



Table Cricket for SGOs

SEND

What's unique about Table Cricket?

Table Cricket is a fully inclusive, fast-paced, adapted version of cricket designed so every young person can play and succeed, regardless of ability or experience. Played on a table tennis table (or similar surface) with side panels and a ball launcher, the game allows players to bat, bowl, and field using adapted equipment.

It's a game for everyone — accessible for pupils with physical, sensory, or learning impairments, yet flexible enough to engage pupils in a fun, team-based activity.

Table Cricket encourages teamwork, communication, decision-making, and understanding of cricket's spirit of fairness and respect. It provides opportunities for leadership, officiating, and scoring.

Key features:

- Fully inclusive, with adaptations to meet a wide range of needs
- Team-based gameplay that builds social connection and confidence
- Low-cost and easy to set up — one table and a basic kit are all that's required
- Provides a pathway to regional and national competition through the Lord's Taverners
- Encourages leadership and officiating roles for young people.

What is the intent of your format?



Develop confidence and competence within physical activity/sport skills



Build social skills and connections (i.e. sense of belonging)



Provide inclusive opportunities

Table Cricket really is a game for everyone. Players of all abilities can develop batting, bowling and fielding skills through simplified, repeatable actions.

Teamwork, communication and shared decision-making are central to the game. Plus, adapted equipment and flexible rules ensure everyone can participate equally.

Target group benefits



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Table Cricket encourages participation through inclusive design and simple rules. The format has been specifically adapted to include pupils with a range of disabilities and support needs. It offers a non-contact, low pressure environment where success is achievable for all. Mixed gender teams are encouraged; Table Cricket promotes equality and respect.

It's just not Table Cricket if you...

1

Remove the team element — it's a game built on cooperation and shared success.

2

Take away the adaptations — the inclusive design is central to the format.

3

Don't celebrate effort, respect, and teamwork — the spirit of the game matters most.





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How to run inter-competition: Table Cricket



How to set up

Prepare the space

- Choose an indoor, flat, accessible area (sports hall, classroom, community space)
- Ensure there's room around the table for wheelchairs or participants to move safely.

Set up the table

- Fold out or position your table tennis table
- If a table tennis table isn't available, two large classroom tables can be used. Ensure they are joined together securely.

Attach the side panels

- Place three panels along each long side of the table
- The panels act as barriers to keep the ball in play
- Secure them using clips, clamps, or tape (avoid damaging the table surface).

Add the end panels

- Attach one panel at each end to complete the rectangular play area
- Leave a small gap behind the batter for movement and safety.

Position the bowler ramp

- Place the bowler ramp halfway along one side of the table — this is the "bowler's" end
- Make sure it's stable and easy for the bowler to roll or release the ball smoothly.

Mark scoring zones

- Use provided stickers or plastic hanging cards to mark scoring areas on the opposite end
- Common scoring zones:
 - 4 runs (side panels)
 - 6 runs (far corners)
 - 2 runs (closer zones)
 - 0 runs (blocked zones or caught areas).

Get ready to play!

- Each player takes turns to bat, bowl, and field
- Ensure everyone understands the spirit of fair play and safety rules before starting.



Age group

Readily accessible for:
 KS2 (7-11 year-olds)
 KS3 (11-14 year-olds)
 KS4 (14-16 year-olds)



Gender

Mixed



Participant numbers

Minimum team numbers are 6v6.

Simply set up multiple tables if more young people are involved. You could consider playing a round-robin or knockout format.



Target audience

Suitable for inclusive mixed SEND audiences.

Table Cricket is a table-top version that mirrors all the main elements and rules of cricket. It can be played by anyone but is particularly aimed at young people who have a disability and additional learning needs.





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Benefits for YP

Through Table Cricket, young people will:

- Develop transferable skills — coordination, communication, and tactical thinking
- Experience success regardless of ability
- Learn about fairness, respect, and teamwork
- Be physically active in a safe and engaging way
- Have fun and enjoy themselves
- Become more determined and demonstrate resilience
- Understand and demonstrate the importance of respect for others
- Learn to develop self-control and manage emotions
- Experience being part of a team and understand their contribution to it
- Win with pride and lose with grace
- Learn the importance of practice and preparation
- Aspire to improve and challenge themselves.



