



# Introduction to Short Mat CPD

**Issue 1.6**  
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**Acknowledgements: Brian Baker**



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## Introduction to Short Mat bowls

### 1. What is Short Mat?

Short Mat bowls is an Indoor version of Flat Green bowls played on a carpet. Because most of the equipment is transportable it can be played a variety of locations from Village Halls, Sports Halls, Bowling Venues or even North Sea Oil rigs!

The game is like all other forms of bowls and the winning person/team is the one with the bowl(s) nearest the jack.

The National Governing Body for Short Mat Bowls in England is The English Short Mat Bowls Association (ESMBA) for more information please visit the website [www.esmba.co.uk](http://www.esmba.co.uk)



### 2. Equipment

Short Mat Bowls is played on a mat which is 1.8m (6 ft) wide and between 12.2m and 13.7m (40 and 45 ft) long, it can be laid on any flat surface but the speed and line that the bowls travel will depend on the floor surface on which the mat is laid. Mats are also manufactured in varying speeds to suit the club's preference and floor type.

A block is placed in the centre of the mat.

As there is obviously no traditional ditch wooden fenders are used at both ends to form the end of the ditch and help prevent stray bowls.

The jack is much heavier than traditional jacks.

The foot mat is the same as other flat bowling codes but must be placed in the marked area.

Standard bowling bowls are used but do not have to be a set.

More detailed equipment details are listed in appendix A.

The mat markings are shown in figures 1 and 2.

Fuller details of the equipment restrictions and allowances can be found in the ESMBA Rule book.

