

**BOWL ON THE FOREHAND**

Extend your left arm to the side (if bowler is righthanded).

**HAVE YOUR BOWL STOP HERE**

Put your foot where you want the bowl to finish and point to it.

**BOWL ON THE BACKHAND**

Extend your right arm to the side (if bowler is righthanded).

**BOWLS ARE TOUCHING**

Touch knuckles together.

**THIS IS OUR BOWL**

Point closely to the bowl and tap your shoulder or chest.

**WHERE IS THE JACK?**

Bending down, hold your palm forward.

**THIS IS THEIR BOWL**

Point closely to the bowl and wave your arm away.

**THE SHOT IS A MEASURE**

Wave hands apart, together, apart as if measuring.

**SHOTS FOR US**

Tap your shoulder or head.

**THE BOWL IS THIS FAR IN FRONT OR BEHIND OF THE JACK**

Spread your hands one above the other. **NOTE: Always give the DEPTH distance not the WIDTH.**

**SHOTS AGAINST US**

Tap your leg.

**WATCH THE HEAD**

Before throwing a "runner," simulate a fast delivery with your bowling arm.

**CHALK MY TOUCHER**

Cross your hands at your wrist and hold them in front of you.

## Lawn Bowls Hand Signals

### LET YOUR HANDS TO DO THE TALKING

1. Voices cannot be heard over the sounds of road and air traffic.
2. Shouting disturbs players on the rinks.
3. Your team will feel more in sync if you can read each others signals.
4. Signals will help communication and the flow of the game.
5. You can signal without drawing attention of your oppents to certain situations.

### RULE NUMBER 1:

*You can ONLY communicate with your team when you have possession of the mat.*

### RULE NUMBER 2:

*Give information (especially the Vice) ONLY when asked for.*

