

Learn to play Lawn Bowls

The Taylor Way

*A guide for new players
covering
all aspects of the game*

Preface

This booklet has been developed over a period of 15 years by competent BA certified Club Level coaches. This booklet is designed to remove some of the frustrations caused by not knowing the fundamentals required to be a competent player. The writer has tried to keep, a sometimes complicated, training system as simple as possible.

Lawn Bowls offers some unique, but rewarding challenges to new bowlers. As with all sports there are many basic fundamentals to learn and master. The Taylor family offer this booklet to all new players undertaking training in the knowledge they may use the document to better understand the skills required to play and enjoy this great game. Obviously, as you progress through your training you will become less reliant on the written text and move onto developing your own individual bowling techniques.

As you develop and improve your bowling skills, you will understand and appreciate just how important these first basic training sessions are to your overall bowling performance. Always remember, if in doubt about any aspects of your training or bowling in general, ask your club coach for advice.

Every player has an opinion on the best way to play the game. They are all different, with most methods having some degree of merit. Good players don't necessarily make good coaches, but they are always up front with advice to anyone who is new to the game.

This document is written to show you "The Taylor Way" of bowling. It may not suit your style and you may quickly develop a better way of doing things, but at least it gives you a starting point. It's not rocket science, so give it a try.

Good Bowling



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The images and text contained within are made available to any person wanting to learn the art of Lawn Bowling.

Equipment featured in the production of these documents are selected randomly and should represent the general equipment in use at any bowling club. The writer does not necessarily endorse the products featured. Any brand names, or logo's, featured on products are the property of the manufacturing companies.

Disclaimer

These documents are intended as a general guide to new players and must not be used as specific instruction in any other way. While every effort and due care, has been taken to ensure the accuracy of the enclosed information, variations may still occur.

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Readers may also need to reference the appropriate *State or Federal Bowling Association's Rules and Regulations*, when interpreting rulings on specific items. Any regulation periodical review changes may cause variations within the instruction given.

Terminologies

<p>A set of Bowls</p>	<p>Always in an identical set of four (4). Must clearly show the original manufacturing date & information. Must not be altered in any way from the original state of purchase.</p>
<p>Bowling Club</p>	<p>Many Bowling Clubs are moving away from the title of “Bowling Club” to a more community inclusive signature. However they still include bowling in their activities and control the sporting activity held within the club premises. Many identify the parent club as “Club Ltd”.</p> <p>This parent club has many sub clubs, some may include Mens and Womens Bowling Clubs. Whilst the parent club owns, and maintains, the playing greens, the sub clubs control the playing activity conducted on the greens.</p>
<p>Greenskeepers</p>	<p>Clubs employ persons to maintain the quality of the playing surface and the surrounding areas. This includes cutting and rolling the grass surface as well as the appropriate marking.</p>
<p>Bowling Green</p>	<p>The bowling green is the grass (or carpet) playing area surrounded by a sand filled trench. Each green is numbered. This bowling green is normally split into six (6) or seven (7) rinks. These rinks are marked for play and are marked by pegs mounted on the surrounding bank to indicate the boundary of each rink. Each rink is numbered</p> <p>This grassed, or carpeted, area is to be treated with respect and must not be deliberately damaged.</p>
<p>Notification Board</p>	<p>A notification board should be mounted near the Bowls Co - Ordinator’s rooms. Prior to any playing activity, players shall read this board containing information about the greens available for play. The greenskeepers often close greens, or rinks, for maintenance.</p>
<p>Weekly Players Sheet</p>	<p>Players wanting to play, must register their names on a playing sheet.</p>

Terminologies (cont.)

<p>Roll Up</p>	<p>Green time allotted to club members for bowls training, practice or informal bowling. Generally these “roll ups” are outside normal playing times as set out by the Bowling Club. Generally conducted in the mornings of after official play has been completed.</p>
<p>Club Flag</p>	<p>The club flag will be flown when the bowling club is active. No flag, no play</p>
<p>Club Coach</p>	<p>The bowling club will always have coaching staff on hand to help you It is important to ask to see the coaches credentials as issued by the governing body. No-one should be coaching without proper accreditation.</p>
<p>Grass</p> <p>“Take <u>more</u> grass”</p> <p>“Take <u>less</u> grass”</p> <p>‘Watch your grass’</p> <p>Grass General</p>	<p>The term “Grass” is something you will hear a lot about. Grass refers to the line taken from the mat during delivery. See Section 7 - page</p> <p>This is asked of players when they have played too narrow a line and an adjustment to a wider line is required.</p> <p>This is asked of players when they have played too wider a line and an adjustment to a narrower line is required.</p> <p>This is asked of players when the rink speed is fast, or variable, and a wider line may be necessary.</p> <p>The rule of thumb is, the faster the green, the more grass is required.</p>

Bowling Safety

On the Bowling Greens

As new bowlers you have a responsibility to yourself, and other bowlers, to acquaint yourself with the safety requirements of the game. Although viewed generally as a safe sport to play, bowls has certain characteristics that may be of concern to individual players. If you are uncertain about any aspects of your club's safety requirements, check with your coach.

Personal Requirements

Bowling Shoes - Bowling shoes are designed to allow for maximum comfort for the players, whilst also giving maximum protection to the playing surface. Unfortunately, this necessitates the shoes to be designed completely flat on the soles. This takes away the grip needed for stability under normal walking conditions.



Wet weather highlights this instability as the soles of the shoes become very slippery when wet. Please exercise caution and common sense and change back to normal footwear as soon as possible after the game has concluded.

Hat or Cap - As with all outdoor activities, playing bowls requires long periods of exposure to the sun. It is recommended players wear a wide brimmed hat, or at the very least, a cap, which is normally provided as part of the club uniform. New bowlers are expected to dress according to conditions and adequately protect themselves from the sun.

Skin Protection - New bowlers should be advised that playing a game of bowls takes about three (3) hours to complete. Bowling Clubs provide shaded areas at both ends of the rinks, but a large part of the game is played in the sun. Bowlers may need to apply sun screen to protect exposed areas of skin from sun damage. Many clubs supply sun screen prior to the commencement of play.

Fluids - It is recommended players replace any lost fluids by drinking plenty of cool water. This cool water is usually found at the end of the rink in a cooler.

Smoking - Most bowling clubs have adopted a "NO SMOKING" policy. This ban applies to the playing surface and the surrounding area. Some clubs have designated smoking area put aside for players who want to smoke.

Bowling Safety Cont.

Before the Start of Coaching Session	1	Advise you coach of any pre-existing medical or physical conditions you may have. These limitations may impact on your ability to play the game safely, or, aggravate existing medical problems
	2	If possible, exercise and warm up prior to the start of each match
	3	When unpacking bowling equipment on the bank, be considerate of other players arriving further down the green. Bags and other equipment, should be stored under the seats away from the walking area.
After Play starts	1	When entering or leaving the green area, always step down using a sideways movement. Be aware of the step surrounding the green.
	2	Never step backwards with our first looking where you are treading. Accidents occur when players step on bowls, or step into the surrounding ditch.
	3	Be alert to the shot being played, some “drive” shots may become airborne on contact with other bowls. Players may choose to stand on the bank area when this type of shot is played.
	4	Do not allow bowl lifters or other playing equipment required on the free to become a safety hazard to other players Always remove this equipment from the playing area when not in immediate use.
	5	At the completion of each end, kick the bowls with the bottom of your shoes. Never place your hands down amongst the bowls being kicked. Hand and finger injuries may occur.
	6	Handle your bowls carefully, they are heavy and could cause toe/foot injuries if dropped on your feet.
	7	Individual players are responsible for their own safety. If weather conditions become hazardous due to electrical storm activity. If you have determined the playing conditions are too dangerous to continue, inform your Skip, and leave the playing area. Remember Bowling shoes get slippery when wet.

Bowling Safety Cont.

After Play starts	8	Never put your fingers close to your mouth when playing. The chemicals used on the green's surface for insect control can be toxic. Always wash your hands after the game.
MEDICAL EMERGENCY	1	Raise the alarm. Most bowling Clubs have trained First Aid officers on call during normal working hours. Move swiftly to inform this officer of the situation.
		Render first aid if you are competent to do so.
	2	Phone "000" for an ambulance
	<p>Obviously we cannot list all the hazard associated with playing the game. We rely on the players to observe safe "common sense" practices when playing. As a new player you have a responsibility to uphold, and abide by, the safety regulations as set down by your club.</p> <p>Read and understand all safety notices placed throughout your club.</p>	



Bowl Safely at all times

Section E - Bowling Etiquette

The game of Bowls has two (2) sets of rules as laid out below. The rules are required to enhance the fellowship and social enjoyment for all players. Although not actually a set of rules, they may more closely fall under the category of “social obligations” to others bowlers. This mutual obligation to uphold the spirit of etiquette extends to all aspects and levels of the game. Lawn bowls through the years has built a reputation as being a gentle sport. Although this is generally true, it sometimes masks the fact that bowls can also be an very competitive sport. As with all competitive sports, emotions can sometimes run high and this is where the “Unwritten Desirables” are an essential part of the game

1 **Laws of the Sport of Bowls** One set of official game rules are laid out in print form by the governing Bowling Associations. New players should obtain a copy of this booklet and keep it in their bowling bag to use as a reference if required.

