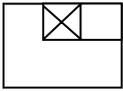


# Bowling Study Guide

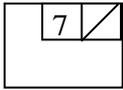
## Rules And Scoring

A game or line of bowling for an individual consists of ten frames. The bowler has ten frames, rolling one or two balls, to knock down all ten pins in each frame. Bonuses are awarded for getting a strike or a spare. The game score is the total number of pins knocked down in the ten frames plus bonuses.

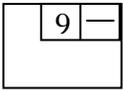
### Symbols



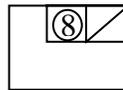
Strike: All pins knocked down with the first ball.



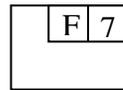
Spare: All pins knocked down in two attempts. Figure indicates that seven pins were knocked down by first ball. On the second ball the remaining 3 pins were knocked down.



Miss: Failure to strike or spare.



Split: After first ball, the headpin is down and two or more pins remain standing with no intermediate pins in front or between. In this example, the split was converted with the second ball.



Foul: A part of the bowler's body touches any part of the lane, equipment, or building beyond the foul line during or after delivery. When a player fouls, no score is allowed on that ball and the pins are reset (similar to losing a turn). If the foul occurs on the 2nd try, the player is awarded only the pins they knocked down on the first try.

### A game of bowling involves four basic procedures:

- No strike or spare. Add the number of pins knocked down on the first and second attempt; scoring is cumulative.
- Strike. A strike is worth 10 pins plus the value of the next two bowling balls, which in this case were 7 and 2. In this example the strike frame is worth 19 pins.
- Spare. Ten plus a bonus of the pins knocked down on the first ball of the next frame. Think of the 15 as 6+4 (equals 10) for the spare, plus 5 on the next ball for a total score of 15 in the first frame, the score for the second frame is 5+0 (equals 5) plus the first frame score of 15 (equals 20).
- Tenth frame. If a spare occurs in the tenth frame, the bowler is entitled to roll one more ball. If a strike occurs in the tenth frame, the bowler is entitled to two additional rolls to finish the game.

### Example Game

1	2	3	4	5	6	7	8	9	10	Total
5 3	7 ✓	⊗	9 -	⊗	⊗	⊗	7 2	9 ✓	⊗ 6 2	
8	28	47	56	86	113	132	141	161	179	179