Roles for YP

Young people can be:

- **Scorers:** Record runs and wickets
- **Umpires:** Oversee play, ensure fairness and safety
- **Buddies:** Support setup, timing, and team rotations.

These roles build confidence, leadership, and empathy — helping young leaders to champion inclusion in their schools.



Progression

Progression from local competitions is into county-wide competitions, led by the local Disability Cricket Development Officer. The Lord's Taverners then run regional competitions, culminating in a National Final.

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Additional support

Table Cricket is a fully inclusive sport. To support you to adapt your practice, check out the [SEND Inclusion Toolkit](#) co-created by YST and the National Disability Sports Organisations (NDSOs) who are the leading experts within inclusive sport. They provide advice, support and opportunities for people of all ages with specific impairments. [The toolkit](#) provides you with an introduction to each Special Educational Needs and Disability, key top tips for creating an inclusive environment and signposting to further training and development opportunities within each NDSO. It will help you adapt any practice in addition to our suggestions to make it inclusive for all.

Physical Literacy

We have designed these formats with physical literacy at their heart. We want all young people to have a positive experience with physical activity from an early age. As far as possible, we've considered opportunities for young people to move, think, feel and connect through our activities, and given you suggestions to make adaptations. But, if they don't work for you and your young people, then use the THRIVE principle to remove barriers, make changes, and give your young people ownership so they have a positive experience.

For further support, look to the Physical Literacy Enactment Guide - Community, which can be found [by clicking here](#), and going to the "Getting Started" guide section to download it.

NGB regional contacts

If you require additional support to set up and run a Table Cricket event, contact:

- Lord's Taverners Programme Team by [clicking this link](#)
- Local Disability Cricket Development Officer: Find Super 1s Near You by [clicking this link](#).

Personal development

- The National Partner for Table Cricket is Lord's Taverners
- For support and resources visit our dedicated web page by [clicking this link](#)
- Training and equipment are available through the Lord's Taverners and County Cricket Boards. To find out more contact the Programme Team by [clicking this link](#).

Where to participate next?

- For county and regional competitions, contact your local County Cricket Board
- For further participation opportunities contact your local Disability Cricket Development Officer: Find Super 1s Near You by [clicking this link](#).

Where to compete next?

- Schools can progress from local School Games Table Cricket Festivals to county and regional competitions. These lead towards the annual Lord's Taverners National Table Cricket Finals — providing an exciting, aspirational pathway for pupils of all abilities.





Why Table Cricket for your school?

Table Cricket brings cricket to everyone. It's inclusive, easy to deliver, and encourages teamwork and respect. For pupils with additional needs, it provides an equal opportunity to take part and shine. For others, it offers a new way to experience cricket in a fun, fast-paced, and supportive environment.

This format allows all young people to:

- Develop transferable skills — coordination, communication, and tactical thinking
- Experience success regardless of ability
- Learn about fairness, respect, and teamwork
- Be physically active in a safe and engaging way.

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Physical Literacy

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Thrive isn't a checklist – it's a lens to help you sense-check quality and inclusion, so consider the following when choosing which format to deliver and how it supports your young people to have a positive experience with physical activity:

- **TAILORED:** does your event support the needs, strengths and circumstances of the group?
- **HOLISTIC:** do the selected activities support young people to move, connect, think and feel?
- **REFLECTIVE:** have you built in time to allow young people to reflect on their engagement and to make choices about what they want to take part in next?
- **INCLUSIVE:** does your event support all young people to engage, feel welcome and included to take part?
- **VARIED:** have you planned for activity differentiation with equipment, space, task and outcome to provide appropriate challenge and maintain interest for all?
- **EMPOWERING:** have you consulted your young people to ask what they want to do, and how they want the event to run? Often, they create better rules and adaptations than we do, which gives them ownership and a positive experience.

