

4X Cricket Format Rules

Official Playing Conditions & FAQs [DRAFT]

1. Overview

4X Cricket is a high-intensity, limited-overs format that combines the strategic depth and narrative arc of Test cricket with the pace, explosiveness, and entertainment value of T10 cricket. The format is designed to deliver sustained tactical intrigue while remaining fast, accessible, and broadcast-friendly.

By allowing each team to bat twice within a short-format match window, 4X Cricket introduces elements traditionally associated with Test cricket, such as momentum management, phased planning, and recovery from setbacks, into a modern, time-certain contest.

Match Format

- Total Innings: 4
 - Overs per Innings: 10
 - Total Overs per Match: 40
 - Teams: 2
 - Players per Team: 11
 - Match Duration: 185 minutes (including breaks)
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2. Match Structure

The match shall be played across four innings in the following order:

1. Innings 1: Team A bats
2. Innings 2: Team B bats
3. Innings 3: Team A bats
4. Innings 4: Team B bats

End Rotation

- Each innings is divided into two five-over blocks.
- Overs 1 - 5 of an innings shall be bowled from one end of the ground.
- Overs 6 - 10 of the same innings shall be bowled from the opposite end.
- No end changes occur within each five-over block.

This structure ensures:

- Consistent match flow and reduced transition delays
 - Tactical adjustments within innings
 - Equal exposure to ground and pitch conditions for both teams
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3. Result and Winning the Match

- Each team's final score is the aggregate of its two innings.
- The team batting first wins by restricting the opposition to less than its combined total after completion of all applicable innings.
- The team batting second wins by exceeding the combined target during the fourth innings.

Early Conclusion

A match may be concluded at the end of the third innings if the team batting second scores more runs in its first innings than the combined total of the team batting first across both of its innings.

If aggregate scores are tied after four innings, the match shall be decided by a Bowl-Out (see Section 10).

4. Team Composition

Playing XI

Each team shall field a Playing XI consisting of eleven (11) players.

Squad Composition

Each match squad must comprise:

- Five (5) International Professional players
- Two (2) USA National Team players, subject to ICC sanctioning
- Four (4) Amateur players selected via the Social Loop Contest

Nominations

- The Captain, Playing XI, and up to four (4) reserve players must be nominated at the Toss.
- All nominations must be submitted to the Match Manager prior to the commencement of play.

Substitutions

- Substitutions are not permitted during the match.
 - Approved injury replacements may be allowed at the discretion of match officials.
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5. Toss Procedure - Bowl-Out Method

The toss shall be determined by a Bowl-Out, replacing the traditional coin toss.

Overview

- The Bowl-Out shall be conducted at the pitch with no batter present.
- Teams shall attempt to hit a full set of stumps by bowling at them.
- A maximum of three (3) deliveries per team is permitted in the initial phase.

Initial Bowl-Out (Amateurs Only)

- Only Amateur players may participate in the initial Bowl-Out rounds.
- Teams shall alternate delivering one ball per round.
- A delivery that strikes the stumps is deemed a successful attempt.
- If one team hits the stumps and the other misses in the same round, the successful team immediately wins the Toss.

Deadlock Resolution – Simultaneous Hand Signal Decision

If the Bowl-Out remains tied after all scheduled attempts, the Toss shall be decided by a Simultaneous Hand Signal Decision between the team captains.

- Only the nominated captains may participate.
- Captains shall simultaneously display one of the following hand signals:
 - Rock - Paper – Scissors
- The outcome shall be determined using standard Rock - Paper - Scissors conventions.
- The decision shall be conducted under the supervision of the on-field umpire.

If the first attempt results in a tie, the process shall be repeated until a winner is determined.

Umpire Authority

The on-field umpire shall oversee the procedure and confirm the outcome. The umpire's decision shall be final.

6. Bowling Regulations

Bowling Limits

- A bowler may bowl a maximum of two (2) overs per innings.
- A bowler may bowl a maximum of four (4) overs across the entire match.

Team Bowling Composition

- In each innings, up to eight (8) overs may be bowled by Professional players.
- A minimum of two (2) overs per innings must be bowled by Amateur players.
- Each team must utilise a minimum of five (5) different bowlers per innings.

Ball Usage

- A new ball shall be used at the start of Innings 1 and Innings 2.
- For Innings 3 and Innings 4, the bowling captain may elect to use either:
 - a new ball, or
 - an old ball previously used during the match, subject to approval by match officials.

The captain's decision regarding ball selection must be communicated to the on-field umpires prior to the commencement of the relevant innings.

End Usage

- Each innings shall consist of five (5) consecutive overs from each end.
 - The change of ends after the fifth over is mandatory.
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7. Batting Regulations

- All standard Laws of Cricket relating to dismissals shall apply.
 - A team may be dismissed before completing ten (10) overs.
 - Any unused overs remaining at the fall of the final wicket shall be forfeited.
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8. Fielding Restrictions and Powerplays

Mandatory Powerplays

- Over 1 of each innings shall be a mandatory powerplay.
- One additional floating powerplay may be taken by the batting team between overs 2 and 9.

During powerplays, a maximum of two (2) fielders may be positioned outside the 30-yard circle.

