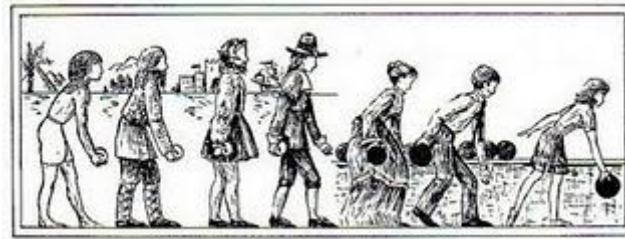


The History Of Lawn Bowling



The history of Lawn Bowling has been traced back as far as Egyptian times when ancient objects were discovered in the grave of a child that resembled an earlier form of the game. It was thought that they would play a game that was similar to what we know as skittles today, with stones that were round in shape.

Many other countries claim that they were the first to play this sport, with the game being played in many different cultures. The Italians play Bocce, The French play Boules.

The game of lawn bowls then spread to England in 1299AD where the first recorded game was played in Southampton and is still home to the worlds oldest lawn bowling green.

It is well known that Sir Francis Drake played the game of bowls and legend has it that whilst the Spanish Armada were vastly approaching their ship in Plymouth Hoe, Sir Walter Raleigh and himself were in the middle of bowls game that Sir Francis Drake refused to interrupt. He believed there was enough time to finish the game before setting sail, and although he did not win his game of bowls, he did however, beat the Spanish Armada.

King Henry VIII was also a fan of the sport. And during his reign this sport was proving so popular that he had to ban others from playing the sport to ensure that they focused on their archery and other trades. It became a game for the wealthy. In order to play lawn bowls you would be required to pay a fee of £100. The sport was also banned in France for the same reasons. Today England boasts over 2,000 flat green bowls clubs 80 of which are in Hertfordshire.

The ban was lifted in 1845 with King James I encouraged lawn bowling to be played by the public and also encouraged any other skilled sport to be played providing it wasn't Football!

BEGINNER'S GUIDE TO LAWN BOWLS

A word from the Chairman...

Lawn bowls is the sort of sport that fits in with your lifestyle. It can be as competitive or as social as you want it to be and you can find a game just about any day of the week.

You will find the clubhouse facilities comfortable and inviting and bowlers are well known for their hospitality towards newcomers. Once you join a club you will discover your membership becomes a passport to a friendly welcome and a warm smile at any bowls club. And being an international sport, your membership means you will never be without a friend when travelling.

I welcome you to this great sport and wish you all the very best for the future.

Chairman

- We'll tell you about the game
- We'll arrange to meet you at the club!
- We've found the best way to interest people in lawn bowls is to let them try. Men and women of all ages and degrees of fitness participate successfully in this sport. To get you started we:
 - will arrange a meeting date at our club.
 - We'll even lend you the gear!
 - Lawn bowls is played with a bowl that is manufactured to roll in a curve (the bias) towards the objective (the jack or another bowl).
 - Several sizes of bowls are available.
 - Our club has extra sets of bowls to lend to new recruits while they learn.
 - We'll arrange for free coaching!
 - It is possible to start the wrong way and everybody will give you helpful advice. To avoid the confusion and teach you the basic skills and objectives of the game, its rules and the etiquette that goes with it, we offer free lessons with our club coaches.
 - We'll tell you about levels of competition! Like every sport bowling has many levels of competition. Start by practising by yourself, playing in club roll-ups and social games. As well as inter-club matches and Galas.
 - We'll explain how little it costs! You will be surprised to find out how little it costs to belong to a bowling club. Once you have joined a club (a minimal fee) your only other expense is your own set of bowls, (they'll last a life time), your clothing and incidentals.

The game

The object of the game is to get as many of your bowls (or your teams bowls) nearer the little white ball (called the Jack) than your opponent. The game can be played as singles (one against one) pairs, triples, or fours (four players against four). In each game the number of bowls varies, in singles and pairs, four for each player, triples usually three and four's two bowls.

A game lasts about two and half hours (although there are shorter versions) and consists of a predetermined number of ends, (the delivery of all bowls from one end of a rink to the other).

The green or playing area is a level surface of carefully maintained close cut grass measuring a minimum of 31 metres (102 feet) in each direction. Six or seven games can be played on the one green at the same time.

This is just the basics – your coach and other members will teach you more!

The players

Both men and women are equally welcome in the world of bowls. There are many married couples involved, but it is also a great game for singles. While there are separate men's and women's competitions, both genders share the same club facilities and many participate in mixed bowls.

You can never be too young to start. Many of the top bowlers are young people. A team of four consists of a skip (or captain), a third (in charge of the head while the skipper is bowling), the second and the lead (who delivers the jack and the first bowls). The bowls are delivered alternately by the players in each team.

It is normal for new players to start as leads or No2's. You will get the chance to play in other positions but remember, a good lead is very important. Some bowlers specialise in this position.

