

Moordown Bowling Club

A Guide for New Bowlers

Now that you have joined our club there are one or two items of kit you need to purchase.

Correct bowling shoes with no heels or ridges on the sole, this protect the green from being damaged. They come in white, brown or grey and can be purchased from local bowls suppliers or on-line.

Club code of dress - information can be found in your handbook.

We recommend that initially, you do not buy a set of bowls due to the vast amount of sizes, weights and makes. Always try before you buy, we have a stock of bowls and you can use or check club notice board for sale of used bowls. Coaches available to help and advice.

As with all sports Bowls is governed by a definitive set of rules which can be found in the Laws of the Sports on the notice board above the telephone. If you wish to purchase your own copy please ask your coach.

The basic rules will be covered during the coaching course.

Unwritten courtesies cover a large part of your bowling enjoyment and contributes to a friendly, socialable atmosphere with good manners and sportsmanship. All come under the heading of

Etiquette of Bowls/How to Behave on the Green.

1. Always arrive on time for your match and wear the right dress. Always shake hands and introduce yourself.
2. **Don't throw your bowls onto the green.**
3. Do not walk across a green, use the banks to walk round to your rink.
4. Stand well back from the mat when your opponent bowls.
5. If you are in the head, keep still and do not distract the bowler on the mat just as they are about to bowl, stand well back so all shots can be seen.
6. **Only No.3's or Skips should be up in the head.**
7. When changing ends please walk down the centre of your rink.
8. Be ready to bowl when it is your turn but do not step onto the mat until your opponents bowl has come to rest, you do not have possession of the rink until then.

9. The skip is in charge of your team. Wait for his instructions before you bowl.
10. Do respect the green, try not to bounce your woods as the surface can easily be damaged.
11. If you wish to leave the green, inform your opponent or Skip
12. Be a good loser if things don't go your way and don't blame other players. Shake hands and thank them for the game.
13. When you have finished your game or need to leave the green, do not walk behind a rink when a player who is bowling to that end. Just wait and then proceed after the bowl has been delivered.
13. If you wish, offer your opponent a drink after the game.
14. Please be aware that smoking or swearing is not allowed on the green.
15. Drink is allowed but for Health & Safety reasons always use a plastic glass/cup.
16. Try and learn all the basic Laws of the Sport.
17. Above all, enjoy the game.

Purposeful Practice.

The more you practice, the better you will become and the faster you will learn the finer points of bowling. We offer regular practice sessions during the season which will help you with this. All our coaches are available, so please don't be afraid to ask if you have a problem or need some advice.

The other ways of gaining experience is to join us on our Monday Club night and having a go in the friendly matches and Friday afternoon Spoons. We also have League matches for Men and Women. This is the best way to develop and increase your knowledge of the game.

Practice and Skills sessions will take place throughout the season, usually on a Monday afternoon before Club night but please check the notice boards for dates and times.

There are various formats of the game of bowls. A description of these and the positions and duties of each player can be found on Page 17 of your Guidance for New Bowlers booklet.

If you establish good bowling techniques, good etiquette and a good practice ethic, these will help you to become a competent bowler.

Above all - ENJOY YOURSELF !!!!