**

GYMEA BOWLS THE GAME & ETIQUETTE

If you are looking for a healthy Sport to play which provides you with well-being and exercise all in one then welcome to Lawn Bowls. The game of Lawn Bowls can be played by all ages from 10 through to your nineties! It is a Commonwealth Games Sport.

It is a skilled- based game which requires purpose and mental alertness.

But, most of all having FUN is the key word for Lawn Bowls.

The following information should provide an idea about the Game and some of expressions used within the Game of Lawn Bowls.

Everyone is welcome at Gymea Bowls and an introduction to the game with playing Coaches can be arranged free of charge to assist your introduction and help build the enjoyment.

 So why not contact us and begin enjoying the company of others who have found that Lawn Bowls is simply a great Game.

So, let’s start!

1. **PLAYERS ROLES**

A game can be played as Singles, (one against one) Pairs, (two against two) Triples, (three against three) and Fours, (four against four). The game usually consists of a number of “ends” although a Singles game is normally played by winning with reaching the specified number of shots.

There are organised competitions if you are the competitive type, or, you can play socially with your friends and other club members. You do not need to play in competitions or Club Championships.

**FOURS** – This format is used in inter-club Pennant competitions

\*The Lead who is first to play in a game of Fours, lays the mat and rolls or delivers the “Jack” under the Skip’s instructions as to where it should be delivered. He then looks to get his bowls as close as possible to the Jack.

\*The Second follows the lead and plays his bowls under instructions from the Skip with a number of possible variations and should also provide positive reinforcement to all team players.

\*The Third looks after the head, (this is where the Bowls delivered by the Lead, Second and Third are located) while the Skip is on the mat ready to play his bowls. The Third measures the bowls distance to the Jack when required and considers all bowls in the count. The Third player may from time to time have deputed for the Skip to undertake the duty of deciding all disputed shots. When playing in the Third position and standing at the head, only give the Skip instructions when called on to do so. Your need to carry a measuring tape and be able to use it.

\*The Skip is the leader of the team and should provide positive comments and display positive body language to keep the team focused. *He is the last to play.* The Skip shall have sole charge of his team, and his instructions shall be observed by his players. With the opposing Skip he shall decide all disputed points, and when both agree, their decision shall be final.

\* When the Thirds or Skips are deciding the shots, the other players should stand well back from the head and give them the space to do so. All players should assist in kicking back the bowls behind the mat when being laid for new end at completion of the current end. It is also worth emphasising that the head must not be disturbed by any player until the shots have been finally agreed.

\*Do not drink excessive amounts of alcohol, or use bad or offensive language or gestures.

\*Be aware of the rules regarding drinking and smoking on greens.

\*If you are a smoker be considerate of the non- smokers.

\*Avoid disturbing players on other rinks by not walking onto their rink or making excessive noise.

\*Spectators should only clap and cheer at appropriate times.

\*Show respect for all markers and umpires as they are giving up their time so you can enjoy the game.

\*Show respect for all club officials and staff when in the Club

1. **ETIQUETTE**

 Etiquette simply means displayinggood sportsmanship based on the traditions ofthe game. This applies to everyone associatedwith the sport of Bowls. Applying commonsense goes a long way to displaying goodsportsmanship.

\*Be on time for any game that you have arranged. Do not show disrespect for your opponent(s) by arriving late and ensure that you leave sufficient time to change before the game.

\*All Bowlers should know the Rules. Avoid the embarrassment of being called on a foot fault. Remember that at least part of one foot must be on or over the mat when the bowl leaves your hand.

\*Switch off your mobile phone or other electronic devices before commencing a game.

\*Always greet your opponent with a friendly handshake at the start of a game.

\*Look after the bowling green, do not drop your bowls onto the green.

\*Hand your opponent the mat and jack at the start of play.

\*Do not walk onto adjacent rinks.

\*Signal to your teammates from the head end.

\*Commend good bowls and acknowledge your own fluky or lucky bowls.

\*Show respect for every opponent by not disturbing them while they are on the mat. Stand still at the head end when someone is about to bowl.

