poor performance.
- Fail to plan – plan to fail.

### Advertising

The promotion and marketing of your cricket session, club or activity is important to ensure people are aware of what your club offers, where you are located and what activities and programmes are accessible.

The way in which people with a vision impairment communicate and source information may be different to a sighted person, so it is important to consider:


- Providing information in an accessible format if required (e.g. braille, clear print or suitable electronic version for a screen reader).
- Promoting your sessions with the assistance of local and national vision impairment organisations such as BSA, Vision Australia or your local or state blind sport and recreation association.
- Contacting your local council to find a Sight Support Service that can be used to promote your programs and engage with vision impaired people. BSA can advise on your local contacts.
- Using social media to promote your sessions, as it is very accessible and a popular medium for vision impaired people, don't forget to turn on the embedded accessibility feature on these platforms.
- Using appropriate images of athletes with a vision impairment in your marketing material to help connect and inspire people with a vision impairment to take part in a program.
- Including image descriptions of any pictures or photographs in your marketing content, so that they can be accurately described by screen readers.

### Accessibility information

Vision Australia - [Accessibility toolkit](#)

Vision Australia - [Social Media Accessibility](#)

W3C - [PDF Techniques](#)



**Images shows:** four women state team cricket players smiling and patting each other on the back after taking a wicket at the 2024 National Cricket Inclusion Championships..



## Travel

Many people with a vision impairment rely heavily on public transport it is advisable to check public transport options and so include directions about the nearest train station or bus route in any promotional information.

Check if other community transport options are available, your local council's Sight Support Services can provide further information.

Some participants may rely on a sighted guide or support worker to assist them in getting to and from your club or session.

## Session venue and time

It might be necessary to provide a meet and greet service for a participant who have a vision impairment, especially on their first visit. This can be discussed and arranged during any prior communication with the participant.

Ensure that staff at the venue have been briefed that a person with a vision impairment will be attending the session and have been notified if an guide/ assistance dog will be attending so that facilities are aware of the needs of each participant.

It is important to consider how sunlight, and the time of the session may affect a person's ability to participate. Indoor poorly lit spaces may be particularly difficult for a person with a vision impairment. Where possible and if practical, organise sessions in good light or evenly lit indoor spaces.

## Equipment and facilities

To ensure a person with a vision impairment can be included in your session you may need to source some accessible equipment.

In blind cricket, the modifications or adaptations can be as simple as using audible balls, larger or brighter equipment for young participants,.

Common adaptations used are:

- Jingle balls – balls with ball bearings in them are popular sports equipment for blind or vision impaired sports, such as cricket.
- Sound balls – tennis balls with bells inserted inside used for tennis.
- Larger soft audible balls - a larger soft ball which jingles may be easier for a young person to track and hit
- Tactile markings – using raised tape, or taping string to the boundaries of a playing area will help a vision impaired person understand where a court, pitch or playing area is.

For equipment ideas, cost and purchasing details please go visit: [BSA online equipment store](#)



**Images from left clockwise: First image - a blind cricket participant in a purple shirt in the motion of bowling. Second image - female player crouched down batting.**

# Julie Neumann

## Australian blind cricket

Julie is a blind cricket player who recently represented Australia at the 2023 IBSA World Games as the Captain of Australia's first ever womens blind cricket team. But that was not her first international competition.

**"Losing my vision changed my life - it didn't end it. It has actually opened so many doors to me, I've met some amazing people along the way. I've travelled the world.... to have the coaches put their faith in me that I can lead and captain these girls is such a huge honour."**

**Julie Neumann**

The Queensland-based mum of nine, who lives with retinitis pigmentosa has been playing blind cricket since experiencing vision loss 15 years ago. She talks about how she was welcomed into the blind cricket world immediately at a point in her life when she most needed a community and somewhere to feel included.

**"I was attending a vision loss social group within a week of losing my vision, and I met some of the members from the Queensland blind cricket association. They asked me to come out and give it a go even though I'd never played cricket. I'm so glad I said YES!"**

**Julie Neumann**

Julie loves the combination of hard work, determination, team spirit and friendship that blind cricket involves. In February 2023, Julie was one of a record ten women taking part in the National Cricket Inclusion Championships, as a wicket keeper for the Queensland team.

She hopes that her journey in blind sport will inspire others who are blind or vision impaired to step out and try a blind sport.