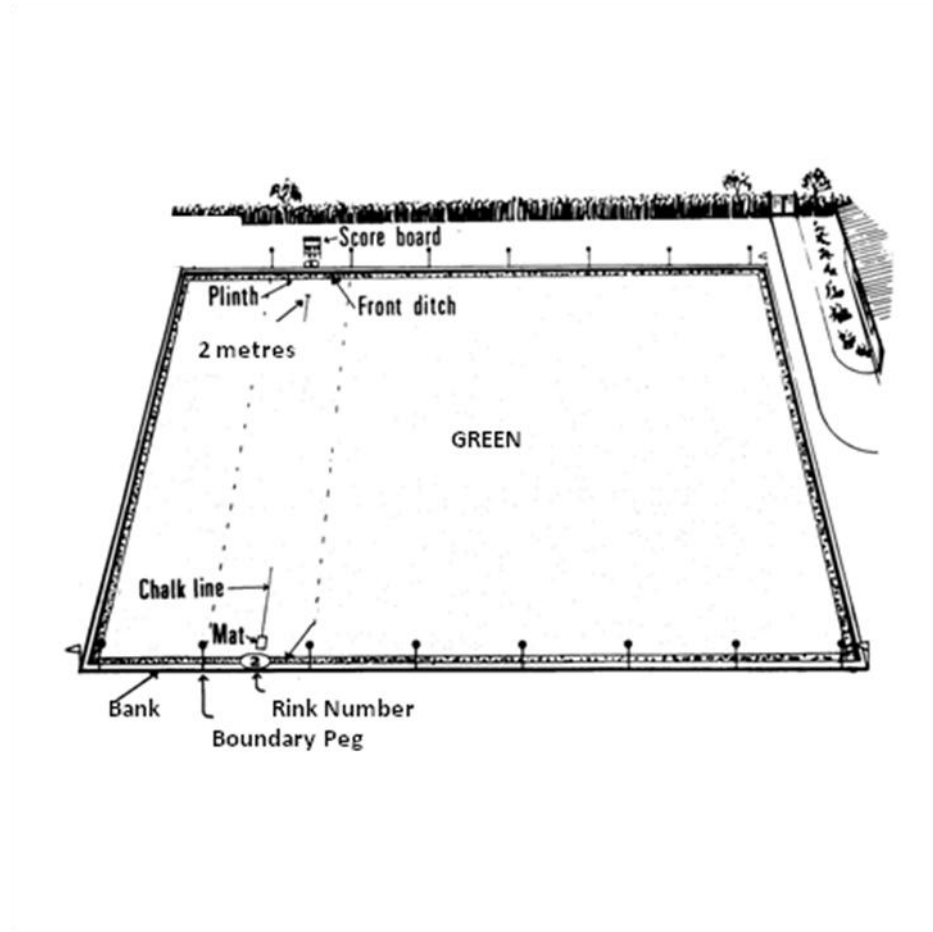
Areas of participation

To start with, most of your bowls will be played at your home club. You'll find its members to be good friends and very helpful during your learning period. There will be opportunities for informal "rollups" when you can practise by yourself or with other club members. This is the time to improve your skills and enjoy an informal game. A club coach will advise you when greens are available for "roll-ups". Club social games provide the first level of competition. Usually all you have to do is put your name down on club social days and you will be included in a team. There are numerous club competitions in which you can participate. There are also many opportunities to visit other clubs and play in their Galas. The most popular game is the club Friendly competition when teams from various clubs play one another in a series of home and away matches.

Low annual cost

No two clubs are the same in their annual costs but they are alike in that the amount required is low. Compared to other major sports and activities, bowls is inexpensive. Your set of bowls and carrying case are a one-time expense and it is possible to purchase used bowls at a reduced price. A tube of polish and a polishing cloth in addition to your clothing are the only other additional requirements. For this comparatively small outlay you obtain for yourself the lifetime privilege of participating in an outdoor sport, providing you with exercise and much sociability in very pleasant conditions.

The green



The Green or playing area is a square, flat surface of grass (although there are some artificial and indoor greens in the UK). The Green measures 31 – 40 meters and each game is played on a rink

The green comprises:

- Bank: Outside wall of ditch above green.
- Ditch: Excavated area between edge of green and bank (usually filled with sand). Bowl entering here is dead unless a toucher (you'll learn about these later).
- Rink Boundary Pegs: The pegs are at each end of the green and denote the outside boundary of the rink. The bowl can travel outside this line, but must finish inside.
- Rink Numbers: Indicate the number of rinks on each green and are situated on the bank at the centre of each rink.

The Game:

The Game is started by the Skip or Captain tossing a coin to see who wins the right to play first. The Lead then rolls the jack to a predetermined length. He then rolls a bowl to finish closer than his opponent. The Game is made up of Ends:- 15,18,21 or the ringing of a bell. Sets play has also been introduced into the sport, especially for televised games. The Game is usually played in an east-west direction in week one and a north-south direction in week two.

The Score: After each end has been played the player/Team with the most number of bowls closest to the jack is the winner, scoring 1 point for each closest bowl.

Commonly Played Games :

- SINGLES: A v's B and a marker
- PAIRS: 2 players per team
- TRIPLES: 3 players per team
- FOURS: 4 players per team

Welwyn & District Bowls Club



Coaching Manual & The Etiquette of Bowls



With the kind permission of Bows Queensland this document been reproduced and includes some additions and amendments for the purposes of Welwyn & District Bowls Club
Bows Queensland admin@bowsqld.org. June, 2008 Revised Edition www.bowsqld.org. PO Box 476 Alderley Qld 4051. 72 Pickering Street Enoggera Qld 4051. Phone (07) 33559988. Fax (07) 3855 0010

Focus of this booklet

Lawn bowls is a game of skill and over the years many books have been published with the aim of assisting both the novice and experienced bowler to improve their skills. This booklet provides information for both the beginner and new bowler. It concentrates mainly on the basics of the game. Therefore it is likely to be beneficial to relatively inexperienced bowlers. This booklet is not intended to be a substitute for club coaching,

Delivery Technique:

The delivery is a pendulum action of the arm with an even and continuous forward movement. The palm of the hand should follow the bowl or jack in a natural follow through. Delivery may or may not include a backswing.

This booklet describes some options available in delivery technique. Beginner bowlers should feel free to experiment with the suggested options and adopt the one that feels more natural and is more effective for them. Once bowlers settle on a technique, they should discontinue further experimentation with it.

Temperament:

A players overall temperament can be broken up into the following facets.

Concentration is the ability to narrow one's focus to factors of immediate importance, and to ignore distractions. **Confidence** is the outcome of positive self-affirmation and of achieving improving personal bests rather than of winning at all costs. **Commitment** is the will to set goals for practice and competition. **Calmness** is the ability to neutralise stress in tight situations. **Creativity** is about „seeing“ the ideal shot and to recognise tactical opportunities. **Common sense** is the capacity to make intelligent corrections to poor deliveries and to avoid variations to controlled technique when faced with a difficult shot or during the excitement of competition.

Safety First:

Bowls is a sport that does not make great demands on physical conditioning. Good general health is an adequate level of fitness in most circumstances. However, competitive bowlers must be fit enough to perform at their best end after end, game after game and day after day.

To safeguard personal well-being, bowlers should:

- Avoid dehydrating and use shady hats and sunscreen lotions, particularly during sunny periods.
- Precede bowling activity by warming up the major muscles with stretching exercises.
- Avoid creating obstructions with bowl bags along thoroughfares.
- Adopt sensible precautions before practicing or playing on a green recently treated with fertilizers or other control agents.
- Awareness of what is around you. Being aware of one's surrounds will help reduce the chances of falling or tripping over bowls or equipment.
- Avoid stepping onto loose mats when entering or leaving the green.
- To safeguard the state of the green, bowlers should:
 - Wear approved smooth-soled footwear.
 - Avoid sitting on the edge of the bank, or otherwise submitting the green near the edge of the ditch to foot pressure.
 - Avoid placing bags on the green surface to pack or unpack bowls.
 - Release their bowls close to the green surface (avoid „dumping“).

Placing the Mat:

Start a game by mat placement prior to the delivery of the jack. Care must be taken to see that the mat is correctly placed. The correct method is to take hold of the corners on one end of the mat—face the number plate at your end of the rink on which you are playing, with your back to the far or skipper's end and place the mat lengthwise along the centre line of the rink. (Diagram 1) The lead can place the mat anywhere along the centre line providing its front edge is no less than 2 metres from the rear ditch of the green or 25 metres from the front (or skippers end) ditch.