For further support, look to the Physical Literacy Enactment Guide – Education, which can be found by [clicking here](#), and going to the “Getting Started” guide section to download it.





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How to run intra-competition: Table Cricket



How to set up

Prepare the space

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Set up the table

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Attach the side panels

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Add the end panels

- Attach one panel at each end to complete the rectangular play area
- Leave a small gap behind the batter for movement and safety.

Position the bowler ramp

- Place the bowler ramp halfway along one side of the table — this is the "bowler's" end
- Make sure it's stable and easy for the bowler to roll or release the ball smoothly.

Mark scoring zones

- Use provided stickers or plastic hanging cards to mark scoring areas on the opposite end
- Common scoring zones:
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Readily accessible for:
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Gender

Mixed



Participant numbers

Minimum team numbers are 6v6.

Simply set up multiple tables if more young people are involved. You could consider playing a round-robin or knockout format.



Target audience

Suitable for inclusive mixed SEND audiences.

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- Understand and demonstrate the importance of respect for others
- Learn to develop self-control and manage emotions
- Experience being part of a team and understand your contribution to it
- Win with pride and lose with grace
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Young people can be:

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Progression

Contact your SGO to seek progression from school-based intra-competition into local inter-school competitions.

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How to run intra-competition: TC20 (adapted format)



How to set up

Prepare the space

- Choose an indoor, flat, accessible area (sports hall, classroom, community space)
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Set up the table

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Readily accessible for:
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 KS3 (11-14 year-olds)
 KS4 (14-16 year-olds)



Gender

Mixed



Participant numbers

1v1, 2v2, 3v3 up to 6v6.

Simply set up multiple tables if more young people are involved. You could consider playing a round-robin or knockout format.



Target audience

Suitable for inclusive mixed SEND audiences.

TC20 is a shortened and simplified version of Table Cricket to enable players to compete as an individual (1v1) or in pairs (2v2). Based on Twenty20, this is a quick-fire, fun version of Table Cricket.





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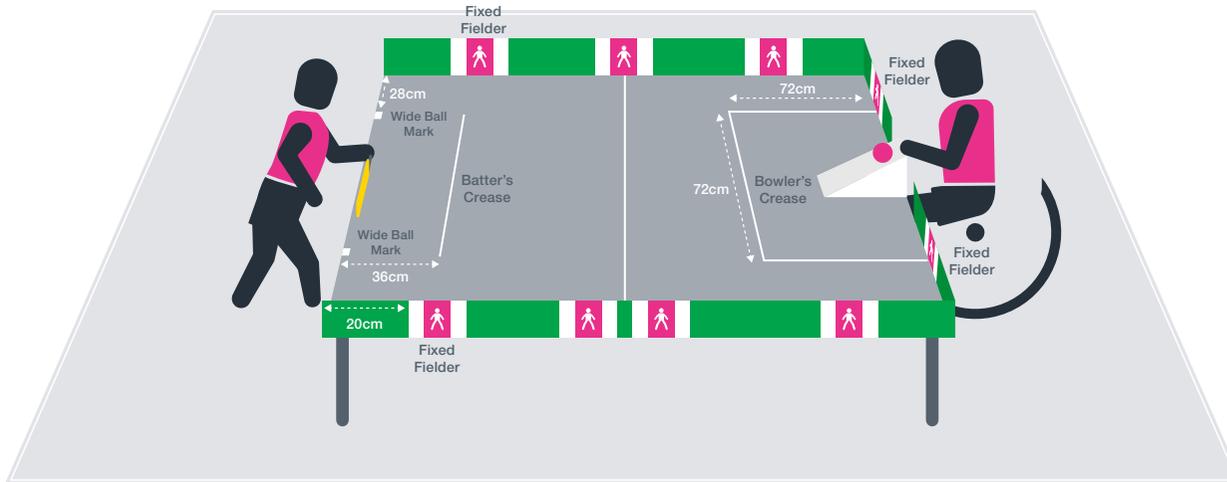
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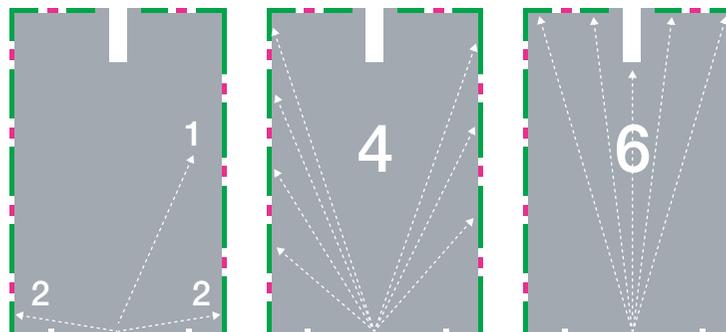
How to play

