

“A BIG ADVANTAGE”

**A Guide to Using
BOWLERS ARMS**
by

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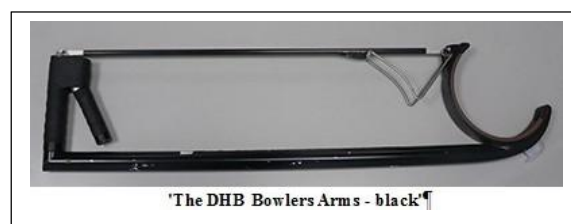
The *Bowlers Arm* is increasingly becoming popular and as a necessary aid for those who wish to continue to play the game that they enjoy. Where difficulty has been found in delivering in the conventional manner because of such ongoing ailments as sore ankles, knees and hips; arthritis; old sporting injuries and/or spinal inflexibility, the *Bowlers Arm* has come to the rescue.

Bowls Australia has approved the use of 3 types of Bowlers Arms:

the Drakes Pride
the Bionic Bowler
the DHB

which are to be used without any modifications, apart from replacement of worn out rubbers or grips.

Each of these Bowlers Arms is different in construction and has characteristics that need to be taken into consideration prior to purchase and successful use.



Bowling Arm necessity

The need for a Bowlers Arm generally falls in to 3 categories;

- i. picking up the mat,
- ii. rolling the jack,
- iii. releasing a bowl without pain or damage to greens.

i. Picking up the mat

Both the Drakes Pride and Bionic Bowler are difficult to use to pick up the mat.



Use may be made of them as a supporting prop while bending over to lift the mat by hand.

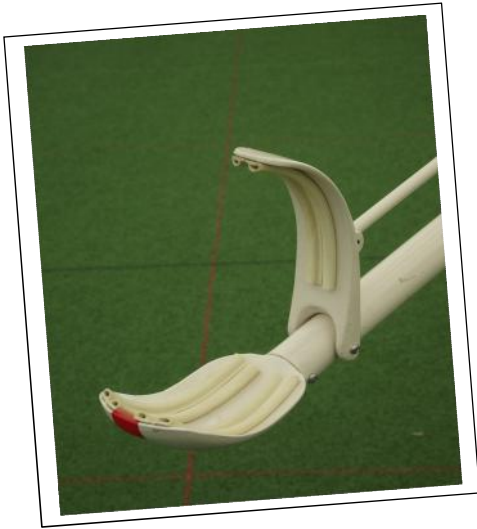


The DHB has a diamond shaped attachment at its base which allows it to fit into most mats to facilitate lifting.



ii. Rolling the jack

The picking up and/or rolling of the jack with the Bionic Bowler has to be skilfully done as the jack is only minutely held by the rubber cap. Rolling the jack out of the hand is a choice some make instead.



To effectively hold the jack for rolling with the Drakes Pride, it is deemed necessary to replace the short gripping rubbers with new ones that extend to the edge of the top clamp and lower holding cup.

There is a variety of gripping options available but the most economical and easiest to use is a product such as or similar

to the round self-adhesive Moroday Special Seal White EPDM rubber which is 6mm thick, 9mm wide and comes in 5m lengths for about \$9 per packet. This type of product may be found in the weather-seal section of hardware stores.

Also be aware that if any form of polish is placed on the bowls, the rubber grips may become sticky and will hold onto the bowls making for a delivery release that is not as smooth as possibly desired.

The DHB has an attachment that requires to be lowered before trying to pick up the jack. This can be done by slightly pushing the release trigger forward to remove the tension on the lock. To pick up the jack, the attachment may be lowered vertically over the jack and with a rotation forward of the Bowling Arm, the trigger is then squeezed to pick it up.



Neoprene replacements are an excellent option to be considered for the replacement of the DHB grips when necessary. Enquiries of availability should be made through the email address:

allanstarrett@yahoo.com.au



iii. Releasing a bowl

Each of the Bowlers Arms has different release mechanisms that provide delivery options to respond to the personal needs to overcome pain or prevent damage to the playing surface.

The Bionic Bowler has a thumb release.