2 **Etiquette - “Unwritten Desirables”** Although we cannot list all the desirable practices, we have included a few examples below as a guide to the acceptable conduct of players.

- Be respectful, courteous, and friendly, to fellow players at all times.
- Try to be tolerant and polite to your opponents.
- Read, understand and respect, the written rules of the game before you start playing the game.
- Be attired in the correct clothing to show your support for your club.
- Wear a Name Tag.
- Be punctual to all games, do not keep your opponents waiting.
- Have your bowls and equipment ready to play at the starting time
- Do not leave a rink during play without firstly advising your opponent you are leaving.
- Do not intentionally distract, or aggravate, your opponent when on the green.
- Keep excessive noise and chatter to a minimum.
- Play the game in a good spirit and compliment any good shots played.
- Never query the umpires decision.
- Be a good loser and a gracious winner.

Dress Code & Club Uniforms

2.1 General - Whenever players step onto a bowling green there is a strict dress code to adhere too. The governing body of the sport has evaluated clothing appropriate for use by players, These items of clothing should be worn whenever playing the sport, They are readily recognised by a triangular shaped green and gold patch, attached to the clothing.

<p>2.2 Mufti's (A military term used for anyone out of uniform)</p>	<p>Street clothing may be worn. Must be neat and tidy. Last week's fishing gear is not acceptable.</p>	<p>The safety requirements of the club still apply. Appropriate clothing must be worn. Bowling shoes are mandatory.</p>	<p>Look on the top of the Weekly Players Sheet when you put your name down for the clothing to be worn on the playing day.</p>
<p>2.3 Club Uniform</p>	<p>Must be worn for <input checked="" type="checkbox"/> Club Championship's <input checked="" type="checkbox"/> Pennant Games <input checked="" type="checkbox"/> Representative Games</p>	<p>Most clubs provide all, or some of, the items making up the complete uniform. Players may be required to purchase some items. Shoes are never supplied.</p>	<p>When purchasing clothing ensure they have the BA logo attached. Or are of the approved type.</p>
<p>2.4 Mixed</p>	<p>As 2.2 Mufties</p>	<p>Some players may choose to wear the uniform on playing days where it is not required.</p>	<p>Uniforms are executable on any practice days (Roll Ups)</p>
<p>2.5 Uniform</p>	<p>May vary with each club. Each club has it's own colours and design.</p>	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Shirt <input checked="" type="checkbox"/> Hat or Cap <input checked="" type="checkbox"/> Trousers (or skirt) <input checked="" type="checkbox"/> Jacket and/or Vest <input checked="" type="checkbox"/> Bowling Shoes <input checked="" type="checkbox"/> Polishing Rag <input checked="" type="checkbox"/> Pen/Pencil 	<p>Always check with your Bowls Co-ordinator prior to playing any games regarding the correct attire.</p>
<p>2.6 Club Bowl Identification</p>	<p>All representative games require each club team to have a unique identification on each of their players bowls. This enables the players counting the shots made, to readily identify the winning team shots.</p>	<p>This identification takes the form of stickers placed on each team members bowls. One small sticker for the bias side and a larger sticker for the non bias side. All stickers show the club colours and the club name.</p> <p>These stickers are to be used during the representative season and removed immediately on the completion.</p>	



When playing representative matches, each bowl must have club identification stickers placed on each side of the bowl.

Always wear your club colours with pride

Remember, good fellowship and sportsmanship should be shown at all times.



Section 1 - The Playing Area

1.1 General - The sport of Lawn Bowls has for many years been played on a well prepared, level, grass surface. In recent years the playing area has varied to include synthetic grass and outdoor carpet. These playing surfaces may cause small variations with both delivery speed and draw. Combine these factors with variations caused by any extreme weather conditions, then it is clear, adjustments need to be made to your bowling technique.

1.2 The Green - Bowling Clubs provide this large well prepared, grassed area for the sole purpose of playing Lawn Bowls. This area is below ground level surrounded by a concrete wall and a sand filled ditch. Each green is numbered.

The green is split into six (6) or seven (7) rinks at the discretion of the greenskeepers. To prevent excessive wear, these rinks are periodically changed to run at 90 degrees, i.e. North-South or East-West.

Care of Playing Surface - The Greenskeepers spend many hours working on this delicate, living, playing surface. It is the responsibility of every player to ensure the surface is protected from damage. New bowlers should treat this surface with the utmost respect. Any damage caused to the surface is **not acceptable**. The correct footwear must be worn when playing or walking on the surface.

1.3 The Playing Rink - Each playing rink is given a number. The rink pictured on page 14, is rink four (4) on green one (1).

1.4 Rink Boundary Markers

The rinks are defined by four (4) boundary pegs, as shown in orange in the photo. Any active bowl coming to rest outside an imaginary line drawn between these bounty markers, shall be deemed to be "Out of Bounds". Active bowls are permitted to leave the rink, provided they return within bounds before stopping.

1.5 Rink Chalk Lines - Each rink is marked with a white chalk line to indicate the centre of the rink. Another smaller chalk line, running parallel to the end ditch, is provided at both ends of the rink to indicate a point two (2) metres from the ditch.

1.6 Minimum Length Markers - White discs are placed on the side walls of the green at the 21 metre mark. This disc marks the minimum length the Jack must travel to be deemed a legal playable length.

Section 1 - The Playing Area (cont.)



No1 Playing Green - used for 6 - 8 rinks



No 4 Playing Rink - marked by 4 pegs

Section 2 - Bowls Teams

2.1 General - There are many variations in the way bowls can be played. This gives participants a chance to select the type of game they wish to play. Many like the “one on one” aspect, others enjoy the team environment. As new players you have the choice to get involved however you choose, from game to game.

2.2 Singles	One (1) player per team	4 bowls each	Requires a third person to keep the scorecard. This person is called a “Marker”
2.3 Pairs	Two (2) players per team	4 bowls each sometimes played with 3 bowls each	
2.4 Triples	Three (3) players per team	3 bowls each sometimes played with 2 bowls each	
2.5 Fours	Four (4) players per team	2 bowls each	
2.6 Positions	Lead	The lead player is the first team member to play their bowl. This player has the responsibility of placing the mat. This position has the task of bowling the smaller white jack.	
	Second	The Second is the second player to bowl	
	Third	The third is the third bowler to play	
	Skip (or skipper or captain)	The Skip is the final player. This person is the tactician, thinker, leader and it is his/her responsibility to try and win the game for the team.	

It is the responsibility of each team member to try and do their best for the team.

Section 2 - Bowls Teams (cont)

2.7 Playing Levels	Social	Played on days set down by the Mens & Womens bowling Clubs. Usually played at a leisurely pace in good spirit.
	Club Championships	Played once per year to establish the best players within a club. These championships are played in all variations as set out above
	Pennants	Played over graded levels seven (7) to one (1), seven being the less experienced players. This is an inter club, inter town, competition conducted within a zone, by the governing body.
	Zone Championships	Played between zones to establish the best teams within NSW

Section 2A - Markers - Umpires - Managers

2.8 Markers - Whenever **singles matches** are played, a third, non-playing official is required. This person shall,

- Prior to each game the Marker shall inspect the bowls for registration.
- Record any shots scored (as advised by the players) on the official scorecard
- Conduct his/her person in a professional manner, and be totally impartial.
- Give advice when asked during the game
- Conduct measuring activity when asked.
- Finalise the scorecard on completion of the game.

2.9 Umpires - Whenever **Representative or Championship matches** an Umpire shall be in attendance. This person shall,

- Be provided by the bowling club.
- Be certified by the bowls governing authority.
- Adjudicate on matters where rules of the game need to interpreted.
- Measure bowls when asked by any player.

2.10 Managers - Whenever **Representative or Championship matches** are held involving clubs teams, the club shall appoint a manager to,

- Check individual players eligibility to play.
- Co-ordinate the teams needs, including travel, uniforms, equipment etc.
- No certification required, but a good knowledge of bowling is essential.