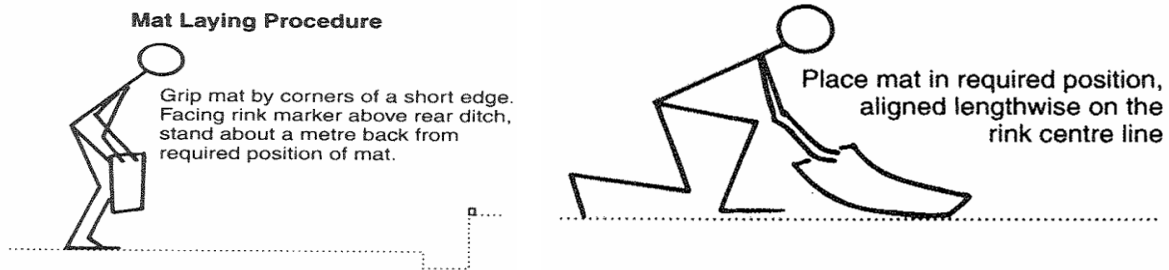


Diagram 1

Jack Delivery:

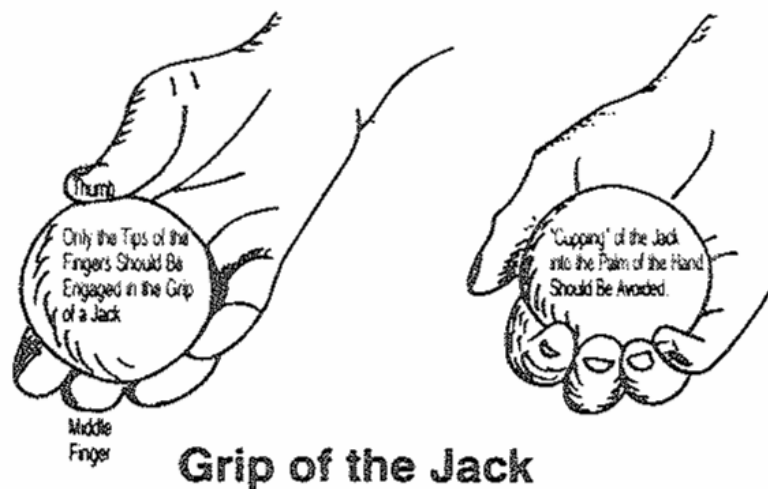
In a sport demanding so much concentration and application, it is curious that one of the most obvious fundamentals of bowls is so over-looked and given so little attention. The simple act of delivering the jack, to start a match, or an end, controls much of the game, yet the majority of bowlers merely step on to the mat without thought, and even with haste, deliver the jack so that there is no control of length or direction.

Choosing your required length is the foundation of building a favourable head and so careless delivery of the jack, may result in it going out of bounds, into the ditch or to your opponent's favourite length. The bowler who errs in this respect has handed the control of the length to his opponent and thrown away any advantage.

The importance of delivering the jack straight and to a required length cannot be over emphasised. The following principles if followed should ensure the correct delivery of the jack.

Grip of the jack

Place the jack toward the front of the fingers of the hand (the fingers forming a platform) with the long finger under the centre of the jack and the pad of the thumb on the top of the centre of the jack. This forms a comfortable grip. The wrist should be firm to prevent any flicking of the wrist when delivering. Do not cup your fingers around the jack as this will force the jack above the wrist and make control difficult.



Recommended Grip

This Grip should be Avoided

Diagram 2

Position of feet

Place your right foot in the centre of the mat but to the left of the centre line- bring the left foot up parallel to the right foot so that both are pointing straight up the green with the body relaxed and comfortable. This is for a right handed player. (Diagram 3) As the jack is perfectly round and does not have any bias it means that when you deliver the jack it will follow your hand and go straight in the direction you have delivered it.

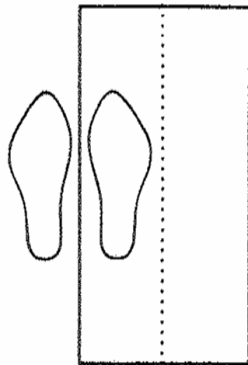


Diagram 3

Delivering the jack

You are now standing correctly on the mat, feet pointing straight up the green, jack correctly held in your right hand, arm relaxed and your skipper standing at the length to which they want the jack delivered. Take a normal straight walking length step, with your left foot, bending the right knee towards the left heel and deliver the jack with a smooth follow through of the hand and arm straight towards the aiming point (Diagram 4), and bring the right foot up to the left foot after the jack has travelled 3 to 4 metres. This should bring you to a standing position and stand still until the jack has stopped rolling.

With practice you will soon find that you are able to deliver the jack with confidence and accuracy. Leave your left hand to rest on the knee and obtain better balance. For beginners you will note that all reference is to delivering the jack, not throwing. Many bowlers take the word throw literally and do in the fact throw the jack with disappointing results. Many a game has been lost through poor delivery of the jack.

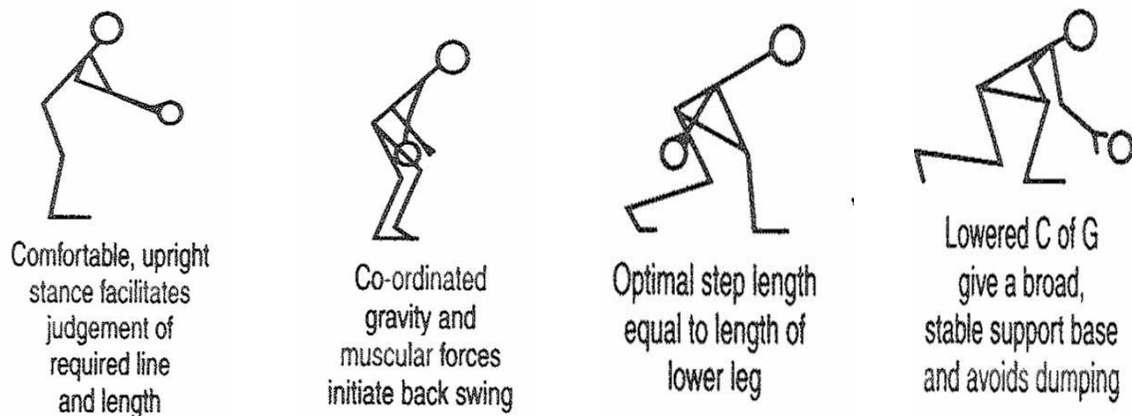


Diagram 4

Characteristics of Bowls:

Bowlers can ascertain a suitable bowl size by encircling a bowl so that the tips of the middle fingers and thumbs can touch (As per diagram 5). This is a rule of thumb exercise. In some instances, bowls that are too large cause greater difficulty than bowls that are slightly smaller than the measured size.



