



**AUSTRALIAN
INDOOR BIAS
BOWLS
COUNCIL**

**COACHES
HANDBOOK**

Police

.....

.....

Club

*“The coach will be judged not by what he knows,
but what he should have known.”*

S Stop

T Talk

O Observe
and

P Prevent

R Rest

I Ice

C Compress

E Elevate



AUSTRALIAN INDOOR BIAS BOWLS COUNCIL

COACHES HANDBOOK

Acknowledgments:

The Australian Indoor Bias Bowls Council wishes to thank the Queensland Indoor Bowling Association Incorporated, Coaching Committee Members and Executive, for their valued input and assistance in this manual, the Australian Indoor Bias Bowls Council State Coaching Directors and Mr Michael Keelan, Consultant, who helped implement the Australian Indoor Bias Bowls Council Level 1 Coaching Course. Information received from Mr Mike Mitchell, Henselite Australia Pty Ltd, Bowls Australia and South Australian Indoor Bias Bowls Association Inc. was greatly appreciated. This manual was made possible through part financial assistance from the Queensland Sport and Recreation.

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Foreword

The Coaches Handbook complements the Australian Indoor Bias Bowls Council Level 1 Coaching course.

This manual is a Queensland Indoor Bowling Association Incorporated initiative, working in conjunction with New South Wales, Victoria, South Australia and Tasmania Indoor Bias Bowls Associations, in recognition of the need for a manual to support Coaches in their goal of teaching new Bowlers and enhancing the skills of others.

As a former Queensland Indoor Bowling Association Incorporated Coaching Director with over fifteen years Level II Lawn Bowls Coaching experience and interaction with fellow Coaches, I have endeavored to pass on this invaluable training I have received and hope this manual benefits Coaches and Players alike.

B G Cullinan

Introduction

As with most sports, there can be little doubt that when a player receives skilled instruction in the early stages an improved standard of performance is more likely to be achieved.

The Coaches Handbook is a practical resource designed to assist the Coach in the instruction of the skills, techniques and strategies that are considered to be the basis of learning at the introductory level.

Eventually, individuals develop their own style for successful Indoor Bowling. However, there are fundamental skills that should be maintained for optimum performance.

The program presented is systematic and progressive, yet flexible enough to allow the Coach to adjust to individual differences and needs. Included are Chapters on the equipment, player position and responsibilities, technique analysis and correction, plus the element that fosters the spirit of sportsmanship - Etiquette.

To the Coaches who play such a major role in the continued development of our sport, may you gain benefit from the contents of this book.

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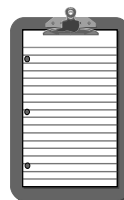
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PART 1

The Coaching Preliminaries

Chapter 1 Initial Planning

The Coaching techniques used in sports are basically the same. The Coach needs to be well organized to make the session most effective. Before commencing the program a plan should be developed. Primarily, the coach should fully understand the requirements of the participant.



Plan Development

To develop a plan, a series of steps need to be undertaken.

1. Analysis

Firstly, the requirements of the participant must be known and fully understood. As much information as possible relating to the individual must be gathered, carefully examined and evaluated.

Typical criteria - the current knowledge of the game; their expectations (what do they expect to get out of the game); what is the range of movement; any special medical needs.

All this information can easily be obtained through general conversation and observation. It is essential for Coaches to work within the capabilities of the participant. Where appropriate, prior medical assurance should be obtained.

2. Decide

How to co-ordinate the program so the sessions are realistic, adequate and progressive.

3. Plan

The explanations, demonstrations and practice required.

4. Record

Keep a simple record of the plan, including specific information relating to the individual. Refer to it regularly to ensure complete coverage of all components.

Record progress after each session. As each person learns at a different rate, the next session must be relative to the previous stage of learning.

Chapter 2 Equipment

The green felt or synthetic type carpets (as approved by the AIBBC) used for Australian, International and Queensland games are of similar texture, but differ in measurements and marked appropriately to conform with the variations of rules for each of these differing games.

Australian Indoor Bias Bowls Council carpets measure 9144mm (30ft) long and 1828mm (6ft) wide. The carpet for International games against New Zealand and Queensland Indoor Bowling Association Incorporated, measure a minimum 7315mm (24ft) to a maximum of 7617mm (25ft) long and 1828mm (6ft) wide.

Bowls used by Australian Indoor Bias Bowls Council and Internationally are standard size 100mm (4") in diameter. Two sets of bowls of contrasting colours are used and manufactured specifically for use on carpets used for Indoor Biased Bowls. The white target ball is known as a jack or kitty. Those used by Australian Indoor Bias Bowls Council and Internationally measure 52.4mm (2 1/16") in diameter.

Approved scoreboards are used to exhibit the scores of each team and the number of ends played. The numerals should be clearly visible at a distance of not less than 13.6m (45ft).

Various measuring devices, measure tape, large and small calipers, chocks (to stabilise a leaning Bowl), feeler gauges, are used for determining the result of an end.

Each **player** requires approved flat soled shoes. Laws of the Sport of Indoor Bias Bowls and measuring devices optional.

Equipment provided by the controlling body. Carpet, Bowls, jack, Laws of the Sport of Indoor Bias Bowls and by various measuring devices

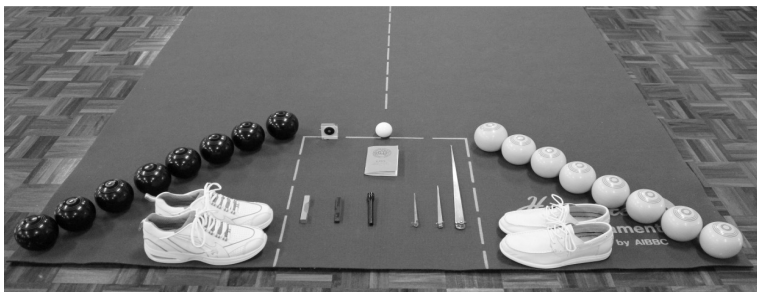


Figure 1: Equipment to play indoor bias bowls.

