

NEW MILTON BOWLING CLUB

Guidance for Bowlers

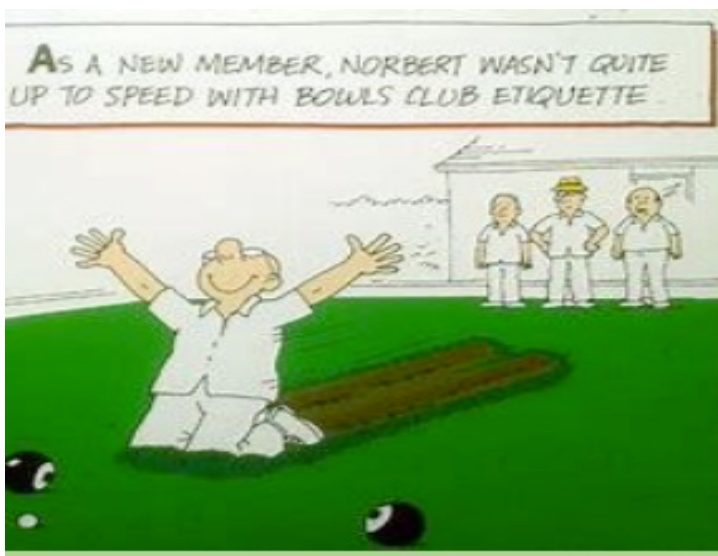


Telephone :- 01425 612025

Email :- info@newmiltonbowlingclub.com

Website:- www.newmiltonbowlingclub.com

EVERY DAY IS A GOOD DAY FOR LAWN BOWLS



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NEW MILTON BOWLING CLUB

WELCOME

Welcome to New Milton Bowling Club. We take pride in being a friendly and active club that warmly welcomes New Members. As one of the largest clubs in the area with 12 superb rinks and over 150 members we can offer lots of opportunities for new and experienced bowlers. Within this guide you will find a basic introduction to the club and to the sport of Lawn Bowls.

At the club we have many volunteers who give their time to carry out a wide range of tasks so that you can enjoy your game, from the President, Treasurer, Secretary to the green keepers, building & grounds maintenance teams and those who help with catering, social events and behind the bar. Please be appreciative of their efforts and hopefully we will welcome you as a volunteer in the future.

MENTORS- Buddy

Once you become a member of the club you will be allocated a Mentor to help you find your way around the club, answer any questions or queries you have and to help you integrate into the club.

COACHING

Amongst those volunteers are the Coaching Team. Every Wednesday morning during the outdoor season coaching sessions are open to members and, once you take out a 6 week trial membership or full membership, these sessions will be open to you. The coaching team are always on hand to help all levels of ability.

WEBSITE

We have a website for all to view and is a fantastic resource of information showing the history of the club and drone footage of the greens and the clubhouse. The information is regularly updated and there is a member only section where you can book a rink for matches.

BOWLR- BOOKING A RINK

From the 2026 season the Club will be using an online rink booking system called Bowlr. This will allow all Full Bowling members to book their own rink slots through the club website.

To book a rink, members log in to a secure area of the club's website using their log in and password details. Only members who are online can book rinks using this method, training will be offered. Anyone without an online capability will need to ring the club or attend the club to make a booking.

DRESS CODE - There is no requirement for any particular clothing to be worn for casual play such as roll ups, but smart casual clothes must be worn, no jeans/denim. Previous Club kit can also be worn for casual play.

CLUB KIT – ACEIT ROYAL BLUE TROUSERS/SHORTS AND A CLUB SHIRT

CLUB KIT (MATCH PLAY) - such as Leagues, Friendlies, Club Competitions and External Competitions, the Current **BLUE** Club Kit must be worn. Club Kit will be issued to players only when they are selected to represent the club (a refundable deposit of £20 must be paid and will be refunded, if the player stops bowling, subject to the kit being returned in good order).

PLAYERS ARE TO ENSURE THEY ARE CORRECTLY ATTIRED FOR EACH GAME.

SHOES - In dry conditions footwear must be flat soled & **heel-less** to avoid damaging the green. However smooth soles lack grip in wet weather so **heel-less** shoes with a fine tread or micro grooves still qualify as flat but are much safer, dispersing water and reducing the risk of slipping. Shoes should be clean and not worn off the green to avoid carrying dirt or grit onto the rink.

SOCIAL EVENTS – New Milton Bowling Club prides itself on offering a warm welcome to everyone and to this end a number of social events are organised, mainly throughout the off season. All members of the club are entitled to join in, subject to club house capacity levels, and new members are particularly encouraged to participate as it is a great way to get to know other members and have a great time! Look out for

information on the social noticeboard inside the clubhouse, website and for emails from the social team.