- The batting team starts with 200 runs
- The bowler bowls by releasing the ball down and off the end of the launcher
- The batter scores by hitting and guiding the ball against the green scoring zones around the table and avoiding the fielders (white and red)
- The scoring system is shown on most tables
 - Two runs are scored if the ball hits the side square of the batter, four runs anywhere else down the sides, and six runs at the top of the pitch alongside the bowler
 - No runs are scored if the ball hits the white area on a fielder
- There are nine fielders around the edge of the table. Four are fixed and cannot be moved; five are active, and can be moved side to side. If a fielding panel touches or collides with another fielder, it is a 'clash' and four runs are awarded to the batting side
- The batter is out (loses five runs) if they:
 - Hit the red part of the fielder
 - Is bowled (ball goes over their end of the table between the wide markers)
 - Glances the ball anywhere over their end of the table
 - Hits the red section on the bowling launcher (caught and bowled)
 - The ball hits their hand, arm or body (LBW)
 - The ball is hit off the table by a ballistic hit (swipe or hit) – a guided push should always be used
- Each batter plays one over of six balls
- The winning team is the one with the highest cumulative score after everyone has batted.

How to make it easier

- Numbered targets can be used instead of gaps in the field; players try to hit numbered zones around the table and avoid the fielder placements
- Add small skittles or paper cups randomly on the table – the batter can score a point if one of these is hit

Scoring Runs



Space required

- Choose an indoor, flat, accessible area (sports hall, classroom, community space)
- Ensure there's room around the table for wheelchairs or participants to move freely.

Estimated set-up time

- 15 minutes.

Difficulty level



Organising the game

- Table Cricket is a team game, with six players per team
- Players rotate counter-clockwise around the table after each over, so everyone bats, bowls, and fields.

Officiating

- Ideally, each table should have two umpires, one stationed at either end of the table, to decide on scores, outs, etc.
- A scorer can note the scores on an official Table Cricket or improvised scoresheet and sometimes act as a third umpire; this could be an older student.

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Safety

- Ensure there's room around the table for wheelchairs or participants to move safely
- If using large classroom tables, ensure they are joined together securely
- Ensure side and end panels are securely fixed to the table.

Equipment required

-  1 x Table tennis table (or similar flat surface where rebound boards can be attached)
-  6 x Side panels (3 per side)
-  2 x End panels (1 per side of the bowler ramp)
-  1 x Bowler ramp
-  1 x Bat
-  2 x Table Cricket ball (1 x bias/swing ball, 1 x standard)
-  1 x scoring sheet

Optional: tape or clips to secure panels to the table

NB: Rebound boards, bat, launcher and sliding fielders are all part of regulation Table Cricket equipment – however, all of these can be improvised using other materials (e.g. use a polybat).