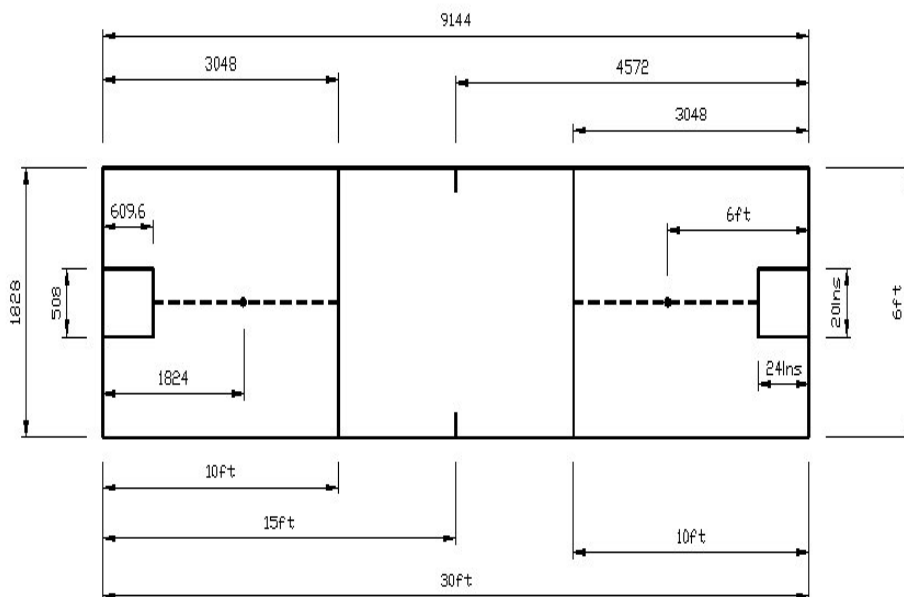


Figure 2: Australian Indoor Bias Bowls Council carpet.

Length of carpet 9144mm (30ft), width 1828mm (6ft). At each end white lines mark out the delivery rectangle, measuring 609.6mm (24 ins) in length by 508mm (20 ins) in width. The side lines shall be parallel and equal-distant from the sides of the carpet.

White lines are drawn across the carpet parallel to and at a distance of 3048mm (10ft) from each end of the carpet.

White lines parallel to the ends of the carpet, not exceeding 20mm (approximately 3/4 inch) long and at a distance of 4572mm (15ft) from each end of the carpet shall be drawn at each side of the carpet.

At each end of the carpet, a white line is drawn from the centre of the 3048mm (10ft) line, to the centre of the adjacent delivery rectangle. A white dot called the jack replacement spot, is placed 7315mm (24ft) at the centre of these lines.

All these white lines must be clearly defined.

Care of Equipment

It is recommended that you clean the carpet regularly with a STRAW BROOM. The use of a suction vacuum cleaner on LOW setting is recommended.

DO NOT USE CARPET SWEEPERS WITH ROTATING BRUSHES.

IMPORTANT: When rolling up your carpet **MAKE SURE** the playing surface is on the inside of the roll and free of wrinkles. This is done to protect the surface from external damage. Make sure the edges are rolled square. This will avoid edge buckle.

After use, roll the carpet on a suitable roller and

STORE IN A DRY PLACE.

If the carpet is being stored for a length period, enclose in a polythene wrapper with moth proofing crystals or balls in a separate cloth bag. **DO NOT** sprinkle crystals or moth balls on the surface of the carpet.

Finally, avoid standing the carpet on its end as this will damages the carpet edge.

Should your carpet become stained, treat as a normal carpet surface using mild detergents or carpet cleaning solutions.

(If unsure, seek advice from a professional carpet cleaner.)

To avoid damage to the bowls, store them in grit free containers (preferably cloth lined) on their flat sides.

Chapter 3 The Preliminaries of the Sport

The Game of Indoor Bias Bowls

This is a sport for two opposing teams. The basic object of the game is to direct your bowl as near as possible to the jack or kitty and finish closer than the bowl of your opponent.

Games can be contested between teams comprising of only one player (Singles); Two players (Pairs); Three players (Triples); Four players (Fours).

A green felt type carpet is laid on any hard floor with sufficient clear space at each end for the players to comfortably bowl. The delivery rectangle is clearly marked and the bowl must pass wholly over the front line when delivered. Before commencement of any end, the bowls are placed either side of the delivery area. A player may only select their bowl once they have possession of the carpet.

The game comprises of a jack or kitty and the standard bowls, used by the two opposing sides. The length of the game or the number of ends to be played is pre-determined by the CONTROLLING AUTHORITY before commencement of play.

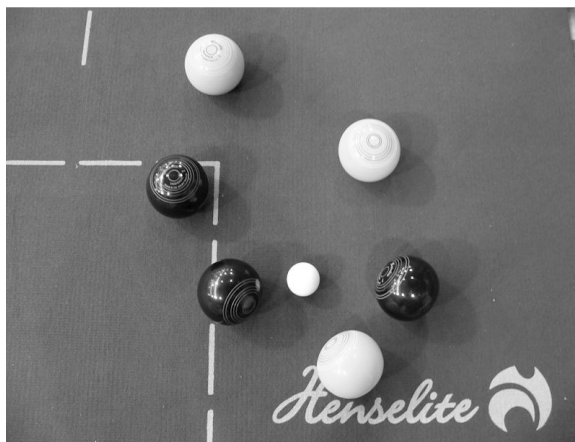


Figure 3: The black bowls score two points

Singles:

As the name suggests, one player opposing another, each using four bowls.

Pairs:

Each team consists of two players, a Lead and a Skip (or Captain) of the team. Each member plays four bowls. Lead and Skip play two bowls alternately.

Triples:

Each team consists of three players, a Lead, a Second, and a Skip. The Lead and Second play three bowls each, with the Skip playing the remaining two bowls.

Fours:

Each team consists of four players, Lead, Second, Third and Skip. Each member plays two bowls.

After all the bowls have been played and have come to rest on any particular end, one point is scored for each bowl which is closer to the jack than the closest opposition bowl.

Any doubtful shots are measured. The winner is the player, team or side with the higher total score at the conclusion of the game. The score is progressively recorded along with any “Penalties” which may occur. The score is recorded each end by the Marker in Singles and the Skip in all other games.

PART 2 Fundamentals of Bowling

Chapter 4 Commencement of Play

Tossing For Possession

A coin is tossed and the winner has the option of determining who commences play (ie: rolling the jack and playing the first bowl), and the choice of bowl, except when the Controlling Authority has pre-determined the colour of bowl for each side.

Jack

The jack is a round white target ball. It has no bias so therefore can be rolled straight. The jack is delivered along the centre of the carpet to a distance designated by the player (Singles game) or the Skip of the team. This is a very important function and care and constant practice is necessary for accuracy.

Grip of Jack

Hold the fingers of the bowling hand together, place the jack on the pads of the finger tips and the thumb in a comfortable position on the top side. Make sure the fingers are not cupped.

