







Up/Cool Down Exercises

A gentle warm up routine will enable bowlers to prepare for competitions and simple roll ups without fear of unnecessary injury. It is an excellent way to settle both body and mind before bowling.

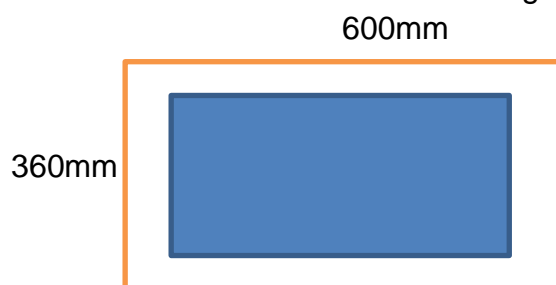
Task	Action
Shoulder rolling 	Place right hand on shoulder. Gently rotate R shoulder in a forward direction (5-10 times). Change and repeat with L shoulder. Place right hand on shoulder. Gently rotate R shoulder in a backward direction (5-10 times). Change and repeat with L shoulder.
Arm Stretches 	Extend arms behind back, clasp hands. Raise arms (5-10 times) Extend arms forward, clasp hands. Raise arms (5-10 times)
Bending 	Extend arms forward, clasp hands and bend 90 degrees (5-10 times). Adopt lunge position (arms out for balance). Dip (5-10 times) Change legs and repeat.
Knee raises 	Raise right knee to waist level (5-10 times). Repeat with left knee (5-10 times). Raise right knee to waist level and take to side (5-10 times). Repeat with left knee (5-10 times).
Neck Stretches 	Face forward. Place chin on chest and raise (5-10 times). Face forward. Look up and return (5-10 times). Face forward. Turn to right and return (5-10 times). Repeat turning to left (5-10 times).
Wrist flexing 	Right palm facing down. Bend wrist/fingers down. Pull towards body with left hand (5-10 times). Change hands and repeat (5-10 times).

Cool Down

Cool down exercises are a good way to relax after a game or training session and should concentrate on relaxed breathing and gentle stretching exercise. Cool down exercises also provide an opportunity to contemplate your performance and any lessons learned. Warm up and Cool down exercises should be done to the best of the bowler's ability. The objective is to relax and ease muscles ready for or after exercise, not to exhaust or embarrass bowlers of all standards.

THE MAT

1. **Size.** The mat must be 600 millimetres long and 360 millimetres wide. (50)*



2. **Mat line.** The edge of the mat nearest to the front ditch is referred to as the Mat Line. All measurements involving the mat and a jack or a bowl will be taken from the centre of the mat line
3. **Position.** Before the start of play in each end, the player to play first must place the centre line of the mat lengthwise along the centre line of the rink, with the mat line at least 2 metres from the rear ditch and at least 25 metres from the front ditch.(6.1.1)*
4. **Delivery.** Before delivery a player must be standing on the mat with all or part of at least one foot on the mat. At the moment they deliver the jack or a bowl, the player must have all or part of one foot on or above the mat. (7.1)*

THE JACK

1. The jack must be a solid sphere (ball shaped) and either white or yellow. (51.1)*
2. **Size.**(51.2-3)*
 - For outdoor greens, the jack must measure between 63 millimetres and 64 millimetres across (the diameter); and weigh between 225 grams and 285 grams.
 - For indoor greens, the jack must measure between 63 millimetres and 67 millimetres across (the diameter); and weigh between 382 grams and 453 grams.
 - For Short Mat, the jack must measure between 63 millimetres and 70 millimetres and weigh between 397grams and 907gram.
3. **Delivery.** The jack must be delivered to at least 23 metres from the mat line and not less than 2 metres from the front ditch. If the jack is delivered to a position of less than 23 metres from the mat line or is delivered into the ditch the jack is returned to be delivered by the opposition lead. (9 &10)*



*Numbers in brackets refer to The Laws of the Sport of Lawn Bowls Crystal Mark 4th Edition (CM4)

THE BOWLS

1.