STEWARDS DUTY – New Milton Bowling Club is required, under the terms of the lease, to provide a Steward when the bowling green is open for play. This operates on a rota basis. Generally, men are required to set up the rink for start of play at 10.30 on weekdays, on Saturdays and special occasions start of play is 10am. This should take no longer than an hour and then they should remain on site, in or by the Stewards Office till 1pm in case of enquiries or phone calls. They will also need to return to the club at 4.30 and stay till 8pm or until play has finished to assist in clearing the rinks.

It is very important that all full playing members are aware that this is a requirement of their membership!

Just remember to pick up the keys to the club the day before your duty and return them before you leave on the day of your duty. For new members their mentor will normally attend to advise & assist on first steward's duty. There are also regular training sessions to demonstrate the procedures.

Ladies, and less mobile men, are also required to do Stewards Duties, also on a rota basis. The 'Ladies' Duty runs from 1pm till 4.30pm. Again the afternoon steward should remain either in or very near to the Stewards Office for the duration of the duty.

Please remember to tick your name on the relevant Stewards Rota list in the stewards room to confirm your attendance on the date next to your name.

If, for any reason, you cannot fulfil your commitment it is your responsibility to find a replacement not ours. *The usual route to organise this is by approaching (either in person or calling) any other member on the stewards rota to request or offer a swap of date/s. Once the swap is agreed both parties should ensure that the rota displayed in the stewards office is updated and signed.*

BOWLING

FIRST STEPS – Subject to rink availability you can bowl at any time during the day, the club is open from 10am-8pm for casual roll ups, with play generally starting at 10.30, or for you to come and watch other players. Spectators are most welcome especially when League Matches or Competitions are taking place as it adds a real atmosphere to those on the green representing the club.

Remember bowls is truly a sport for all, it takes a short time to learn and a lifetime to master. All you need is a mat, jack, some bowls and off you go.

For novice bowlers once you have successfully completed your 6 week training programme lots of opportunities to bowl will be open to you.

ROLL UPS – Casual Roll ups are when players turn up at the club to have a practice. Most bowlers have their own woods/bowls. If, however, you are a new bowler and as yet have only borrowed bowls in your coaching sessions, you may borrow bowls for your practice, but you must book them out with the steward and return them at the end of your session.

ORGANISED ROLL UPS – On a Monday afternoon one of our lady members runs a social bowl for lady members to just turn up and bowl with other ladies from the club. This has proved very popular and after the game there is tea/coffee and cake/biscuits! What a lovely way to finish the afternoon and a great way to make new friends. There are plans to organise a similar roll up for men and also a mixed one.

NEXT STEP - ONCE THE COACHES THINK YOU ARE READY - please remember to check with your coaches before attending any of the events listed below.

More opportunities will now present themselves to you to gain experience.

PETER SPINKS – On Friday evenings during the season the club runs a Peter Spinks (Yorkie Bar Challenge) night for all Bowlers at the Club. For a nominal fee all players wishing to play arrive at around 5.30 and are drawn into random teams. They play a friendly but competitive game with each member of the winning team being awarded a bar of chocolate. Later everyone is welcome into the clubhouse to enjoy a drink at the bar and on many occasions a meal will be available. This event is highly popular and a great way to meet other members and gain experience.

FRIENDLIES – These games, against visiting clubs, are played regularly throughout the season and all players are encouraged to take part, especially newer members of the club, if the club coaches think they are ready. A list is put up on the Friendlies Noticeboard where players put their names forward for selection. The selected players will be put into teams and the teams put up on the noticeboard, you should tick your name off to confirm you are still available to play.

FINAL STAGE – COMPETITIVE BOWLS

The following are the levels of competitions ranging from our entry competition of the Tony Reed Cup up to National Competitions.

1. **TONY REED CUP** – This is a one-day competition specifically for New Members, especially New Bowlers, who have joined the club this season or last season ONLY! This is a wonderful opportunity for new bowlers to get a first taste of competition.
2. **CLUB COMPETITIONS** - There are a number of competitions that you can take part in when you have gained some experience. Some are one day competitions, others are run on a knockout basis, with the finals being played on the Club Finals Weekend at the end of the season. These competitions are very popular, but we request any player entering ensures that they will be available to play in the final, on the finals weekend.
3. **LEAGUE MATCHES** – The club enters both the New Forest and Bournemouth & District Leagues. They are currently run on a Tuesday and Thursday afternoons for Ladies only, Tuesday and Thursday evenings for Men. There are also League games on Saturday mornings, which are mixed and Saturday afternoons which can, on occasion, be mixed but predominantly men.
4. **COUNTY COMPETITIONS** – These competitions are organised by Bowls Hampshire and are an excellent opportunity to play against the top players in the County. Entries are made by the Men's and Ladies Secretary.
5. **BOWLS ENGLAND (NATIONAL)** – The club enters a variety of National Competitions. The players are selected to represent the club by the Men's and Ladies Captains and Selection Committee.