Figure 1

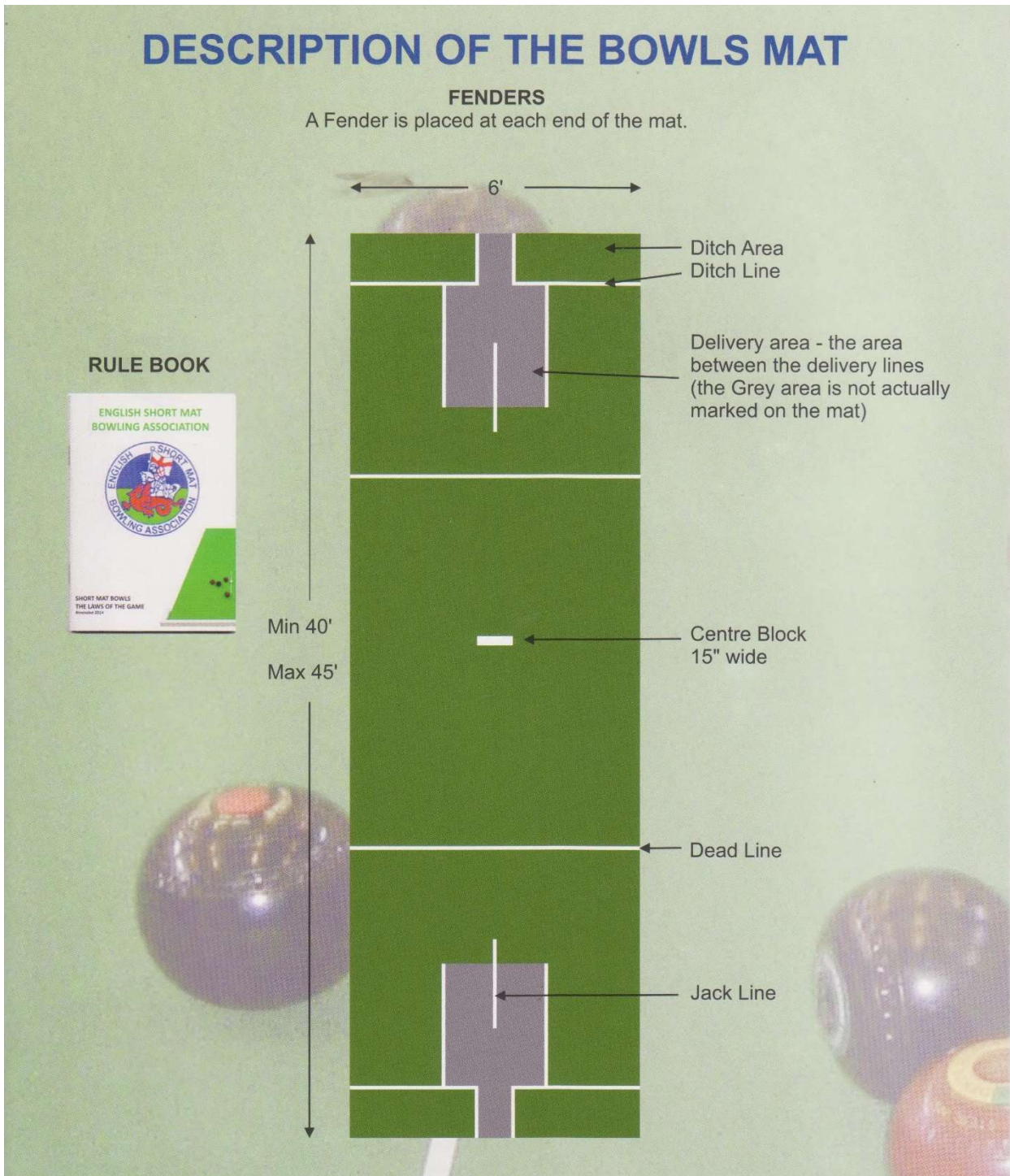
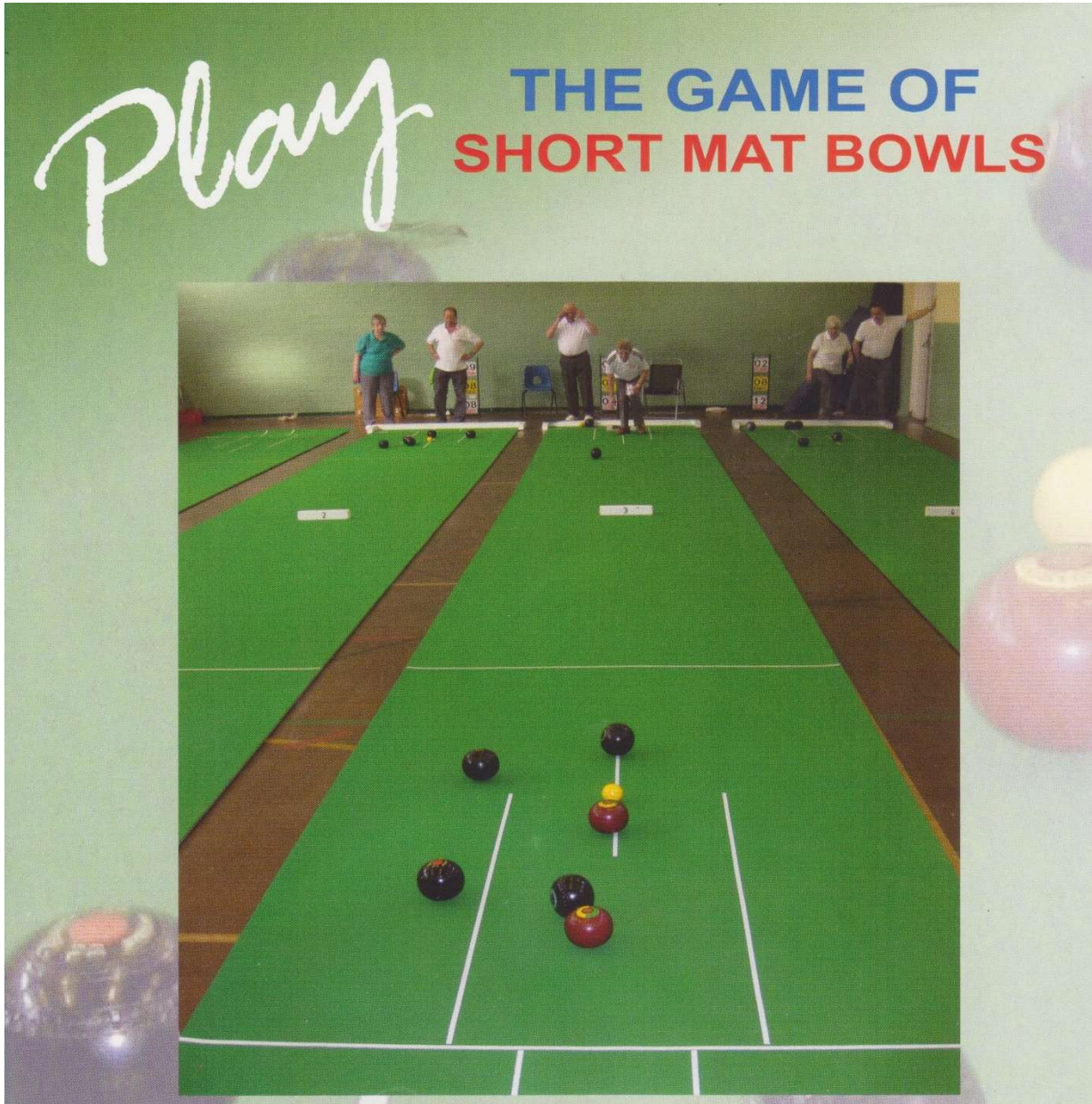




