

PARTICIPATION AND SELECTION CRITERIA

Gjeldende fra 1. Januar 2022

As a part of the Norwegian Cricket Federation (NCF) and a transparent policy, we have a participation and selection criteria for National team sides. These criteria show important criteria and requirement that will be considered when selecting National teams pool and squad. This will give candidates for the national teams an insight and I guidance a predictability of being selected for any national team side.

DOMESTIC CRICKET

Consistent performances in Domestic cricket in order to be selected to take part in the numerous NCF series during the course of the season. Domestic performances however do not guarantee selection into the National Teams however it will enable players to get an opportunity to put their names forward for selection.

FITNESS

National Team members will have a minimum fitness requirement which they will have to achieve in order to be eligible for the various national teams.

- Minimum 15,5 on Yo-Yo test to be considered for selection
- To follow your fitness program and work to be in the strongest and fittest condition possible
- Maintain healthy eating habits to achieve desirable body fat levels

Maintaining high levels of strength and conditioning, helps us perform better for longer periods combined with the right nutrition. It also helps us do the basics in cricket to a very high level like running our singles, two's and three's hard throughout the whole innings. Chasing after the ball in the field at maximum intensity from the 1st to last over. As a bowler being able to run in as hard and bowl as quickly/consistently from the 1st ball of your spell to the last ball of your spell especially in challenging conditions.

While Yo-Yo at 15,5 is the minimum target for consideration to be selected, it is desirable that players look to achieve much higher levels due to the high demands the tournaments we play in have on our physical and mental well-being.

ATTITUDE

Players who wish to represent the various Norwegian National teams will have to display the correct attributes which fits under the National Teams code of conduct. This includes ensuring they stick to the spirit of cricket and are a positive influence on the national team they are representing.

SKILL SETS

Players which show the ability to perform at a National Level will be considered for NCF National pool selection. This will be at the discretion of the selection committee.

PERFORMANCES ABROAD

Players who have performed at an acceptable level abroad and are not based in Norway however have Norwegian Citizenship or are qualified to represent Norway will be considered for selection.

ELIGIBILITY

All Players who wish to represent Norway will have to have met the ICC Eligibility criteria.

PERFORMANCE

- High level of consistent performances, especially against the best teams will strongly go in favor for /candidate being considered for selection
- How and when players perform in regard to the context of the match they are playing in
- How many games do player/candidate consistently win for their team
- Past strong consistent performances for Norway

Being mentally strong is someone who can maintain high individual performances regardless of the standard of the opposition. While performance against the best teams means more, playing against weaker teams provide great opportunity for players to continue good form or find good form. Taking wickets and scoring runs is about creating a habit. When players use the reason “I can’t get motivated against weak teams”. Is that just an excuse for poor performance?

“HONEST SELF REFLECTION”

CULTURE

The national teams best interest comes first and foremost, regardless of individual goals.

- Players that can be 100% honest with themselves and others
- Respect for themselves and others around them
- Being able to receive and give constructive feedback both positive and negative with a growth mindset
- Being humble with both success and or failure
- Being a good person
- Being involved, supporting, loyal and active
- Always respect the umpire's decision unconditionally and be the good example to others

Creating a good culture is something that should be practiced and be a part of your daily life. Once people do that, then success becomes much easier and more rewarding. Culture is not something that you can switch on or off (both good and bad cultures). You live it or you don’t. Consistent good or bad performances are a direct link to the culture you create for yourself.

When you retire from the game you will not be remembered so much for your performances but be remembered for the type of person you are or have been.

“RESPECT IS EVERYTHING”

TRAINING

- You either at training or you are not.
- 100% attendance is desirable at national team level.
- Being able to work on your own without expecting the coach to tell you what to do.
- Being clear on what you want to get out of your training.
- Reflecting on your training and planning.

It is expected that players put in extra hours to work on their games outside of normal club and national team practice. We all want to be playing in big tournaments and against the best teams. This will only be able to happen if players are willing to go the extra mile with their individual training.

YOUR OVERALL RESULTS ARE MORE OFTEN A DIRECT REFLECTION ON HOW HARD YOU WORK

When selected – **be proud** – you represent your country and our great sport.