

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

2. Technique for Delivery Demonstrate that you are able to deliver a bowl correctly:

Pre-delivery routine

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

Delivery routine

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

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3. Skill

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

4. Etiquette Must know and demonstrate the following rules of etiquette:

- Never throw or toss bowls
- Do not carry more than two bowls at a time. It is preferable to roll bowls.
- If you must sit down, use the benches or chairs provided. Do not sit on the grass.
- 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.
- 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.
- 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.
- When setting up the game, carry your bowls around the outside of the green. not across the green.