



# 香港草地滾球總會 Hong Kong Lawn Bowls Association

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## 2012青少年草地滾球分齡賽 最佳禮儀隊選舉

各位運動員,

歡迎參加本會首度舉辦的「青少年草地滾球分齡賽」，透過是次比賽，希望你們能夠運用訓練時所學到的技術和策略，發揮水準，彼此切磋球技之餘，亦能享受比賽的樂趣。

參與草地滾球運動既可鍛練耐力、意志及判斷力，同時亦可培養球員的禮儀及體育精神。

草地滾球素有紳士運動之稱，它特別之處是球員在比賽時非常注重球品、講究禮儀。草地滾球秉承英國紳士傳統，球員一般會穿上白衣白褲，要注意禮貌及儀態，最重要是尊重對手，表現十足的體育精神。

爲了傳承這個優良的傳統，鼓勵年青運動員建立注重禮儀及體育精神的良好習慣，本會將於是次比賽設立一個「最佳禮儀獎」獎項，於每個年齡組別，經運動員於初賽階段完成後投票選出一隊優勝隊伍，如同分則由本會評判作最後定奪，得獎隊伍可獲豐富的草地滾球禮品。投票表格將於比賽當日派發，詳情亦將於當日宣佈。

現附上「草地滾球運動禮儀」的指引，以供參考，如對內容有任何疑問，可向教練請教，或致電本會(2504 8249)向潘先生查詢。

香港草地滾球總會

副會長(發展) 郭新煒 謹啓



附件：草地滾球禮儀  
2012年6月14日

~ 參與草地滾球 學做謙謙君子 ~

# 草地滾球禮儀 Bowls Etiquette

(修訂於2012年6月14日 Revised on 14 June, 2012)

<b>先鋒球手</b> <b>Lead</b>		先鋒球手在每局開始前應將對方的滾球放在地蓆旁； Opposing leads, at the commencement of each end, DO place each other's first bowl next to the mat.
<b>第二球手</b> <b>Second</b>		次球手介紹本隊隊員的次序是 - 主球手，第三球手，先鋒球手及自己； Seconds DO introduce your team members, the order is your Skip, the Third, the Lead and then yourself.
<b>第三球手</b> <b>Third</b>		在每局完成後，負方第三球手應將目標球交給勝方； When each end finishes, the Third of the losing side DO hand the jack to the winning side. 第三球手不應指示先鋒球手及次球手如何滾球，這是主球手的工作； Thirds DO NOT give instructions on how to bowl to the lead and the second. This is the job of the skip. 在每局完成後，負方應拿走雙方同意勝出的滾球及量度其餘有爭議的滾球； When each end finishes, the losing side DO take out the agreed shot bowl(s) and undertake the disputed measures. 第三球手在與對方確認後，應清楚通知主球手該局的勝負分數； Thirds DO clearly inform the Skip the result of that end (lost or won) after confirmed with the opponent. 如主球手是下一發球者，第三球手在步往球局方前，應將主球手的滾球放在地蓆上； If your skip is the next bowler, DO put his/her bowl beside the mat before walking to the other end.
<b>主球手</b> <b>Skip</b>		主球手應在每局後與對方核對及紀錄比分； Skips DO record the score at the completion of each end after checking with the opposition. 如果你的對手發出該局最後一球，替他移去地蓆； Skips DO remove the mat for your opposing skip when the last bowl of the end has been bowled.
<b>比賽前</b> <b>Before the game</b>	<b>溝通方式</b> Communication	留意主球手的指示，不應質疑指示，但在不清楚指示時可尋求確認，全隊在比賽前應確定一套溝通方式； DO pay attention to your skip's instructions. DO NOT show doubt on your skip's instructions. Ask for clarification if not sure. All team members should work out your systems of communication with each other well before the competition.
	<b>準時</b> Punctual	必須準時出賽，因有事遲到應向所有球員致歉； Be punctual. If you are late, DO apologize to all your and the opposing team members on your rink.

