

In order to use a bowling arm in any Bowls Australia or Bowls SA event you are required to have a permit!

Getting a permit is not difficult.

If you have knee, hip, back or other problems that prevent you from getting down to deliver a bowl properly then you are entitled to use a bowling arm but you must go through the following process:

1. First you must get a doctor's certificate.

This is simply a note from your doctor on his notepaper saying that you should use a bowling arm.

The following words are an example; "John Smith has physical problems that interfere with his bowling.

I recommend that he use a bowling arm."

2. Then you take your doctor's certificate to the Secretary of your Bowls Club and tell him/her that you want to get a permit for a bowling arm.

The Secretary then fills out a standard " Use of Bowling Arm Request Form" then signs.

This Form can be found on the [Forms](#) page of Metropolitan Bowls Web site

3. You then take/send the above form together with the doctor's certificate to Bowls SA.

4. You should get your permit in about a week.