

## Running Skill Test

Name					
Date			Category		
Conditions			Speed		
Exercise	Running				
End/ Length	F/H	F/H	B/H	B/H	End Total
1					
2					
3					
4					
5					
6					
					Card Total
	F/H Total		B/H Total		
Total for Length	Short	Med	Long		

# Running Skill Test

## Objective

To improve one's ability to play firm weight and run the jack in the ditch, testing player's accuracy with 24 running shots (6 ends) in a competitive environment.

## Safety

Supervision is required. Never stop the bowls with your hands or feet. One player at a time.

## Requirements

Two (2) flapjacks, 6 end score card.

## Procedure

- Flapjack on 'T', play 2 forehand and 2 backhand running shots.
- Short ends – 1 mat blocking drive
- Medium end 1.5 mats blocking drive
- Long End – 2 mats blocking drive
- Play 2 ends on each length

## Scoring

5 points = contact jack only  
3 points = contact any bowl  
-2 points = miss target, or contact mat.  
Bowl must finish in ditch otherwise 2 point penalty