Section 3 - The Mat

3.1 General - The mat is an important part of bowls equipment. It indicates the starting point at which the bowl is to be delivered. No bowl can be delivered unless the mat is in position

3.2 The Mat - Two (2) mats are provided on each rink when playing bowls, one (1) for each end of the rink. see Diagram 3 (1)
The team *Skip* carries one (1) of these mats to the opposite end of the rink at the start of play. The other mat is made available to the team winning the toss of a coin.

3.3 Who Places the Mat? - The Mat is placed on the rink by the *Lead player*.

3.4 Placement of the Mat on the Rink -

To place the mat correctly, walk to a point on the centre line, turn and face the bank. Line up the rink number with the centre line. Hold the mat in both hands by the corners. Place the mat centrally and squarely on the centre line with the brand name on the mat (the dimpled side), face up.

NOTE - The *Skip* may choose to indicate to the *Lead player* where the mat is to be placed. The front edge of the mat **shall be not less than two (2) metres** from the rear ditch (as indicated by the two (2) metre line). see Diagram 3 (2)

3.5 Foot Fault - The mat is important as it is the starting point for the entire end to be played. Always remember, one (1) foot must be “**on, or over the mat**” when delivering the bowl. The opposition has the option of reporting to the umpire, any suspected infringement. If the umpire can see any obvious movement of the foot off the mat prior to the bowl being delivered a “**Foot Fault**” may be called.

3.6 Moving the Mat - After the first bowl has been delivered, the position of the mat cannot be altered.

3.7 Accidental Movement of the Mat - If the mat has been accidentally dislodged from its original position during the normal act of bowling, it may be realigned, as near as possible to its original position.

3.8 After Each End - The team *Skip* shall remove the mat from the rink after the last bowl has been delivered and has come to rest. The mat shall be placed in an adjacent safe area off the rink and be stored in a flat position.

3.9 On Completion of the Match - After the match has been completed, the lead players are responsible for the return of both mats and the Jack, to the appropriate safe storage lockers.

Section 3 - The Mat (cont.)

Diagram 3 (1) 2 x mats (one each end) provided at each rink
1 x Jack, provided.

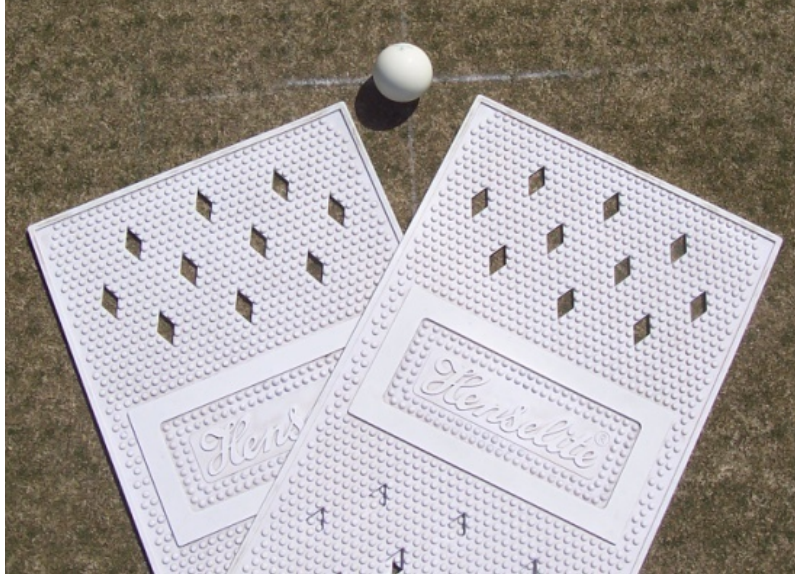
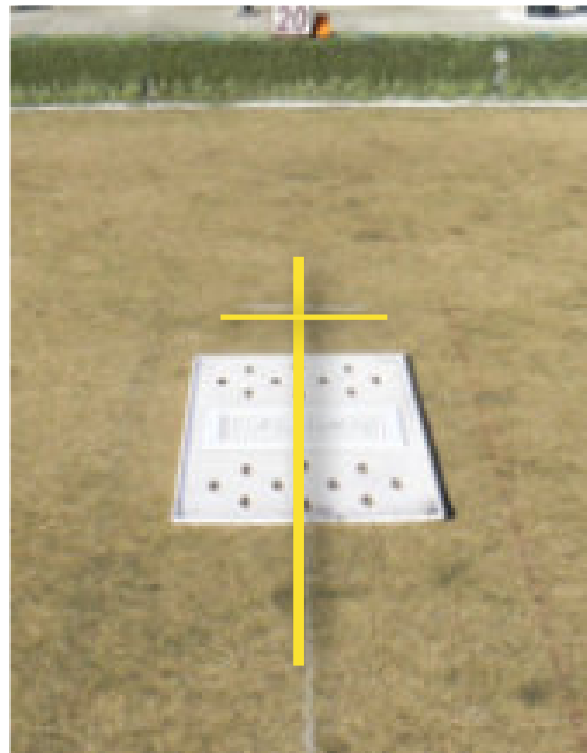


Diagram 3 (2)
Mat placed on the centre line



Section 4 - The Jack

4.1 General - One (1) Jack, (sometimes called the Kitty or Cake) is required for each rink when playing bowls.

The Jack has been placed on the two (2) metre mark of the rink, prior to the start of play by the greenskeepers.

The Jack is normally white in colour, but may also be coloured yellow.
see Diagram 4 (1) & (2)

The Jack is spherical (round) in shape, and takes “**no bias**” when rolled.

4.2 Players responsible for the Jack - Control of the Jack is a shared responsibility between the two (2) opposing Lead players (one from each team).

4.3 First to Play - The game is commenced when the opposing Skips toss a coin. The Skip winning the toss will inform his/her Lead that the toss has been won and hand the Lead the mat. Therefore they are the first to play.

4.4 Placing the Mat - To start play, the mat is placed on the rink (as described in Section 2 - The Mat)

4.5 Before Playing - Before stepping onto the mat to play, the Lead player shall look towards the Skip at the other end of the rink. The Skip may indicate to the Lead where the mat is to be placed along the centre line.

The Lead shall visualise where the Jack is to come to rest.

4.6 Minimum Length - The Jack must travel a minimum of 21 metres from the mat to be of legal length.

4.7 Taking Up the Position on the Mat - When delivering the Jack, the Lead player shall take up a position on the mat as follows -

1. Place the right foot on the mat at a point left of the centre line of the rink.
2. Place the left foot on the rink surface at the side of the mat. This positioning on the mat will allow the delivery arm to swing down through the centre line of the rink

NOTE - The opposite foot placement is required for left handed bowlers.

Section 4 - The Jack (cont.)

Diagram 4 (1)



Diagram 4 (2)



Section 4 - The Jack (cont.)

4.8 Gripping the Jack - Close the fingers of our hand together and place them under the Jack. The thumb should be placed on the top of the Jack. see Diagram 4.8 (1)

4.9 Delivering the Jack -

1. Step forward with the left foot, ensuring the foot is placed parallel to the centre of the rink. see Diagram 4.8 (2)
2. Swing the delivery arm through the delivery action towards the required delivery point.
3. Release the Jack at the lowest point of the arm swing and give full follow through with the arm. At the end of the follow through, the palm of the hand should be facing upwards. Because the Jack has no bias, there is no need to allow for turn.

Note - The opposite foot placement is required for left hand bowlers.

4.10 Incorrect Deliveries -

The Jack is incorrectly delivered when,

- The Jack does not travel the required 21 metres.
- The Jack is rolled too far into the ditch.
- The Jack is rolled out of bounds.

Then, the opposition team has the right to take control of the Jack.

4.11 Setting the Jack - Try your best to have the Jack stop at the predetermined delivery point. The Jack will be reset on the centreline by your Skip.

4.12 Winning the End - The Team winning the end, shall be the first to play on the next end.

4.13 After the Match - After the match has been completed, the Lead players are responsible for the return of both the Jack and the mats to the appropriate safe storage area.

Diagram 4.8 (1)



Diagram 4.8 (2)



Section 5 - Bowls & Bowling Techniques

5.1 General - A set of bowls is manufactured in many varying types, colours and styles. Generally they are spherical in shape and are designed to take a predicable bias, in one direction when bowled

A set of bowls comprises four (4) **identical bowls**.

5.2 Definition of Bias - A bias on a bowl, is a shaping on one side of a bowl making it turn to one (1) side.

The Bias side is always indicated by the smaller circle on the side of the bowl.

5.3 Delivery of the Bowl - Bowls shall be delivered in an alternating pattern between the opposing teams, until the required number of bowls have been delivered. As defined in Section 2.

5.4 Method of Delivery - The bowl shall be delivered from the mat (as described in Section 2) after the Jack has been rolled and placed. You are now ready to put down your first bowl.

