

Scenario: **WEIGHT - “REST OUT” A SHOT BOWL**

**Objective:**

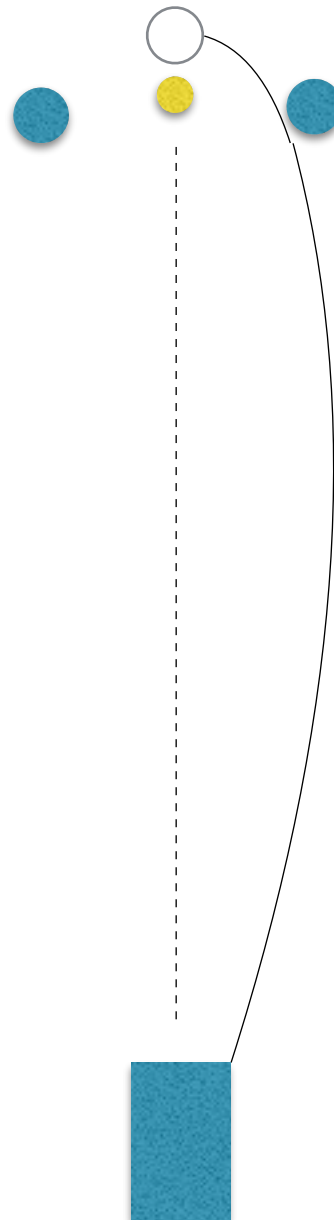
To play off a Jack level shot bowl for shot or move and stay off of shot bowl.

**Scoring:**

Five points for a miss and 60cm behind.

Ten points for a successful rest and shot.

Record last 8 bowls every length or hand.



**Method:**

Use a jack and two bowls. Position jack at 3/4 length and set a bowl jack level 30cm away to the right and one bowl 30cm away to the left.

Deliver your bowl at draw weight to play off the jack level bowl and drop in for shot.

Use forehand and backhand and vary length.