Bowls are generally made from a composite material and come in a variety of sizes and colours. The smallest size is 00 and the largest is 6. You should pick the size that you feel most comfortable using.

There are plenty of second-hand bowls out there at reasonable prices. Try out a number of different sizes and makes of bowl before you

spend money on a new set.

2. Bowls are not round and each bowl has a bias which makes it curve during delivery. The bias side is the side with the smaller circle on it. The amount of curve that a bowl has will depend on the make and model of the bowl.



3. Indentations or grooves are on the side of the woods to assist grip.

SHOES

1. Footwear must be flat-soled (heel-less) when playing on a green. White, grey or brown are common colours. (A.2)*



2. Always change in or out of your shoes at the rink-side to avoid carrying grit or dirt onto the rink.



CLOTHES



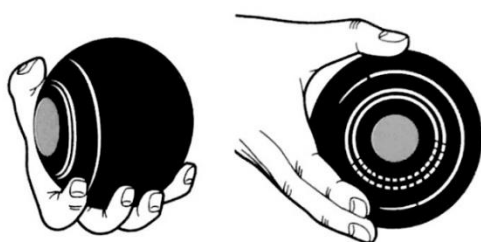
Generally grey trousers/shorts/skirts with a white/club shirt. Shorts/skirts should be tailored or Bowls England design. (A3)*



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GRIPS

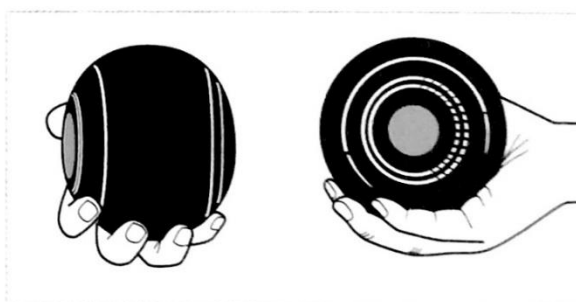
1. It is important to pick the grip that suits you. In bowls there are two basic grips – the claw and the cradle. The claw grip is the most widely used and is suitable for all conditions, whereas the cradle grip is used more on heavier greens. It must be remembered that if the bowl is not held properly it will not leave the hand smoothly and you will get into bad habits.
- 2.



CLAW GRIP

In the claw grip, much of the palm is not in contact with the bowl which is held mainly by the thumb and fingers. The thumb is placed on or near the top of the bowl. The fingers are spread evenly on the underside, reasonably close together. The little finger is occasionally brought up the bowl on the opposite side to the thumb.

Whichever grip is used, make sure the bowl can be held upright so that it is not leaning to the left or right.



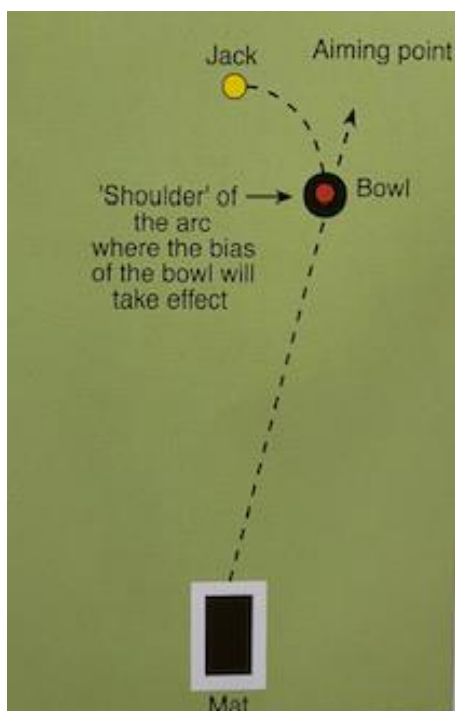
CRADLE GRIP

The cradle grip is, as its name implies, where the bowl is cradled in the palm of the hand with the fingers closer together and both the thumb and the little finger resting on the side of the bowl – this grip is more suitable for use with a larger bowl or on a slower green.