5.5 Gripping the Bowl - To achieve the best results, it is important to grip the bowl correctly. The way you grip the bowl may vary from player to player, but generally the grip shown in Diagrams 5.5 (1) & (2) should give you a base to work from.

Grip the bowl with the thumb placed on the rings, grips, or dimples provided. The other four fingers are placed under the bowl. **Always ensure the Middle finger is in the centre of the running surface of the bowl.**

5.6 Bowl in-line with Shoulder - ensure the Bowl is in line with the arm and shoulder. If the bowl is not in line with the arm, it may produce a “wobble” when delivered. Try to keep the rings or dimples of the bowl parallel with the arm. see *Diagram 5.6 (1)*

Diagram 5.5 (1)



Diagram 5.5 (2)



Finger centre of the bowl



Diagram 5.6 (1)
Always keep the delivery arm as straight as possible.

Section 5 Bowls & Bowling Techniques (cont)

5.7 Before Stepping on the Mat - Trainees may need to take some time before delivering the bowl to think about the following important points.

1. Pick-up the bowl you intend to play, stand behind the mat and look down the rink.
2. Look towards your Skip, he/she may be trying to give you instructions regarding the shot to be played.
3. Check that the adjacent rink players, or their bowls, will not interfere with your bowling line.
4. Pick out your visual aiming line marker on the bank, or on the rink.
5. Picture the shot you intend to play in your head.
6. Check the bowl is in the correct bias, **Correct Bias** - The small ring marking on the bowl must always be nearest the centre line of the rink (to the inside).
7. Check the flags or windsocks for any prevailing winds.

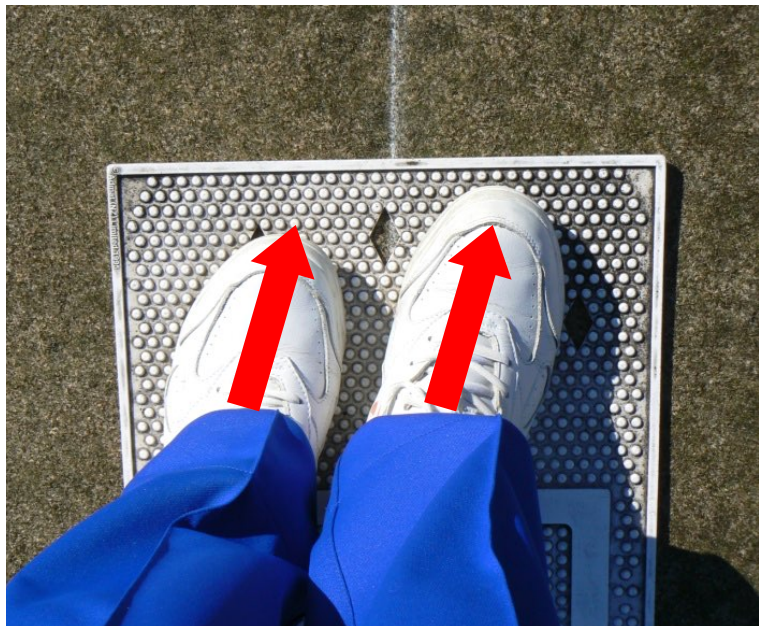
Don't worry about this long list of "must do" items. These actions will become more automatic as you gain confidence.

5.8 Step onto the Mat

Now you are in the act of bowling, (sorry...more things to remember). Before you stepped onto the mat, you picked out your line marker on the bank, or the rink. It is important that your eyes remain fixed on the marker as you step forward onto the mat. Your feet will need to automatically take up the line you intend to bowl.

See Diagram 5.8(1)

Diagram 5.8(1)



Section 5 Bowling & Bowling Techniques (cont)

Eyes and Shoulders
should square with
the rink surface

Lock the delivery arm
in the straight position

Left Hand is
placed ***across*** at
right angles to the
front leg. This
action keeps the
shoulders & eyes
square to the rink
surface

Speed and length of the
delivery is partially
controlled by the speed and
length of the delivery stride



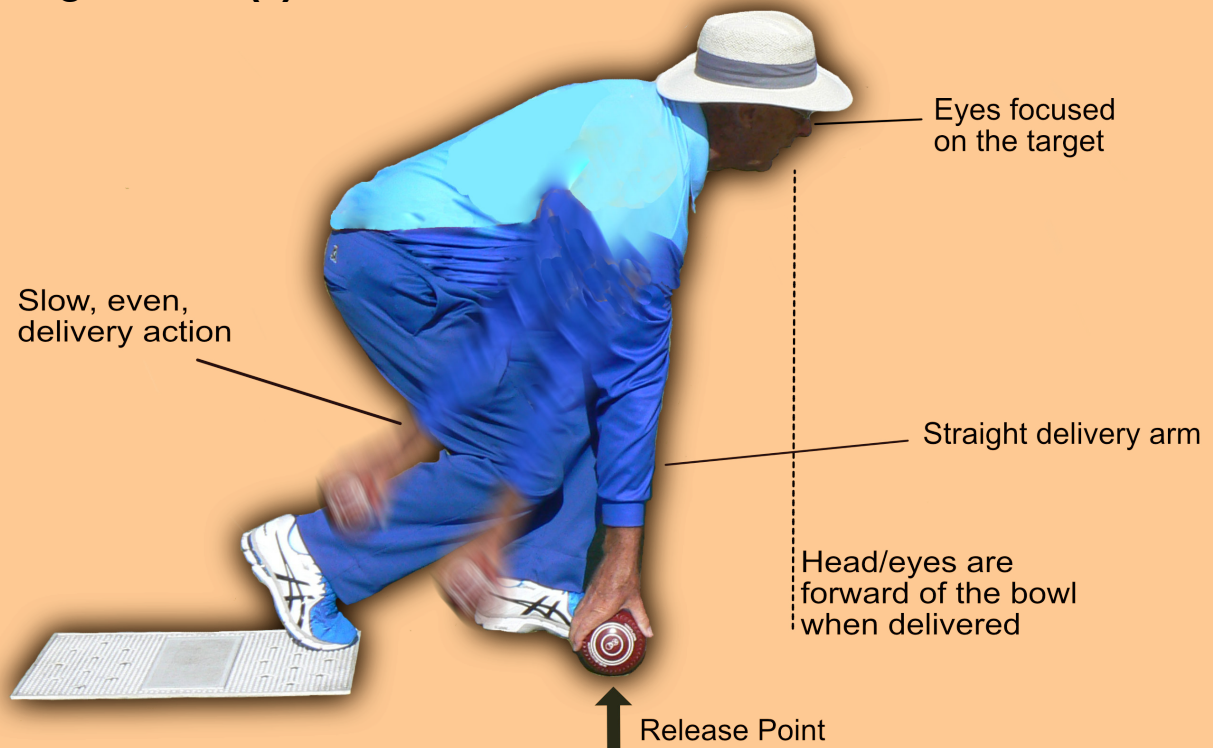
Section 5 cont. Bowling & Bowling Techniques

5.9 Delivering the Bowl-

Now you are ready to deliver the bowl,

- With your eyes fixed on your aiming line marker, crouch forward into your bowling stance
- Step gently forward with your Left foot down the bowling line, at the same time, the arm holding the bowl should now be swinging to the rear.
- Your Left hand should be placed **across** the upper part of the leg above the knee. The elbow should be held flexible, yet firm enough to support the upper part of the body. Keeping the Left hand across the leg should help keep the eyes and shoulders in a level plain.
- Move your body weight forward onto the front foot, at the same time, smoothly and deliberately, swing your delivery arm through the delivery arc. See diagram 5.9 (1)
- When the arm reaches the lowest point, release the bowl.
- Always follow through with the delivery arm to a point roughly level with your shoulder.
- Your delivery hand **must** always follow through with the palm of the hand facing skywards.
- All instruction is given for Right Hand bowlers, reverse instruction for Left Hand Bowlers

Diagram 5.9 (1)