GUIDANCE FOR NOVICE BOWLERS

The Game – Players take turns to deliver their bowls from a mat at one end of the rink towards a small white ball called a jack at the other end. Players deliver alternately from the mat. The aim being to get your bowls closer to the jack than your opponent/s.

After playing all the bowls in one direction, and agreeing the score, the next end is played back down the rink in the opposite direction. The winner of the previous end will cast the jack.

Every game consists of a number of ends and the team who scores the most or gets to reach a designated score, as in singles, is the winner.

Scoring – One shot is scored for every bowl nearer the jack than your opponent/s.

Any bowls forming the head must not be disturbed or removed until the score has been agreed by both sides.

The Green – Bowls is usually played on a square of closely cut grass called the ‘the green’ which is divided into playing areas called ‘rinks’, between 4.3 – 5.8 meters wide. Length is between 31 – 40 metres. The green is surrounded by a small ditch to catch bowls which leave the green, and a bank upon which markers indicate the corners and centrelines of each rink.

Please keep our green keepers happy by using a good delivery to prevent damage to the green. They spend many hours making our greens some of the best in the country.

The Mat – 1. **Size.** The mat must be 600mm long and 360mm wide.



1. **Mat Line.** The edge of the mat nearest the front ditch is referred to as the Mat Line. All measurements involving the mat and a jack or bowl will be taken from the centre of the Mat Line.

2. **Position.** Before the start of play in each end, the player to play first must place the centre line of the mat lengthwise along the centre line of the rink, with the mat line at least 2m from the front ditch and at least 25m from the rear ditch.
3. **Delivery.** Before delivery a player must be standing on the mat with all or part of at least one foot on the mat. At the moment they deliver the jack or a bowl, the player must have all or part of one foot on or above the mat.



The Jack The Jack must be a solid sphere (ball shaped) white or yellow.

Size – For outdoor greens, the jack must measure between 63mm and 64mm across the diameter; and weigh between 225-285grams.

Delivering the Jack -

1. Deliver (roll) the jack whilst standing on the mat. Holding it with your fingertips. The jack must be delivered to a distance of at least 23 metres from the mat line and not less than 2m from the front ditch. If the jack is delivered to a position of less than 23m from the mat line or is delivered into the ditch the jack will be returned to then be delivered by the opposition lead.
2. This natural movement in rolling the jack is what the coach uses in helping you to establish a delivery action and enables them to build on the good points in your natural delivery and to encourage any necessary correction in stance, timing and rhythm, (no two people are the same) you will be encouraged to find a way that works for you.
3. The coach will then vary where he stands so that you have to vary your position, stance, on the mat. This may mean changing the position of your feet, something you will find you do quite naturally to accommodate the new angle of delivery.
4. Once a smooth and easy delivery action is being consistently shown, then you are ready to repeat it but this time using a bowl.

BOWLS

Bowls are generally made from a composite material and come in a variety of sizes & colours. The smallest being a 0000 and the largest being a size 5. You should pick the size which feels the most comfortable. They come in sets of four.

Bowls are not round and each bowl has a bias which makes it curve as it slows down during the delivery. The bias is the side with the smaller circle on it. The amount of curve that a bowl has will depend on the make and model of the bowl. The point at which the bowl turns is called the 'shoulder' and this is roughly two thirds of the distance the bowl travels. Indentations or groves which are on the side of the bowl are there to assist with the grip.

BOWLS GRIPS

The coach will ask you to pick up a few bowls to see which bowl feels most comfortable for you to hold. You will need to be able to confidently hold the bowl in wet weather so it is important that the size and grip of the bowl suits you.



It must be remembered that if the bowl is not held properly it will not leave the hand smoothly and you will get into bad habits. If you are unable to bowl smoothly the coach may offer some advice as to whether the bowl is too big or small or if a small adjustment in your grip could be beneficial.

Warmup & Stretches



Warm up with Leg Swings — do 10-20 swing each leg - Start by standing on one leg and swing the other leg forward and back. Use small swings that progress into larger swings as tolerated. Then switch to side-to-side leg swings. This stretches the calf, quadriceps, hamstrings, and groin muscle.