The Drakes Pride has a finger gripped release that allows the whole of the Bowlers Arm (apart from the handle) to descend.

The DHB has a lightweight fingertip release that allows an easy release of the bowl which may be especially suitable for those that may have arthritic hands.



Choosing the Correct Length of Bowling Arm

Both the Bionic Bowler and Drakes Pride come in three basic sizes of:

short

medium

long

with a special provision for an ultra-short for wheelchair bowlers.

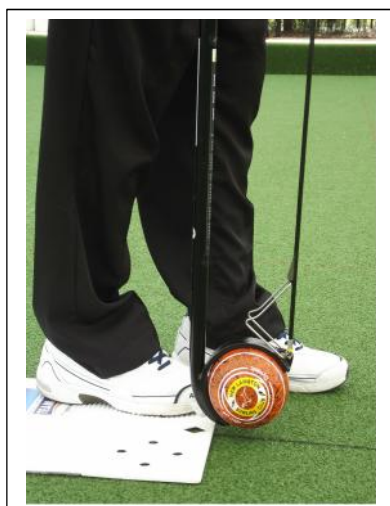
The DHB is custom made to individual length and bowl size.

Choice of length should depend upon which of the 4 basic delivery methods is employed:
a completely fixed stance requires a longer length

the partially fixed stance with small step requires an intermediary length and

the full stepping delivery needs a shorter length.

ground clearance from seat height determines appropriate length in wheelchair use.



Longer for fixed stance



Intermediary for short step



Shorter for full step



Height and incorrect selection indicators

It is advisable not to make a length selection on height alone as this may result in an incorrect choice;

e.g. a short person may also have shortish arms and/or

a tall person may have extra-long arms

and both may need a medium size to play competently.

Whatever the choice of bowlers arm or method of delivery, at the moment of release, there should only be approximately 2-3 cms of clearance above the surface of the green to ensure the required smooth departure of the bowl or jack



Aligning Bowl in the Bowlers Arm

It is essential that the bowl is held correctly for an efficient delivery release: vertical to playing surface and pointed along the trajectory line

a bowl sits easily on the rungs of the Bionic Bowler and is held by the suction cap.



the “jaws” of the Drakes Pride allow a bowl to be held vertically aligned to the delivery direction.

care should be taken to ensure that the bowl is held accurately on the running surface with the DHB.



Avoiding the wrong bias

Three options may be used to making sure the bowl is travelling down the correct trajectory;

- i.** Rolling the bowl over on the rink before stabilising between feet and aligning over the bowl.



ii. Picking up the bowl with Bowlers Arm, placing in free hand and then re-aligning for the bias.



iii. Placing the bowl in a cradle to allow ease of lifting with correct alignment.



Approaching the mat

- i.** From no more than about 2 meters behind the mat, the approach is along the intended line of delivery.



- ii.** Step onto the mat by first placing the heel down and then rolling the rest of the foot forward onto the beginning of the chosen trajectory line.

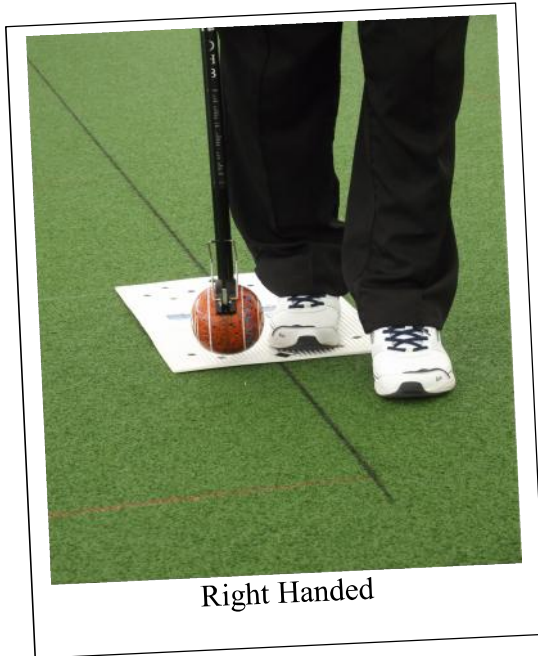
- iii.** Bring other foot up parallel to the foot already on the mat and maintain a comfortable stance distance between them (similar to the gap when walking).