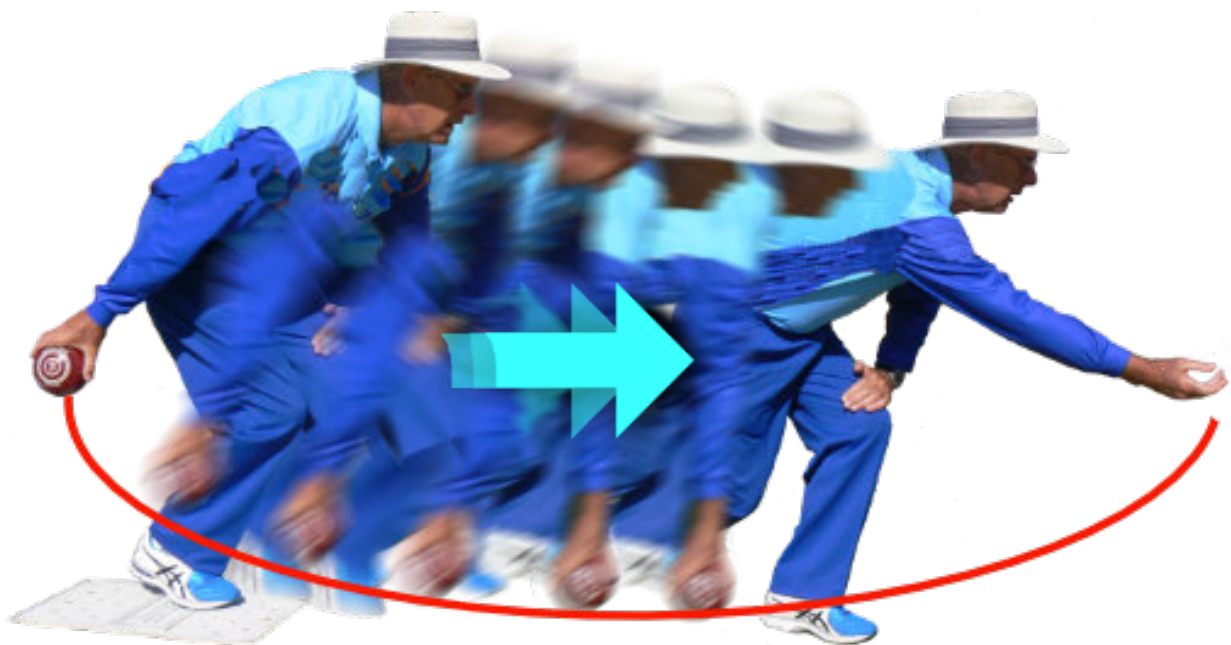
Section 5 Bowling & Bowling Techniques (cont)

5.10 General - The bowling delivery as shown may sound rather complicated, but, with practice it will soon become second nature and consistency easy to duplicate. Just remember the basic rules apply each time you deliver a bowl

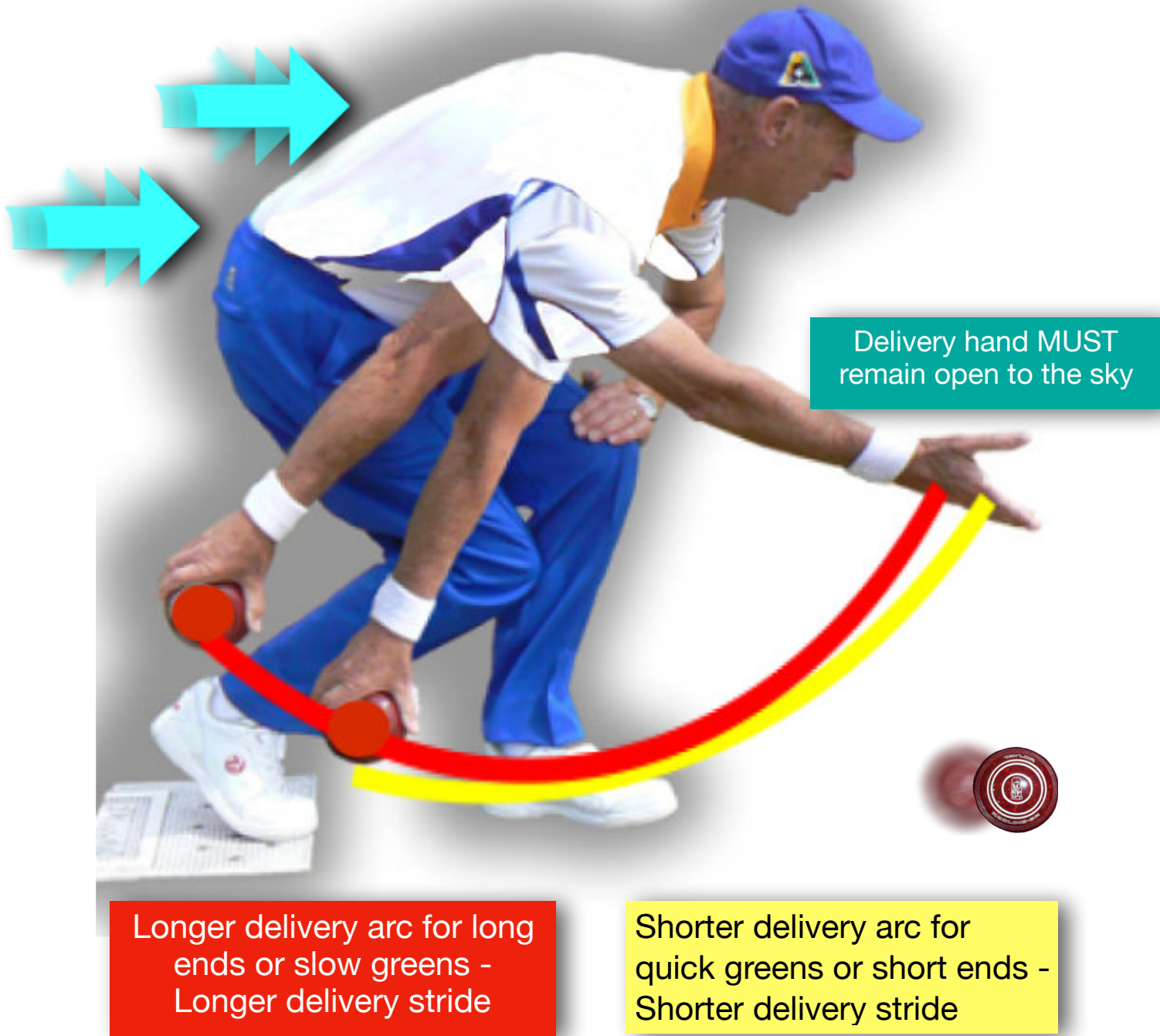
5.11 Forward Body Weight - The last, but most important part of the delivery technique is the forward body weight. This is the critical part to forming a consistent quality delivery..

Forward Body Weight-

1. After the delivery arm has completed the swing to the rear and starts its downward movement your delivery stride, towards your aiming point, should commence.
2. It is important this stride is coordinated with the arm.
3. This is where the speed of the green comes into play.
4. **Quick** greens require a slow/short swing of the arm and a slow/short stride.
5. **Slow** greens require a quicker/longer arm action and a quicker/longer stride
6. It is important that the body weight moves as shown below. The body keeps moving long after the bowl has been delivered. Ensure forward momentum continues.
7. The weight of the body should roll over the balls of your feet, almost to a point where you stumble forward. Keep your movement in check and under control. Always ensure your back foot is "on or over" the mat, at the delivery point.
8. Make sure your head is in front of the bowl at delivery.



Section 5 Bowling & Bowling Techniques (cont)



Section 6 - Green Speed

6.1 General - To play the game of bowls to the best of their ability, players need to understand the variations in conditions on the green and understand the adjustments required to overcome them.

6.2 Green Speed - The speed of the playing surface is called “The Green Speed”. This is the speed at which the bowl travels down the rink before coming to rest at the head. This speed is counted in seconds to cover the distance from the 2 metre mark (at one end) to the 2 metre mark (at the other end) on the green. A fast green requires the bowl to take a wider line (therefore, travel further on the green) this takes extra time. It may be confusing to new bowlers when we say “fast greens take more time”.

6.3 Green Types - There are several different types of playing surfaces used for lawn bowling. All these surfaces differ in their characteristics regarding the surface speed.