試局	必須尊重所有球員，在開始比賽前向對手說“Good Bowling”；
Trial ends	DO respect all players and bid all “Good Bowling” at the game commencement.
比賽過程中 During Competition	<p data-bbox="331 316 427 379">準球手 Bowler</p> <p data-bbox="488 277 1686 443">當球員踏上地蓆準備發球，其它球員應保持肅靜及不要作出大幅度移動； When a bowler steps on the mat, prepares and starts to bowl, other bowlers DO keep quiet and DO not move. 發球受到干擾時不應將球擲在草地或地蓆上以表示不滿； DO NOT dump bowls on to the mat/green as a protest to perceived head disturbance when you are about to bowl.</p> <p data-bbox="488 485 1469 659">在比賽進行中應盡量避免與己方球員、鄰線球員甚至觀眾交談； During the competition, avoid/minimise talking with other team’s members, and spectators. 如召喚裁判量度球局，所有球手必須遠離量度區； For Umpire measurements deciding the result of that end, all bowlers DO leave the measurement area.</p> <p data-bbox="331 691 427 754">其他球手 Others</p> <p data-bbox="488 691 1973 962">尊重對手，在整個比賽過程中都顯示出熱誠、友善及耐性； DO respect your opponent, show your enthusiasm, friendship and patience during the whole competition. 當球員準備發球，在發球方的球員應站在地蓆後最少一米處，或可站在堤岸上，並留意其他球員滾球及滾球的位置； When a bowler steps on the mat and starts to bowl, players at the mat-end of the rink who are not delivering the bowl should stand at least 1M behind the mat. DO pay attention to the other bowlers when they are bowling, and watch carefully the position of their bowls.</p> <p data-bbox="331 1142 427 1206">批評 Criticisms</p> <p data-bbox="488 1015 1973 1342">在比賽途中不要談論及批評本隊隊員的表現(此可留待賽後再作檢討)； During the course of the competition, DO NOT hold discussions with your team members on their performance. (Discuss after the game has finished). 不應投訴隊長/主球手之打球及組織方法； DO NOT complain about your captain’s/skip’s method and strategy of playing bowls. 不應向對方炫耀自己過往的成功歷史。不要總是認為自己的表現好，而恣意地批評別人表現差； DO NOT boast about your past successes to your team or opponents. DO NOT recount only your good bowls and others bad bowls.</p> <p data-bbox="488 1385 1626 1503">不要作出動作期望對方的滾球不能擊中目標或撞走他們的滾球； DO NOT show signs of wishing your opponent’s bowl through or to knock out their own bowls. 如球手發出好球，隊長應鼓勵及讚揚其隊員，如對手發出好球，亦要讚揚他們；</p>

Skips, when your team members play well, DO indicate appreciation and encouragement.  
Also, appreciate opposing players' good bowls.

態度  
Gesture

不要讚許己方的幸運球，應向對方表示此乃純屬運氣；也不要對不幸運之球表示失望；  
DO NOT praise your team members' lucky shots. DO reflect this to your opponent. DO NOT show your disappointment with your unlucky shots and opponent's lucky shots.

不應用任何表情、動作或身體語言以表達對隊員之不滿，若打得不好或運氣不佳，應盡量用  
“Hard Luck”、 “Good Try” 之類的鼓勵語言；

If your team members are not bowling well, DO NOT express your dissatisfaction by facial expression, action or body language, instead be patient and indicate your support by encouragement such as 'Hard Luck' or 'Good Try'.

死球  
Dead bowls

各隊的隊員應移去己方的死球；  
DO remove your own team's dead bowls.

鄰線滾球  
Bowls on other  
rinks

不要移動鄰線的滾球讓己隊的滾球通過，此乃隔鄰球道之球員的工作；  
DO NOT move the bowls of other rinks to let the bowls of your team to pass through, it is the job of the bowlers of the next rink's members.

線道擁有權  
Possession of  
Rink

緊記線道擁有權的條例，在所發出的滾球停下之時，發球球員須置身於地蓆或球局之後，沒有線道擁有權的球員不應跟隨對手上前觀看球局；

DO remember the possession of rink law. When a bowl stops running and is stationary in its position, you must be behind the mat or behind the head. DO NOT follow the opposition up to the head or move in for a closer look when you do not have possession of the rink.

對方的滾球未停定，主球手不應開始發出指示，球員亦不應發球；  
DO NOT move or start bowling or skips give instructions, if your opponent's bowl is still running.

每局完成  
End  
completed

不應將草地滾球從堤岸擲到草地上；  
DO NOT throw the bowls from the bank to the green.

球賽完結  
Game  
completed

在球賽完結後應說 “Well Bowled/Thank You” ；  
DO respect all players and bid all 'Good Bowling' at the game commencement and 'Well Bowled/Thank You' at the conclusion of the game.