Diagram 5

Bowls have bias because of their asymmetric shape. The side of a bowl identified by the smaller engraved ring is the biased side as a result of factory machining (Diagram 6). This causes the bowl to follow a path that curves inward towards the biased side. It provides separate forehand and backhand approaches into a jack or head, according to which side of the bias faces when the bowl begins its run. Furthermore, by varying the delivery line and delivery speed combination, the bowl will turn to a greater or lesser extent in its course to the head.

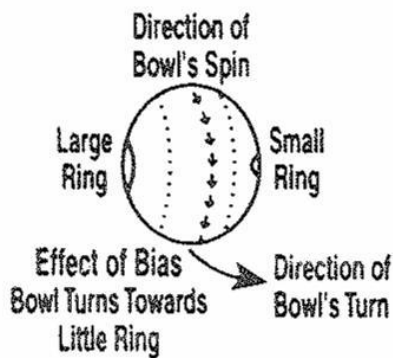
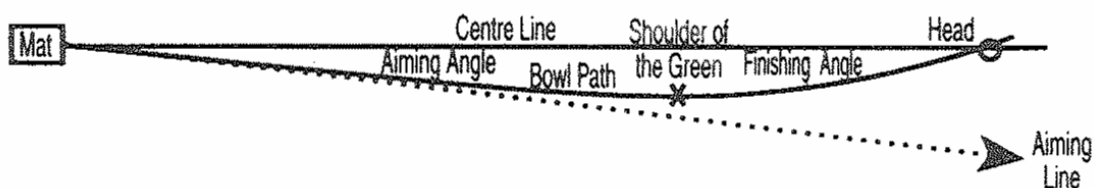


Diagram 6

Diagram 7 shows the general form of the path of a bowl. Note that if a bowl is to come to rest in the head or near the jack a bowler must deliver the bowl at an angle that allows for the effect of bias to take place. The shoulder of the bowl path is the segment where the bowl begins to turn back towards the centre line. Depending on the profile of the bowl, the shoulder is 55% to 70% of the distance to the head or jack.

Diagram 7



Mechanics of bowling:

There are only two dimensions in bowls, length and width.

Width is the bias on a bowl which is constant and therefore can be gauged and controlled. Bias, curve, grass, green are all terms meaning the same thing in the bowling world. For the purpose of this discussion it is proposed to use the term "Grass" when referring to the line which the bowl is to be delivered. Amongst players there are many ways of determining this, but for the beginner it is considered advisable to have some practical method of fixing the line on which the bowl is to be delivered.

Length must come with practice, experience through training on the green. Length cannot be taught other than by adopting a good style and obtaining a more or less mechanical action to impact the correct velocity to the bowl in accordance with the pace of the green.

Pace

This is all important- so let us understand the term "pace of the green." This is measured in time, or the number of seconds a bowls takes to travel from the time it leaves the hand until it comes to rest, at a distance of 27 metres. If this takes 13 seconds then we have a 13 second paced green, and so on. Thus a 12 second green is considered a slow green while a 17 second green is fast. The average green, on which we play, day in, day out, could be rated at about 9 to 12 seconds. However the pace or velocity at which a bowl is delivered is directly related to the distance the jack is from the mat and the pace of the green.

On a true green without wind, for a draw shot the angle of the grass line to the centre line of the rink is constant for any length of end (Diagram 8) and is relative to the pace of the green. A fast green will require a lot more grass (the bowl will travel further) than a slow green (Diagram 9). Look at diagram 12, you will note that it shows the mat and ditch with the grass line indicated with a dotted line, and it should be noted that the grass line does not alter with the length of end, but will alter with the pace of the green, i.e., as the pace of the green increases, so more grass will be required as the bowl will travel further (Diagrams 12 & 10). Diagram 9 shows the approximate grass required for various paces of green. Diagram 11 indicates the approximate adjustment of grass line as the mat is moved up the green.

When selecting your grass line face a point on the bank then bring the eyes back along a straight line between this point and the right foot until you feel comfortable. This is your aiming point and should be where the eyes are looking at the moment of delivery. This aiming point will vary with the physical stature of each individual.