- **Natural Grass** - The speed at which a bowl can travel will vary due to a countless number of reasons,
 - Hot Summer sun drying the surface - **quicker**
 - Moisture (Frost or Rain) making the surface wet - **slower**
 - Shade - **slower**
 - Rolling & length of the grass - **can impact the speed**
 - Direction the grass is cut, against the grain - **slower**. With the cut grain - **quicker**
 - Size and weight of the bowl used - **faster or slower**
 - The wind is a major factor effecting the bowl speed. The direction of the wind is a major consideration when predicting both the speed of delivery and the direction of the delivery.
 - Grass Greens should run at between **12 - 18 seconds**.
 -

The greenskeepers employed by the respective clubs are responsible for maintaining the condition of the grassed playing surface. They can, to some extent, (depending on the weather) manage the green speed to enable a good surface for playing. This is a very expensive option for bowling clubs as the upkeep to the expected levels requires constant attention

Section 6 - Green Speed (cont)

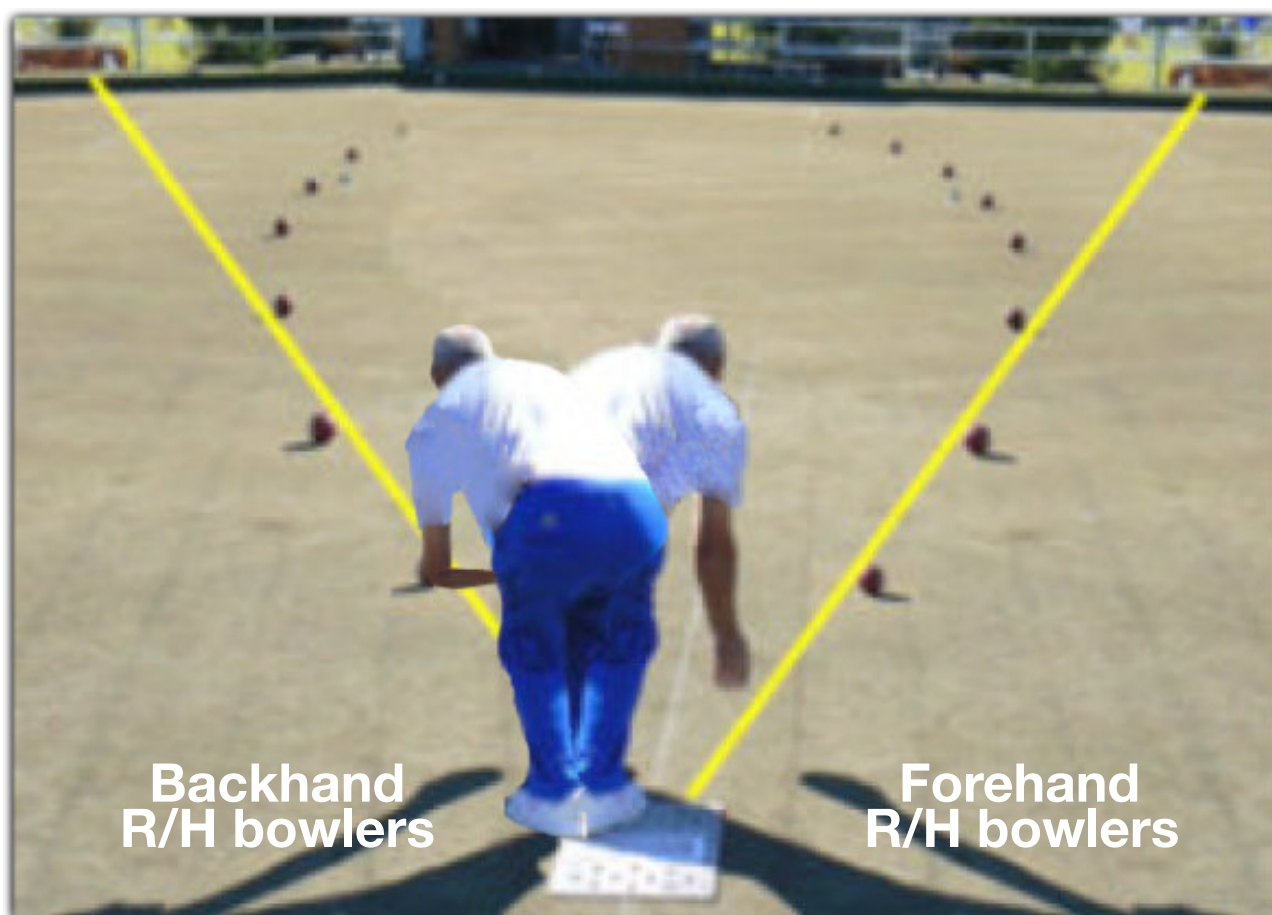
- **Outdoor Carpet** - A very good option to ensure a consistent playing surface in all conditions
 - Initial cost outlay very prohibitive.
 - If damaged for any reason it is very hard to repair.
 - Reasonably easy to maintain, requiring only a sweep or a vacuum to keep the surface playable.
 - Can be an unpredictable playing surface in certain weather conditions.
 - Some carpets go against the conditions listed in Item 6.3 and are **slower** when the sun shines and **quicker** when it rains.
 - Can run at speeds from **14 - 18 seconds**
- **Indoor Carpet** - A very good option to ensure a consistent playing surface.
 - Initial cost outlay very prohibitive.
 - Can only be used indoors
 - Reasonably easy to maintain, requiring only a sweep or a vacuum to keep the surface playable.
 - Unaffected by any weather conditions.
 - Can run at speeds from **16 - 20 seconds**
- **Synthetic Carpet** - A very good option to ensure a consistent playing surface.
 - Initial cost outlay very prohibitive.
 - If damaged for any reason it is very hard to repair.
 - Playing surface requires an application of ***an 8mm sand infill.***
 - Sand layer may damage the bowling equipment.
 - Reasonably easy to maintain, requiring only a daily sweep.
 - Can be an unpredictable playing surface in certain weather conditions.
 - Some carpets get **sticky** when the Sun shines and are therefore **slower**
 - Some carpets get **slippery** when it rains and are therefore **quicker**
 - Can run at speeds from **10 - 18 seconds**

Section 7 - The Aiming Line

7.1 General - Part of your delivery ritual, prior to stepping onto the mat, should include picking the aiming point to which you intend bowling. This point may be any immovable object on the bank, or a visible point on the green surface. These points may include, a bench leg, a rink marker, or any similar immovable object. Do not include objects like bowls bags, etc. as these objects may be moved during play.

7.2 The Outward Path - The line you have imagined in your head should only include the outward path prior to the bowl losing weight and turning with the bias towards the Jack.

7.3 Stay Focused - it is recommended your eyes do not leave this aiming point once taken. Simply take the aiming point, **stay focused** on that point whilst stepping onto the mat, then deliver the bowl.



Section 8 - The Game - Toucher Bowls

8.1 General - now you are playing the game of Bowls. There are still some important aspects of the game you must consider.

8.2 Toucher bowls - Any active bowl which comes into contact with the Jack shall be marked as a “**Toucher**”.

Note - An “active” bowl, is one which has been delivered from the mat and is still in the act of rolling, or moving.

● **8.3 Marking the Toucher Bowl** - The Skip, or the team member at the head end, shall mark the toucher bowl on the running edge of the bowl. This may be done in one of two ways as follows -

- ☑ Using soft white chalk (hard chalk damages the bowl surface)
- ☑ Using a liquid chalk spray dispenser. (may make the bowl surface slippery).
- ☑ Where possible both sides of the bowl should be marked.
- ☑ Be very careful not to move the bowl whilst marking, if moved, the bowl is to be replaced.

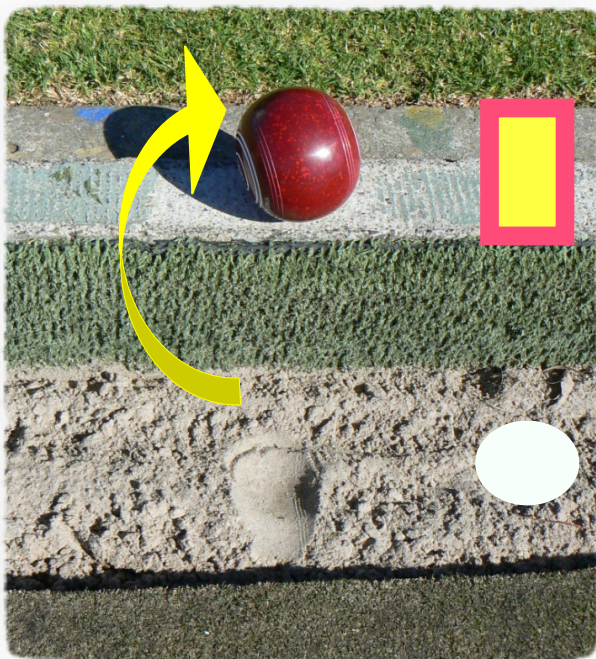
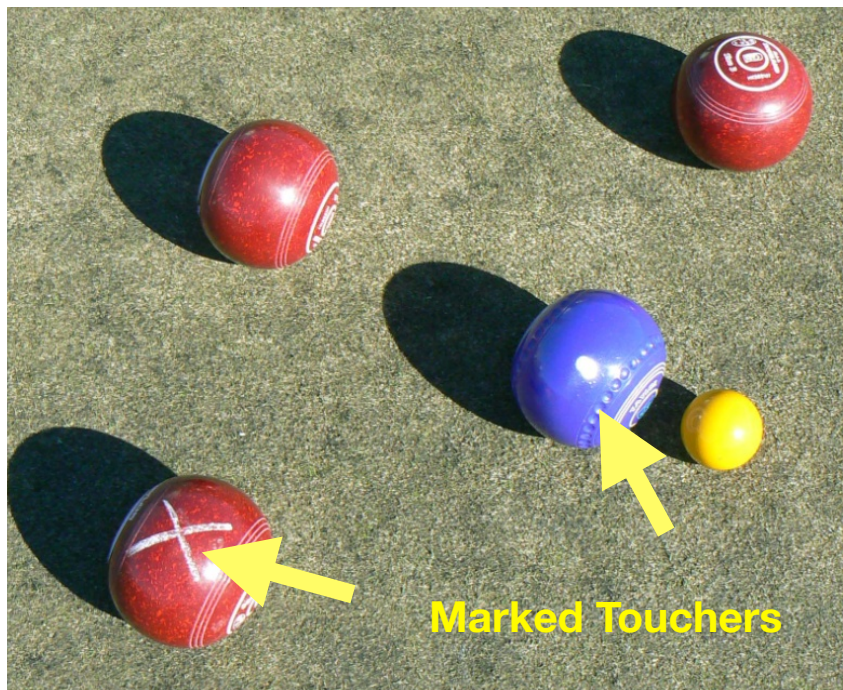
Both marking styles are shown in the diagrams 8 (1)

8.4 When is it marked? - The marking of the bowl shall be undertaken without delay, before the next to play steps onto the mat. Players should wait until this marking action has been undertaken.

