

# ROWLA BOWL

## Quick introduction

This game will enable players to learn the skill to deliver 'bowls' accurately to a set target.

## Getting started

- Position a target on the floor – for example:
  - > An archery style scoring mat
  - > Square marked out in masking tape
  - > Square marked out in cones/shuttlecocks or similar.
- The target should ideally be circa one metre square.
- The target will have scoring zones – largest outer area scores the least (1), the mid area (5) with the smallest inner circle the highest value (10).
- Players stand five metres from the target – suggest behind a marked line or similar.
- Players take turns to deliver 'bowls' (underarm) towards the target – these can be tennis balls or similar sized round balls.
- Points are scored in accordance with the points on the scoring target.
- All points scored are recorded at the end of the game.

## Quick rules

- Players toss a coin (or similar) to determine who goes first.
- Each player has ten attempts.
- The winning player is the person who scores the most points after ten rolls.
- If there is a draw, there is a 'sudden death' shootout – each player has one go each until there is a 'winner'.

## Health and safety

- Soft balls/tennis balls should be used.
- Ensure no spare or loose balls are left lying around the playing area.
- Ensure players wait their turn.
- Ensure players roll bowls underarm towards the target – no throwing.
- Players must wait until their turn is 'complete' before retrieving balls from the scoring area and passing to the next player.



## Equipment

- Balls – i.e. tennis balls/soft balls
- Scoring target or equipment to form target area (tape/shuttlecocks)
- Scoring chart/pens
- Ramp (to assist players with disabilities)

## ROWLA BOWL

### Leading and volunteering

- Primary age children may act as:
  - > Score-keepers.
  - > Set-up of target/s.
  - > Return of balls to players from the target.
  - > Removal of equipment at conclusion of session.

### Officiating

- Keep score.
- Ensure the correct order of play.
- Ensure 'fair play' – players must deliver from behind the line.

### Think inclusively STEP

**Space:** The distance to the target can be adjusted subject to ability/success rate.

**Task:** Players propel the ball underarm.

**Equipment:** The size of the target area or ball can be adjusted subject to ability/success rate.

A ramp (to assist players with disabilities).

**People:** Any number of people can play.

Players can play individually or in teams – the overall score in team games will determine the winner.

### Think tactics

Rolling the bowls too hard will see it go over the target.

Rolling the bowls too softly will see them not reach the target.

- Is it better to throw hard or accurately?
- What happens if you don't roll the bowl hard enough?
- What if you roll it too hard?
- What happens if you don't roll the bowl straight?
- If your bowl misses the target, what adjustment do you need to make with your next bowl?

### Hints and tips

- Matches could be played individually or in teams – number of attempts reduced/increased subject to time and number of participants.



### Sporting ME Spirit of the Games

*Excellence through competition*

**Determination:** Improving and learning how to get closer to the target.



[WWW.YOURSCHOOLGAMES.COM](http://WWW.YOURSCHOOLGAMES.COM)