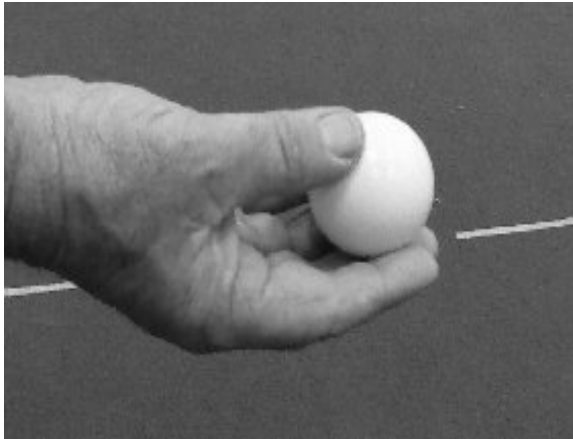


Figure 4: Correct grip of the jack

Stance - Delivery Position for the Jack

Stand at the end of the carpet and directly face the centre line. Place the inside of the left foot comfortably beside and parallel to the centre of the delivery area (right foot for left handed bowlers).

Focus the eyes on the length required. Keeping the body square, place the other leg back.

Lower the body slowly, bending the forward knee and extending the back leg into a comfortable, stable position, until the bowling arm falls naturally and the jack just touches the carpet. The back foot may be turned out to aid balance by giving a wider base of support to the player.

Place the non-bowling hand or arm on the forward knee or thigh aiding stability. Ensure the body is relaxed, well balanced and stationary, allowing free backward and forward movement of the delivery arm.

The bowling arm should now be able to swing back and forth close to the instep of the forward foot along the intended line of delivery.

The player must not place any part of their hands, feet or body on or under the carpet when delivering the jack.

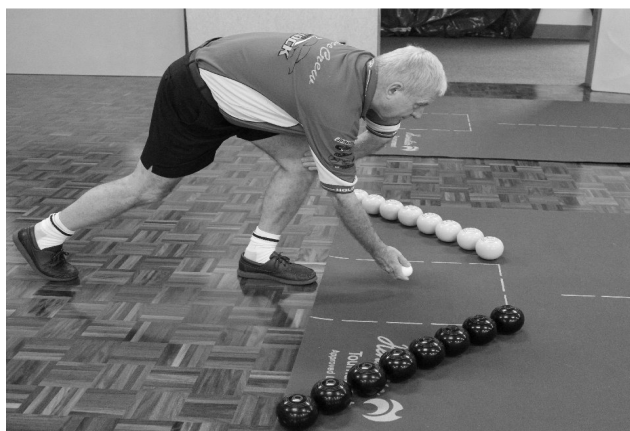


Figure 5: Feet and body position

Alternative Stances

Depending on the physical attributes of the new bowler, the following alternative stances could be considered. The essential requirement for any stance is the freedom of arm movement.

1. Feet apart, player bent forward to deliver the bowl in “pendulum” style from between feet, non-bowling hand resting on off-side knee for bracing.
2. Off side foot forward, delivery side foot back (any position from full extension up to the delivery side knee resting on the off side heel), with the non-bowling hand or fore-arm bracing wherever comfortable.
3. One-legged kneeling stance. Delivery-side knee tucked back out of the way, with the non-bowling arm bracing against movement.
4. Double knee kneel. Non-bowling hand should brace on the floor, and the bowl should be delivered from in front of the knees.

In all stances where one foot is further back than the other, the delivery-side foot should be the hind foot except where disability prevents this.

NOTE: Stance determined by player for comfort.

Delivery of the Jack

For a smooth delivery, it is necessary for the player to be well balanced, the body stationary and aligned, with the only movement being that of the bowling arm and its shoulder. Having taken up the stance and correct grip of the jack, explain that the wrist must be held firmly throughout the delivery and follow through. The eyes should be focused on the length required on the centre line. (Refer figure 5,.)

* The slightly flexed arm commences the back swing. (Refer figure 6,.)

* The forward swing carries the jack to make contact with the carpet where it is propelled smoothly off the fingers approximately 15cm (6") forward from the edge along the centre of the delivery area. (Refer figure 7,.)

* The hand and arm follow through completing the natural swing movement. (Refer figures 8 and 9,.)

Stay down until the jack has travelled well along its path before rising and watch until it comes to rest.

Allow the new bowler to practice delivering the jack in a smooth swinging action. When the action becomes more co-ordinated, mark a spot (with chalk or cotton wool) at a medium length. Encourage the player to deliver the jack to that length. When proficiency improves the length may be varied. Stress the importance of taking great care when delivering the jack. The length of the end often becomes the winning or losing factor of the game. Explain that the first to play delivers the jack. This can be an added advantage as the pace of the carpet may very well be appraised.

If the jack fails to reach the minimum distance or rolls off the carpet, it is returned for the opposition to deliver. If that delivery also fails, it is centred on the spot in accordance with the Laws of the Sport of Indoor Bias Bowls.

Frequent demonstrations are essential. Make sure the beginner can see clearly the action of the arm and allow sufficient time and opportunity to practice the skill before proceeding.

Once the jack has been delivered, demonstrate by centering the jack on the mid-line of the carpet.

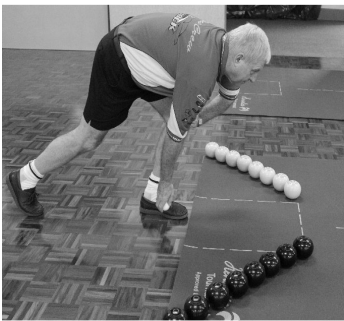


Figure 6: starting positionFigure 7: back swing

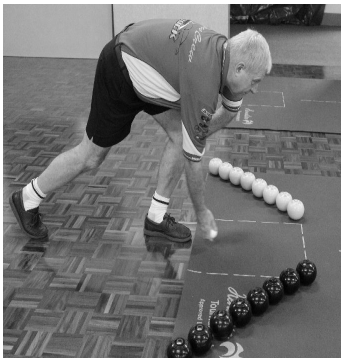


Figure 8: point of release Figure 9: follow through

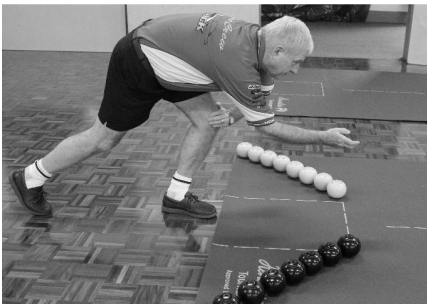


Figure 10: staying down and keeping the eyes on the jack

Figures 6 – 10: Delivery movement sequence

Chapter 5 The Bowl

Discuss the construction of the bowl, the bias and the effect it has on the path of the bowl. bowls are not round but spherical in shape, with the sides flatter and a smooth running surface around the middle. On one side are rings with a small circle, the other side with rings and a large circle. The force of gravity and its effect on balance is the important component in the manufacture of bowls. They are made so as to move in a curved path towards the small circle side, known as the “bias” of the bowl. This bias actually takes effect as soon as the bowl is released, with the curve becoming more apparent and greater as the momentum decreases and the bowl slows down before finally coming to rest.