Below is a selection of warm-up and stretches that you can use before you play. Hold each of the following stretches for 10-20 seconds, and remember to stretch both sides of the body, not just your bowling side.



Back and Forward Neck Stretch — Tuck your chin down until it touches your chest and you can feel tension at the back of your neck, then gently tilt the head back, creating a stretch in the front of the neck.



Side to Side Neck Stretch — Gently tilt the head to the side, creating a stretch in the opposite side of the neck. Repeat to the other side.



Overhead Shoulder Stretch — Point your elbow upwards, with your hand behind your head. With your other hand grab your elbow and gently pull towards the other side until a good stretch is felt. Repeat for both sides.



Shoulder Stretch — Hold your arm horizontally across the front of your body. With your other hand, grab your elbow and gently pull towards your chest. Repeat for both sides.



Side Stretch — Begin with feet slightly apart, and arm pointing overhead, held by the opposite hand. Keeping your hips stable, bend your torso so that the stretch is felt along your side. Repeat for both sides.



Side Lunge Stretch — This will stretch your hip adductor muscles. With your body and feet all facing forward, and hands on hips. Shift your weight to the side, remaining as upright as possible and keeping both feet flat on the floor. Repeat on opposite side.



Forward Lunge Stretch — This will stretch your hip flexors and hamstring muscles. With your body and feet all facing forward, place one leg back and your other leg forward, hands on the front thigh. Shift your weight forward remaining as upright as possible and keeping both feet flat on the floor. Repeat on opposite side.



Quadriceps Stretch — Support yourself with one hand while standing on one leg. Bend your free leg back and hold on to your ankle with your free hand. To increase the stretch, pull the foot higher behind the body.



Wrist Flexion — Hold out your arm with the palm facing down. Drop the fingers and palm at the wrist. Grab your fingers with the other hand and pull them towards the body. Change hands and repeat.



Wrist Extension — Hold out your arm with the palm facing down. Bend the fingers and palm at the wrist. Grab your fingers with the other hand and pull them back and towards the body. Change hands and repeat.

LET'S GET STARTED

WARM UP/COOL DOWN EXERCISES. A gentle warm up routine will enable bowlers to prepare for competitions and simple roll ups without fear of unnecessary injury. It is an excellent way to settle both body and mind before bowling. Warm up and Cool down exercises should be done to the best of the bowler's ability. The objective is to relax and ease muscles ready for or after exercise. It also provides an opportunity to contemplate your performance and lessons learned.

BOWLS DELIVERY - MAT ROUTINE

Pre Mat Routine . Performed before you get on the mat and is essential for accuracy and composure.

- . Take your time and stay calm
- . Pick up and prepare your bowl
- . Get instruction from your skip
- . Check your bias and visualise your shot

Mat Routine - A consistent mat routine in lawn bowls is essential for accuracy and rhythm

- . Consistent placement of the feet on the mat
- . Aligning shoulders to the target line
- . Maintain a low, steady posture
- . Deep breath
- . Think positive
- . Begin delivery – smooth pendulum backswing, straight arm
- . Follow through – Finish with the hand pointing towards the aiming point
- . Observe – wait until the bowl comes to rest

Post Mat Routine - Evaluate the result

- . Did you get the line right?
- . Did the bowl end where the skip wanted it to?
- . Walk off the mat, let the shot go mentally, and prepare for the next one.

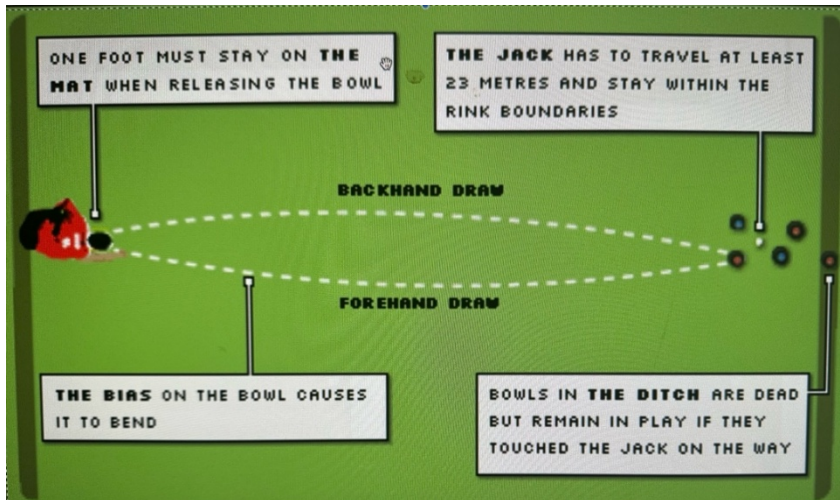
Strategic Considerations

Controlling Length – If you win the end, you control the mat, allowing you to choose a long or short jack to suit your game and potentially break your opponent's rhythm.