Position on the mat

When standing on the mat prior to delivery, the swing arc of the Bowlers Arm should travel above as much of the mat as possible to protect the green surface from any unnecessary damage.

Right handed bowlers would therefore stand on the left side of the mat for jack and bowl delivery while left handed bowlers would use the right side.



Stance prior to delivery

It is important that a relaxed natural height position should be adopted with the non-bowling hand placed upon the forward thigh to prevent any rotation of the hips or shoulders at the moment of delivery.

Meticulous care should be taken to ensure that the feet are as close to parallel as possible and that the whole body is facing the chosen trajectory line.

The eyes should be seeking out the focus spot along the trajectory line, level with the jack, bowl or positional placement and then alternating rapidly from this position to the target.



Three basic delivery techniques

Fixed Stance

Both feet are parallel with the delivery foot completely on the mat; the non-delivery foot slightly ahead and on the playing surface.

First movement of the Bowling Arm is slightly forward towards the line of delivery to ensure there is no body rotation off line.

The second swing is to pick up the momentum for delivery. (If on a fast green and/or a short end, this swing may need to be eliminated)

The third swing incorporates the release and is at the required speed to reach target: jack, bowl or positional placement. No step is taken and head and shoulders should remain elevated to ensure there is no grounding of the Bowlers Arm. Follow through should be along trajectory line.



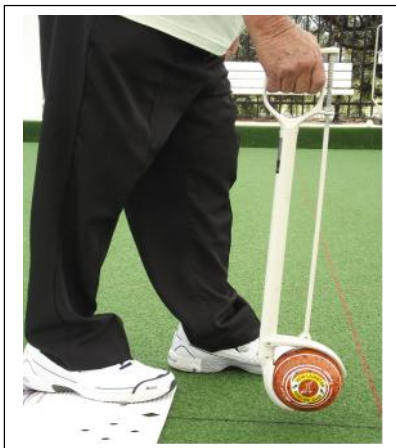
Short Stepping Stance

Both feet are parallel with the delivery foot completely on the mat; the non-delivery foot a half-step ahead and on the playing surface.

First movement of the Bowling Arm is slightly forward towards the line of delivery to ensure there is no body rotation off line.

The second swing incorporates the release and is in conjunction with a small step that provides the momentum for the required speed to reach the target: jack, bowl or positional placement.

Follow through should be along trajectory line.



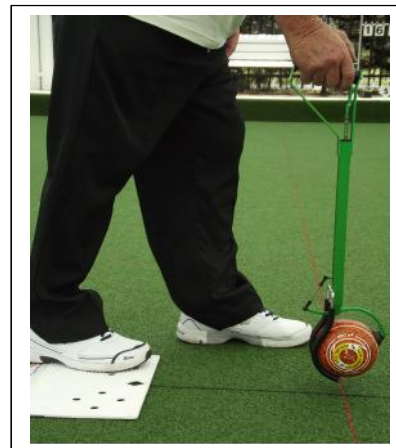
Full Stepping Stance

Both feet are parallel with the delivery foot completely on the mat; the non-delivery foot level and alongside on the playing surface.

First movement of the Bowling Arm is slightly forward towards the line of delivery to ensure there is no body rotation off line.

The second swing incorporates the release and is in conjunction with a normal walking step that provides the momentum for the required speed to reach the target: jack, bowl or positional placement.

Follow through should be along trajectory line.



100% Bowling: 50% Line plus 50% Length

“Bowls is an easy game it only requires Line and Length.” **50%** is getting the right trajectory line and **50%** is getting the correct length to the target, be it the jack, a bowl or a positional placement.

To be competent at bowling, it is necessary to know the trajectory characteristic of the bowls being played with. No matter whom the manufacturer, no matter what the size or dimple configuration, no matter what the colour, lawn bowls are made with one of the three basic trajectory attributes; narrow draw, medium draw or wide draw.