**"I believe, especially for our younger generations coming through that we can show them how great it is to be a part of such an incredible group of people and that you CAN do it."**

**Julie Neumann**



**Image shows:** Julie Neumann in her Australian uniform with wicket keeping helmet and gloves on, catching the ball behind a training stump.

## S.T.E.P.S Principles

The principles of STEPS provides a framework to assist sports coaches to make adaptations to specific elements of coaching and activity sessions. These elements are: **Space, Task, Equipment, People and Speed (STEPS)**.

Adaptions can be made to the whole group or for just an individual. It is important to remember that not all people with a vision impairment will require the same adaptations, just as not every participant will have the same abilities and needs.

Listed below are some considerations to ensure the inclusion of a participant with a vision impairment:

### S

- Organise the coaching/playing area for each session in a way that assists orientation.
- Increase the size and height of goals, targets or playing areas.
- Guide a person with a vision impairment around the facility and coaching space whilst describing important safety hazards and identifying features and sounds.
- Consider the impact of light and noise during the session.

### T

- Give clear oral explanations and test them with another coach by asking them to close their eyes, describing the activity to them and asking them to tell you how much they understood.
- If possible provide details of complex skills, drills or rules to a person with a vision impairment in large print or electronically so they are able to read the written instructions to better understand the task and session.
- Modify the rules to increase aspects of participation (e.g. all players must pass after three seconds in team games).

### E

- Use audible balls.
- Use larger, brighter equipment.
- Consider the colour of equipment used, for example avoid placing green cones on the grass.
- Wear brightly coloured clothes to ensure you are recognisable.
- Create tactile makers to determine the boundaries of playing areas which can easily be created by using tape and string.

### P

- Create a buddy system with other participants who can help, support and assist any person with a vision impairment.
- Sighted guides may require specific training to assist with sport and recreational activities.
- Create activities that involve all participants.

### S

- Slow down the session or game to ensure each skill is practiced and learnt effectively, for example slow down the speed in which a ball may be bowled, to provide more time for batter to track and hit the ball.



## Planning a session

Many sports are made accessible for participants with a vision impairment by making some simple changes to the rules, modifying the playing area or adapting the equipment used. The information below provides some useful hints and tips to demonstrate how blind cricket is currently played, or can be adapted to improve accessibility.

### Planning a session

When planning a blind cricket session, it is important to consider the following:

- Safety (see page 12).
- Equipment requirements (see page 19).
- Volunteers and guides – when working with adults, ensure there are an appropriate number of volunteers/guides to support each session (usually one volunteer/guide to every three to four players taking part in the session).
- Be aware of changes to the environment different equipment, new area, new people.
- Allow time for orientation of the training area.

## Structuring a training session

When constructing a blind cricket training session, it is important to consider the following:

- Welcome participants, introduce yourself and other support staff then outline the training session and any relevant safety features.
- Ensure breaks to allow for differing ability and fitness levels of participants.
- Warm-ups to include dynamic stretching and injury prevention exercises such as stabilisation and balance.
- Session topic to be relevant to participants requirements and level of ability.
- Fundamental skill based drills should make up 60% of a training session.
- Implement a game play component to the session.
- Set achievable targets and goals.
- Warm down and wrap up to include stretching, participant feedback and information about the following sessions, as communication is vital.

**Image shows:** blind cricket player in a dark green uniform running between wickets with the bat grounded.

## Rule adaptations

- Blind cricket is played with an audible rattle/ bell ball which is the same dimensions as mainstream cricket ball.
- When bowling the ball must bounce at least two times before reaching the batter. the ball must land in the first half of the pitch on its first bounce, otherwise it's classed as a no ball.
- The bowling pitch has a line marked half way along its length as during bowling a delivery must bounce on both sides of this line to be deemed legal.
- Guide runners support B1 batters by running between the wickets.
- The field boundaries are measured 40 metres in a circle around the pitch and indicated by a white line with orange witches hats at intervals.

## Equipment requirements

- Audible cricket balls must be used.
- Each wicket is made of metal stumps.
- Standard cricket bats can be used.
- Black out glasses must be worn by B1s, but partially sighted players can wear sunglasses.
- Medium-sized cones (contrasting colour to playing surface).
- Bibs (contrasting colour to training uniforms).