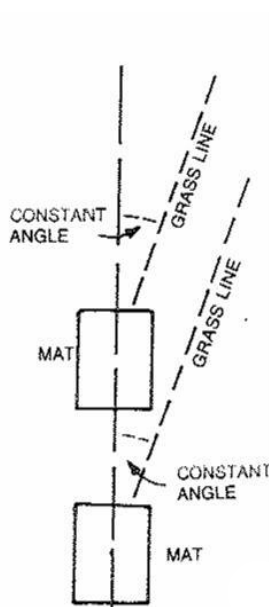


Diagram 8

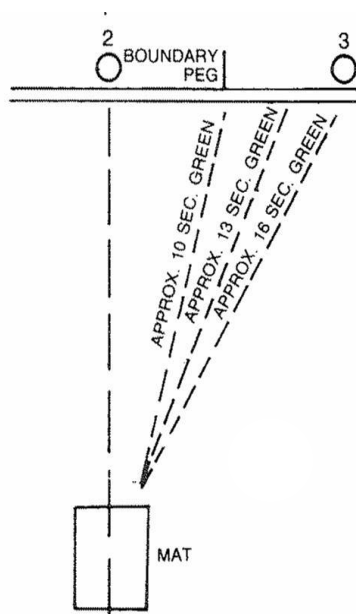


Diagram 9

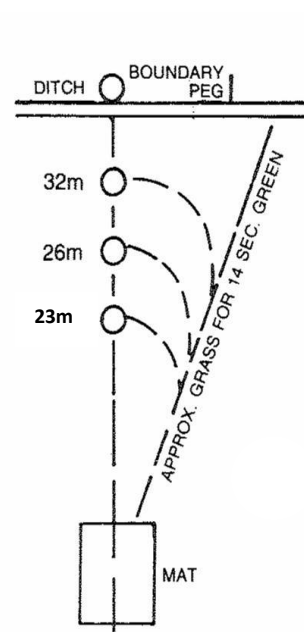


Diagram 10

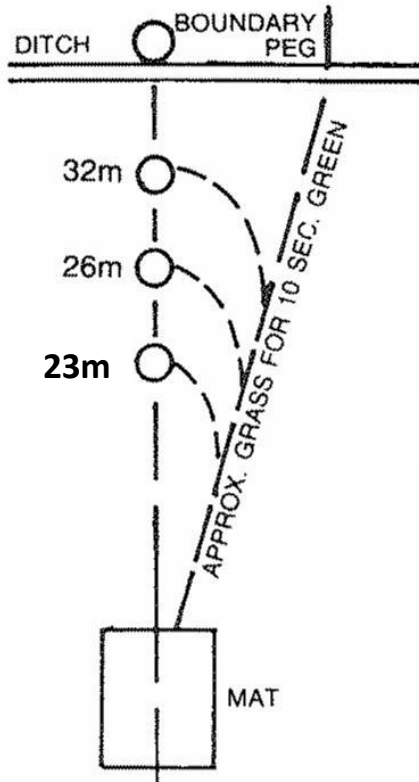


Diagram 12

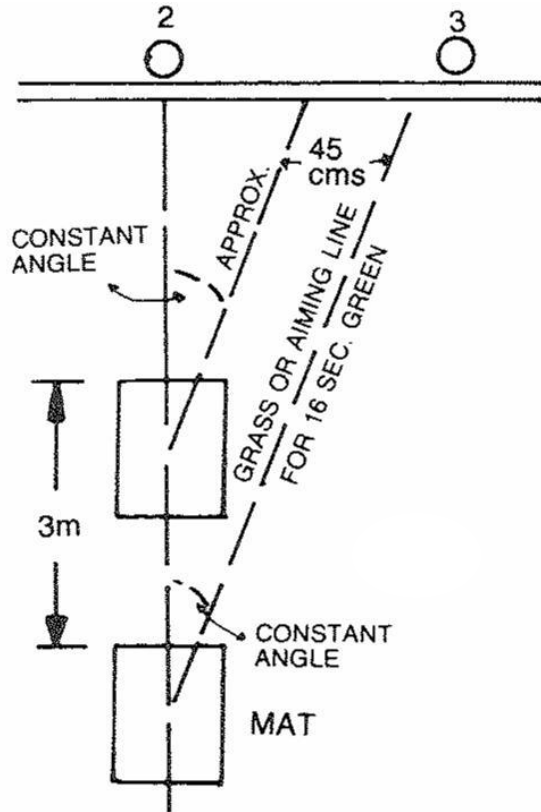


Diagram 11

These angles will vary according to the type of bowls used

Bowl: Grip, Stance, Swing

Common Bowl Grips Compared

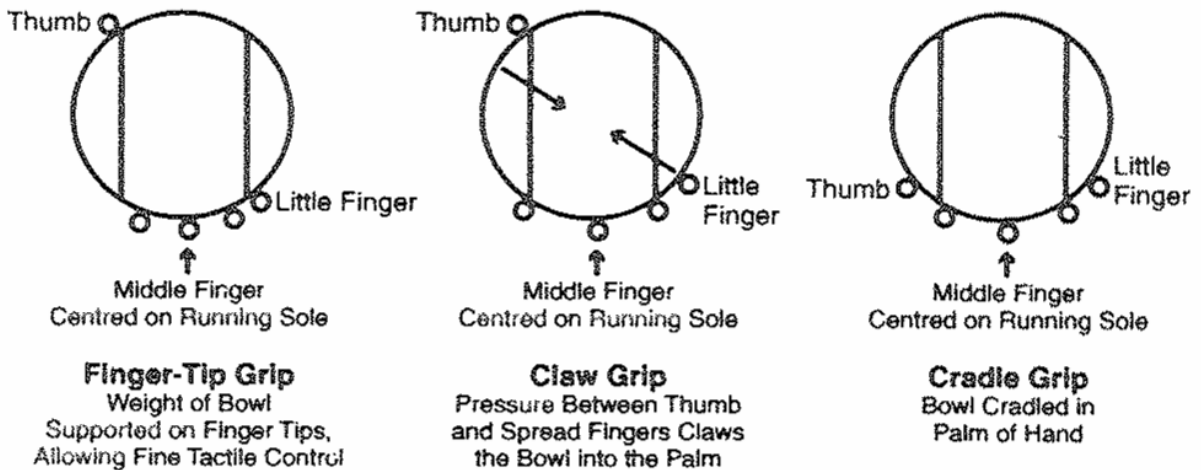
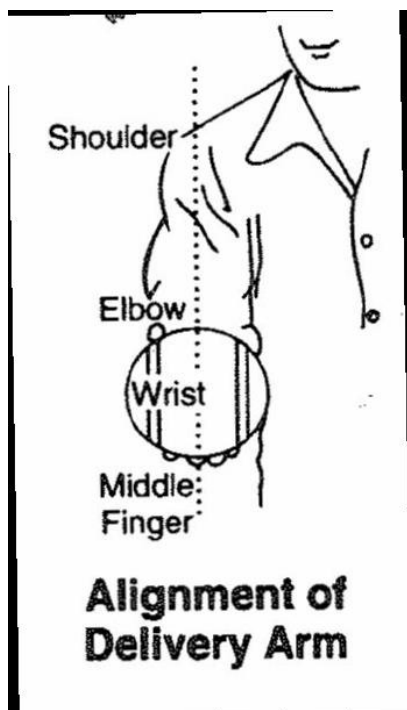


Diagram 13

Diagram 14



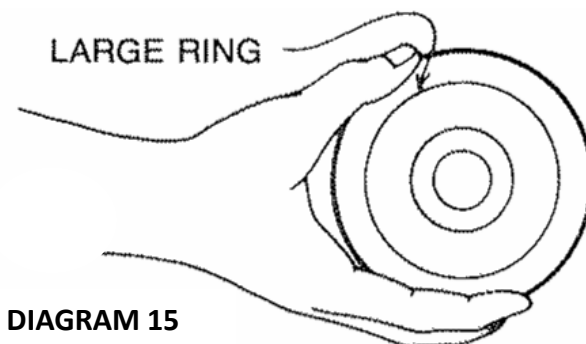
Grip (for the right-handed bowler)

Take the bowl in the left hand. Players are instructed to do this as once the bowl comes into the right hand; the urge is to deliver the bowl without paying attention to placing the feet in the correct position. Hold the right hand out in front of the body on a line just outside the right hip with fingers slightly apart, take care to allow the hand to lie with the palm facing up, the wrist in a natural position, not twisted. Having obtained this relaxed position with the right hand, now transfer the bowl from the left to the right hand, taking care to have a line passing through the centre of the running surface of the bowl pointing through the wrist to the right shoulder (As per diagram 14), the bowl to rest on the fingers, not back in the palm of the hand. The wrist should be firm, not tensed, with the back of the hand approximately in a straight line with the forearm, do not allow the wrist to bend or cock. (Diagram 15) To ensure that a bowl will run free of wobble, a bowler should avoid a grip that causes its engraved rings to cock or tilt, as in the diagram 14. The diagram 13 shows options for gripping a bowl. The main differences are the positioning of the thumb and the separation of the fingers. The finger grip provides good „touch“ for play on medium or fast greens. A claw grip is a secure grip for fast shots and for play on slow greens. The cradle grip suits players with small or weak hands. However a cradle grip fails to secure a bowl in the back swing without awkward articulation of the wrist.

