

Aide Memoire - The role of each player within a team

In all team games it is the skip's job to direct the play. Other players should play the shot directed by the skip even if they don't agree with it.

In a four's game the "third" should direct the skip only when required to do so, but not for their first bowl.

In triples or pairs the second or lead may respectively do this. Other players should not interfere unless invited to do so.

Here is what the World Bowls Laws and International Indoor Bowls Council laws say about their duties.

The skip

1. The skip will have sole charge of the team and all players in the team must follow the skip's instructions.
2. 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 'the laws'.
3. If the skips need to check any part of 'the laws' before reaching a decision, they must ask the umpire for an explanation.
4. If the umpire considers that a decision reached by the skips is not in line with 'the laws', the umpire must overrule that decision so that it is in line with 'the laws'.
5. 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.
6. If there is no appointed umpire, the skips must choose a competent neutral person to act as the umpire.
7. The skip must:
 - i. be responsible for the scorecard while play is in progress;
 - ii. make sure the names of all players of both teams are correctly entered on the scorecard;
 - iii. record on the scorecard all shots scored for and against both teams as each end is completed;
 - iv. compare and agree the scorecard with that of the opposing skip as each end is completed; and
 - v. at the end of the game, record on the scorecard the time that the game finished and then sign their own and the opposing skip's scorecard.