## Venue considerations

- Is the location of your venue easily accessible by public transport services?
- Indoor or outdoor training pitches may be utilised for training purposes but it is important to consider the acoustics in the facility, is it easy for instructions/explanations to be heard?
- Does the facility have adequate lighting for night time or day time training/matches?
- It is advisable to guide a person with a vision impairment around the venue or facility to help with orientation.



**For full information about adaptations, modification and sport specific rules please consult other Blind Sports Australia Resources or contact Blind Sports Australia for advice and guidance:**

[blindsportsaustralia.com.au](https://blindsportsaustralia.com.au)

[A.B.C.C. Rules](#)

**Above image:** Australian women's blind cricket team in a huddle while the coach addresses the side during the innings break of a match at the 2023 IBSA World Blind Games.

## Blind cricket core technical skills

A coaching session should always start with a correct verbal and physical demonstration of the skill being taught, then providing enough time for repetitions of the skill in order for the players to understand the correct movement. Coaching session must be structured to ensure all players are actively involved.

### How to explain skill

- Gain participants attention.
- Keep explanations short & simple.
- Use verbal and visual cues.
- Stick to 1 or 2 Key coaching points.
- Invite questions from participants.

### How to demonstrate skills

- Have a clear vision and understanding of the skill you are demonstrating.
- Ensure correct use of movement.
- Verbally explain movement during demonstration.
- Repeat demonstration.
- Check for participants understanding.
- Invite questions from participants.



**Images shows:** a female blind cricket player in a yellow Australian team uniform hitting the ball in the air while playing in an international match.

### How to keep it fun

- Get participants active quickly.
- Program a variety of activities.
- Get everyone involved (no standing still).
- Positive feedback and praise efforts.
- Get participants involved in planning a session or activity.

Below are the core technical skills that should be the focus of all blind cricket training sessions.

### Batting

Teaching your players the core fundamental batting techniques, which can be used in different game situations, is imperative when developing a coaching session. Examples of fundamental batting technique along with video explaining the teaching points.

- Bat grip.
- Setting your guard.
- Players stance.
- Back swing and follow through.
- Horizontal shot.
- Sweep and cut shot.
- Vertical bat swing.
- Strategy (shot selection).

### Catching

Whilst not an essential skill required to play blind cricket, listed below are some catching variations to assist players with some level of vision:

- Close catching.
- Reverse cup.
- Scissors reverse cup.
- High catching.

## Bowling

All bowling is underarm and the ball must bounce at least twice before reaching the batter. There are six key coaching points when it comes to breaking down the skill of bowling in blind cricket.

1. Run-up.
2. Gather and jump.
3. Foot landing/placement.
4. Delivery stride.
5. Arm release and hand position.
6. Follow through.

It is important to emphasise that using the guide behind the wicket can help with accuracy of a bowl.

## Fielding

Fielding drills can comprise of the following fundamental movements for beginners right through to the elite athlete.

- Tracking the sound of the ball.
- Moving to the ball.
- Body behind the ball, bend down and pick-up.
- Two hand pick up and throw.
- One hand pick-up and throw.
- Turning body to throw.
- Throw variations: under arm and over arm throw.
- Crow hop.
- Relay.

## Wicket keeping

It is important to design drills specifically to breakdown the fundamentals of wicket keeping and repeat these in game play scenarios:

- Stance.
- Positioning.
- Footwork.
- Glove-work.
- Ball tracking.

## Running between the wickets

- Backing-up.
- Communication.
- Calling.
- Setting off.
- Hitting the stride.
- Grounding.
- Judgement.
- Coordination between two batters.

**For more information and resources contact Blind Sports Australia:**

[blindsportsaustralia.com.au](http://blindsportsaustralia.com.au)



**Images from left clockwise:** First image - female blind cricket player in the motion of bowling during a practice match. Second image - player in the motion of bowling while a batter is getting ready to run.

# Competitive sport for athletes



## Classification

Classification is the process by which athletes with a vision impairment are grouped together with athletes who have a similar level of impairment into classes for competition in their sport. Each Paralympic sport has a different classification system and classification may be based on a physical, intellectual or vision impairment.

Athletes are classified according to their level of corrected vision and must have an impairment in both eyes that meets the minimal disability criteria of vision acuity that is less than or equal to LogMAR = 1.00 (6/60) and/or a vision field that is less than a radius of 20 degrees.

