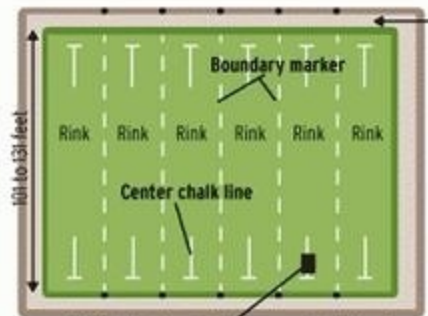


Keep your eye on the bowl

Lawn bowling has been played for thousands of years. Archaeologists have uncovered biased stone bowls from 5,000 B.C. and ancient plaques show the game being played almost 4,000 years ago.

Bowling green

Approximately 120-square-foot surface with six rinks on average. The surface is level with a close-mowed lawn.



Ditch must be two inches wide and two inches deep around the green.

Mat is starting point for every roll of a bowl.

Bowl

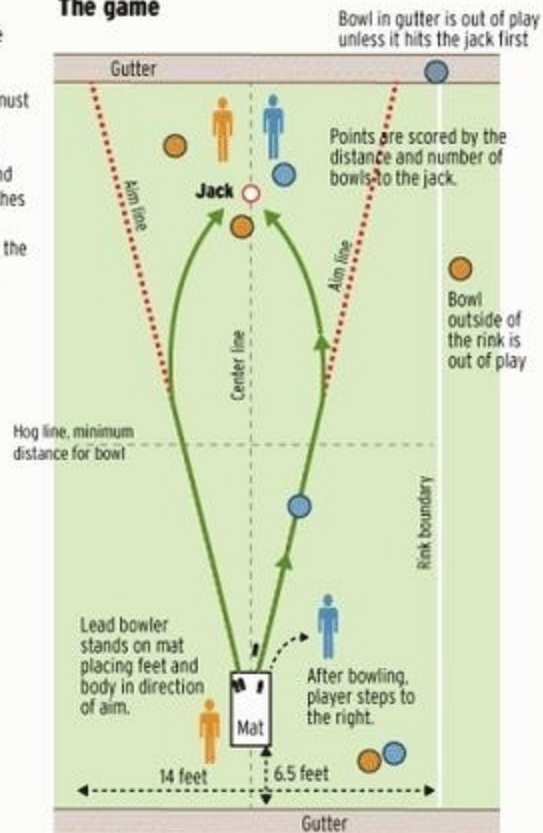
The Bowl comes in different sizes and is made of a hard plastic material and shouldn't weigh more than 3.5 pounds.

Bowls are shaped with a bias to help it travel in a curved path.



Jack is a white ball that is rolled down the rink and used as a target.

The game



The delivery

One foot must be on or over the mat at the point of delivery.

Bring the arm back and at the same time take a step forward with the opposite foot.

Swing arm forward and release the bowl at ground level.

As the bowl is released, the arm should follow through and end up pointing in the direction that the bowl has traveled.



Source: www.ds.cwa.gov.au

Molly Zisk/The Register