Whether playing backhand or forehand, the small circle side or “bias side” should always face towards the centre of the carpet. Demonstrate by delivering the bowl down the centre of the carpet and watching the curved path. This gives the new player a good indication of how the bowl will turn and a guide to the width of the turn.

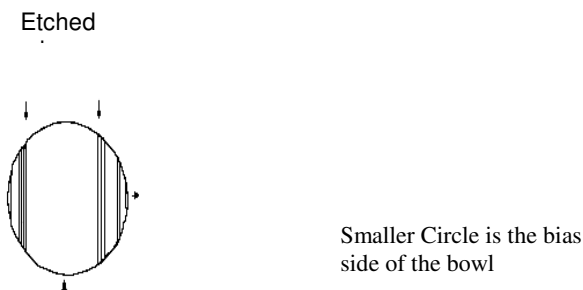


Figure 11: Shape of bowl and features

Various Grips

It is essential for the bowl to be held fundamentally correct so a smooth delivery will result as well as being comfortable in the hand.

1. Place the fingers together with the second finger in the middle of the running surface and the thumb comfortably toward the top of the bowl. Point the fingers down towards the carpet so the running surface of the bowl faces the intended delivery Line.
2. Spread the fingers further apart, the thumb automatically dropping down lower. The bowl is held further back in the hand in its correct alignment.

Variations may have to be tried to suit the individual remembering that ease of a smooth delivery and undue strain are essential. For all grips the second finger, being the last point of contact with the bowl on delivery, should be on the middle of the running surface. The lines either side of the running surface should be parallel to the delivery line, and the centre of the running surface in line with the inside centre-line of the forearm.

Alternatively, for very small hands or Arthritis sufferers the use of both hands could be suggested. Place the little fingers together and have the middle of the running surface between these two, the hands holding the sides of the bowl. The bowl is then delivered with hands following through as the bowl rolls away. Special bowling Aids are available and this is another option.

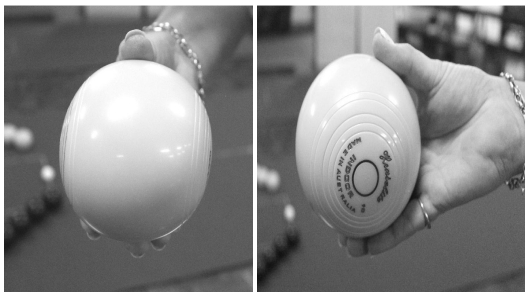


Figure 12: Checking correct finger placement and side view of grip

Line and Length

“Delivery Line” is the path along which the bowl travels allowing the bias to take effect until it stops. This delivery line, once established, remains constant irrespective of the length at which the jack is centered. The bowl delivered from the same delivery point should follow the same initial path to finish at the centre line of the carpet.

Suggest that the bowl may need to curve from approximately 15cm (6”) in from the side of the carpet, to finish at the centre line.

Mark a spot (with chalk or cotton wool) approximately two thirds of the distance and 15cm (6”) from the side.

This spot represents the widest point of the path of the bowl, where it starts to curve back as the bias taking effect, as it slows to come to rest. The eyes should be focused along the delivery line and the bowl delivered with sufficient weight to curve as it passes over this spot.

The delivery line for the first bowl would be an estimated guess and may well require adjustment. Carpets vary in texture; as can the flooring, wind from fans, uneven floor and the like, being variables which have to be considered and adjustments made accordingly.

Faster carpets require a wider delivery line than a heavier or slower carpet. The bowl on a fast carpet will travel further before the bias takes effect and it runs further as it slows before coming to rest. On a heavy or slow carpet, there is insufficient time for the bias to have much effect before it stops running, therefore a narrower, straighter delivery line is required.

Stress the fact that it is more important at this stage to master the art of draw bowling so that the bowl comes to rest on the centre line, rather than be concerned about the length. Experience for length control will be gained by varying the position of the jack.

When the player becomes more accustomed to visualising the path of the bowl and more proficient at length control, the coach should point out that the individual may prefer to sight at a closer range along the delivery line.

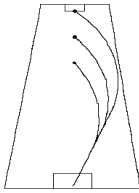


Figure 13: Delivery line constant for varying lengths

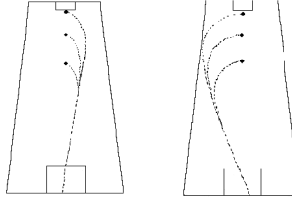


Figure 14: Tracks taken by bowls where floor slopes downwards from right to left with varying degrees.

Delivery of the Bowl

The stance and delivery of the bowl is the same as for the jack, the only difference being the direction of the body. Stress again the need to give attention to detail in stance and delivery to achieve accuracy.

Instruct the new player to register the distance to the jack - the length of the end - then imagine a curved path over which the bowl should travel. Trace the path from the centre of the delivery area (basic starting point) to the widest point of the curve to the jack. Retrace to the starting position to confirm.

Take up stance position directly facing the estimated turning point, place inside of the forward foot beside and parallel to this delivery line.

The bowl is held just touching the carpet on the delivery line. As the delivery commences the arm is flexed slightly in the back swing and commences to straighten when moving forward. In this forward movement the arm gradually stretches, the bowl makes contact with the carpet, the muscular action occurring releases the thumb and allows the bowl to be propelled off the second finger to start its rotation. The arm continues maintaining the very smooth uninterrupted swing action - The Follow Through.

The whole delivery action should be slow and well controlled.

Allow the new player to practice, carefully checking that the bowl is correctly aligned vertically, on the correct bias, with the centre of the running surface on the delivery line.

Commence the delivery. Stay down until the follow through is correctly executed with the hand, firm wrist and forearm along the delivery line. This will ensure correct control of the delivery and this will be a chance to observe if any adjustments are necessary.

Backhand and forehand deliveries should be practiced.

The bowl must pass wholly over the front line of the delivery rectangle.

After delivery the player must stand well back from the carpet until next required. Stress that if playing as part of a team, await instructions from the Skip before preparing to play in your turn.



