

BOWLING

Bowling was originally a game of nine pins, however due to gambling, the game of 9 pins was outlawed. A tenth pin was added to get around this law.

A bowling lane is 60 feet long.

*STANCE - Left hand holds the weight of the ball, waist high
Right hand, thumb at 10:00, fingers at 3 & 4.*

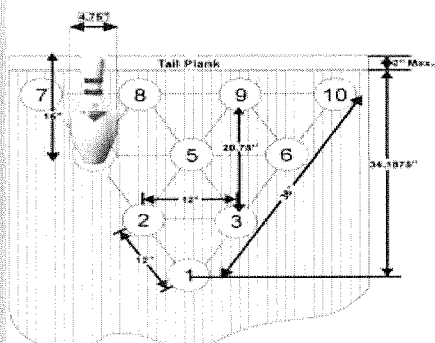
APPROACH - FOUR STEPS

- 1. Step right -- Push ball away*
- 2. Step left --- Ball to side*
- 3. Step right -- Ball is brought back*
- 4. SLIDE -- Ball is released – thumb and then fingers*
- 5. Follow through - Hand brought to EAR!*

- In a Hook ball delivery the ball is released with the thumb in the 10 – 11 o'clock position.*
- In a straight ball delivery the ball is released with the thumb in the 12 o'clock position.*
- Courtesies on the bowling lanes include quiet and when 2 bowlers approach the lanes at the same time, the bowler on the right goes first.*
- For better aim, many bowlers use "spot" bowling. That is using the dots or arrows on the lanes for targets rather than the pins.*
- To ensure an easy slide in the approach, the left shoe's sole is made of leather.*
- A strike is scored 10 points plus the number of pins knocked down on the next 2 balls rolled.*
- A spare is scored 10 points plus the number of pins knocked down on the next ball rolled.*
- Therefore, strikes and spare frames can not be totaled until the next frame (s).*
- A perfect frame would be 30 points. A perfect game 300 points.*

BOWLING PINS:

- Bowling pins are 15" high and 4.75" wide.
- Pins weigh between 3 lbs. 6 oz. & 3 lbs. 10 oz.
- Pins are numbered 1 – 10
- Pins are set 12" apart from each other on the pin deck.



SCORING: Frames and Games

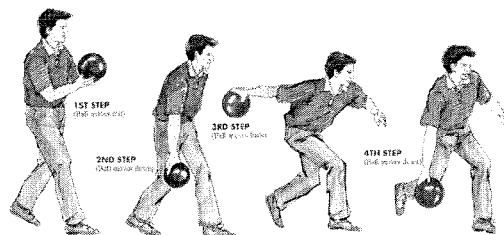
1	2	3	4	5	6	7	8	9	10	total
3 /	2 /	X	X	7 /	4 5	X	- 3	3 5	X 4 2	142
12	32	59	79	93	102	115	118	126	142	

A game is made up of ten frames. At the beginning of each frame, the bowler tries to knock down all ten pins. If successful the result is a strike and the frame is over. If any pins are still standing after the first shot a second ball is rolled. If the remaining pins are knocked down it is a spare. If a pin or more is standing after the second shot the result is an "open" frame. The bowler is credited with just the amount of pins that fell.

When a spare is made the bowler gets credit for 10 plus the number of pins knocked down on the next throw. No score is marked in that frame until the next shot is made.

A strike is worth 10 plus the number of pins knocked over on the next two tosses. The score of each frame is added to the score of the previous frame until reaching a final total after 10 frames. In the final frame, if a spare is recorded, another ball must be rolled to determine how much that spare will be worth. For the same reason, when a strike is made in the 10th frame, two more shots are needed to find out how much the strike will be worth.

BOWLING SEQUENCE:



HINT:
Use the arrows on the lane, they will help you to align yourself and aim for specific pins.

BOWLING VOCABULARY:

Alley: 1) A group of lanes; 2) bowling establishment; 3) playing surface, usually made of maple and pine boards; urethane lanes may soon outnumber wood lanes.

Approach: 1) Part of the lane from the very back of the ball return area to the foul line.

Arrows: Aiming points embedded in the lane. These seven arrows are used for targeting.

Delivery: Preparation + Release + Follow-through

Dots: Dots on the approach are used to set the bowler's feet at the start of the approach.

Double: Two strikes in a row; scores twenty plus the number of pins knocked down on the next ball.

Field goal: Ball rolled between two pins of a wide split.

Foul: Touching or going beyond the foul line at delivery.

Frame: A tenth part of a game of bowling.

Pocket: The 1-3 for right-handers and 1-2 for lefties.

Split: A spare leave in which the headpin is down and the remaining combination of pins have an intermediate pin down immediately ahead of or between them

Strike: All ten pins down on the first ball.

300 game: A perfect game consisting of 12 strikes in a row.