8.5 “Toucher” Bowls Entering the Ditch - Normally any bowl entering the rear ditch is deemed to be out of play and is removed without delay from the rink and placed on the rink bank. However the “toucher” bowl has the right to remain “in play” within the end ditch and counted as a live bowl. The marker supplied by the greenskeeper shall be positioned on the bank of the ditch to show the exact position of the Jack in the ditch. Both circumstances are shown in the diagrams 8 (2) & 8 (3)

8.6 “Toucher” Bowls Leaving the Side Boundaries of the Rink - Toucher bowls leaving either side boundary of the rink shall be treated as any other bowl and removed from play.

Section 8 - The Game - Toucher Bowl cont.



Diagrams 8.5(2) & 8.5 (3)

Section 9 - Measuring Techniques

9.1 General - Measuring for shot is a very important part of the game of Bowls. Many games have been won, or lost, because of poor measuring techniques. Trainee bowlers may not be accustomed to, or have the experience at sighting the nearest bowl. Therefore it is recommended trainees measure for the winning shot on each occasion.

9.2 Who is Responsible for Measuring -

- Singles** - Individual players, or the Marker when asked to do so.
- Pairs** - Lead players
- Triples** - Second Player
- Fours** - Third Player
- Umpire** - When asked to do so, by any player.

9.3 When to Measure - The players involved should inspect the head and decide on, (and remove) any obvious scoring shots. All other, close, potential scoring shots will need to be measured and confirmed. Many players waste valuable playing time looking at close bowls. **If any doubt exists, measure without delay.**

9.4 Types of Measuring Devices - Players, should have as part of their bowling kit, a simple flexible tape, or string, type of measuring device. These tapes also include a small set of callipers to facilitate any smaller measurements

9.5 How to Measure Using the Tape/String Type Device -

- Place the device case on the playing surface. Ensure the fixed point of the tape casing is touching the Jack. Be careful not to disturb the Jack in any way. Place the device casing in a direct line between the Jack and the bowl, to where you intend measuring.
- Press down to release the lock with one hand, whilst pulling out the tape/string with the other. Pull out the tape/string until it rests gently against the bowl, both horizontally and Vertically, be careful not to disturb any of the other bowls. See Diagram 9.(5A)
- When the distance has been established, lock the tape/string by releasing the device lock.
- Now, move the locked device to the opposition bowl considered to be the next closest bowl. If the tape/string does not reach the bowl then it has been beaten. If the tape/string reaches over the bowl, then it is the better shot. See Diagram 9.(5B)
- The count shall be one shot for each bowl beaten.

Section 9 - Measuring Techniques (cont)

9.6 How to Measure Using the Calliper Type Device -

(Short measure only)

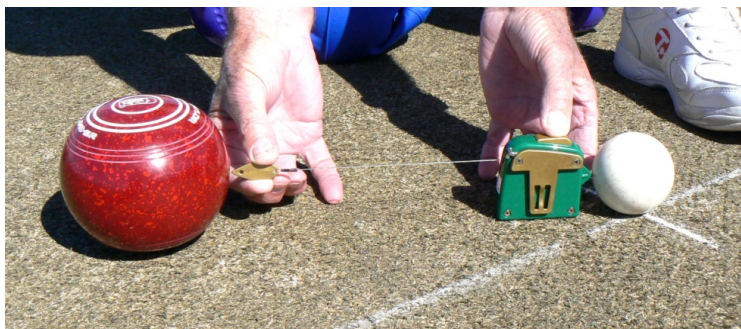
- ✓ Some callipers are permanently fixed to the measuring device, others can be removed for use.
- ✓ Spread the calliper arms apart to approximately the required size of the measure.
- ✓ Move to where the bowls are to be measured and reset (spread) the callipers until they touch both the Jack and the bowl. See diagram 9(6A)
- ✓ Without changing this setting, do a measure of the distance between the Jack and the other bowl in the measure. See diagram 9 (6B)
- ✓ Always move the calliper blades in an upwards motion when measuring.
- ✓ The count shall be one shot for each bowl beaten.
- ✓ When in any doubt about the measure, Raise you arm and call the Umpire.
- ✓ When the umpire is called, all players surrender all rights to both, the measure and the rink. Whilst the umpire is on the rink all players must stand on the bank of the rink and must not attempt to influence the outcome of the measure in any way. An umpire has a vast array of measuring equipment, see Diagram 9 (2D)
- ✓ The umpire will complete the measure and indicate the winning bowl by pushing it out of the measure.
- ✓ No discussion, or disputation, shall follow.
- ✓ In some games the Jack may be displaced into the rear ditch. The Jack is still in play and must remain in the position it entered the ditch. Any measure for shot is required to be done from that position See Diagram 9(2C)

Some measuring tapes are manufactured with the callipers fixed in the casing. Others are supplied with a removable set of callipers.



Section 9 - Measuring Techniques (cont)

**Diagram
9 (5A)**



**Diagram
9 (5B)**



**Diagram
9 (6A)**



**Diagram
9 (6B)**



Section 9 - Measuring Techniques cont.

Note - if the Jack is hit into the ditch, it shall remain there as an active bowl. In this instance the measurement will be required from the ditch. Reverse the tape measure case to rest against the bowl and draw out the string to reach the Jack.

Diagram 9 (6C)



Diagram 9 (6D)



Section 10 - Keeping Score - The Scorecard

10.1 General - Scoring is an important part of the game that is sometimes not given the prominence it deserves. Bowls is played at varying levels, from casual social games, to the more competitive representative level. Regardless of the level played, at some stage you will be required to record the result of each end, by completing a Scorecard.

● **10.2 Who Records the Score on the Scorecard?** - The following members of each team shall record the score after the completion of each end played -

- | | |
|---|---|
| <input checked="" type="checkbox"/> Singles | The Marker (a non playing official appointed by the club) |
| <input checked="" type="checkbox"/> Pairs | The Skip |
| <input checked="" type="checkbox"/> Triples | The Second Player |
| <input checked="" type="checkbox"/> Fours | The Second Player |

10.3 How Do I Get the Scorecard? - After the payment of the required green fees by the team Skip, the Bowls co-ordinator, shall issue an official scorecard See Diagram 10 (1A). The Scorecard is handed to the player responsible for keeping the score.

10.4 How Is the Score Recorded? - The score is recorded on the scorecard, see Diagram 10 (1A) at the completion of each end. The score to be recorded shall be verbally given to the opposing player.

10.5 Calling the Score - As each score is entered on the scorecard, is advisable to verbally “call the score” to indicate to the opposition player the score you have entered onto the card. If the opposition player does not agree with your score, the discrepancy may be discussed and agreed upon, before the next end is played.

10.6 On Completion of the Game - After the games finished, both Skips should sign each card and return it to the Bowl Co-ordinator without delay.

Section 10 - Keeping Score - The Scorecard

End number
 Ken's score
 Ken's running total
 Bill's score
 Bill's running total

Ken scores one shot
 Ken scores one shot
 Ken scores one shot
 Bill scores one shot
 Ken scores one shot
 Ken scores one shot
 Bill scores two shots
 Bill scores two shots
 Bill scores one shot

KEN v BILL					v				
End	Shots	Total	Shots	Total	End	Shots	Total	Shots	Total
1	1	1	-	-	14				
2	1	2	-	-	15				
3	1	3	-	-	16				
4	-	3	1	1	17				
5	1	4	-	1	18				
6	1	5	-	1	19				
7	-	5	2	3	20				
8	-	5	2	5	21				
9	-	5	1	6	22				
10					23				
11					24				
12					25				
13									

Always tell the opposition the score you are writing down on the card.