Spirit of the Games



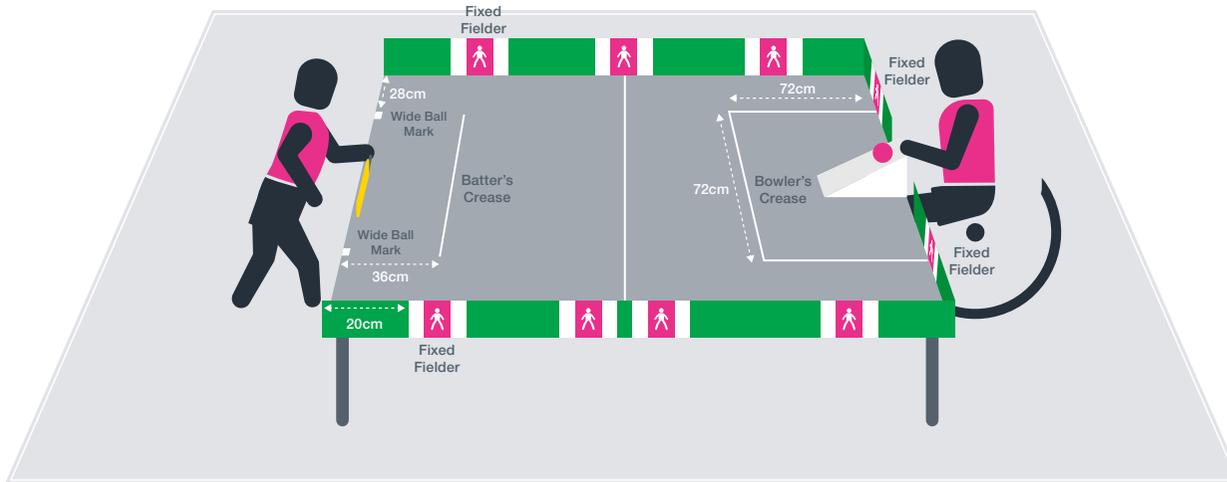
- What made your team successful?
- How did your team work together to cover space?



- What did you do to stay ready for each delivery?
- How did you show determination when you missed a bowl?

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How to make it easier

- The size of the target areas can be increased by removing some of the defending fielders (easier for the batter)
- Change the size of the ball, or bat used to make it easier for the batter
- Add small skittles or paper cups randomly on the table – batters try to hit as many targets as possible in 20 balls

How to make it harder

- Add more fielders, i.e. play 3v3 to involve more players and make it harder for the batters

Space required

- Choose an indoor, flat, accessible area (sports hall, classroom, community space)
- Ensure there's room around the table for wheelchairs or participants to move freely.

Estimated set-up time

- 15 minutes.

Difficulty level



How to play

- Each innings consists of 20 balls
- The traditional fielding positions are set by the bowlers
- No active fielders in play in 1v1 (one active fielder is allowed in 2v2)
- The launcher can be used as an active fielder to field the ball only; caught and bowled only counts if the launcher has remained stationary from the bowling position. The bowlers' hand must stay in contact with the launcher if being used as a fielder – no throwing, pushing or rolling allowed – four-run penalty
- At the halfway stage of the innings (after the 10th ball) the bowling side may change the fielding positions
- There is no limit to how many times the swing ball can be used in each innings
- Any no-balls or wides on the last ball of the innings must be re-bowled
- Batters cannot score in the same scoring area from consecutive balls (if they do, no runs are scored and 'dot' ball is recorded on the score sheet)
- All other rules are in line with the usual Table Cricket rules
- In the event of a tie, the team with the highest number of sixes is the winner. If still tied, the highest number of fours, then the team with the least wickets is the winner. If still tied the team which hit the earliest six is the winner.

Officiating

- Ideally, each table should have two umpires, one to make decisions, and a second to record scores on the scoresheet and sometimes act as an additional umpire
- For player development, self-scoring and game management is to be encouraged at intra-school level.





Table Cricket

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Safety

- Ensure there's room around the table for wheelchairs or participants to move safely
- If using large classroom tables, ensure they are joined together securely
- Ensure side and end panels are securely fixed to the table.

Equipment required

-  1 x Table tennis table (or similar flat surface where rebound boards can be attached)
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Optional: tape or clips to secure panels to the table

NB: Rebound boards, bat, launcher and sliding fielders are all part of regulation Table Cricket equipment – however, all of these can be improvised using other materials (e.g. use a polybat).

Spirit of the Games



- How did you give praise when your opponent made a scoring shot?
- What did you do throughout the game to show respect to your opponent?



- Why is it important to own up if you hit a fielder?
- What should you do if you accidentally break a rule whilst playing?

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