SHOTS.

There are only 2 shots in bowls - the Draw shot and the Weighted shot.

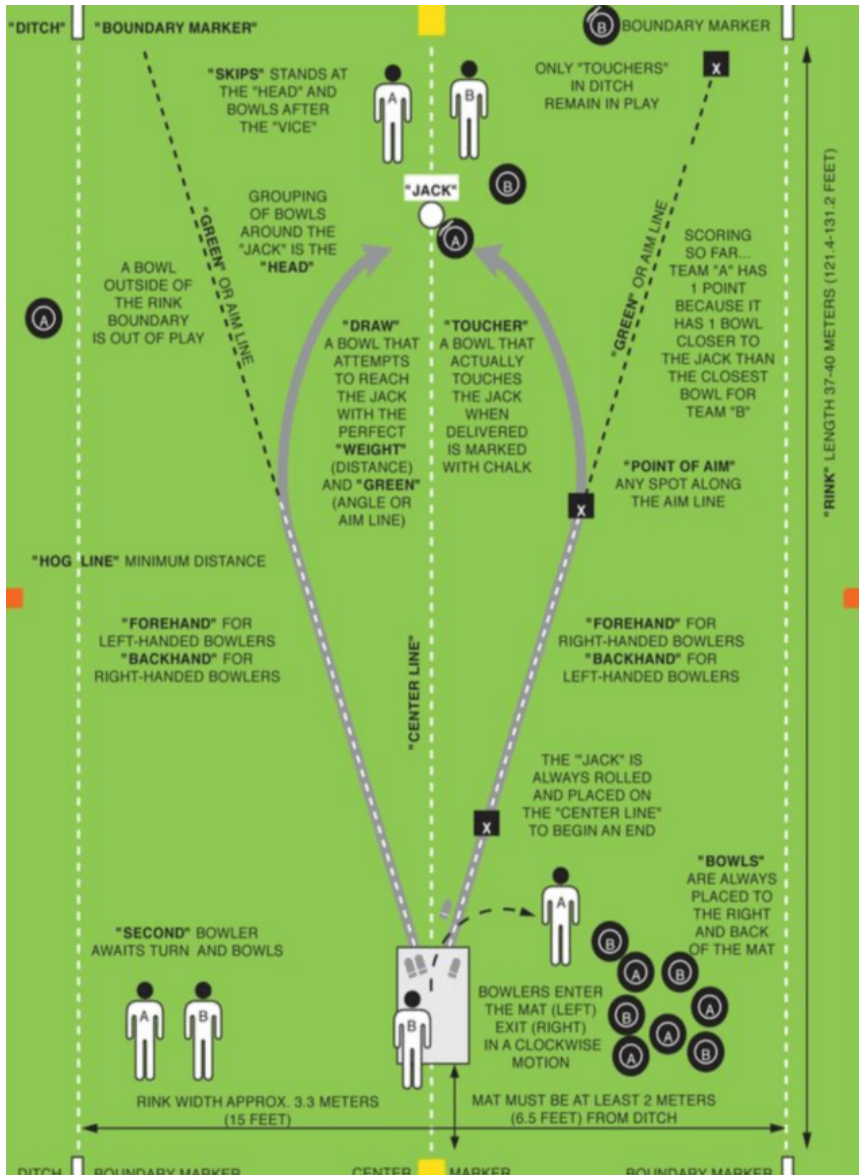
The Draw shot is either played on the forehand or the backhand. For right handed bowlers the forehand swings from the right to the left and the backhand swings from the left to the right. For left-handed bowler this is the other way around.