Figure 15: Back swing



Figure 16: Delivery



Figure 17: Point of release



Figure 18: Follow through

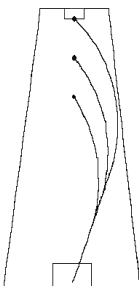
Figure 15 – 18: Bowl Delivery Sequence

Chapter 6 Developing Line and Length Control

As the delivery action becomes more fluid, the player should notice a certain consistency in the length. The coach could introduce an exercise to assist in developing the control of length. Skill drills should be enjoyable as well as productive. By adding variety, the interest and enthusiasm is maintained. This is good for motivation.

A skill drill for length control:

The use of the jack is not essential. Deliver a bowl to finish at the centre line using the action and a speed that is comfortable.



Drill (a) Practice adding extra weight to the second bowl, more with the third bowl and increase again with the fourth bowl. With each increase, observe the length attained.

Drill (b) Reverse the procedure by decreasing the weight with each one. Observe the lengths attained.

Figure 19: Drills

The draw shot, either to the jack or a designated spot, is the most fundamental shot in the game. The varying degrees of weight applied to the draw shot produce different shots of play.

The trail shot	(trailing the jack);
The light impact shot	(to lightly hit a bowl);
The running shot	(firm shot to move a bowl).

Length control is very important.

As soon as practicable, the beginner should be included in a social game as a Lead. participation in a team provides further tuition. With the delivery technique established, the player can focus more attention on the progress of the game and enjoy the ever-changing facets of it.

Chapter 7 Demonstrate, Practice and Master

The key to success in any game is first learning the skills and mastering them through practice. For all demonstrations, be sure the beginner can clearly see the skill being shown, and also comprehends the instructions given.

Some skills may be taught as a complete unit. More difficult skills are better accomplished when divided into smaller segments. How is this achieved? Firstly, the Coach would demonstrate the complete action to provide an overall picture of the procedure. This can be broken down into smaller tasks making sure each is mastered before proceeding further. As soon as practical, introduce the action in full so a fluid movement will result.

Allow time to practice immediately after each demonstration, as individuals learn at a different rate. Supervised practice is essential. The Coach can assist the players to develop a good technique by observing and advising the necessary correction immediately.

Remember, communication is a two way process. Endeavour to listen to the pupil. Their contribution is invaluable for the complete comprehension of the instruction. Always reinforce the players' effort and give encouragement by highlighting those points of the action that have been successfully performed.

A sound approach to the delivery action should be established. By developing a personal routine of "doing the same things, at the same time, in the same way" a player can become confident, consistent and maintain concentration. In order to encourage consistency in relation to line and length, it is advisable to practice on the one side of the carpet. Thus, the delivery would be on the forehand in one direction and backhand on the return.

Gradually, introduce and discuss the fundamental Laws of the Sport of Indoor Bias Bowls with the skill progression. If these are introduced in a positive way then the pupil will understand that Laws help to keep the game running smoothly and are fair to all players.

Record progress after each practice session.



Figure 20: Observe the back swing:
The Player is facing the delivery line with body well balanced and stationary. The left foot is beside and parallel to the visualised delivery Line. Eyes focused on the preferred sighting position.



Figure 21: Observe the delivery:
Right leg extended back comfortably with the left hand on forward knee or thigh.
Note that the feet or hands are not touching the carpet.



Figure 22: Observe the point of release and follow through:
The bowl on the correct bias, held vertically with the running surface on the delivery line with the body low enough to enable the bowl to make contact with the carpet.

PART 3 Playing the Game

Chapter 8 How Points are Scored

The players of the team whose bowl is the closest to the jack when all bowls have been played on any particular end, score one (1) point. If the player or team has more than one bowl closer to the jack than any opponents bowls, then they score one (1) point for each such bowl that is closer. Any “penalty” points claimed during the playing of the end must also be recorded.

Score cards have six (6) columns. The first three (3) columns are for one opponent, the second three (3) for the other. In the left hand column, penalty points are recorded. In the next column the score gained by the team on that particular end is shown. The third column shows the total of the accumulated score for the number of ends played during the game.

Event Mixed Fours				Carpet 11			
A. Cussy vs A. Ossie							
B. Kanga				B. Ricky			
C. Wallaby				C. Wave			
K. Bear				K. Cubby			
End	Pen	Score	Total	Pen	Score	Total	
1		3	3		—	—	
2		1	4		—	—	
3		—	4	4	2	6	
4		—	4		1	7	
5		5	9		—	7	
6		1	10		—	7	
7		3	13		—	7	
8		1	14		—	7	
9		—	14		4	11	
10		—	14		2	13	
11		—	14		3	16	
12		—	14		4	20	
13	4	2	20		—	20	
14		—	20		1	21	
15		1	21		—	21	
16		—	21		1	22	
17							
18							
19							
20							
21							
Signed							
A. G. Cussy			A. Ossie				

It is recommended for the scorers to check with each other every end for accuracy

Figure 23: Score card example.

Measuring

When unable to determine visually the result of an end, then the contentious bowls are measured. Callipers or a measuring tape are used for measuring. If opposing measurers are unable to reach a decision, an Umpire with a more accurate range of equipment may be required.

To measure, place yourself in a stable position on the carpet and measure the shortest distance between the jack and the bowl.

When using calipers, adjust away from the bowl to be measured, then lower carefully between the bowl and the jack. If any adjustment is necessary, bring the calipers up and out of the gap, adjust and lower carefully again. Continue the procedure until the measurement is as close as possible, then without further adjustment, compare with the other contentious bowls.

If using a measuring tape, always measure in the one way, from the jack to the bowl. The measuring tape is made to sit alongside the widest point of the jack; the measuring tape can then be extended to the closest portion of the bowl. Secure the measuring tape and proceed to compare the distance from the jack to the other bowls in the measure.

If any non-counting bowls are obstructing the measure, permission to remove them must first be sought from the opposing player.

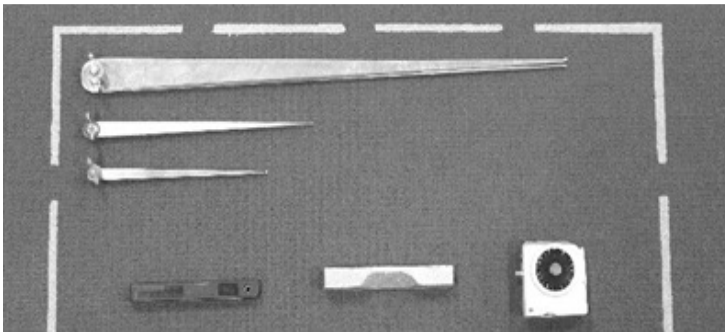


Figure 24: Various measuring devices.
A measure tape, calipers of different lengths, feeler gauges, chocks.