Figure 2





### 3. Delivery – How does this differ from Flat Green?

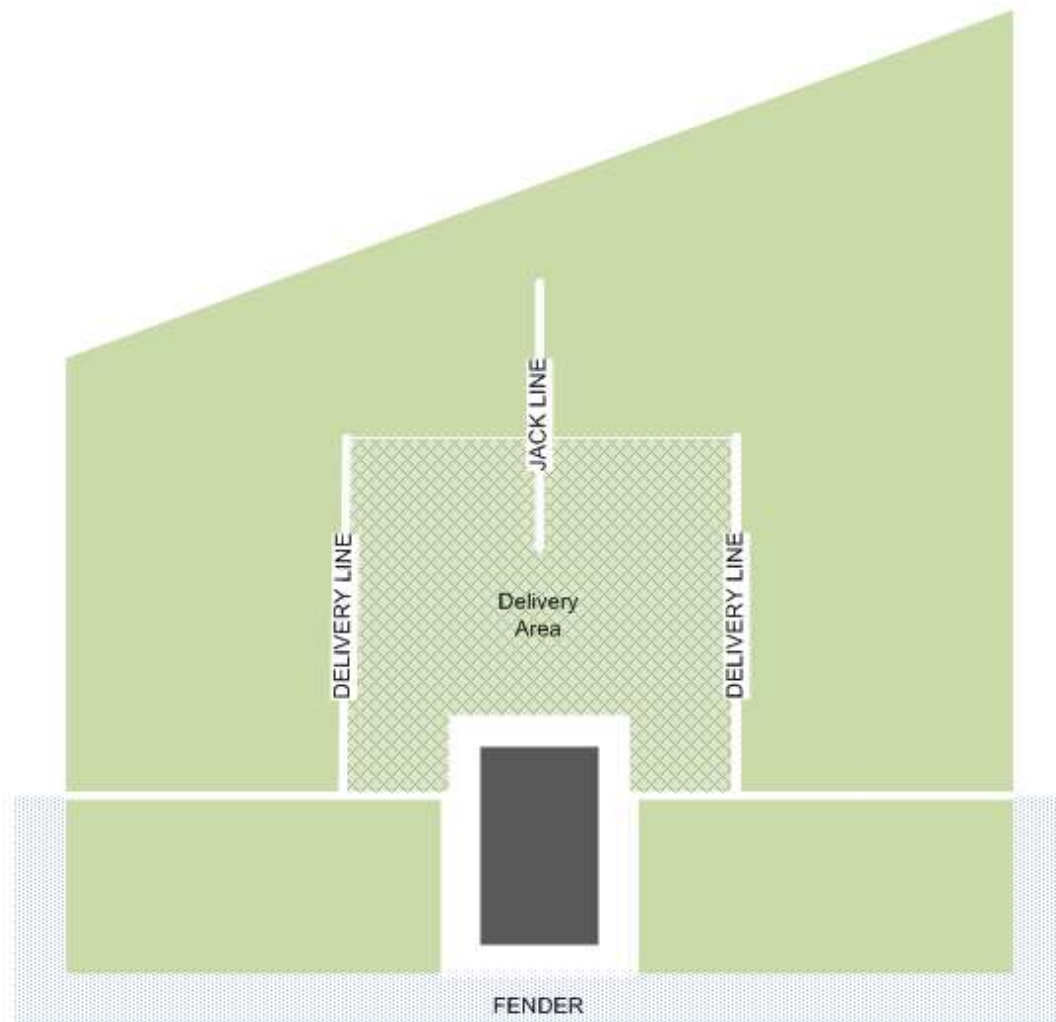
The grip of the bowl is the same as for Indoor/outdoor bowling i.e., cradle or claw.