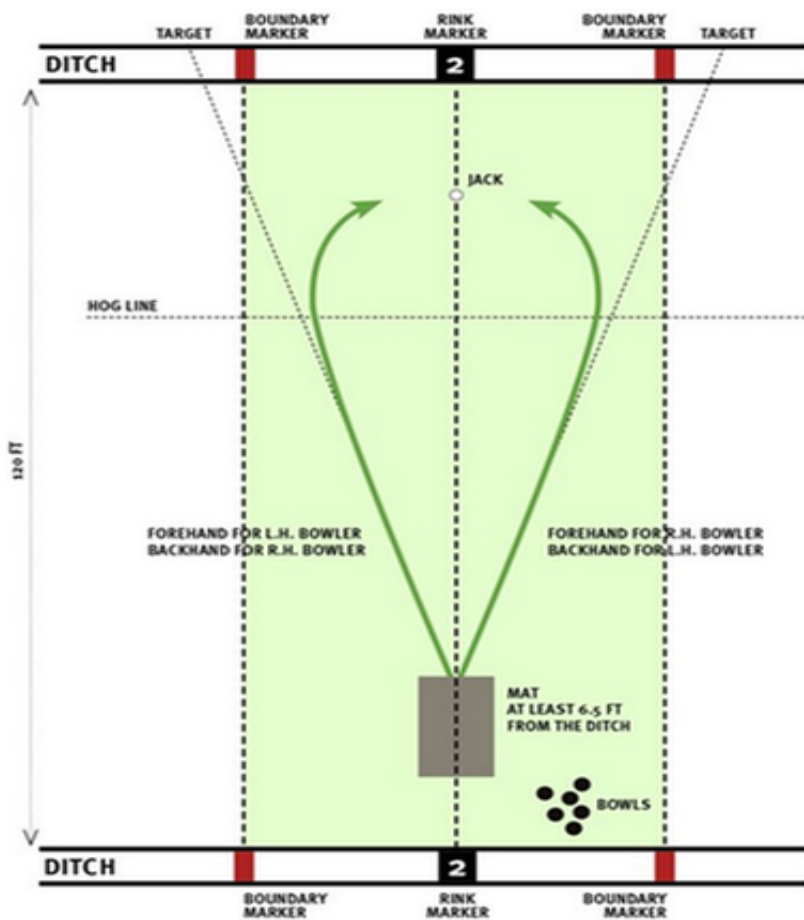
Draw shot should start at the mat and swing back towards the jack on the centre line of the rink. If the jack has been moved from its original position the shot will have to be adjusted to take that into account. Draw shots can also be used to block your opponent's route to the head or to put bowls in tactical positions (covering the re-spot or back of the head).

A Weighted shot, sometimes referred to as a drive or a fired shot is delivered with more force than a drawn shot and has a specific target – an opponent's bowl or the jack - ***when firing you should always let bowlers at the head know you are going to do so!***

RINK LAYOUT



RINK LAYOUT, AIM & PATH



Games & Duties of Players

Singles game

A singles game is played between two opposing players. Players must play singly and in turn playing one bowl at a time alternating with their opponent using either two, three, or four bowls from a set of bowls.

Team game

Team: a Pair, a Triple or a Four.

Pair: a team of two players whose positions, in order of play, are 'lead' and 'skip'.

Triple: a team of three players whose positions, in order of play, are 'lead', 'second' and 'skip'

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

Players Duties

The skip

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

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

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

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

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

The umpire's decision is final.

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

The skip must:

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

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

Skips can, at any time, delegate their own powers and any of their own duties to any other members of the team as long as they tell the opposing skip immediately.

The third

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

The second

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

The Lead

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

1. Place the mat.
2. Roll the jack
3. Make sure it is centred before delivering the first wood.

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

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

This is no longer the case – Leads are part of the team and their opinion is welcome, but they should step back when the decisions about the number of shots commences.



MEASURING

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



Box Measure



Calipers



Wedges

A box measure - Various box measures are available on the market made by major retailers.

The pointed part of the box is placed against the jack and the string is extended to measure the distance to the bowl using the locking button on the top. Some box measures also have callipers for measuring smaller distances.

Some chocks or wedges should be used to secure any bowl that is not lying flat, particularly bowls that are on a tilt.

IMPORTANT

Note :- The 30-second rule in lawn bowls

This allows a 30-second interval after the last bowl of an end comes to rest for a leaning/unstable bowl to fall. If a bowl falls within this time, it stays where it lands; otherwise, it can be wedged in place after the 30 second period after the last bowl of an end has come to rest. This rule only applies if requested by either the skip in a team game or opponent in a singles.

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

How to Measure: A Step-by-Step Guide

1. Wait for the End to Finish: Never start measuring until the final bowl has come to rest.
2. Agree Who Measures: Only the designated measurers (e.g., the two "three's" in rinks and "two's" in triples) should enter the head. Everyone else must stand well back to give them space and a clear view.
3. The Golden Rule: Always measure from the jack! Place the pointer of the box against the jack.
5. Count the Shots: Once the first shot is agreed, remove it from the head then measure other bowls to see if any are closer than the nearest opposition bowl. One point is scored for each bowl that is closer to the Jack than the oppositions nearest bowl.

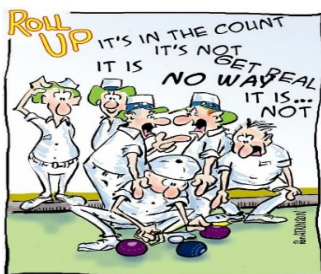
Scoring the Game: How You Win

Once you've agreed on the score for the end, you need to mark it down. The format of the game determines how you win overall.