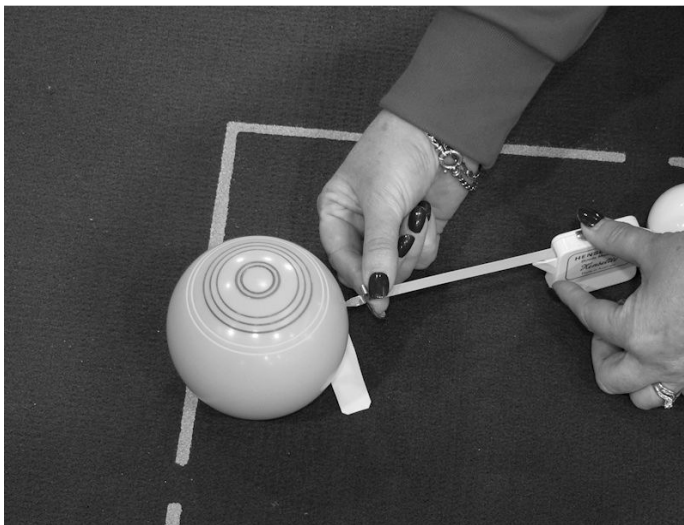


Figure 25: Using a measuring tape
Lines AB indicate closest points

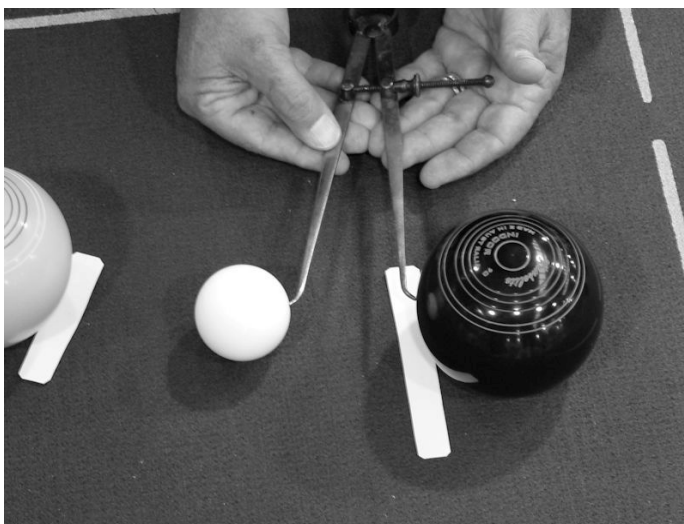


Figure 26: Using calipers.
AB indicates closest point of jack and bowl.

Chapter 9 Positional Play and Practice

A successful Team is a group of Indoor Bowlers working as one unit to achieve a common purpose. The players must learn to work together rather than as individuals. Teams playing together promote a feeling of belonging.

Each member is of equal importance and must understand their duties and responsibilities.

The Lead:

- * Have the ability to deliver the jack with the same care and attention as would the bowl.
- * Competent at rolling the jack to the required length.
- * Have the ability to judge the carpet and choose the side that is more reliable.
- * Capable of playing both backhand and forehand.
- * Draw two bowls as close as possible to the jack, ensuring a good foundation for the development of the head.
- * When playing Pairs, should be able to measure the result of the end accurately and clearly indicate the result.
- * Concentrate on their game and support other team members.

Practice:

Focus on a smooth consistent delivery.

Roll the jack to various lengths.

Draw to the jack at the various lengths.

Practice drawing under or around a bowl supposedly in the “draw”.

Draw to specific positions on the carpet.

Practice equally on forehand and backhand.

The Second: (Triples and Fours)

- * Should be a capable and versatile performer.
- * Should have the ability to play all types of shots on either hand.
- * Should be conversant with the Laws of the Sport of Indoor Bias Bowls.
- * Is required to get bowls in the head if the Lead fails to do so, or lead bowls are knocked out, or jack is moved.
- * Have the ability to open up the head.
- * Be a good judge of distance and have sound knowledge of tactical play.
- * When playing in the Triples, should be able to measure the result of the end accurately and clearly indicate the result.
- * Be loyal to the Skip and keep harmony in the team.

Practice:

Frequently practice the draw shot, the trailing shot, the light impact shot and the running shot, focusing on a smooth consistent delivery and accuracy.

The Third: (Fours)

- * Should be a capable and versatile performer.
- * Should have the ability to play all types of shots on either hand.
- * Should be conversant with the Laws of the Sport of Indoor Bias Bowls.
- * Be a good judge of distance and a sound knowledge of tactical play.
- * Should be able to measure the result of the end accurately and clearly indicate the result.
- * Be loyal to the Skip and keep harmony in the team.

Practice:

As with the second, have frequent practice in all shots. Start each session with a draw shot to establish the pace of the carpet and the delivery line, continue with predetermined goals for the session and return to the draw shot to conclude practice.

The Skip:

Whilst in charge of the team, the Skip must realize that the basis of good teamwork is leadership.

- * Should communicate clearly with confidence and encouragement.
- * Should be fully conversant with the team and the capabilities of each player.
- * Should direct the development of the head.
- * Should be a good tactician.
- * Should have command of all shots and know exactly when to play them.
- * Should know the facets of the game and Laws of the Sport of Indoor Bias Bowls.

Practice:

Proficiency is required for all shots. Strive for perfection in practice sessions so when needed, they can be played with confidence.

Set up heads and study the action of the bowls and jack in collision then practice the principles.

The draw shot remains the most essential in a Skip's armory. Practice playing a shot with strength followed immediately with a draw shot.

For all Players

A bowl delivered without purpose is a wasted bowl. It is also a waste of time and effort if you practice errors. If an error exists, identify the cause and practice the correction.

Making the most of effective practice may mean the difference between winning and losing games. Players should never skimp on practice time. The coach should encourage players to cultivate the ability to focus and remain calm under pressure, particularly towards the finish of the game.

Don't become dehydrated. Drink water before and during play

Chapter 10 Bowling Aids

Bowling Arm

Bowling arms are designed to allow players (who find it very difficult to deliver the bowl in the manner described under the section 'delivering the bowl') to continue to play the game. They come in varying lengths to suit players of all heights so the player is not required to bend over. The arm can also be used as a lifter by the player using the device.

Method of use:

1. The bowl is placed into the arm with the centre of the running surface in line with the centre of the gripping jaws of the bowling arm.
2. The bowl is held in the jaws of the bowling arm by applying pressure to the trigger located in the handle of the arm.
3. Gently move the arm backwards in an arc then forwards at the required pace to deliver the bowl to the intended position on the mat. The pressure on the trigger is released when the arm is at the lowest point of the delivery arc (refer fig. 30).