The third

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

The second

1. The second player has no formal duties

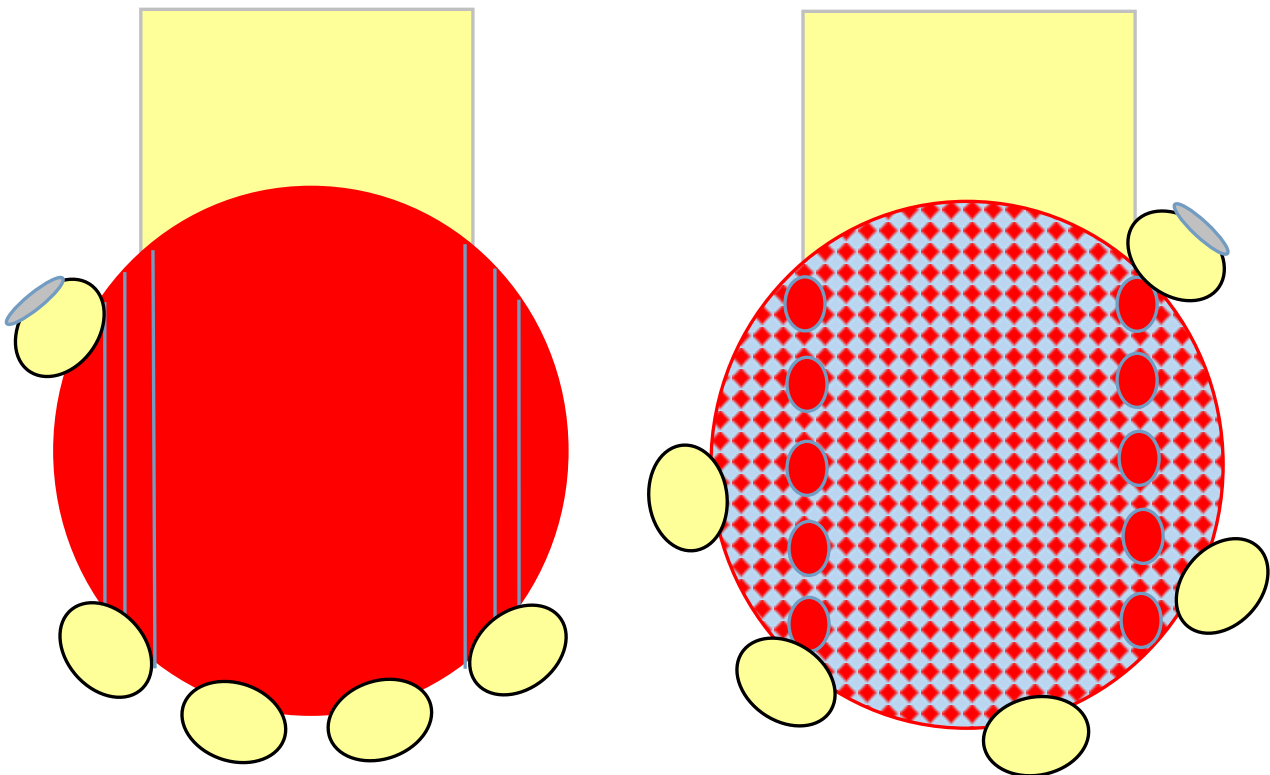
The lead

2. The lead of the team to play first in an end must:
 - i. place the mat as described in 'the laws'; and
 - ii. deliver the jack and make sure it is centred before delivering the first bowl of the end.

Aide Memoire - Holding and choosing your bowls

Holding the bowl

There are two basic grips adopted by bowlers – the cradle grip and the claw grip. You should use the grip that is most effective for you.



“Cradle”

Methods of holding

“Claw”

Choosing the right bowls for you

The most expensive and important purchase you will make when starting bowling is a set of four bowls. Do not rush into it and listen to advice from your coach.

All bowls come in a wide variety of size, weight and colour. Make sure you choose a set that are comfortable for you to hold and bowl. In addition there are a variety of manufacturers who each produce a range of different bowls with subtly different characteristics in the line that they take. Some turn more than others and some turn in a smooth arc whilst others turn more sharply as they slow down.

There is a lot to think about so don't rush into a decision.

Aide Memoire - Delivering the bowl

There is no such thing as an ideal delivery. Many top bowlers have a delivery technique unique to them. The important thing is that it should be consistent for the sake of accuracy.

It is recommended that you stand with both feet parallel on the mat, slightly apart, facing the line along which you intend to send the bowl.

The bowl should be held so that the bowler has both comfort and control and on a line just outside the hip allowing an unimpeded backswing. Eyes should be looking down the delivery line or at a point on the delivery line.

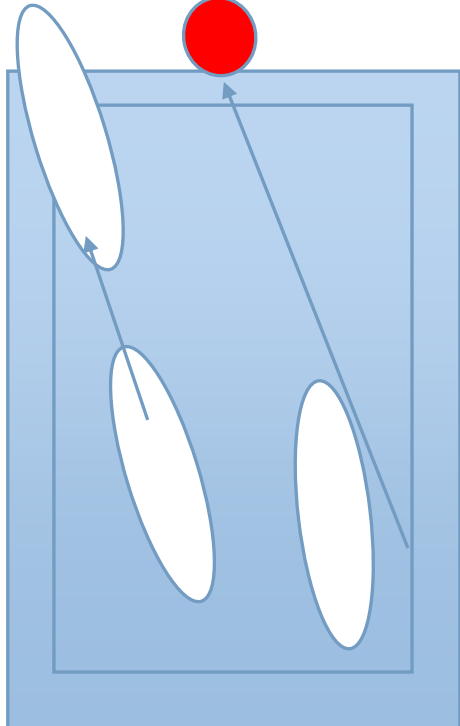
On the forward swing the bowler should bend the knees so that at the point of release, the hand holding the bowl is as close to the bowling surface as possible. This ensures that the bowl is delivered smoothly. The non-bowling hand may be placed on the knee for balance and support.

The bowling hand should be brought forward parallel with the body throughout.

Below is an idea of how a right handed bowler might bowl a forehand and backhand shot.