The most common used grip is where the thumb should be placed in a comfortable position on or about the large ring, but do not strain the thumb to grip the bowl (Diagram 15). The bowl, elbow and forearm should be on a line just outside the right hip, viewed from the front (Diagram 14).

Stance

(Diagram 16) Feet together, right foot, pointing along the line on which the bowl is to travel, knees relaxed and elbows slightly bent, body leaning forward slightly from vertical, bowl held out in front of body on a line just outside the right hip to allow a clean swing down the outside of the right leg, eyes looking along the delivery line to a convenient point on the green, weight forward on the balls of the feet, not back on the heels, with most of the weight carried on the right foot.



Now having got the correct relaxed posture, let us transfer to the mat for a forehand draw.



Diagram 16

Footwork

The importance of footwork cannot be too strongly stressed. Like all other ball games, the feet play a vital part in direction and consistency.

Irrespective of the type of delivery, taking a step, or adopting a fixed stance, the feet and body must be facing the grass line or the aiming line.

If a step is taken, it must be along the grass line or aiming line, if a fixed stance, then the feet must be placed along the grass line or aiming line.

When delivering a bowl, the hand will naturally follow the front foot, if the foot is placed in the wrong direction, the hand will want to follow that foot, and thus an ill-directed bowl will result.

With the bowl in the left hand, step on to the mat and place the right foot on the centre line of the mat towards the grass line pointing to the aiming point (Diagram 17). With the right foot in this position, pointing along the line on which the bowl is to be delivered, bring the left foot alongside the right (Diagram 17), feet together but not strained, now the feet and body should be facing towards the aiming point.

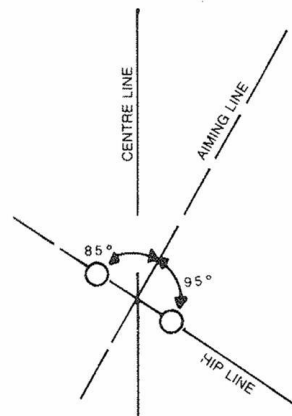
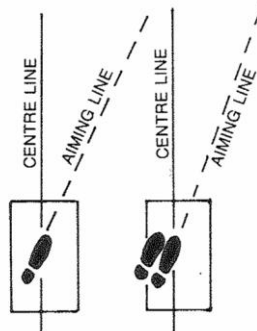


Diagram 17

Diagram 17A

Transfer the bowl from the left to the right hand and proceed as described under **Grip**

Having achieved this position (As per diagram 15), see that the right hip is slightly behind the left (As per diagram 17A). This can be achieved by placing the left toe approximately 8 centimetres (3 inches) in front of the right toe. This clears the right hip out of the way and allows for a clean swing down past the right leg, this also places the body in position for the step forward with the left foot. If the right hip is held too far forward, the left foot will be forced narrow of the grass line and a narrow bowl will result.

Back swing

Now we are ready for the down or back swing. The pace of this is regulated by the position in which the bowl is held, i.e., low for a short end, just below hip-high for a medium end, and hip-high for a long end, of course taking into account the pace of the green (Diagrams 18,19,20)

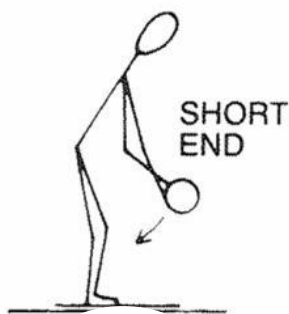


Diagram 18

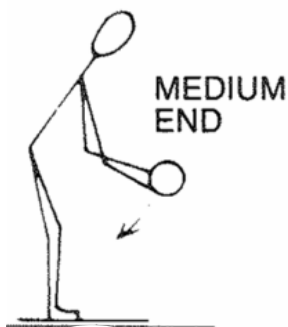


Diagram 19

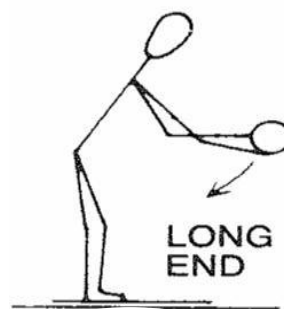


Diagram 20

If possible, allow the bowl to drop under its own weight, this will ensure a smooth back swing—don't drag the bowl back.

Start the back swing by allowing the bowl to drop under its own weight. The swing should only travel as far as its own weight will carry it. Don't force the bowl back, the arm must be as relaxed as possible and the back swing kept to a minimum.

At the same time as the bowl starts to drop, start moving the left foot forward along the line of delivery or grass line, take a natural walking step, no longer (diagram 21)

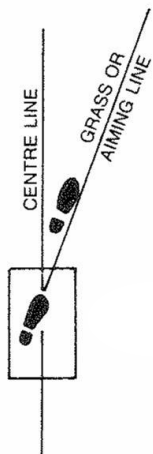


Diagram 21

As the left foot finds its position along the grass line the back swing should be completed with the weight of the body transferring to the front foot by bending the right knee towards the left heel.

As the forward step commences the left hand is transferred to the left knee-cap (Diagram 22). The arm should be relaxed and not taking the weight of the body, but used only as a steadying factor.

Forward swing

As the forward swing is carried out the right knee is bent low behind the left heel, weight of the body over the front foot. The bowl is delivered or grassed just ahead of the left foot; the fingers should almost touch the green at the point of delivery. The right hand follows through along the line after the bowl. At the completion of the follow-through the palm of the hand should be facing upwards with the fingers pointing along the grass line (Diagram 26).

To complete the movement, when the bowl has travelled some 3 to 4 metres up the green, bring the right foot up to the left foot. This should bring you to a standing position.

