

## **BBC – Procedures for the Simplified 40 Bowl Test**

1. Place 4 jacks, 1 on each T and one on each line at 21 meters from the T
2. Always start with the mat on the T
3. Bowl 2 bowls on the same hand to the short jack. Your choice which hand
4. On the opposite hand, bowl 2 bowls to the max length jack

Score each bowl

3 pts for within a mat width

2 pts for within a mat length

1 pt for within a step (about a meter)

Text your results as follows to Tex: 0417720928

Your name

Date

Green

Total short score

Total long score

Use anything available to keep track of your score. You can even use the scoreboards while you do the drill.

For my own scores, I like to see how I am doing on short forehand vs backhand. That is up to you to help yourself. All I want to know is the above information. Learning where you are weak or strong helps you guide your practice and lets you know what to tell our coach when you meet.

Keith Seanard

Chair of Selectors

26 June, 2023