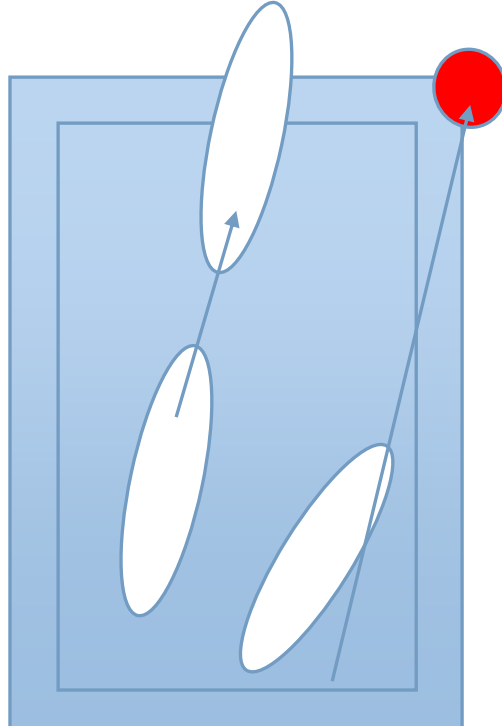
Right Hander

11 o'clock 12 o'clock 1 o'clock



7 o'clock 6 o'clock 5 o'clock
Backhand, weight on back foot

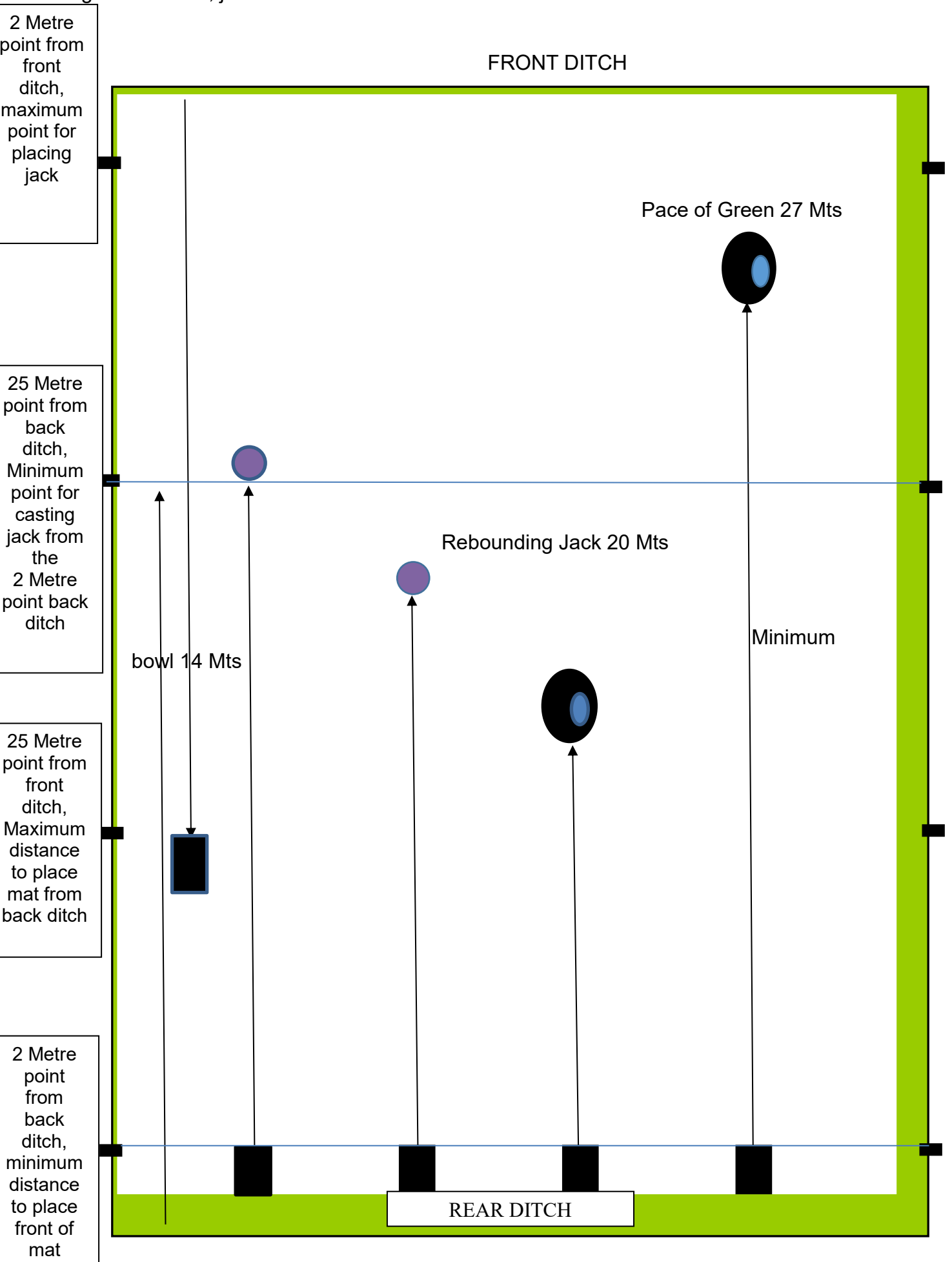
11 o'clock 12 o'clock 1 o'clock



7 o'clock 6 o'clock 5 o'clock
Forehand, weight on back foot

Aide Memoire - The Green

The diagram below shows the key features of the bowling green including maximum and minimum lengths for bowls, jacks and mat.