All remaining overs shall follow standard limited-overs fielding restrictions.

9. Breaks and Match Flow

- Innings breaks after the 1st and 3rd innings shall be kept under five (5) minutes where possible.
 - A half-time interval of approximately fifteen (15) minutes shall occur after the 2nd innings.
 - Dugout seating shall be used to facilitate rapid player movement.
 - Strategic time-outs are not permitted.
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10. Match Officials and Technology

- Two (2) on-field umpires shall officiate the match.
 - One (1) third umpire shall be appointed.
 - The Decision Review System (DRS) shall not be in use.
 - Where available, match officials may consult broadcast or venue technology at their discretion.
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11. Tie-Breaker – Bowl-Out

If aggregate scores are tied after all innings:

- Each team shall nominate five (5) bowlers, including a minimum of two (2) Amateur players.
 - Each nominated bowler shall deliver one (1) ball.
 - No batter shall be present.
 - The team with the highest number of direct hits on the stumps shall be declared the winner.
 - If still tied, Sudden Death shall apply.
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12. Innings and Match Duration

Innings Duration

- Each innings consists of ten (10) overs.
- The expected duration of an innings is approximately forty (40) minutes.
- Over-rate compliance shall be monitored by match officials.

Match Duration

- Estimated playing time: under 160 minutes
 - Total intervals and breaks: approximately 25 minutes
 - Expected total match duration: approximately 185 minutes
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Player and Captain Guidance (Non-Regulatory)

These notes are provided for guidance only and do not form part of the Playing Conditions. The following section is provided for explanatory purposes to assist players, captains, coaches, and broadcasters in understanding the strategic intent of the 4X Cricket format. This section does not form part of the Playing Conditions.

1. How is 4X Cricket different from T20 cricket?

Unlike T20 cricket, where each team bats once, 4X Cricket allows each team to bat twice. This creates a multi-innings narrative in which momentum can shift repeatedly, early setbacks are not necessarily decisive, and captains must plan across two innings rather than focusing on a single all-or-nothing effort.

2. Do team and individual statistics reset between innings?

Similar to Test cricket, team and individual statistics reset at the start of each innings. However, the aggregate runs scored across both innings determine the match result, requiring teams to balance innings-specific objectives with the overall match position.

3. How should bowlers manage their overs?

With a maximum of two overs per innings, bowlers must be deployed with precision and intent. Captains are encouraged to:

- Use specialist bowlers for specific match-ups
 - Plan death-over resources across both innings
 - Minimise risk, as poor overs carry a higher cost due to limited recovery time
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4. Why is bowling conducted from one end for each five-over block?

Bowling from a single end for each five-over block is designed to:

- Improve overall match flow
 - Reduce delays caused by frequent repositioning
 - Create clearly defined, innings-specific conditions
 - Ensure both teams experience equal exposure to both ends of the pitch over the course of the match
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5. Is the third innings a “reset”?

No. The third innings represents a continuation of the match narrative. A strong third innings performance can significantly alter momentum and apply pressure ahead of the final innings, often proving decisive to the eventual outcome.

6. How should captains approach target setting?

Captains must think in aggregate terms rather than focusing solely on individual innings. Typical strategic benchmarks may include:

- “We are targeting a combined total of 95–150 across our two innings.”
 - “We can absorb early pressure if we dominate the later phases of the match.”
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7. Can a match be concluded early?

Yes. There are two scenarios in which a match may conclude before all four innings are completed:

1. If the team batting second scores more runs in its first innings than the combined total of the team batting first across both innings, the match concludes at the end of the third innings and the team batting second is declared the winner.
 2. A dominant chase in the fourth innings may conclude the match before all ten overs are bowled.
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8. What types of players are best suited to 4X Cricket?

The format rewards players who offer flexibility and tactical awareness, including:

- Multi-skill all-rounders
 - Bowlers with strong match-up capabilities
 - Batters capable of switching between anchoring and finishing roles
 - Captains who can read momentum and adapt plans quickly
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9. How important is winning the Toss?

While the Toss provides a tactical advantage, it is not decisive. Because both teams bat twice, execution, adaptability, and decision-making throughout the match are more influential than initial conditions alone.

10. What mindset shift is required for players?

Players are encouraged to think in phases rather than isolated innings, focusing on:

- Gradual pressure accumulation
 - Momentum control and denial
 - Tactical patience
 - Maximising impact in high-value overs rather than volume alone
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11. Why introduce the 4X Cricket format?

4X Cricket is designed to uphold the Spirit of Cricket while thoughtfully evolving the sport for new and emerging audiences. The format deliberately bridges traditional cricket values with modern entertainment expectations by:

- Reflecting the multi-innings narrative, tactical depth, and momentum shifts associated with Test cricket



- Delivering a fast-paced, time-certain product that aligns with contemporary viewing habits
- Structuring the match into four clear quarters, a format familiar to American sports audiences
- Reducing downtime and increasing continuous action to suit broadcast and in-venue experiences
- Creating a format that is easier to understand for new fans without diluting cricket's core skills and strategies
- Positioning cricket as a compelling live entertainment product for the United States and other growth markets

By combining strategic purity with accessibility, 4X Cricket aims to grow the game responsibly while preserving its competitive integrity.