Avoid strain on the wrist and the thumb's base by not overgripping or squeezing the bowl.

THE AIMING POINT

1. The aiming point is a point on the front bank/ditch that a player needs to bowl towards which anticipates the bowl curving back towards the jack. The point at which the bowls starts to turn is known as the shoulder.



2. Fixing an aiming point may vary with each bowl sent down the green. The aiming point depends on a number of things:

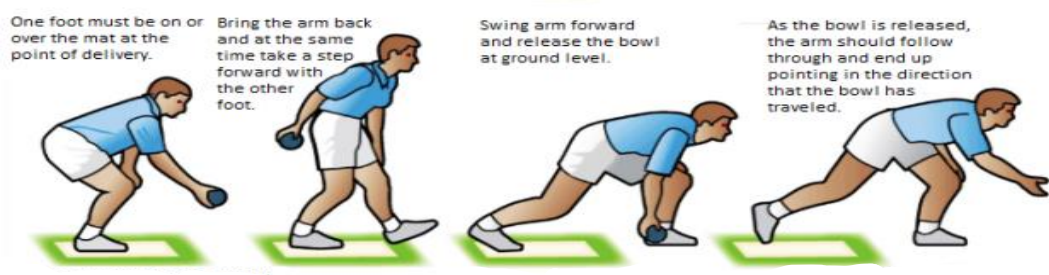
- The length of the jack, ie the distance from the mat to the jack
- The bias of the bowl
- The trueness of the green – one side may turn more than the other
- Outdoor – the heaviness (wetness) of the green
- Wind!

DELIVERY

1. **Delivery.** Before delivery a player must be standing on the mat with all or part of at least one foot on the mat. At the moment they deliver the jack or a bowl, the player must have all or part of one foot on or above the mat. (7.1)*

2. Try to have a stance that gives you good balance through the delivery. Having your feet slightly apart may help. Do not over grip your bowls. On the backswing keep your arm as close to your hips as you can to allow a pendulum movement.

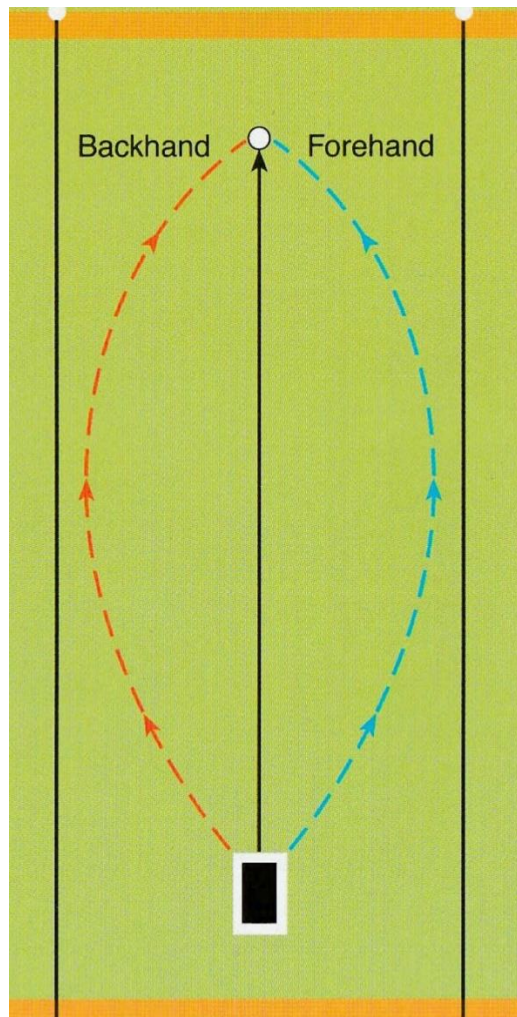
3. Most players combine a forward stride with their backswing. On completion of your backswing, swing your arm forward whilst bending your knees so that at the moment of release, the hand holding the bowl is almost touching the ground. This helps the bowl roll smoothly. At the moment of delivery, make sure one of your feet is on or above the mat.