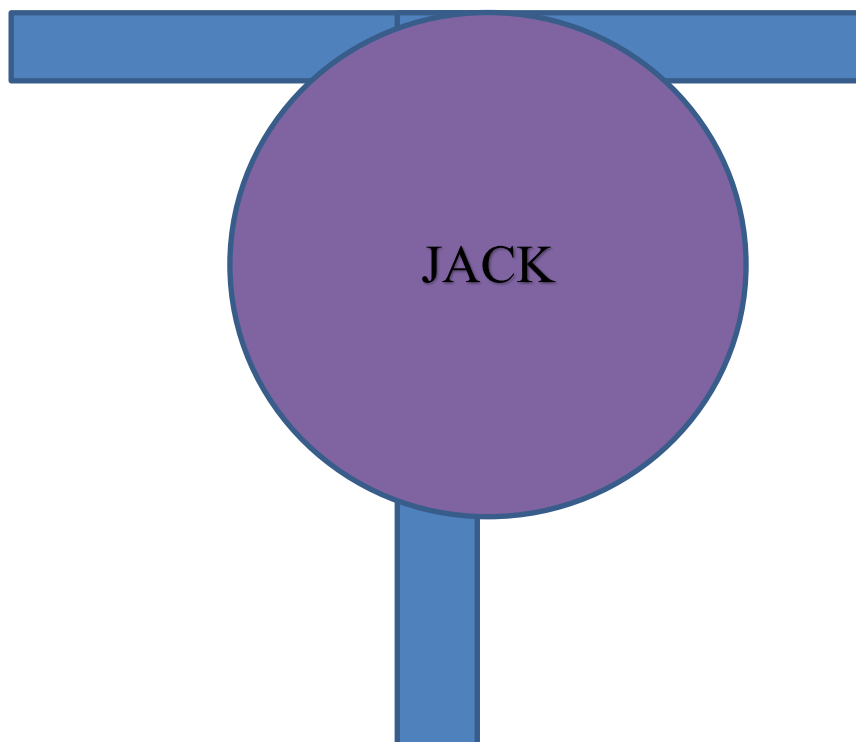
Aide Memoire - jack length & mat placement

There is a 'T' at each end of each rink positioned in the centre of the rink, 2 metres from the ditch.

The jack

When the jack is bowled and comes to rest beyond the 'T' but short of the ditch, it should be placed on the 'T' as shown below.