Touchers: The Magic of Chalk

This is a crucial concept! A "toucher" is a bowl that touches the jack during its original delivery.

- How to Mark a Toucher: If you're at the head and see a bowl touch the jack, you must chalk it before the next bowl is delivered. A chalk cross is the traditional mark when using a chalk stick or 2 sprays from a chalk spray.
- Why it Matters: A toucher that ends up in the ditch is still a LIVE bowl! It can still count for shot, making it a very powerful weapon. Any non-toucher that goes in the ditch is dead and must be removed immediately.



Common Measuring Scenarios

- What if it's a tie? If two bowls from opposing teams are exactly the same distance from the jack (equidistant), neither bowl counts. If there are no other bowls, the end is scored as 0-0 and marked as a completed end.
- Use of Wedges: All bowls that are leaning must be wedged before measuring.

Scorecard Basics

The scorecard has columns for each end. The skip of each team is responsible for maintaining the card.

- "Shots For" and "Shots Against": Each team records the shots they scored in an end in their "For" column, and the shots their opponents scored in the "Against" column.
- Running Total: A cumulative score is kept so everyone knows the state of the match at a glance.
- Checking the Score: The skips should verbally agree on the score and check the running total on the main scoreboard against their cards every few ends to avoid any mistakes.

What to Do in a Dispute

Disagreements are rare, but they do happen. Good etiquette is crucial here.

1. Stay Calm: Never get into an argument over a measure.
2. Ask the Skips: If the measurers cannot agree, the two skips should come in to have a look.
3. Call an Umpire: If there is still no agreement, do not move the bowls! Call for a neutral third party or an official umpire. Their decision is final.

Mastering the arts of marking, measuring, and scoring is a huge part of your de-velopment as a bowler. It gives you confidence, ensures fair play, and deepens your appreciation for the incredible skill involved in our sport. So grab your bowls accessories, get on the green, and enjoy the challenge!

THE MARKER'S DUTIES

A MARKER is only needed for a singles game.

In the absence of an umpire, the marker must make sure that play is in line with the Laws of the Sport of Bowls!

The marker must:

- before the match starts ensure the scorecard is completed with player names, competition details, any handicap points, time of start of game
- centre the jack
- make sure that the jack is at least 23 metres from the mat line after it has been centred
- place a jack that comes to rest less than 2 metres from the front ditch on the centre line 2 metres from the ditch
- stand to one side of the rink, behind the jack and away from the head
- answer any specific question about the state of the head which is asked by the player in possession of the rink
- when asked, tell or show the player in possession of the rink the position of the jack or which bowl or bowls the marker considers to be shot
- mark all touchers with chalk and remove the chalk marks from non-touchers as soon as they come to rest
- stop any bowl that is from a neighbouring rink and could interfere with the head
- remove all dead bowls from the rink of play
- mark the position of a jack and any touchers which are in the ditch with the appropriate disc / arrow
- not move, or cause to be moved, either the jack or any bowls until the players have agreed the number of shots scored

- measure any disputed shot or shots when asked to do so by either player. The marker MUST NOT move any bowls!

The marker must indicate to the players which bowl he considers to be shot but the players make the decision. If the players are not satisfied with the marker's decision, the marker must ask the umpire to do the measuring.

If there is no umpire, the marker must choose a competent neutral person to act as the umpire. The umpire's (or neutral persons) decision is final.

When each end has been completed, the marker must:

- record the score on the score card
- update the scoreboards
- remove from the rink the mat used during the previous end, if necessary

When the game has been completed, the marker must ensure that the score card:

- contains the names and signatures of the players
- contains the time at which the game was completed
- is dealt with in line with the Conditions of Play

The club regularly holds/has access to marker courses and would encourage players to participate to help with a better understanding of techniques involved.

HAND SIGNALS



BOWL ON THE FOREHAND

Extend your left arm to the side (if bowler is righthanded).



HAVE YOUR BOWL STOP HERE

Put your foot where you want the bowl to finish and point to it.



BOWL ON THE BACKHAND

Extend your right arm to the side (if bowler is righthanded).



BOWLS ARE TOUCHING

Touch knuckles together.



THIS IS OUR BOWL

Point closely to the bowl and tap your shoulder or chest.



WHERE IS THE JACK?

Bending down, hold your palm forward.



THIS IS THEIR BOWL

Point closely to the bowl and wave your arm away.



THE SHOT IS A MEASURE

Wave hands apart, together, apart as if measuring.