Any discrepancy can be adjusted immediately.

Section 10 - Keeping Score - The Scoreboard

10.7 General - To enable spectators and fellow team members to be informed on the progress of the game, a visual scoreboard is placed on the bank at one end of the rink. This board shall show the progressive team scores and the amount of ends played.

10.8 Who Records the Score on the Scoreboard? - The team member who holds the scorecard shall change the scoreboard at every opportunity. The score on the board shall reflect the score on the card.

10.9 After the Match has been Completed - After the match, the scorekeeper shall remove the score by turning back the flapper discs (disc to the front side), remove the team names and cancel the ends back to a blank setting.

10.10 Representative Games - Representative fixtures may have an additional larger portable scoreboard for the overall teams score. A designated score person shall work the board.



Section 11 - General Information

11.1 General - Following is some general information you may find of interest

11.2 A New Bowler Purchasing Bowls - A lot of bowlers have varying opinions on the best approach to new bowlers and the purchase of bowling equipment. Most bowlers think it is better to purchase an old set of bowls to start with and learn the game using outdated equipment. The Taylor Way suggest the following -

- Sign up for lessons with an accredited coach
- The clubs make bowls available while being coached, use these bowls to get the size and weight you need
- Purchase a new set of bowls (if you do not continue in the game, there is a ready second hand market). This way you will have a better chance of rapid improvement and you will not need to change over as you improve. You have the chance to stamp your personality on your game. Bowls in your colour, your style, your grip, with your emblem engraved on them makes for a better bowler.
- Bowls come in a variety of styles but the most important consideration must be the grip on the bowl.
 - Plain - no grip
 - Crescent type grip
 - Pipe type Grip

These grip types vary with manufacturer and bowl type, some examples are shown below

- Bowls come in different sizes to suit all hand sizes. Sizes - 00, 0, 1, 2, 3, 4 and 5. To find your size, hold the bowl, place your fingers around the bowl with your thumbs together, when your Middle fingers touch, you have found your size. This process is shown in Diagram 11. 2 (1)

11.3 Required Bowling Equipment - The following equipment is required every time you play a game of Bowls -

- 1 x Set of identical Bowls
- 1 x Carry bag, preferably a trolley bag (a set of bowls weighs aprox. 6 kgs)
- 1 x Soft Cleaning Cloth
- 1 x Grip Agent (for the bowling fingers)
- 1 x Tape Measure
- 1 x Rule Book
- 1 x Stick Soft Chalk
- 1 x Bowling Shoes (no tread on the sole)

Section 11 - General Information (cont.)

11.4 Care of Bowls - A good set of bowls are a big investment and as such should be looked after. The following may give you some idea of what is required -

- ☑ Place each individual bowl on a table covered with a soft material (maybe a towel). Give the bowl a good wipe over to clean any grit or sand from the surface.
- ☑ Give each bowl a smear of bee's wax products, try to avoid the area around the insignia. A small amount is sufficient.
- ☑ Allow about 30 seconds (in Summer) to dry.
- ☑ Give the bowl a good rub to remove the dry wax from the surface.
- ☑ The bowl should now have a good shine and a grippy, waxy feel. The bowl should squeak when turned in the hand. This bowl is ready to play
- ☑ Additional gloss can be obtained by polishing the bowl with a car polisher with a soft pad attached.
- ☑ Once year give the bowls a good scrub in a bucket of warm water (not hot) containing washing up liquid.

11.5 When playing on Indoor/Outdoor Carpet - When matches are scheduled on rinks covered in carpet the process set out in [Section 11.4 Care of Bowls](#) **must not be used**. When playing on these surfaces the use of bee's wax based products is prohibited. Over time, the wax placed on the bowl tends to build up and is very hard to remove from the carpet.

Diagram 11.2 (1)

In theory, this Size No2 Bowl is too large for this bowler, but remember this is only a guide.



Section 11 - General Information (cont.)

Grip on Bowl

Dimple Half Pipe



Crescent Grip



Plain Ringed



Section 11 - General Information (cont.)

11. 5 Duration of Games - Over recent times the traditional playing time of matches has been shortened and each club has introduced their own set of match rules. Duration of matches is usually governed by gender.

Following is an approximate duration of time you may expect to spent on the green

Match	Bowls Played per player	Match Type	Ends Played	Duration Hours (aprox)
Social and Club Level Matches				
Ladies Singles	4	First player to 25 shots up		Infinite
Mens Singles	4	First player to 31 shots up		infinite
Ladies Pairs	4	2 x 2	18	3 hours +/-
Mens Pairs	4	2 x 2	21	3 hours +
Ladies Triples	2	2 bowl triples	18	3 hours +/-
Ladies Triples	3	3 bowl triples	18	3 hours +/-
Mens Triples	2	2 bowl triples	21	3 hours +/-
Mens Triples	2	2 bowl triples	25	3.5 hours +
Ladies Fours	2	Four's	18	3 hours +
Mens Fours	2	Four's	21	3 hours +
Mixed Pairs	4	2 X 2	18	3 Hours +/-
Mixed triples	3	3 bowl triples	18	3 Hours +/-
Mixed Fours	2	Four's	18	3 hours +/-
Pennants & Representative Matches				
Ladies Fours	2	Pennants	21	3 hours + + travel time
Mens Fours	2	Pennants	21	3 hours + + travel time

Section 12 - Bowls Registration & Testing

12.1 General - Any bowls used in casual social matches may never need testing unless they are used in representative matches i.e.. **Pennants**. However, any player has the right to challenge the legality of your set of bowls if used in any club matches. Any person challenging the legality, must pay for the testing. The testing cost is usually about \$100.00 plus freight and you will be without your bowls for about 2 weeks.

12.2 Bowls Identification - A set of new Bowls has a period of **10 years** before any further action needs to be taken regarding registration and testing. It pays to examine the “**manufacturers information**” written on each bowl. This is particularly important when purchasing second hand bowls. All the information you require is set out in Diagram 12.1 below

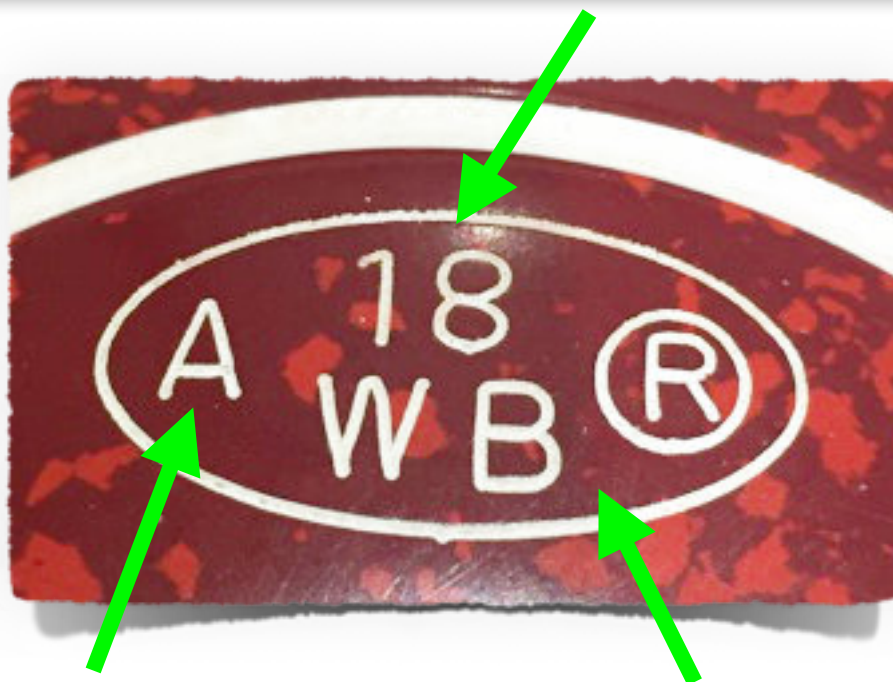


Section 12 - Bowls Registration & Testing (cont)

Bowls Marking

Every set of bowls has a 10 year registration period before they require a retest and reregistration.

The date shown on the bowl is the expiry year. The sample shown below was manufactured in 2008 and therefore needed retesting in 2018, as shown on the bowl.



Manufacturer -

- A - Taylor Bowls
- N - Henselite
- X - Drakes Pride
- Z - Aero

World
Bowls
Registration

Many thanks for taking the time to read,
and I hope enjoy, this bowling manual.
I don't pretend to have all the answers
to all the questions new bowlers may have.

This manual is made up of the many
questions I have been asked through my long
coaching career.

My advice is to develop your own
distinctive style as soon as you can,
then go out on the greens and enjoy yourself.

**A big “thank you” to those enthusiastic
supporters who have helped in the
production of this material.**