To be confident of the line a set of bowls will follow, some serious and regular practice time should be given to delivering towards a chosen position and watching only the trajectory line that the bowls are taking. (No jack is involved in this activity as the purpose is to identify the behaviour of the bowl.)

It is important to become aware and know the widest section of the trajectory arc under a variety of conditions and green speeds.

This will inform you of the correct width or direction of your line of delivery and a true indication of where your feet must be pointing **50%** line halfway there! Remembering also that no matter where the mat is placed during a game, if conditions do not change, the placement of the feet on the mat will still point at the same angle.

Bowls is a “Target” game and without the correct length, although achieving the correct direction, success will be somewhat limited. To gain that extra **50%** accuracy, it is necessary to do what happens in every other “Target Activity” at the moment of release, the eyes are firmly focussed on the target i.e. in lawn bowls, the jack, bowl or positional placement.

A simple pre-delivery routine should include having the feet pointing down the widest part of the chosen trajectory line with the eyes seeking a focus spot along this line that is level with the jack, bowl or positional placement.

Flitting at the speed of light*, the eyes can then alternate between the focus spot and target at least three times. Delivery is made down the chosen trajectory line towards the focus spot and at the moment of release, again at the speed of light, the eyes focus clearly on the target and peripheral vision is maintained on the focus spot to confirm correct direction of follow through.

The remaining **50%** of correct length will then be achieved, just like when a dart is thrown towards a board or a cricket ball towards stumps.

* **Speed of light:** rounded off approximation: 186,000 miles per sec or 300,000 kms per sec



(Example Flyer)



NEW LAMBTON BOWLING CLUB

Bowlers Arm Demonstration Session

**Monday August 19th 2013
2.00pm - 3.00pm**

The New Lambton Bowling Club Committee has organised a

******* “Come & Try” *******

opportunity for members to experience using one of the Club’s Bowlers Arm.

Players who have difficulty in achieving smooth deliveries of their bowls
will find this occasion especially beneficial.

Come along and have a go:

- they are easy to use;
- they can improve your enjoyment of the game;
- they will help protect our valuable greens.



Sid Jefferson, our oldest member, a young at heart, sprightly 92 year old, has willingly and enthusiastically adopted the use of the Bowlers Arm.

Now in meat tray winning mode, he is playing very well.

*Please accept the challenge of trying a Bowlers Arm
and be there on*

Monday 19th August 2013.

(Example Flyer)



NEW LAMBTON BOWLING CLUB

Bowlers Arm Demonstration Session

**Monday September 30th 2013
2.00pm - 3.00pm**

The New Lambton Bowling Club Committee has organised another

******* “Come & Try” *******

opportunity for both men & women members to experience using one of the Club's Bowlers Arm.

Players who have difficulty in achieving smooth deliveries of their bowls will find this occasion especially beneficial.



If you can hear your delivered bowl and this photo shows a delivery similar to yours, then we both have a problem.

If you cannot attend the above demonstration, then ring Club Coach Allan Starrett, 4957 6006 or talk to a Committee Representative to arrange a more suitable time.

If delivery modifications aren't achieved, then the only possible option is to use the Bowlers' Mats if you wish to continue bowling at New Lambton Bowling Club.

Come along and have a go:

- they are easy to use;***
- they can improve your enjoyment of the game;***
- they will help protect our valuable greens.***

(Example Flyer)

ARE YOU STRUGGLING ?

Do you have back problems, knee problems, or hip problems?

Is your bowling getting worse with age?

Is it harder to get down to properly to deliver a jack or bowl?

Do you tend to drop the bowl which then may be damaging the green?

Do you have trouble keeping your balance as you deliver a bowl?

Are you not enjoying your bowls as much as you used to?

It doesn't have to be like this!

Thousands of bowlers all over Australia have rediscovered lost skill and enjoyment after just a few weeks' practice with a bowling arm.

With the right bowling arm you do not have to bend over and so the bad knee, hip, back does not interfere with your bowling action. You are able to place your bowl cleanly right onto the green for a smooth, balanced delivery.

Be competitive again!