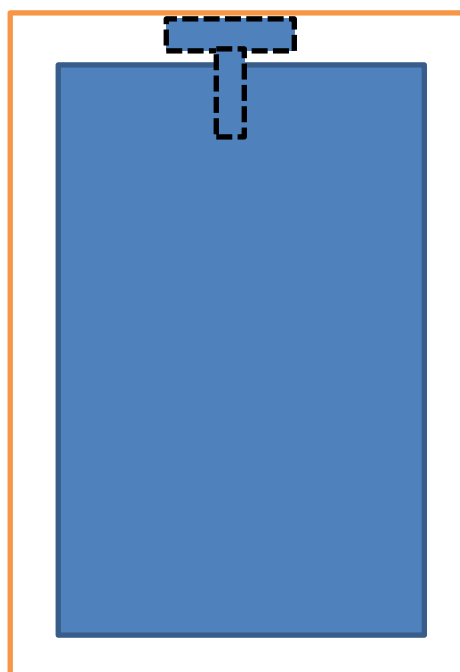
2 Metre T mark



The mat

The mat can be placed anywhere between the 2 metre 'T' and the nearest 25 metre mark. The closest the mat can be placed to the ditch is shown below.

Minimum Mat placement



Aide Memoire - How to keep a scorecard

The diagram below shows a standard scorecard and how it should be completed. The points column shows the score on each end, ie on end 1 BIBC scored two shots. The total column shows a running cumulative score for each team, ie after 4 ends the score is BIBC 5, opponents 2.

Bromsgrove IBC

Date				
BIBC		V	Other Club	
Rink				
A N Other				
A N Other				
A N Other				
A N Other				
Home Team Score			Away Team Score	
PNTS	TOTAL	ENDS	PNTS	TOTAL
2	2	1	0	0
0	2	2	1	1
0	2	3	1	2
3	5	4	0	2
		5		
		6		
		7		
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		21		

Aide Memoire - How to be a better bowler

There are of course some very obvious ways to improve your game with the most obvious being to practise and then practise some more.

David Bryant has been an authority on the game for many years, he has represented England many times and won many English national competitions as well as Commonwealth Games medals and has written books on the subject. He has suggested the following:

1. Be conversant with the laws of the game both indoors and those for outdoors as they differ slightly - so many bowlers are not.
2. Make sure you are holding your bowl correctly. Caress it, don't grip it tightly as this causes the bowl to wobble and this cannot be consistent.
3. Check to see if you are adopting the correct approach and stance on the mat and facing the line you wish to have your bowl travel along. Approach the mat from either 5 o'clock or 7 o'clock dependent on the way you wish to play.
4. Remember to be balanced and relaxed - with your knees slightly bent if bowling from the athletic stance.
5. Make sure your whole body moves through with your delivery, from the hand that delivers the bowl to the back foot that moves forward from the mat.
6. Be aware of the pace (speed) of the green and general conditions especially when bowling outdoors, because these will govern arm and leg movements. The faster the green the more swing your bowl will take and the more sensitive the touch required. On fast greens the bowl should be caressed in the fingers and the whole mechanics of the delivery should be more delicate. The stance should be lower and the back swing shorter with a graceful follow through.
7. Having estimated the length of the jack by looking at it, keep your eyes fixed firmly on the intended line when delivering your bowl. Once your bowl had been delivered keep your head and body down (but not looking at the ground) before slowly raising it.
8. Practise, practise, Practise and you will become slowly proficient in all the types of shots within the game.
9. Remember that there is a perfect line and length for every shot attempted and nothing gives more satisfaction than achieving this. Mastery of this is the hardest part of the game, but the ability to play these various shots with perfect line and length is a great asset, their precise quality is a joy to behold to the onlooker.
10. Always be positive when you step onto the mat. Be sure of the shot you wish to play.
11. Never be too eager to get onto the mat, take your time and fully assess the situation or take instruction from your skip before you bowl.
12. Remember to use the mat intelligently. Have a sound reason for every tactical move and never move the mat up or back unless the skip tells you to do so.
13. When in trouble remember that more often than not it pays to get second bowl.
14. Watch your opponent's game carefully and look for weaknesses in it, which you will be able to exploit at a suitable time during the match.
15. Take pride in building up deep concentration and willpower, but remember it's only a game, don't let the result get out of perspective.
16. Remember that few bowlers succeed in top class unless they have excellent temperaments. Set out to be an example to others on the green, sportsmanship costs nothing.