Athletes are required to provide medical documentation from their ophthalmologist prior to seeking a classification.

### Why is classification required?

By grouping similar athletes together, an athlete's impairment has less of an impact on the competitive outcome. Classification enables the fastest, strongest or best athletes in each class to succeed in their chosen sport.

### When is classification required?

To compete in sport as an athlete with a disability, you must undergo a sports-specific classification assessment and hold a classification class. This isn't necessary for general participation or social involvement in sport.

### What is the role of a classifier?

Classifiers are trained and certified to assess an athlete's impairments and determine their sport class and sport class status, according to the international classification rules that apply to their sport. Classifiers have either medical or technical qualifications, combined with specific expertise in that sport. In Australia, they are trained and certified by the Australian Paralympic Committee and National sports federations, and work as volunteers at the State, National and International level.

To be eligible to commence training as a Classifier, individuals must meet the following prerequisites:

### Medical classifiers:

Currently registered Ophthalmologist with a minimum of five years clinical experience working with people who have a vision impairment and must be based in one of the major low vision centres in Australia.

**Image shows:** a person receiving an eye examination with their chin resting on the examination machine.



## What are the classes for vision impairments?

The list below is intended as a guide only. Only authorised classifiers are able to provide a formal para sport classification.

### Category

### Examples (guide only)

**B1**

From no light perception in either eye to light perception, but inability to recognise the shape of a hand at any distance or in any direction. – Vision acuity is poorer than LogMAR 2.60 with best corrected vision.

**B2**

Ability to recognise objects up to a distance of 2 metres. – Vision acuity ranges from LogMAR 1.5 to 2.60 (below 2/60) with best corrected vision; and/or Vision field of less than ten (10) degrees diameter.

**B3**

Can recognise contours between 2 and 6 metres away. – Vision acuity ranges from LogMAR 1.40 – 1.0 (2/60 – 6/60) with best corrected vision; and/or – Vision field of more than ten (10) degrees and less than forty (40) degrees diameter.

Further details in relation to classification can be found on the following websites.

[Blind Sports Australia - Classification](#)

[IBSA - Classification](#)



**Image shows:** image of the Australian women's blind cricket team celebrating a wicket at the IBSA World Blind Games in 2023.



## Participation pathways

Sport can provide many amazing opportunities for people with a vision impairment. Many sports offer exciting competitive opportunities from local domestic, regional and national competition, right through to high performance international competitions such as the Paralympic Games.

### Access All Abilities

Access all abilities (AAA) programs support inclusive sport and recreation opportunities for people of all abilities to get active nationally. Blind Sports Australia connects participants directly to an association in the state specific to participants requirements via email:

[info@blindsportsaustralia.com.au](mailto:info@blindsportsaustralia.com.au)

### Come and try sessions

Come along and try a new sport or meet a sport club for a friendly game. No experience is necessary, and these sessions are held throughout the year at different venues nationally.

### Multi sports days

Also known as Active Inclusion Sports Days are one day programs designed to promote the pathways

for inclusion sport and active recreation in local community areas and encourage students with a disability to participate in community sport and active recreation on a regular basis.

### Club/community competitions

Competitions are held between local clubs, which is often the first experience of competition for a participant. Having a low level competitive experience is incredibly valued for any participant, it introduces rules, structure and officials. It also promotes and develops team cohesion.

### State and national representation

have a talent pathway in place that provides opportunities for cricketers who are blind or have low vision, deaf or hard of hearing and cricketers with an intellectual disability to represent their state at the National Cricket Inclusion Championships and represent Australia in international Series like an Ashes and World Cups.

**For more information and resources  
contact Blind Cricket Australia:**

[Blind Cricket Australia](#)

**Image shows:** a blind South Australian state team player bowling the ball at a National Cricket Inclusion Championships game.

# Steffan Nero

## Australian blind cricket player

Steffan Nero is no stranger to sport, and he knows first-hand that getting to the top of your chosen sport is a long and tough process. Before his eyesight deteriorated, Steffan enjoyed playing cricket, and then found a new competitive team sport in Goalball.

The West Australian native explains his love of sport stems from the comradery and brotherhood of a cricket team.

“There is no better feeling than heading out onto the field with the team or walking out there to bat. I love the competitive nature of it all but also having a laugh with my mates.”