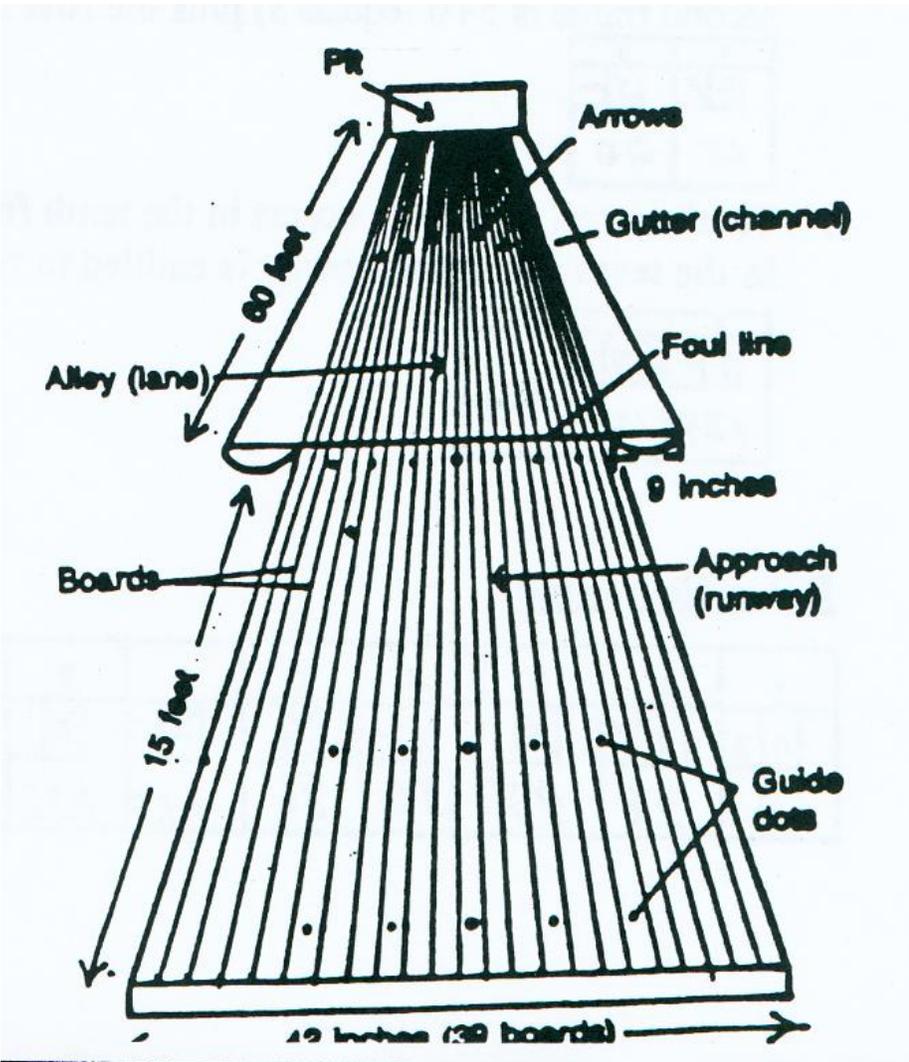
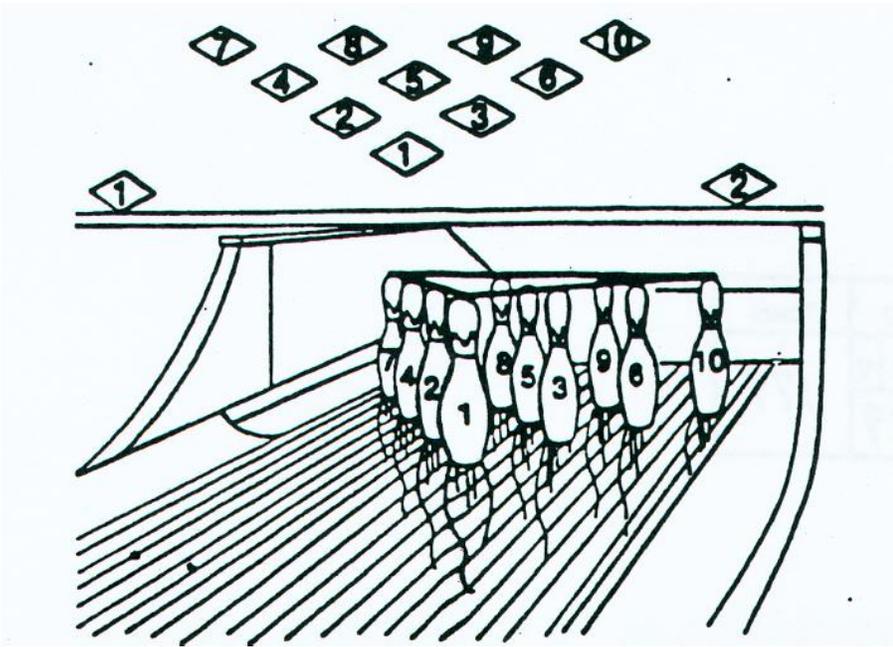
## Etiquette

1. Remove street shoes before going into bowling lane or scoring area.
2. Do not talk to or otherwise disturb a bowler who is on the approach and ready to bowl.
3. Do not walk in from of a bowler to secure your ball from the rack when the bowler is ready to bowl.
4. Use only one ball and wait for its return.
5. When bowlers on adjacent lanes are both ready to bowl, the one on the right should always be permitted to bowl first
6. Do not use anyone else's ball, unless given permission to do so by the owner.
7. Be at your post ready when your turn comes.
8. After delivering the ball and noting the result turn and walk back immediately to the rear of runway, being careful to stay in your approach lane.
9. Do not eat or drink in bowling area. (If you do so, do not use the hand you bowl with.)
10. When finished bowling, return all equipment and clean up your area.