SHOTS FOR US

Tap your shoulder or head.



THE BOWL IS THIS FAR IN FRONT OR BEHIND OF THE JACK

Spread your hands one above the other. **NOTE: Always give the DEPTH distance not the WIDTH.**



SHOTS AGAINST US

Tap your leg.



CHALK MY TOUCHER

Cross your hands at your wrist and hold them in front of you.



WATCH THE HEAD

Before throwing a "runner," simulate a fast delivery with your bowling arm.



Lawn Bowls Hand Signals

LET YOUR HANDS TO DO THE TALKING

1. Voices cannot be heard over the sounds of road and air traffic.
2. Shouting disturbs players on the rinks.
3. Your team will feel more in sync if you can read each others signals.
4. Signals will help communication and the flow of the game.
5. You can signal without drawing attention of your opponents to certain situations.

RULE NUMBER 1:

*You can **ONLY** communicate with your team when you have possession of the mat.*

Etiquette

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

1. Dress correctly for all games and arrive in good time.
2. Mobile phones should be switched off during play and used with discretion while in the vicinity of the green.
3. Greet team members and opponents at the start of the game and congratulate or compliment them at the end of play.
4. Remember to thank the marker at the end of a singles game for sparing his/her time.
5. Concentrate fully on the game and on all bowls as they are being delivered. In a competitive match, save your socialising until afterwards.
6. Be ready to bowl when it's your turn.
7. Do not talk or make a noise behind the mat, or move at the head end, when a player is preparing to bowl.
8. Remain behind the mat or behind the head when it is not your turn to play and avoid obscuring the rink number, rink markers or the jack.
9. Always remember that, as soon as your bowl has come to rest, possession of the rink (at both ends) passes to your opponent.
10. Keep to your own rink, don't wander and distract other bowlers. Walk down the centre of your rink when you are changing ends. Don't walk through the head.
11. Be aware of players on other rinks - don't walk past the end of a rink when a player is about to bowl towards you.
12. Pick up the mat for your opponent after the last bowl has been delivered.

13. Once an end has finished and the score has been agreed, the only concern of the winning lead is to put down the mat and deliver the jack (unless in a pairs game where they will help clear bowls).

14. Everyone else should help to clear bowls. Two's alter scoreboard after bowls have been cleared. Two's or skips fill in the scorecard.

15. Encourage and praise the rest of the team. Bowls is a team game, everyone should be working together... BUT don't applaud a team member who has outrageous luck! Admit flukes with grace.

16. Compliment your opponent on a good shot.

17. When drive shots are being played warn team members, opponents and others on adjacent rinks of the intended shot. One of the 3's should be ready to go in front of the head to see if the delivered bowl is a toucher.

18. Be gracious whether you win or lose. Do not criticise your opponents, the green, or your own team. If you cannot say something positive, do not say anything at all.

19. Learn the Laws of the Sport and play in accordance with them.

Glossary

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

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

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

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

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

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

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

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

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

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

Delivery - The moment at which the bowl leaves the hand.

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

Don't be short - A plea to a bowler to use sufficient pace or weight, and with the correct green to arrive exactly at its objective.

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

Fire or drive - A shot where the bowl is delivered at a very fast pace.

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

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

Foot fault - When the a foot (generally the rear foot) is not completely on or above the mat at the moment of delivery. The player could incur a penalty.

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

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

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

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

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

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

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

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

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

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

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

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

Measuring - The process of determining which bowl is nearest the jack.

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

Pace of the green - See fast green and slow green.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Side or team - An agreed number of players whose combined scores determine the result of a match.

Singles - One player against one player, each using four bowls.

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

Slow or heavy green - Where the surface offers some greater resistance to the progress of the bowl.

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

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

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

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

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

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

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

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

Toucher on the green - A bowl which, during its original course, has touched the jack, or a bowl which has come to rest and falls over to touch the jack before the next bowl is delivered, or a bowl that is the last

to be delivered and falls and touches the jack within the period of 30 secs. All touchers will be marked with a chalk mark.

Trail the jack - Play a bowl to make contact with the jack, and to move the jack and bowl together, to another position on the rink.

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

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

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

Wide bowl - Where the player has allowed too much green for his/her bowl.

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

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

ARE YOUR SHOES SUITABLE ??



**All players and visitors must wear
flat-soled footwear and for safety reasons
smooth bottom
soles with no grip or water
dispersion, are strongly discouraged
particularly in wet conditions.**

**Participation under
such conditions is at
the individual's risk.**

**The club accepts no liability
for slips or injuries
resulting from inappropriate footwear**

NOTES



KEEP
CALM
AND
PLAY
LAWNBOWLS