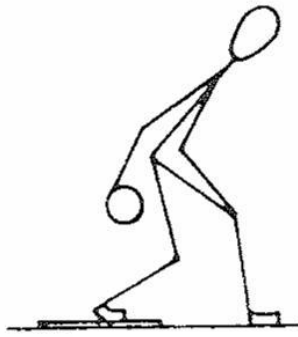


Diagram 22

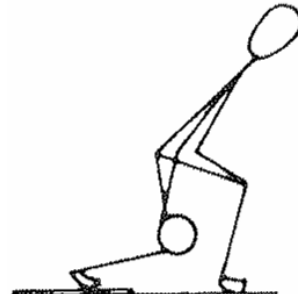


Diagram 23

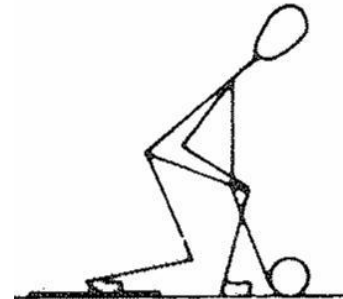


Diagram 24

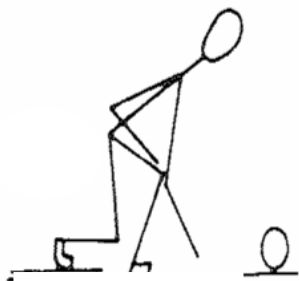


Diagram 25

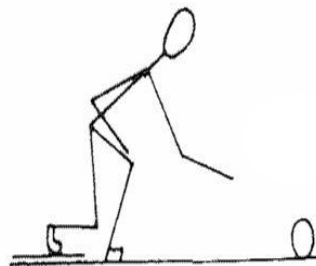


Diagram 26



Diagram 27

Follow Through

A smooth follow-through is a must and at the finish of the swing the palm of the hand should if possible face upwards, the fingers pointing along the line of delivery. This ensures that the bowl will travel on an even keel without wobble and will travel along the selected line. As the bowl is grassed the head should be steady and over the foot and grass line. Don't lift the head until the bowl has travelled some 3 to 4 metres along the green.

For the backhand draw (mirror image forehand draw) take up your position on the mat in the same manner as for the forehand draw, with the right foot in the centre of the mat and in line with the grass line pointing to the aiming point (Diagrams 28,29,30)

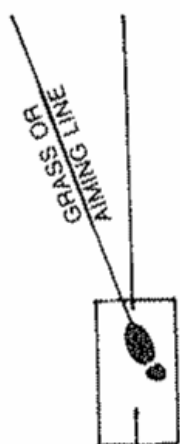


Diagram 28

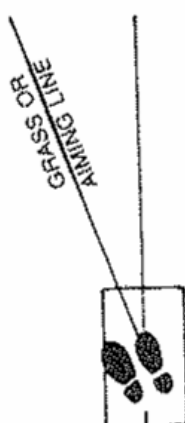


Diagram 29

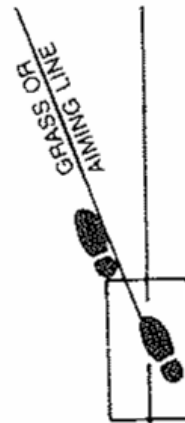


Diagram 30

Foot Faulting:

Before delivery a player should be standing on the mat with one foot fully on the mat. At the moment they deliver the jack or bowl, the player should have all or part of one foot on or above the mat. A player using an approved wheelchair should have one wheel on the mat and, at moment of delivery, should have all or part of one wheel on the mat. If an opponent draws the umpire's attention to foot faulting, the umpire must apply the penalties provided in the laws. Beginners should adopt a routine that avoids any risk of infringing. They will thereby avoid incurring unsettling penalties at crucial times in important games.

Frequently Asked Questions

What size bowls do I need?

The theory to choosing the right size bowls is to play with the largest & heaviest bowls you can comfortably handle, the advantage with this is that they are less affected by the wind and its easy for you to move your opponents bowls and harder for your opponent to move yours. It is best to consult with your club coach regarding this matter if you have not already.

Do I need special shoes to play bowls?

Yes, you need flat soled shoes to walk on the green. Even running shoes with a small amount of tread can damage the bowling green.

Are there trial bowls available so I can try different models?

Yes, you can buy fully reconditioned (these bowls are sanded back to remove scratchers, repainted and polished) & teste (all four bowls are tested and adjusted to have the bias).

Do I have to use black bowls?

No, there are now many colours available for selection, ranging from blue, green, red, teal, maroon and many more.

THE ETIQUETTE OF BOWLS

Etiquette is mainly a code of behaviour whereby individuals treat one another the way they expect to be treated themselves. Breaches of etiquette are sometimes inadvertent. Injured parties should avoid over-reacting. Otherwise a breach of etiquette more objectionable than the original transgression could occur.

Bowls is a sport accessible to enthusiasts through a network of clubs. Welwyn and District Bowls Club is not a public green, consequently there are two facets of etiquette. There is etiquette associated with the obligations and privileges of club membership. Friends or appointed buddies of a new member should take the responsibility of providing instruction on this subject. Also there is etiquette associated with participation of the game itself. The club coach should take the responsibility of providing instruction about that.

CLUB ETIQUETTE

Friends or appointed 'buddies' should act as mentors for new members. They should provide information about clubhouse rules and customs, fees, and attire. They should introduce new members to club officials. They should also arrange to play with new members when they have their first game.

New members should remember that club officials are elected volunteers who willingly give their time for the benefit of fellow members. Officials act in good faith but sometimes make mistakes. Members are entitled to question decisions of officials that affect them, but in those circumstances not only the members, but also the officials themselves should resolve matters in contention in a courteous way. Members should be silent when officials are making special announcements.

Employees such as the green keeper is employed under contract. Certain officials in the club have authority to direct this person. In no circumstances should members attempt to give directions to such employees about their work.

Over the years the steadily increasing cost of seasonal and daily maintenance of club facilities always exceed amounts collected as fees. The cost of preparing facilities for bowling has always been subsidised by revenue from bar trading, raffles, fund raising events etc. Consequently bowlers have a duty to give the club's fund raising operations their reasonable support.

They should pay club membership fees on or before the due date. Their membership fees may include amounts specified as affiliation fees. The club affiliates with both the district and county association.

GAME ETIQUETTE

Club coaches and assistants should act as mentors in game etiquette for new members. They should ensure the suitability of members' footwear. They should explain the fragility of the edge of the green and why sitting on the bank, and dumping of bowls should be avoided. They should emphasise the need for punctuality for all games (*members are expected to arrive at least fifteen minutes before that start of a game, and report to the Captain of the day*) and for being properly attired. They should also endeavour to join with new members when they have their first game.

Bowlers should give their support to teams representing their club by attending inter-club events. As spectators they should demonstrate sporting bipartisanship in the fluctuating fortunes of the event.

At the outset of a game, the skip is responsible for introducing his own players to the opponents. Cohesive teams are often successful teams. Bowlers should address one another by their given names during the course of a game. They should fairly share the task of kicking bowls after completion of an end. Bowlers should give the skip their loyal support and comply with directions. If the skip's bowl remains in the ditch from the previous end, team mates should dust it and place it handily near the mat before changing ends. In changing ends, players should avoid straying on to neighbouring rinks or otherwise distracting play on them. Opposing leads should facilitate play by courteously handing the mat and jack to each other, as convenient. Players can similarly hand bowls to one another when convenient.