Have fun again!

You do not need to be disabled to use an arm. If age or injury has reduced your ability to get down, stay down, and deliver a bowl properly, then you are entitled to use an arm.

You can try out all the different types and sizes of bowling arms at

..... Bowling Club on

Bring your bowls along and have a go. You are sure to find one that suits you. An experienced coach will be there to provide assistance and advice.

Any enquiries phone:

**This is an opportunity that could
change your bowling experience !**



Approved bowlers arms

Bowlers arms: a bowlers arm (pictured) is designed to assist a bowler who cannot continue to bowl without the aid of the artificial device and **can be used in any competition within Australia**. Typically they are used where a person has hip/knee complaints which restrict their ability to bend down to deliver the bowl correctly.

There are currently three types of bowlers arms approved for use in Australia. They are known as the “Drakes Pride Arm”, the “Bionic Bowler Arm” and the “DHB Arm”. Each device is manufactured in several lengths and some include varying release mechanisms.

An affiliated member must gain approval to use an artificial device (bowlers arm) which can be completed by contacting your [state/territory association](#). A medical certificate stating that the affiliated member requires the bowlers arm to continue to participate in lawn bowls must accompany the approval form. Once you have lodged your form with your state/territory association you will be provided with a means of identifying your approval status from your state/territory association. This information will then be forwarded to Bowls Australia to maintain a national register.

Only approved arms (with Bowls Australia codes) can be used in Australia. Modifications are not permitted. Note: these improvements to the system will come into effect as of 30 June 2012, ensuring all bowlers arm users are allowed sufficient time to update their equipment and/or gain approval to use their existing bowlers arm.

You can purchase a bowlers arm through the network of retailers listed on the Bowls Australia website by clicking through to [retailers](#).



'Drakes Pride Bowlers Arm'



'The Bionic Bowler Bowlers Arm'



'The DHB Bowlers Arms - purple - graphite'



'The DHB Bowlers Arms - black'



'The DHB Bowlers Arms - purple - fibreglass'



'The DHB Bowlers Arms - red'



APPLICATION FOR BOWLING AID APPROVAL

SEND BY: FAX: 02 9283 4252 EMAIL: rnswba@rnswba.org.au MAIL: PO Box A2186 Sydney South, NSW 1235

In accordance with Domestic Regulation 3.5.1 only Mechanical Arms approved by Bowls Australia may be used in Australia. Approval NOT required for Walking Sticks.
Please forward Medical Certificate with Application (as required under BA Policy)

APPLICANT DETAILS

Full Name:			
Address:			
Club:		RNSWBA ID#:	
Email:	(Interim approval can be sent directly to you if email supplied)		

CONDITIONS OF APPLICATION

The need to use this device is:	<input type="checkbox"/> PERMANENT	<input type="checkbox"/> TEMPORARY until: _____ <i>(Insert Date)</i>
The need to use the device is necessary because of:		

Declaration

I confirm that the Bowling Aid for which I am seeking approval to use and will be using to play is currently approved for use by Bowls Australia.			
Signed:		Dated:	

OFFICE USE ONLY

Processed By _____ Date: _____ Sent: _____



BOWLING ARM USE REQUEST FORM

Please complete this form if you wish to apply for approval to use a Bowling Arm whilst playing bowls.

This form is to be completed by the Club Administrative Secretary and then forwarded to WBNSW for approval.

PLAYER APPLICATION DETAILS:

WBNSW Member Number: _____		
Surname: _____	Given Name (s): _____	
Club: _____	District: _____	Region: _____

I _____ Secretary of _____ Bowling club endorse the above request.
Doctors certificate required (please enclose a photo of the bowling arm): _____
Club Secretary address: _____
Signed: _____ Date: _____

Please return completed Bowling Arm Request Form to WBNSW head office, with supporting documentation:

By email: reception@womensbowlsnsw.org

By Post: Level 7, 309 Pitt St
Sydney NSW 2000

Office Use Only
The above request has been approved <input type="checkbox"/> declined <input type="checkbox"/> by WBNSW Inc.
Signed: _____ Date: _____