

Choosing the Right Lawn Bowl Size – Player’s Guide

Why Size Matters

The size and weight of your lawn bowl affect comfort, control, and consistency. There’s no single ‘correct’ size – the right one is the bowl you can handle comfortably over a whole game.

Step-by-Step Selection Process

1. Step 1: Test your grip – can you hold it securely without strain?
2. Step 2: Check comfort – try different sizes and notice which feels natural.
3. Step 3: Consider weight – larger bowls are heavier but only useful if manageable.
4. Step 4: Choose grip style – select the groove design that feels best in your hand.

Standard Bowl Sizes

Size Range	Typical Users	Notes
0000 – 00	Players with very small hands	Newest sizes, more available now
0 – 2	Most women and some men	Balanced control, easier to handle
3 – 5	Most men and some women	Most common range
6	Players with large hands	Rare, only if fully comfortable

Player Checklist – Test Before You Buy

- Wrap fingers around bowl – do they meet comfortably without strain?
- Hold and swing – can you control it without slipping?
- Upside-down hold – can you keep grip for 30 seconds?
- Wet grip test – dunk in water and check if it still feels safe.
- Comfort check – no finger pain or arm fatigue after 10 ends.

Myth Busting

Myth	Reality
“Always buy the biggest bowl you can hold.”	Not true – comfort and control are more important.
“Bigger bowls don’t move in the wind.”	The difference is minimal for club players.
“Big bowls stay in the head longer.”	They are also easier targets to remove!



Grip Options

- Dimple grip (shallow or deep) – most common, great for beginners.
- Crescent grooves – extra feel and control.
- Vertical grooves – more stability for some players.
- Progrid – brand-specific variations.

Key Takeaways

- The right size bowl = comfortable to hold, swing, and deliver.
- Test multiple sizes – don't assume one will fit because of gender or age.
- Ignore myths – bigger isn't always better.
- Try different grips to find one that gives you confidence and control.
- When in doubt, ask a coach or borrow from teammates before buying.