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SHOTS.

1. There are only 2 shots in bowls - the **Draw shot** and the **Weighted shot**. The Draw shot is either played on the forehand or the backhand. For righthanded bowlers the forehand swings from the right to the left and the backhand swings from the left to the right. For lefthanded bowler this is the other way around.



2. A **Draw shot** should start at the mat and swing back towards the jack on the centre line of the rink. If the jack has been moved from its original position the shot will have to be adjusted to take that into account. Draw shots can also be used to block your opponent's route to the head or to put bowls in tactical positions (covering the re-spot or back of the head).
3. A **Weighted shot**, sometimes referred to as a drive or a fired shot is delivered with more force than a drawn shot and has a specific target – an opponent's bowl or the jack - **when firing you should always let bowlers at the head know you are going to do so!**

Types of Games

Singles game



A singles game is played between two opposing players. Players must play singly and in turn either two, three or four bowls from a set of bowls. (1.1)*

Team game

Team: a Pair, a Triple or a Four. (B3.1)*



Pair: a team of two players whose positions, in order of play, are 'lead' and 'skip'. (B3.2)*



Triple: a team of three players whose positions, in order of play, are 'lead', 'second' and 'skip' (B3.3)*



Four: a team of four players whose positions, in order of play, are 'lead', 'second', 'third' and 'skip'. (B3.4)*

Players Duties

The skip (40.1)*

The skip has sole charge of the team and all players in the team must follow the skip's instructions.

The skip must decide all disputed points with the opposing skip, making sure that any decision reached is in line with the Laws of the Sport of Bowls.

If the skips need to check any part of the Laws of the Sport of Bowls before reaching a decision, they must ask the umpire for an explanation.

If the umpire considers that a decision reached by the skips is not in line with the Laws of the Sport of Bowls, the umpire must overrule that decision so that it is in line with the laws.

If the skips cannot reach agreement on any disputed point, they must ask the umpire to make a decision. The umpire's decision is final.

If the Controlling Body has not appointed an umpire, the skips must choose a competent neutral person to act as the umpire.

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The skip must:

- be responsible for the score card while play is in progress, make sure that the names of all players of both teams are correctly entered on the score card,
- record, on the score card, all shots scored for and against both teams as each end is completed,
- compare and agree the score card with that of the opposing skip as each end is completed,
- at the end of the game, record on the score card the time that the game finished and then sign their own and the opposing skip's score cards.

For domestic play the skip's scorecard duties can be transferred to other members of the team (usually the two in a team of four). However, they must make sure that the duties are transferred to players whose positions, in order of play, are the same in each team.

Skips can, at any time, delegate their own powers and any of their own duties (except those described in law 40.1.7)* to any other members of the team as long as they tell the opposing skip immediately.

The third (40.2)*

The third should measure any disputed shots and tell the skip the number of shots scored for or against their team as each end is completed.

The second

The second should carry out any duties delegated by the skip relating to the score card and score board.

The lead (40.3)*



The lead of the team to play first in an end must:

place the mat,
deliver the jack,
make sure that it is centred before
delivering the first bowl of the end.

In the bad old days, there was an attitude that said leads should:

"Bowl up, Step up (onto the bank) and Shut up!"

This is no longer the case – Leads are part of the team and their opinion is welcome!