Figure 27: Point of releasing pressure on the trigger of the bowling arm

Glove

A glove (refer fig. 31) may be worn on the hand used to deliver the bowl. Due to the finish on the outer surface of the glove a greater grip of the bowl can be achieved. This is particularly important for those players whose hands become wet with perspiration, as the use of chemicals or the licking of the fingers is not permitted.

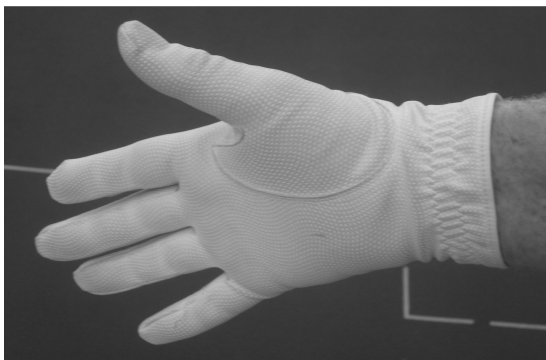


Figure 28: Typical glove used by bowlers showing the textured gripping surface.

Bowl Lifter

A bowl lifter (refer fig. 32) may be used by any player who has difficulty in bending over to pick up their bowl or the jack. These are available in many different styles.

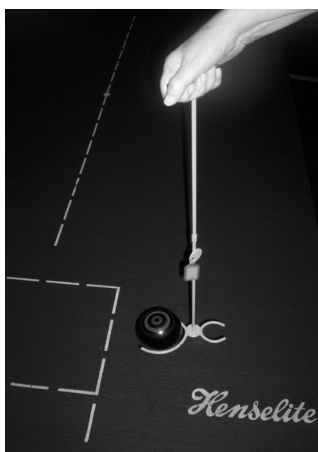


Figure 29: Bowl lifter positioned to lift the bowl.

Chapter 11 Replacement of Bowl

When a bowl of the wrong colour has been delivered by a player the following procedure is required to replace that bowl.

1. As shown in fig. 33 the hands must be placed flat on the carpet with the thumb and forefinger of both hands pressed together and lightly contacting the bowl. Note: If the bowl is not flat, care must be taken so as not to move the bowl when placing the hands as described above.



Figure 30: Method of replacing a bowl

Showing position of the hands flat on the carpet, forming a frame around and contacting the bowl.

2. A second player can then remove the bowl.
3. A bowl of the correct colour can then be placed within the frame determined by the thumbs and forefingers. The player replacing the bowl must use care to ensure that the same position as the original bowl is achieved.
4. The player with their hands around the bowl can then remove their hands carefully ensuring that the replaced bowl does not move during this process.

Chapter 12 Coaching Players with Disabilities

It is the coach's role to develop the potential within each player. A coach is analytical by nature and adaptive. For those with special needs, it is just a case of knowing the principles of the technique and working within the player's range of movement.

The coach needs to assess the strengths and weaknesses of the person and gain an insight of their experience of the sport. Focus on what they can do, their capabilities, range of movement. Can they bend to pick up a bowl, hold and deliver it? Find out if their balance is affected in any way, or if a mechanical device would be of assistance.

Communication is a two way process. Ask the player for further information, if needed, for greater understanding, and encourage joint decisions. In this way, the coach will be better equipped to assist the player to fully enjoy participating in the Sport of Indoor Bias Bowls

Chapter 13 Technique Analysis and Correction

Occasionally, experienced players have problems, especially with technique. Perhaps they may be unaware of the nature of the problem, or unsure of how to correct it.

A coach should endeavour to identify the issues with the player before offering advice.

For a technical error, several deliveries should be observed before determining the cause and giving advice. Individuals tend to develop their own styles for successful bowling but still happen to maintain the fundamental skills. Therefore, only correct a fault that should improve the player's performance. Correct only one fault at a time, allowing it to be practiced before further corrections. Quite often while one is being corrected, other inter-related faults are solved.

Many faults occur repeatedly. It is a good idea, to view the delivery actions while games are being played. Select an unobtrusive vantage-point to observe and check how many faults you can see. In this way the powers of observation are strengthened and faults become more easily recognised.

Technique Faults and Correction Table

Symptoms	Likely Causes	Corrections
Wobbling bowl	<ul style="list-style-type: none">* Incorrect grip* The lines either side of the running surface not parallel to the intended delivery line.* Little finger too far up the side of the bowl.* Bowl incorrectly aligned.	Place the second finger on the centre of the running surface, other fingers relatively close together, ensuring the little finger is not too far up the side, the thumb comfortably toward the top of the bowl, fingers pointing down so the running surface of the bowl faces the intended delivery line.
Poor release of jack or bowl.	<ul style="list-style-type: none">* Timing of release.	Practice releasing the jack or bowl at the bottom of the delivery action.
Loss of direction	<ul style="list-style-type: none">* Forward foot not parallel to delivery line.* Incorrect positioning of the body.* Shoulders not square; bowling arm moved too wide on back swing causing forward swing across the body, (Too wide for backhand; Too	<p>Place forward foot alongside and parallel to the extension of delivery line, visualising the path of the bowl.</p> <p>Face body and shoulders squarely to intended delivery line.</p>

	<p>narrow for forehand).</p> <p>* Eyes straying to jack just prior to delivery.</p>	<p>Ensure positioning of non-bowling hand/arm allows shoulders to remain square to delivery line. Take bowling arm straight back, parallel with forward foot.</p>
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Technique Faults and Correction

Symptoms	Likely Causes	Corrections
Loss of direction	<p>* Eyes straying to jack just prior to delivery</p> <p>* Twisting hand.</p> <p>* Twisting body.</p>	<p>Keep eyes focused on sighting position.</p> <p>Wrist should be kept firm during delivery.</p> <p>Ensure body is well balanced and stable. The only movement should be that of the bowling arm and its shoulder.</p>

<p>Inconsistent length/weight</p>	<p>* Poor balance.</p> <p>* Rushed delivery.</p> <p>* Bowling hand going up before back swing. (Adds more length).</p> <p>* Too much/not enough.</p>	<p>Take sufficient time to become stable and comfortable before delivery.</p> <p>Take your time. Each shot must count. Be positive, but play with control.</p> <p>Commence back swing from starting position of bowls.</p> <p>Length control is a skill. Vary practice with different carpets and length.</p>
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Short bowls	<ul style="list-style-type: none">* Dropping of bowl.* Lack of follow through.* Rushing delivery and/or rising up too soon after release.	<p>Ensure the body and bowling arm is sufficiently low enough to allow the bowl to be released along the carpet.</p> <p>Stay down and watch the hand as it follows the bowl along the delivery line after release, completing the follow through before rising.</p>
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Chapter 14 Legal Responsibilities of a Coach

Anyone who accepts a bowls coaching position, whether purely voluntary or as a professional, has a legal responsibility to provide for their bowlers the utmost care.