\*Players of each team not in the act of playing or controlling play shall stand behind the Jack and away from the head or at least 1 metre behind the head.

\*Stand well back from the head, keep quiet and do not do anything that would distract your opponent. Wait until the bowl has been delivered before moving.

\*On sunny days you must also ensure that your shadow does not fall on the jack.

\*Players should not walk up the green until the bowl of the player on the mat has come to rest.

\*At completion of the game the graceful loser should congratulate the modest winner with a handshake.

\*Help to return the mats, jacks and other equipment to their storage place when a game is finished.

\*Bowls is a very inclusive sport, be sure to treat all opponents with the same amount of respect that you want to be treated.

1. **Commonly used Expressions**

There are many different expressions used throughout a game of Bowls and many of these expressions will mean nothing to a new bowler.

This is a guide to help you understand these expressions and make sense of the Bowls talk. All lawn bowls have a bias in- built and all will turn with that bias when bowled. Here are a few of the more common ones.

* **Draw on your forehand**

To draw a shot close to the Jack down the right- hand side of the green (example for a right- hander). A steady and nicely weighted shot.

* **Draw a shot on your backhand**

To draw a shot close to the Jack down the left side of the green (example for a right- hander). Again, a steady and nicely weighted shot

* **Trail the jack, yard over, “tickle it around the corner”, rest that bowl, sit** **him out**, **“monkey in the ditch**”

These are terms used when you are asked to disturb the head of either your bowls, the Jack or the opponent’s bowls with the required amount of weight or delivery speed.

* **Too wide, “who do you know out there”, “too much grass”**

When you have played your bowl too wide of the intended bowl or grass line (be sure to use these in a positive manner).

* **You are narrow, tight, “skinny”, under the head, not enough grass,** **don’t cross the head**

When you have played a bowl under the intended grass or bowl line.

* **Toucher**

When the delivered bowl comes in contact with any part of the Jack.

* **Mark it**

A term used after a bowl has touched the Jack (when a bowl touches the Jack it must be marked with chalk only to indicate that the bowl is a “toucher”, if the bowl ends up in the ditch it is still a “live” bowl).

* **Cover these bowls**

You may be asked to play a bowl to a difficult area on the green, this is an area where you could drop a large amount of shots if the Jack moves to that area.

* **“Swinger”, controlled weight, ditch weight**

These terms are generally used when you are asked to disturb the head

with slightly less weight than a full drive.

* **Hit it, have a drive, have a run, smoke it, rip him out, take it out, kill** **it**

To have a forcefulshot using maximum weight comfortable to the individual.

1. **Personal Requirements**

Lawn Bowls requires minimal levels of fitness or strength but there is some degree of bending required. If you have difficulty with mobility there are devices called bowling arms to assist people with this. Phone the Bowls NSW Development Team to find out more.

**Clothing**

Clean and appropriate clothing should be worn all at times. If unsure about your appearance ask the Club Bowls Secretary or Staff member. Bowls is played socially or in competition modes. Dress codes apply for both.

**Sun protection**

As most Greens are outdoors it is always advisable to wear head/ face protection and apply sunscreen to your face, arms and back of the neck. Long sleeve shirts are also a good idea.

**Fluids**

Regular fluid intake during sport is very important, even though bowls is not very physically demanding the body will still lose fluid and this should be replaced. Water is the best replacement however sport drinks or some soft drinks are acceptable. It is suggested that 1 litre of water should be consumed per game. Alcohol in reality will dehydrate you. Avoid the use of alcohol during competition matches. You will be part of a team.

**Bowls and other equipment**

Our Club will loan you a set of bowls if you don’t have your own. A set consists of 4 bowls. These you may use to learn the game. These bowls will be the basis for the introduction to the game so have plenty of fun with them. Take care of these bowls as if they were your own and return when finished.

You should get your own set of bowls as soon as possible because nothing beats playing with your own set.

Other than that, enjoy the experience of playing and building long-term friendships at the Club. Many a Bowler has often said, “I wish I had started playing Bowls at a much younger age!”

Good Bowling!