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MEASURING

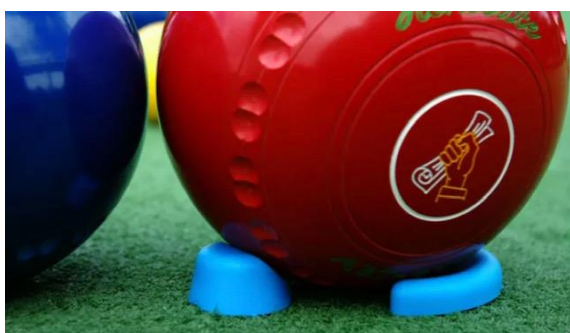
1. Measuring is usually carried out by the 3 in a team of 4 bowlers or the 2 in a triples team. When you need to measure make sure that all bowlers and bowls not involved in the measuring process are removed from around the head. Be careful not to move any disputed shots!
2. The pieces of equipment that you will need to carry out your measuring duties successfully are:



A box measure - Various box measures are available on the market made by the major equipment retailers. The box is placed against the jack and the string is extended to measure the distance to the bowl using the locking button on the top. Some box measures also have callipers for measuring smaller distances.



Some chocks or wedges – chocks should be used to secure any bowl that is not lying flat, particularly bowls that are on a tilt. **IMPORTANT** Read law 23.1 about the 30 second period after the last bowl of and end has come to rest!



Before measuring chock any bowls that are on their running surface or are leaning in such a way that they might fall while you are measuring.

MARKING

1. What is the difference between a Scorer and a Marker?

A Scorer

- Is a player in a team
- Keeps the score in pairs, triples or fours – if delegated by skip (laws 40,1.9)*
- Fills in the score card
- Updates the score board – if home team
- Gets Skips to sign card at end of game – also insert time game completed
- Passes completed score card to Team Captain

A Marker (42.2)*

- Not a player
- Must maintain the flow of the game – ensure Laws of the Sport are adhered to. WB CM 4
- Responsible for:
 - Setting up rink
 - Centring the mat and jack
 - Answering questions
 - Showing (when asked) the position of bowls or jack
 - Marking all touchers with chalk
 - Intercepting wayward woods from other rinks
 - Marking touchers or jack in the ditch
 - Not moving any woods or jack until players have agreed the shots
 - Measuring (when asked) any disputed shot or shots
- When end completed:
 - Recording score on score card
 - Updating score board
- When game completed make sure the score card:
 - Contains the player's names and signatures
 - Contains the time the game finished
 - Is submitted to the appropriate authority

Questions about the head

Would you answer the question as Marker 1 or Marker 2 – Which is best?

Marker 1

Red Player: Am I holding?
Marker: No
Red Player: Am I one down?
Marker: No
Red Player: Who holds shot?
Marker: Blue
Red Player: How many does he hold?
Marker: Two
Red Player: Thank you!!!



Marker 2

Red Player: Am I holding?
Marker: No you're two down
Red Player: Thank you

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Etiquette - is central to the sport of bowls and must always be observed:

1. Dress correctly for all games and arrive in good time.
2. Mobile phones should be switched off during play and used with discretion while in the vicinity of the green.
3. Greet team members and opponents at the start of the game and congratulate or compliment them at the end of play.
4. Remember to thank the marker at the end of a singles game for sparing his/her time.
5. Concentrate fully on the game and on all bowls as they are being delivered. In a competitive match, save your socialising until afterwards.
6. Be ready to bowl when it's your turn.
7. Do not talk or make a noise behind the mat, or move at the head end, when a player is preparing to bowl.
8. Remain behind the mat or behind the head when it is not your turn to play and avoid obscuring the rink number, rink markers or the jack.
9. Always remember that, as soon as your bowl has come to rest, possession of the rink (at both ends) passes to your opponent.
10. Keep to your own rink, don't wander and distract other bowlers. Walk down the centre of your rink when you are changing ends. Don't walk through the head.
11. Be aware of players on other rinks - don't walk past the end of a rink when a player is about to bowl towards you.
12. Pick up the mat for your opponent after the last bowl has been delivered.
13. Once an end has finished and the score has been agreed, the only concern of the winning lead is to put down the mat and deliver the jack (unless in a pairs game where they will help clear bowls).
14. Everyone else should help to clear bowls. Twos alter scoreboard after bowls have been cleared. Twos or skips fill in the scorecard.
15. Encourage and praise the rest of the team. Bowls is a team game, everyone should be working together... BUT don't applaud a team member who has outrageous luck! Admit flukes with grace.
16. Compliment your opponent on a good shot.
17. When drive shots are being played warn team members, opponents and others on adjacent rinks of the intended shot. One of the 3s should be ready to go in front of the head to see if the delivered bowl is a toucher.
18. Be gracious whether you win or lose. Do not criticise your opponents, the green, or your own team. If you cannot say something positive, do not say anything at all.
19. Learn the Laws of the Sport and play in accordance with them.