This includes:

Provision of a safe environment

Make sure equipment is in good condition, with no bags, bowls, jacks or other items left where they could be a hazard.

Activities adequately planned

Warm up before lessons, short walk or stretching
Appropriate progression through lessons 1 to 5 for new bowlers
Planned practice sessions

Aggravation of known injuries or disabilities

Check with new Bowler before first lesson
Remedial instruction, check with bowler commencing

Inherent risks of the sport

Covered in detail in “Safety” handout sheet (Refer page 34)
Endeavor to spread the safety message to players, members and Officials of your Association.

Activities must be closely supervised

Especially school children. Have the Teacher control off the carpet activities and the Coach control on the carpet.
Watch out for skylarking.

Know First Aid or procedure to get help

S.T.O.P. & R.I.C.E. procedure

S Stop	T Talk	O Observe	P Prevent
		And	
R Rest	I Ice	C Compress	E Elevate

Reporting of a incident

Association/Club Accident Book:

Name and address of injured person

Time and date of accident

Location of accident

Description of accident and how it occurred

Type of equipment involved in the accident

Name of witnesses and their addresses

Who was notified? Association /Club Official, relative, other.

Action taken / first aid given / ambulance called.

From Australian Sports Commission (ASC) level I manual

“The coach will be judged not by what he knows, but what he should have known.” Ignorance is no excuse in law. The coach must then act in accordance with that knowledge. Coaches owe it to their athletes to be competent in all aspects of coaching. They also have a duty to regularly update their coaching knowledge and to keep themselves informed of new developments.”

The Code of Conduct

Every person: spectator, player, club member, official, participant, administrator, coach, parent or member of the community involved with the sport, should work to ensure:

- inclusion of every person regardless of their age, gender or sexual orientation
- inclusion of every person regardless of their race, culture or religion
- opportunities for people of all abilities to participate in the sport and develop to their full potential
- respect is shown towards others, the club and the broader community
- a safe and inclusive environment for all
- elimination of violent and abusive behaviour
- protection from sexual harassment or intimidation.

This Code applies to community sport, training and club sanctioned activities.

PART 4

APPENDIX

Glossary Of Commonly Used Terms

Kitty or Jack	The white target ball.
Carpet or Mat	The green felt or synthetic type (approved by the AIBBC) surface on which the game is played.
“Dead” or “Heavy”	A slow paced Carpet or Mat.
“Green” or “Grass”	Used in reference to width of the curve in the path taken by the bowl.
End	Playing all the bowls to the jack in the same direction.
Head	The jack and such bowls that have come to rest for an end.
No Score End	When an equal distance exists between the jack and each opponent’s closest bowl (after measuring).
Tied Game	When the scores of both opponents are the same at the conclusion of the agreed number of ends.
Declaring the End	The opponent’s mutual decision of the result of the end.
Replayable End (Dead End)	An end shall be replayed if the jack is knocked off the carpet during the playing of a live end.
Penalty	The specific penalty score depends upon which bowl in what order causes the jack to leave the carpet. Refer Laws of the Sport of Indoor Bias Bowls

Draw Shot	A bowl played up to and which comes to rest next to the Jack or to particular spot (eg. position bowl).
Firm Shot	A light impact shot or sometimes called “a little over the draw” is a bowl played so as to lightly hit another bowl or jack.
Running Shot	A bowl played with more weight than “a little over the draw”.
Block shot	A bowl played to a position so as to protect the head.
Forehand	A bowl delivered away from the body.
Backhand	A bowl delivered across the body.
Marker	The Marker in singles games spots the jack, answers questions posed by the players and has the duty of scoring for the players.
Umpire or Referee	An Official appointed to help govern the Laws of the Sport of Indoor Bias Bowls, and if requested by both opponents, to determine the result of an end.
Measuring Devices	Calipers, bowls tape measure, feeler gauges, chocks (to secure a leaning bowl).

Safety Measures for All Bowlers

1. Don't step forward onto the carpet. To escape both leg and/or arm fractures and to avoid carpet damage always ensure that both feet are placed well clear of the carpet edge.
2. Don't step or walk backwards at any time. There is the danger of tripping over bowls or stepping back onto opponents.
3. Take care stopping bowls with the hands or feet.
4. When standing behind the carpet don't take eyes off a bowl in course.
5. Don't toss jack or bowls up into the air for a one or two handed catch and don't drop bowls.
6. Don't lick fingers. Or use Grippo or other chemicals are not permitted.
7. Don't become dehydrated. Drink water before and during play.
8. Don't aggravate known injuries.
9. Don't commence play without a physical warm-up.
10. Approved flat soled shoes are required to be worn. These can be dangerous if worn on wet surfaces.

Etiquette

Indoor Bowls should be played to promote good fellowship, before, during and after the game. Consideration for others, courtesy and being a good sport will ensure everyone enjoys the participation.

Dress comfortably but tidily with the correct footwear.

Always play the game hard but with decorum; be modest.

- Understand the Laws of the Sport of Indoor Bias Bowls (or Local Conditions of Play) and respect them.
- Be punctual.
- Commend good shots and encourage all players
- Always watch play, be interested without interfering and be ready to play in your turn.
- Keep still and silent while a player is in the process of delivering.
- Be conversant with club matters and practices.
- Take care to protect the carpet and equipment.
- Be careful of adverse body language.
- Always stay calm, it is a game.

References

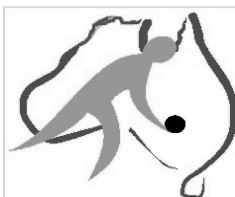
Permission granted from the following:-

1. Australian Indoor Bias Bowls Council
Laws of the Sport of Indoor Bias Bowls
2. New Zealand Indoor Bowls Federation Inc.
Indoor Bowls for Leads and Twos
3. Bowls Australia
National Lawn Bowls for Coaches, Volume 1
4. South Australian Indoor Bias Bowls Association
Illustrations of measuring devices
5. Queensland Indoor Bowling Association Inc.
Rules of Play
6. Henselite Australia Pty Ltd
Care of Equipment

Notes

[illegible]

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