One foot must be fully on or above the footmat and the other within the delivery lines marked on the mat. Otherwise, it is deemed as a foot fault and the bowl removed.

The basic delivery is pendulum action.

The stance for Short Mat is recommended to be static i.e., no step, the reasons being.

- a) You need less propulsion to reach the jack and thus the force needed is much less.
- b) The less moving parts the more accurate the delivery
- c) As you develop your game some of the positions for delivery are extremely difficult if not impossible with a stepped stance.





#### **4. Laws – What are the major differences?**

- a) In short mat the winning skip places the jack anywhere on the jack line it is not cast by the lead as in other codes.
- b) After releasing the bowl, a player must not follow it down the mat, they cannot pass the deadline, if they do the bowl can be removed.
- c) A player's bowls do not have to be the same bias, colour or even size nor in date, but whatever the player starts a game with, they must continue with them.
- d) Players can change position at the conclusion of any end during a game but must notify the opposition. For example, a Lead and Skip could change positions.
- e) Teams can consist of any gender at all levels of the game.
- f) The footmat position is fixed and cannot be moved up the mat.

#### **5. Playing the Game**

- a) If a bowl touches the block or leaves the mat it is classed as a dead bowl and removed from the mat, the bowlers turn is finished and the next player bowls.
- b) Similarly, if a bowl goes into the ditch without touching the jack it is also classed as a dead bowl and removed from the mat. The next bowler then takes their turn.
- c) If a bowl touches the jack it is marked with chalk and classed as a toucher, this bowl always remains live unless it is knocked off the side of the mat in which case it is dead. If it gets knocked into the ditch its position is chalked and must be moved back to its position unless hit by the jack or another toucher. In which case its new resting position is marked, and it stays there.
- d) There are other stringent rules for playing with weight which you can find in the rule book.



## **Appendix A: Short Mat Bowling Equipment**

### **Footmat**

Size is 600mm or 24 inches in length by 360mm or 14 inches in width (standard size to EIBA and Bowls England) placed within the Footmat lines within the ditch as marked on the bowling mat.

**The mat should be checked and returned to its correct position before bowling.**

### **Fenders**

The fender is made of rigid timber, colour white and not be covered. It will encompass the ditch which is 1830mm (6 feet) wide and 300mm (12 inches) deep. The fender will be between 70 and 75mm (2.75 and 3 inches) tall. The back rail must be a continuous piece of timber and the fixed return ends being at 90 degrees to the back rail.

**Both fenders i.e., the delivery end and the jack end should be in their correct positions prior to each bowl being delivered. It should be noted that the fender at the jack end does move frequently especially after playing a heavy (firing) bowl.**

### **Block**

The centre block is 380mm (15 inches) long and again between 70 and 75mm (2.75 and 3 inches) square it is positioned on the centre block marking on the playing mat.