Glossary

Back Bowl

A bowl that has come to rest beyond the jack or the main body of bowls in the head.

Backhand

When, for the right-handed player, the bowl is delivered so that the curve of the bowl is from left to right as it moves towards its objective.

Bank

The outer wall of the ditch that surrounds the green. It is raised above the playing surface.

Bias

That which is inbuilt into the bowl and causes the bowl to travel in a curve.

Blocker or stopper

A bowl delivered with the correct pace to stop short of the objective, in the hope that it will prevent an opponent being able to play a certain shot.

Centre line

An imaginary line that runs lengthwise down the centre of the rink.

Counter – In the Count

Any bowl which contributes to the score at the completion of the end.

Cover that bowl

An instruction to a bowler to bowl in such a way that the bowl finishes between the jack and the bowl indicated.

Dead bowl

Either a bowl which comes to rest in the ditch or is knocked into the ditch and is not a toucher, or a bowl that comes to rest outside the confines of the rink, either in its course or by being knocked there.

Dead end

An end which is considered not to have been played and so no score is recorded. It can happen as a result of the jack being driven out of the confines of the playing area.

Delivery

The moment at which the bowl leaves the hand.

Ditch

The depression that surrounds the green. Its edge marks the boundary of the playing surface. Measurements of the ditch need to conform to the laws of the game.

Don't be short

A plea to a bowler to use sufficient pace or weight, and with the correct green or land, to arrive exactly at its objective.

End

The sequence of play, beginning with the placing of the mat and ending with the coming to rest of the last player's bowl, after all have delivered their bowls in the same direction.

Fire or drive

A shot where the bowl is delivered at a very fast pace.

Fluke

A shot excruciatingly badly executed, yet sublimely successful – do at least say sorry!

Follow through

This should be the natural movement forward of the delivery arm following the line or path of the bowl.

Foot fault

When the rear foot is not completely on or above the mat at the moment of delivery. The player could incur a penalty.

Forehand

When, for the right-handed player, the bowl is delivered so that the curve of the bowl is from right to left as it travels towards its objective.

Green

The total playing surface, the measurements of which are laid down in the rules.

Head

The jack and as many bowls as have been played at any stage of any end. Bowls in the head may be on the rink or in the ditch.

Heavy bowl

Where a bowl has been delivered with too much pace and will end beyond its objective.

Jack or kitty

The round white ball towards which play is directed. The size of the jack must conform to the rules.

Jack-High bowl

A bowl which, when it comes to rest, is at the same distance from the mat as is the jack.

Lead

The player who lays the mat, rolls the jack, and delivers the first bowl in an end. He may sometimes toss the coin at the beginning of the game to determine which team has the right to start play.

Live bowl

Any bowl that comes to rest within the confines of the rink and is acceptable under the conditions laid down by the laws of the game, or any toucher in the ditch.

Long jack

A jack that is the greatest distance allowed from the front edge of the mat or is close to this limit.

Mark it or chalk it

To mark a toucher with chalk

Marker

A person who undertakes to see that a game of singles is played according to the rules. He marks all touchers, centres the jack, measures, and keeps the score. During the playing of an end, it could be wiser for the marker not to talk to the players unless asked a direct question.

Mat

The mat from which a bowler must make his delivery (the size is laid down in the rules).

Measure

A device used to determine which bowl is nearest the jack.

Measuring

The process of determining which bowl is nearest the jack.

