

# Junior Lawn Bowling OLBC

# Level 1 White

**I) Terminology** You must know the following terms:

- green: four-sided grass area surrounded by a ditch
- rink: the lane in which play takes place
- jack: small, white ball rolled along the centreline; the idea is to get the bowls as close to the jack as possible
- bowl: a larger black or coloured bowl which is slightly asymmetrical and has a small logo or ring on one side (bias) and a large logo or ring on the other side
- bias: shape of the bowl which makes it curve. Always have the small ring (or bias) on the inside of your delivery so it will curve inwards
- mat: the rubber or plastic surface you stand on to deliver the bowl
- screen: the large green sheet placed on the ground to protect the rink
- rake: a tool used to gather the bowls
- draw: a slow shot where the bowl is rolled to a specific target (the jack)
- forehand draw: for a right-handed player, a bowl is aimed to the right of the jack, curving from right to left
- backhand draw: for a right-handed player, a bowl is aimed to the left of the jack, curving from left to right
- end: when the delivery of all the bowls by both teams is completed and the score is decided, the end is completed.
- head: the area where the jack and all the bowls have come to rest
- side boundary: the imaginary straight lines connecting the centre of the boundary pegs (or white marks on boards) on opposite banks that show the limits of the rink of play

end boundary: the face of the banks which are within the the side boundaries of the rink of play

**II) Technique for Delivery** Demonstrate that you are able to deliver a bowl correctly:

**Pre-delivery routine**

1. Decide forehand or backhand
2. Position bias properly in hand using proper grip
3. Step onto mat and figure out point of aim and trajectory line

**Delivery**

1. Set up: feet and body on mat facing aiming line; check grip; bend and put opposite hand on knee
2. Step: straight arm takes swing backwards then step forward with opposite foot while bringing throwing arm forward
3. Delivery: release bowl when arm is just in front of your forward foot. Bowl should roll without dropping or bumping.
4. Follow through: palm up, arms parallel to ground and along your point of aim.

**iii) Skill**

Must be able to deliver 3 out of 4 bowls to screen (placed 10 metres from mat) using both forehand and backhand, using proper form.

**IV) Etiquette** Must know and demonstrate the following rules of etiquette:

1. Never throw or toss bowls
2. Do not carry more than two bowls at a time. It is preferable to roll bowls.
3. If you must sit down, use the benches or chairs provided. Do not sit on the grass.

4. Stand, quietly, at least one metre behind the person delivering his/her bowl. Have your bowl in your hand, ready to bowl when it is your turn.
5. When walking to the other end, walk (don't run) down the centre of your rink so as not to interfere with bowlers on the rink beside you.
6. When the game is over, shake hands with your opponents and team mates, return screen, mat, jack and rakes to cupboard. Also shake hands before game.
7. When setting up the game, carry your bowls around the outside of the green. not across the green.

#### **v) Game Knowledge 4321**

1. Will know how to play 4321 and score on your own score card
2. Rule: Whoever gets the 4 point bowl will bowl first for the next end. Then the second highest score will go second, etc. The person with the lowest score will rake.

#### **vi) New Rule**

Foot fault: players are required to keep at least one foot on the mat or above the mat during delivery