When a game is in progress NOBODY should converse with or in any way distract the players involved, nor, indeed, the marker if one is present. Spectators of other players in the vicinity of the green should be especially careful that their actions/conversations should not impinge upon the concentration of players on the green.

It is good sportsmanship to acknowledge displays of exceptional skill. Flukes are simply revelations of unrecognised opportunities. They balance out over time, so it serves no purpose to take too much notice of them.

When a player delivers a wood and follows it up the green, that player must be either behind the head or returned to a position behind the mat by the time their bowl comes to rest. Once the bowl has stopped, the

opposition has control of the head and you are not entitled to ask for any information or-in the case of a skip- offer any information until your opponent's next bowl has stopped and you have control of the head once more. The side controlling the head is entitled to expect that the member in charge at the head-usually the skip/number three- shall be granted full and unfettered access to the head and the leads and number two's of both sides as well as the opposing skip/number three should retire to a position where the controlling player's view is in no way obstructed.

The enjoyment of a game of bowls is diminished if either team indulges in gamesmanship. Inconsiderate distractions such as loud noises or conversation, visible movement of players, objects or shadows, impact of kicked bowls, etc should be avoided while a bowler is on the mat preparing for delivery. Bowlers should avoid delaying play by leaving the rink without consent. They should avoid asking to leave the green unless there is a reasonable necessity. They should avoid interfering with the head until the result of the end has been agreed. If an opponent has obviously not counted all the bowls the team is entitled to count, good sportsmanship should prevail.

No player should, by act or word, display displeasure at inadequate performance by a member of their own side nor overtly gloat over poor bowling by an opponent. They should avoid disparaging comment of any kind about or to team-mates or opponents. In this respect skips, in particular, should set an example by complimenting and encouraging their own players at appropriate times.

At the conclusion of an end, the number three should be left to measure and concede shots without comment or interference from the other members of the team.

Bowlers should shake hands at the end of a game. The graceful losers should congratulate the modest winners. Borrowed personal items such as tape measures should be returned to their owners with thanks. Mats and jacks should be collected and returned to the usual distribution point.

After games, players should sit with their opponents. Home team players should offer visitors refreshment. After domestic games, winners are normally the first to offer drinks. After singles matches, markers should be included in the invitation. Courteous losers normally reciprocate in turn. They should avoid making excuses for their lack of success on the day a topic of conversation.

As indicated in the introduction, etiquette is mainly about treating one another the way bowlers expect to be treated themselves. Considerate thought and common sense are the keys to acceptable standards. Try to ensure that at all times your conduct is such that it enhances the pleasure of the game for both your team-mates and your opponents. By carrying out their duties, by obeying the laws of the game and by observing the rules of etiquette, players will not only be a credit to their club and the game, but will set an example for others to emulate (**COURTESY IS CONTAGIOUS**).

Officials of the club shall be permitted to interrupt a game to inform a player or marker of any failure to adhere to the rules of etiquette or, indeed, the rules of the game.

The Warm-up and Cool-down

Should you even consider starting a game of bowls without warming-up?

The serious competitor will warm-up

Most of us use the trial ends to warm-up and in doing so waste our single opportunity to examine the line and feel the length. Under these conditions our delivery is not normal. If you find you're a slow starter ask yourself why?

The warm up and cool down

No matter what sport you play, warm-up and cool-down exercises should be part of your training and competition routine.

Warming up prepares the body for activity, helping to prevent muscle injury, while also loosening the joints to help the body move more freely.

The cool-down helps the body clear lactic acid that builds up during any activity.

Less lactic acid means less soreness and stiffness the next day.

The intensity of the warm-up depends entirely on the intensity of the sport being played and the age of the participants.

Therefore, as a low intensity sport, bowls requires only a low intensity warm-up.

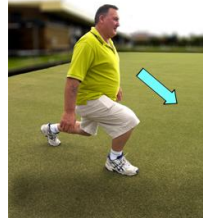
The cool-down exercises for bowls are the same as the warm-up exercises, just carried out at a lower intensity.

(Carry out an off-green warm-up when possible. Older people or those with a medical condition should consult their doctor before undertaking any form of strenuous exercise.)

SQUAT — With arms extended forward, lower your body as far as possible, hold for a few seconds, then straighten.



LUNGE — Take one big step forward, then bending your knees, lower your body and hold for a few seconds before straightening up again.



LEG SWING — Swing your leg forward then back as far as possible. Can also be done from side to side.



TORSO TWIST — With arms extended and feet facing forward, twist your torso to the left then back to the right.



ARM CIRCLES — Rotate fully extended arms in circular motion. Can be done vertically, with arms raised above the head, or horizontally, with arms extended to the sides.



NECK CIRCLES — Rotate head clockwise, then repeat in the opposite direction.



PRACTICE DELIVERY — Just a few practice deliveries and you are ready to go.



Delivery Movement Checklist

Date

Observer's Name

Instructions: Under Obs *n*, insert bowler names (for a group) or dates (for one bowler, at intervals).

	Obs 1	Obs 2	Obs 3	Obs 4	Obs 5
Movement Phase (Described for Right Handed Bowlers)					
Preparatory Positioning					
Well-practised mat laying procedure					
Right foot along delivery line					
Left foot slightly separate but parallel					
Toes about 10cm behind front of mat					
Grip					
Middle finger centred on running sole					
Bowl rings upright and aimed					
Right thumb near shoulder of large ring					
Bowls suitable size & grip comfortable					
Stance					
Shoulders square to delivery line					
Right arm sufficiently elevated					
Right arm extended along delivery line					

Left hand not drawing right arm off square					
Knees comfortably flexed					
Weight over balls of feet					
Shoulder line forward of toes					
Attention directed forward					

Delivery Movement

Right arm unflexed during pendulum swing					
Left heel lifts as right arm passes hip					
Left foot advances parallel to delivery line					
Left foot advances a normal walking pace					
Sufficient amount of back swing					
Left heel grounds as forward swing starts					
Left foot settles parallel to aiming line					
Forward swing smoothly accelerates					
Right knee moves to position behind left ankle					
Left hand moves to left knee					
Attention still directed forward					
Bowl released at lowest point of swing					
At least 90% of weight over left foot					

Shoulders forward, above left knee					
Follow Through & Recovery					
Right arm extended along line, palm upward					
Attention focused on moving bowl					
Recovery separated from follow through					
Steps forward off mat					