**It is courtesy that the player hitting the block resets it.**

### **Jack**

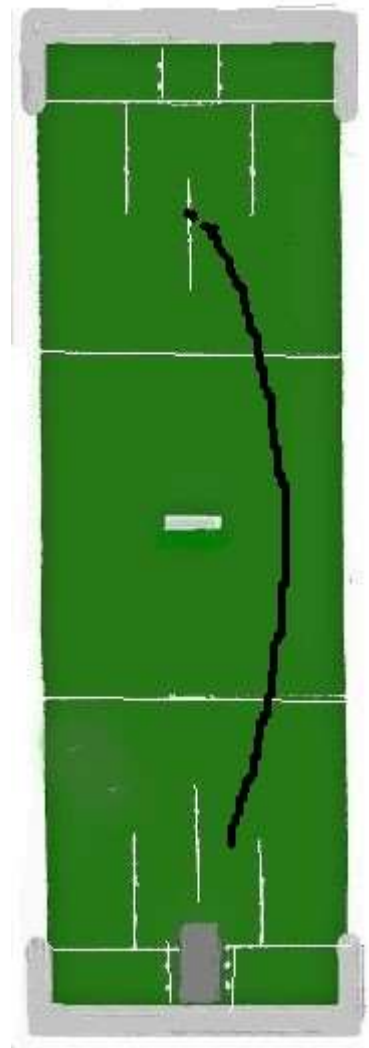
The jack can be yellow or white and have a diameter between 63 and 70mm (2.5 and 2.75 inches). The common jack weight is now 907gms (32 ounces)

**The jack is positioned on the jack line as marked on the playing mat by the skip although they may well ask their lead where they would prefer it positioned.**





## **Appendix B: Standard Forehand Delivery to Draw to Jackline (Right-handed player)**



### **Coaching Points:**

- **Position of back foot on footmat ideally close to centre.**
- **Leading foot right of centre line.**
- **Point of delivery of the bowl centre of the mat.**
- **Position of left hand on knee to maintain balance.**

### **Coaching Aids:**

- **Felt Pads to show foot positions**
- **Chalk for point of delivery release**
- **Cones for delivery line**







## Appendix C: Standard Backhand Delivery to Draw to Jackline (Right-handed player)

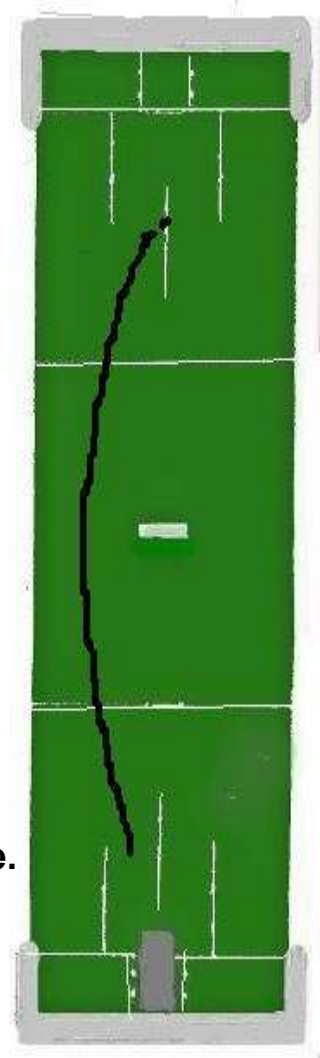


### Coaching Points:

- Position of back foot on footmat ideally close to centre.
- Leading foot left of centre line.
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### Coaching Aids:

- Felt Pads to show foot positions
- Chalk for point of delivery release
- Cones for delivery line





## Acknowledgements

The following people are thanked for the contribution to this CPD:  
Nigel Morgan



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## Version Control

Version	Who	Date	Reason
1.0	B Baker		Initial Version
1.1	N Morgan	07/03/2021	Rebranded
1.2	B Baker	16/03/2021	Appendix A B and C added
1.3	B Baker	16/03/2021	Final draft for approval at ESMBA
1.4	N Morgan	05/05/2021	Rebranded 2021 style
1.5	A Scriven-Purcell	19/05/2021	Format and Quality Control Check
1.6	N Morgan	17/08/2021	Various changes as requested by B Baker