Narrow shot

Where a player has not allowed enough green or land. But this shot can sometimes be played intentionally.

Pace of the green

See fast green and slow green.

Pace or weight

The amount of force with which the bowl is delivered to execute a particular shot.

Pair

Two players against two, each using four bowls for a period of ends. Their position in order of play: lead and then skip.

Penalty

This may be awarded by the umpire when, for example, a player has been foot faulted in delivering his bowl. The umpire could also declare the bowl to be dead.

Plant shot

When a player bowls his bowl to strike another bowl which could be in line, in order to gain his objective.

Promote this bowl

An instruction to a bowler to play his bowl onto a bowl belonging to his side, so that the bowl that was stationary is pushed closer to the objective.

Push and rest

The bowling of a bowl with sufficient pace or weight that it pushes a bowl from its position, so that the position is taken by the last bowl delivered.

Rest this bowl

An instruction to a player to bring his bowl to rest against another bowl.

Rink

The rectangular area of the green on which play takes place.

Rink of players or fours

A group of four players against four, each bowling two bowls for a period of twenty-one ends. Their positions in order of play: lead, second, third and skip.

Scorer

The person, in a match between teams or sides, who is responsible for keeping the current scores on the master scoreboard.

Second bowl

The bowl which finishes closest to the jack, other than the shot bowl.

Second or number two

The player who plays after the lead in a game of fours or triples. He marks the score-card and keeps the scoreboard up to date.

Short bowl

A bowl that has not been delivered with sufficient pace to reach its objective.

Short jack

A jack that is at the shortest distance allowed from the front edge of the mat, or close to this limit.

Shot

The bowl that finishes nearest to the jack at any stage of play.

Shoulder of the green

That point on the green where the bowl begins to curve inwards towards its objective.

Side or team

An agreed number of players whose combined scores determine the result of a match.

Singles

One player against one player, each using four bowls.

Skip

The captain of a game of fours, triples or pairs. He is last to bowl and is responsible for dictating the tactics of the game.

Slow or heavy green

Where the surface offers some greater resistance to the progress of the bowl.

Split these bowls

An instruction to the bowler to bowl a bowl of sufficient pace that it forces apart other bowls and has enough momentum to carry on beyond that point.

Stance

The position adopted by the bowler on the mat, prior to delivery.

Take it out

An instruction to a bowler to bowl with sufficient pace to push an opponent's bowl away.

Taking green

On forehand or backhand, the bowler bowls to the shoulder so that his bowl will curve and come to rest as near as possible to the point he desires.

Third

A position in a game of fours. He will deputise for his skip in certain circumstances and could be responsible for measuring.

Tied end

When the nearest bowls of both sides are exactly the same distance from the jack at the completion of the end (e.g. when both sides bowl is touching the jack). Neither side scores but it is a completed end and is entered on the scorecard. Previous ends scores are carried down.

Toucher

A bowl which during its original course has touched the jack.

Toucher in the ditch

A toucher (see above) which has fallen into the ditch. This is a 'live' bowl unless it has come to rest outside the confines of the rink.

Toucher on the green

A bowl which, during its original course, has touched the jack, or a bowl which has come to rest and falls over to touch the jack before the next bowl is delivered, or a bowl that is the last to be delivered and falls and touches the jack within the period of 30 secs. All the above will be marked with a chalk mark.

Trail the jack

To play a bowl in order to move the jack to another position on the rink.

Triples

Three players against three, each using three bowls for a playing period of 18 ends. Their positions in order of play: lead, second and skip.

Umpire

The person with total overall authority during a game to enforce the laws of the game.

Wick

A bowl that is travelling at a certain pace which comes into an angled contact with another bowl, thus causing the course of the moving bowl to be altered.

Wide bowl

Where the player has allowed too much green for his bowl.

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Wrecked

An attempted shot, frustrated by contact with another bowl which lay between the mat and the jack.

Wrest this bowl out

An instruction to bowl a bowl with sufficient pace to push another bowl sufficiently from its former position.