

# INTRODUCTION TO BOWLS

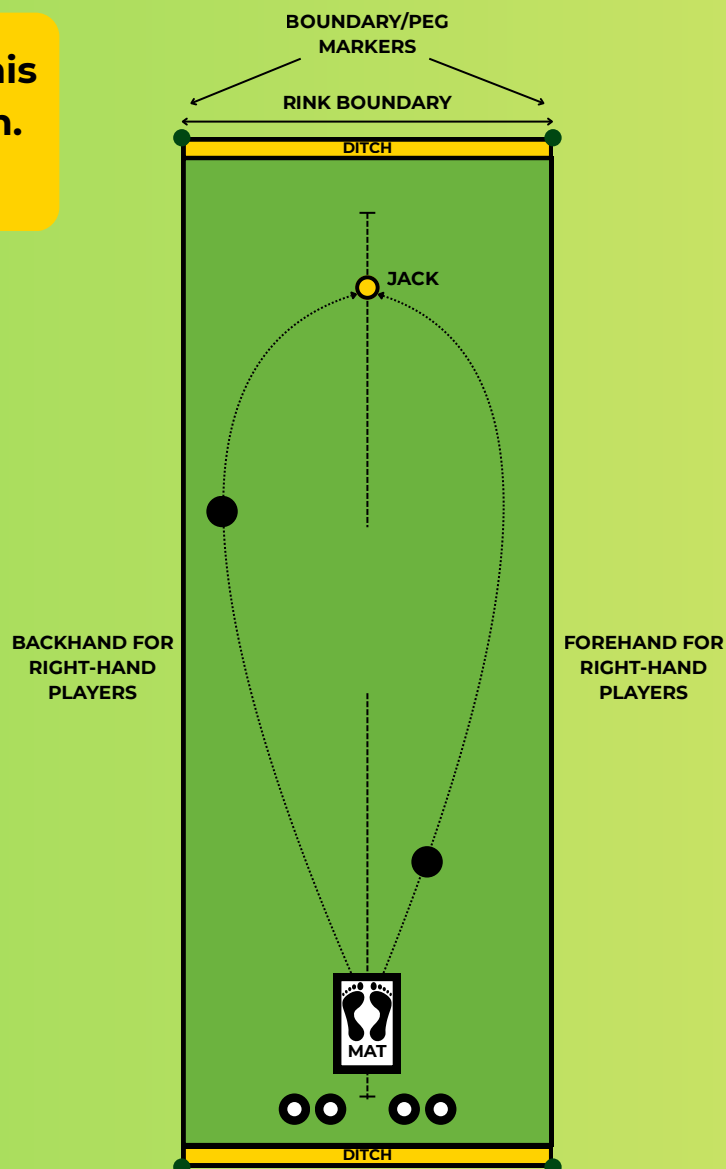
Welcome to the fun world of bowls! This guide will give you the basics to begin.  
Let's get rolling!

## What is bowls?

Bowls is a game of skill, balance and hand-eye coordination that is inclusive and can be played by people of all abilities and ages.

The main aim of the game is to get your bowls closer to the smaller ball called the jack than your opponent. The more bowls you have closer, the more shots you will score!

Bowls is played on either a grass or synthetic green, with the green organised into rinks that define the playing area (see image right).



All bowls have what is called a bias, which is a weighted side in which the bowl curves towards. To help the bowler identify the side with the bias, each bowl features a little circle and a big circle on either side.

**The bowl will curve towards the little circle!**



**BIG CIRCLE**

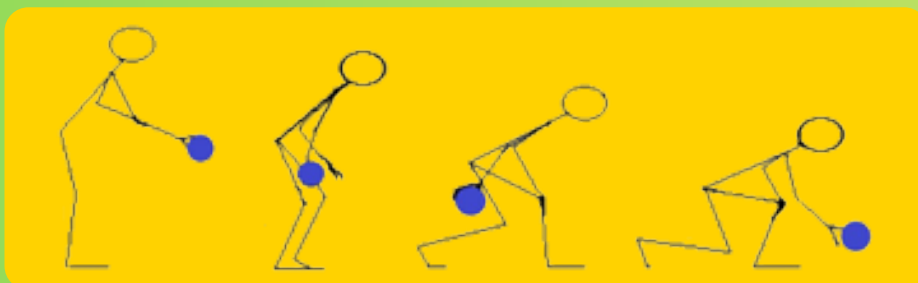
**LITTLE CIRCLE**





# THE DELIVERY

- 1. GRIP:** Hold the bowl with fingers spread out and palm facing up. Rest your thumb on the top or side of the bowl. Remember to make sure the little circle is on the inside and big circle is on the outside!
- 2. STANCE:** Stand on the mat and aim by facing the direction you want to bowl. Many people use the rink peg as a guide.
- 3. STEP:** Step in the direction you want the bowl to go with your opposite foot (left for right-handers, right for left-handers). Bend your knees to get low for a smooth roll. Think of it like rolling an egg - don't break it!
- 4. RELEASE:** swing your arm back as you step forward, then gently swing it forward in a smooth motion. Let the bowl roll off your hand, don't fling it.
- 5. FOLLOW THROUGH:** Once the bowl is released, keep your fingers pointed at the target with your palm face up, while maintaining balance.



**6. HAVE FUN!** Bowls is as much about enjoying the game as getting shots. Don't stress about the curve and speed - you'll get the hang of it quickly. Smile, laugh and cheer on your mates!

## TIP FOR BEGINNERS

- Watch other bowlers
- Ask questions
- Find what is comfortable
- Practice makes perfect!

