



BISHOPSWOOD BOWLING CLUB

Capital Ring, Lyttelton Playing Fields, (off Norrice Lea), London N2 0RE
Tel: 020 8058 2212 E-mail: info@bishopswoodbc.co.uk Website: www.bishopswoodbc.co.uk

Introduction To Bowls & Playing The Game (Ver.1)

Object of the Game:

The object of the game is simple: to roll your bowls to as close a proximity to the jack as possible, and to ensure that one or more of your bowls are closer to the jack than any of those of your opponent.

Scoring:

A point is awarded to the player or team whose bowl is closest to the jack at the end of a round (or “end”). If a player or team has more than one bowl closer to the jack than their opponents, they will score the corresponding number of points.

Playing and the Rules of Bowls:

- Which player or team to bowl first is decided by the toss of a coin, after which the first bowler (the lead) places his/her mat and rolls the jack down the green.
- The jack must travel at least 23 meters to be “in play” and is moved to the center of the rink once it comes to rest. (There are markings on the green to assist.)
- The players then take turns to bowl, with points being scored by each bowl that is closer to the jack than the opponent’s closest bowl.
- Upon completion of an end, play recommences in the opposite direction (i.e. from the end at which the jack previously rested).
- Bowls that fall into the ditch are removed from the ditch and the rink however close the jack may be to the ditch, unless they happen to touch the jack before going into the ditch. In that case they are chalked and are still classified as in play.
- If the jack is knocked into the ditch though within the side boundaries of the rink it is still “alive” and in play. If it passes over the side boundary of the rink (whether in the ditch or not), a “dead end” is declared and the end is replayed with no scores being counted.
- It is permissible – and often quite amusing – to strike other players’ bowls with your own with the aim of gaining points and/or a strategic advantage.

Winning the Game:

The number of points required to win a game varies from game to game or competition to competition, but commonly the first player or team to reach 21 points or to have accumulated the greater number of points after 18 (or 21) ends is declared the winner.

Alternatively, players could play “sets” whereby the first to score – for instance – seven points wins a set and the overall winner is the first to five sets (or an agreed number).



TOP REASONS TO PLAY BOWLS!

1. Playing bowls is very doable.

Whatever your physique, bowls is a sport for everyone and it will help improve your fitness levels and mental wellbeing.

2. Bowls is not expensive.

To get going you don't need lots of new kit. The club will provide lessons for free. And when you decide to join the club, shoes, a set of bowls and the joining fee is not dear.

3. After football, bowls has the second highest number of clubs in the country.

4. Compared to most sports, age and gender differences have less of an effect on a game of bowls, so it's a perfect sport to combine with quality family time.

5. Bowls clubs are sociable places full of people looking to have fun, so bowls is a great way to relax, make new friends and be part of a community.

QUICK GUIDE TO THE GAME

The Rules Of The Game

Bowls is played on a square of grass called a **green**, which is divided into lanes called **rinks**. Players take turns to deliver their bowls from a mat at one end of the rink towards a small white target ball known as the '**jack**', situated near the other end. The bowls are shaped and weighted on one side so that they take a curved path towards the jack, known as a **bias**.

The aim of the game is to get your bowls closest to the jack. One point is given for each bowl nearer the jack than the nearest bowl of your opponent. For example, if you and your team have three bowls closer to the jack than your opponent's nearest bowl then you will score three for that end.

Each game is split into individual ends. 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.

There are different formats of the game. You can play singles or as part of a team, and a match can vary in lengths. The winner can either be the one who has scored the most shots after a specified number of ends or the first to reach a designated score.

The Basic Technique

The Position on the mat and the Stance

Before delivery you should stand on the mat. Face forward with the feet pointing towards the jack, but to one side of it depending on which way you are planning to curve the bowl. The bowl should feel comfortable in your favoured hand and be placed outside the hip to enable an unimpeded backswing. You should be looking where you're aiming.

The Delivery

Most players combine a forward stride with their backswing. On completion of your backswing, swing your arm forwards whilst bending your knees so at the moment of release, the hand holding the bowls is almost touching the ground. This helps the bowl roll smoothly. At the moment of delivery, make sure one of your feet is on the mat. As simple as that!

The Bias

To make it easy, bowls have a large disc one side and a small disc on the other. The bowl curves towards the side with the smaller disc. So, if you are a right hander holding the bowl with the small on the side nearest your thumb, the bowl will curve from left to right – so you need to aim to the left of the jack.

The Kit

Other than for competitions, the dress code is relaxed and whatever makes you feel comfortable. Together with flat sole shoes, a t-shirt or polo shirt, together with comfortable trousers, shorts or jeans is fine.

If you start playing more competitively and go on to play in competitions against other clubs, you will be asked to buy some club kit so you look part of the (your) club team.

To help keep the playing surface in good condition, it's important to wear a pair of flat soled shoes. A pair of trainers usually does the trick when you are starting out.