## Terminology

1. Backup-a reverse hook. a backup rotates toward the right for right-handed bowler.
2. Bed Posts-the 7-10 split
3. Blow-an error, missing a spare that is not a split
4. Brooklyn-a cross-over ball; one that strikes in the 1-2 pocket for a right handed bowler
5. Double-two strikes in succession.
6. Dutch (200 or Dutchman)-a score of 200 made by alternating strikes and spares for the entire game.
7. Foul-to touch or go beyond the foul line in delivering the ball.
8. Frame-the box in which scores are registered. There are ten frames each game.
9. Gutter Ball-a ball that drops into either gutter.
10. Handicap-a bonus score or score adjustment awarded to an individual or team based on averages.
11. Head Pin-the number one pin.
12. High Hit-hitting the head pin full in the face or head-on usually results in a split
13. Hook-a ball that breaks to the left for a right-handed bowler.
14. Lane-a bowling alley.
15. Line-a complete game as recorded on the score sheet
16. Mark-obtaining a strike or spare.
17. Open Frame-a frame in which no mark is made; at least one pin remains standing after rolling both balls in a frame.
18. Pocket-space between the head pin and pins on either side. Example 1-3 and 1-2 are pocket pins
19. Sleeper-a hidden pin because it stands directly behind another pin.
20. Spare-all pins knocked down in two attempts.
21. Split-a leave after first ball has been thrown in which number one pin is down and an intervening pin is down between pins that remain standing. Indicated by circle around the number of the first ball on score sheet
22. Spot-a place on the alley at which a bowler aims.
23. Strike-all pins knocked down on the first ball.
24. Striking Out-obtaining three strikes in the last frame.
25. Turkey-three strikes in a row.

Lane Markings And Pin Identification



## **Fundamental Skills And Techniques**

### **Ball Selection**

1. The weight of the ball is important. Select one that is comfortable to throw.
2. The thumb and finger holes are also important considerations in ball selection (the holes should fit snugly but the bowler's fingers should come out of the ball without popping).
3. The span (the distance between the thumb hole and the finger holes) of the ball is another important aspect of a good fit. Put your thumb comfortably in the thumb hole and stretch the hand across the other two holes, fingers flat out. The lines on the second knuckles of your middle and ring fingers should fall approximately  $\frac{1}{4}$  inch beyond the edge of the finger holes. If they don't, the ball's span is too large or too small for an effective delivery.

### **Grip and Stance**

1. Hold the hand position constant throughout the stance, swing, and delivery.
2. Grip the ball using the 10 o'clock-4 o'clock technique: place the thumb at the ten o'clock position and the fingers at four o'clock. Left-handed bowlers place the thumb at two o'clock and fingers at eight o'clock.
3. Develop a point of origin for consistently beginning the approach to the lane.
4. In the right-handed stance place the left foot slightly in front of the right and flex the knees (left-handed bowlers do the opposite). Hold the ball at waist level on the right side of the body with the forearm resting on the hip. Square shoulders and hips to the target.

### **Approach And Delivery (four and five step approach)**

1. During the approach, take three steps and a slide for the four step approach; take four steps and a slide for the five step approach.
2. Step in a straight line, focusing on the target
3. Straighten the elbow with the weight of the ball on the push-away, which is the start of the swing. The push-away pushes the ball away from the body straight out toward the lane, which causes the bowling arm elbow to extend.
4. Keep the wrist firm during the swing and use the 10 o'clock-4 o'clock position to develop a hook ball spin.
5. Keep the shoulders and hips square to the target during the swing.
6. During the delivery, release the ball over the foul line as it starts upward in the swing.
7. During release keep the grip constant and in the 10 O'clock-4 o'clock position.
8. Release the thumb from the ball first. Then release the fingers in an upward motion. This off-center release will give the ball a counterclockwise rotation. This results in a slight hook when the ball reaches the pins.
9. During the follow-through, keep the eyes focused on the target and move the arm forward in line with the target arrow.

### **Spot Bowling**

1. Use the second lane arrow as the constant point of aim.
2. Move the point of origin in the direction of the error or mistake.
3. Face an approach the target arrow (approach the lane at a slight angle).
4. To have the ball strike the 1-3 pocket at the appropriate angle, hook the ball into the pocket
5. Identify a key pin (usually the pin closest to the bowler) in all spare conversion attempts.
6. To pick up a spare, move to the side of the approach area opposite the side on which the pins are standing (i.e., when bowling for the ten pin, move your starting spot to the right).
7. Always walk toward the key pin and deliver the ball in the same way as you would a strike ball.
8. Square the shoulders to the target and not to the foul line.
9. Spot bowling is using the lane identifiers as intermediate targets to hit the key pins.