Steffan Nero

A major highlight of Steffan’s sporting career was playing for his home state to secure Western Australia’s first National Title for over thirty years. Upon winning, the victory was made all the sweeter by being able to celebrate with one of his closest friends, and team-mate Brad Bridger, who was Captain at the time. Another remarkable achievement was being selected and awarded his baggy green at the T20 blind cricket World Cup in India in 2017, after failing to make the squad for the previous tour.

Steffan cites the support of several players, coaches and individuals who have inspired him on his journey to keep pushing as hard as he could. In his early career, a senior squad member, Lindsay Heaven, took Steffan under his wing; mentoring the young cricketer with advice about many aspects of his sporting career and life.

For those looking to step into blind sport, Steffan reflects that the first step is usually the hardest, and that we can all play a part in welcoming a person with a vision impairment to a club or sporting team. The most important element for any club or volunteer is to ensure the person feels included and involved. This can often be simply achieved by providing an alternate, yet similar experience that supports them to enjoy the game – and it is this enjoyment factor that will most likely result in them returning to participate.

“Even if you don’t enjoy the sport, you can tell yourself that you have tried it, and that will give you the confidence, and life lesson to get out there and try another activity.”

Steffan Nero



**Image shows:** Steffan Nero raising the bat in celebration of a world record 309 not out during an ODI between New Zealand and Australia in 2022.

# Blind cricket contact information

## Blind Cricket Australia

Email: [media@blindcricket.org.au](mailto:media@blindcricket.org.au)  
Website: <https://www.blindcricket.org.au/>  
Facebook: <https://www.facebook.com/blindcricketaus>

## Blind Cricket ACT

Email: [blindcricketact@gmail.com](mailto:blindcricketact@gmail.com)  
Facebook: <https://www.facebook.com/blindcricketactofficial>

## Blind Cricket South Australia

Email: [secretary@blindcricketsa.org](mailto:secretary@blindcricketsa.org)  
Website: [Blind Sports SA](https://www.blindsports.org.au/)  
Facebook: <https://www.facebook.com/blindcricketsouthaustralia>

## Blind Cricket Tasmania

Email: [phillip@inclusiveinnovationstasmania.com.au](mailto:phillip@inclusiveinnovationstasmania.com.au)  
Website: <https://blindcrickettas.com.au/>  
Facebook: <https://www.facebook.com/InclusiveInnovationsTas>

## Victorian Blind Cricket Association

Email: [secretary@vbca.org.au](mailto:secretary@vbca.org.au)  
Website: [VBCA](https://www.vbca.org.au/)  
Facebook: <https://www.facebook.com/VicBlindCricket>

## Blind Cricket Western Australia

Email: [wablindcricket@gmail.com](mailto:wablindcricket@gmail.com)  
Blind Sports WA: [hello@blindsportswa.com.au](mailto:hello@blindsportswa.com.au)  
Website: [www.blindsportswa.com.au](https://www.blindsportswa.com.au)  
Facebook: [https://www.facebook.com/WestAustralianBlindCricketClub - The Venetians](https://www.facebook.com/WestAustralianBlindCricketClub-TheVenetians)

## Blind Cricket NSW

Email: [blindcricketnsw@gmail.com](mailto:blindcricketnsw@gmail.com)  
Website: [blind cricket NSW](https://www.blindcricketnsw.com.au/)  
Facebook: <https://www.facebook.com/blindcricketnsw>

## Cricket Australia

Email: [public.enquiries@cricket.com.au](mailto:public.enquiries@cricket.com.au)  
Website: <https://www.cricket.com.au/>  
Facebook: <https://www.facebook.com/CricketAustralia>

## QLD Blind Cricket

Email: [qldbblindcricket@outlook.com](mailto:qldbblindcricket@outlook.com)  
Facebook: <https://www.facebook.com/qldbblindcricket>

## Cricket coaching resources

[Community coach resources](#)  
[Accreditation and pathways](#)  
[Coaching courses](#)  
[Resource kit bag](#)



**Blind  
Sports  
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**BLIND CRICKET**  
AUSTRALIA



**iit**  
inclusive  
innovations  
tasmania

[blindsportsaustralia.com.au](http://blindsportsaustralia.com.au)

Images above: show both the Australian women's and men's blind cricket teams including coaches in their Australian uniforms.