

BOWLING

HISTORY

Bowling is known as the first recorded sport in history dating back to Egypt in 5200 B.C. Europeans have bowled since the third century. These early games were called "nine pins" with the pins set up in a diamond shape. Other names for the game of bowling have been bowls, skittles, kegling, nine pins, Dutch pins and guilles.

The Dutch settlers in New York introduced bowling or nine pins to this country in 1623. The game grew in popularity for the next two centuries until shortly after the Civil War when it was banned in many states due to gambling.

With the founding of the American Bowling Congress (presently located in Milwaukee) in 1895, bowling became an official sport in the U.S. The American Bowling Congress standardized equipment and set rules and regulations. Presently there are more than 610 million bowlers in the U.S. This equates to 1 of every 3 Americans.

THE GAME

Bowling constitutes rolling a large, heavy ball down a wooden lane at a grouping of 10 pins set in a triangle formation. The object of the game is to knock down as many pins as possible in 10 frames.

Each frame involves one or two attempts (or up to 3 in the 10th frame). The score is the total number of pins knocked down in 10 frames. A perfect game would be a score of 300.

EQUIPMENT

Equipment for a game of bowling includes a lane, pins, ball and shoes.

The lane is made of wood which consists of a minimum 15 foot approach to the foul line and a 63 foot alley bed extending to the pit where the pins are set. The gutters on the sides collect misdirected balls and the pin racks and return are part of the lane.

The pins can be made of wood with plastic coating (see attached diagram) or synthetic materials and are 15 inches high and weigh less than 4 pounds. The ball is made of hard rubber or plastic and weights from 8 to 16 pounds.

SCORING

Each line on the score sheet represents a game for one player. The line is made up of 10 larger squares or frames. Within each large square is a set of smaller squares which are used to record 1st and 2nd ball counts for each frame. The left box is used to for the first ball and the right box for the second. The cumulative score is recorded in the large section of each square.

For every frame the bowler may bowl his/her ball twice unless all the pins are knocked down on the first roll - this is called a **STRIKE**. Mark a strike with an (X) in the small square. A strike counts 10 pins plus a bonus of all the pins knocked down by the next 2 balls.

If a bowler does not knock down all the pins on the first ball but does so on the second roll in that frame it is called a **SPARE**. Mark a spare with a diagonal line (/) in the right box. A spare scores 10 pins plus a bonus of whatever pins are knocked down by the first ball in the next frame.

If a strike is obtained in the tenth frame, the bowler is allowed 2 more balls. If a spare is obtained in the tenth frame, the bowler is allowed one more ball. A perfect score of 300 is achieved by hitting strikes in all ten frames with 2 bonus throws.

NAME	1	2	3	4	5	6	7	8	9	10	Total
SUE	5 4	6 /	8	X	X	7 /	2 6	X	5	X X X	9
	9	27	35	62	80	94	102	117	122	151	151

TERMINOLOGY

Aiming -	techniques used to line up ball roll to maximize pin knock-down <ol style="list-style-type: none">Line bowling - aiming method using a combination of pin and spot bowlingPin bowling - using the pins as the target when aimingc. Spot bowling- using the arrows on the lane as the target when aiming.
Alley -	bowling lane or center
Anchorman -	last player in team lineup
Approach -	the area a minimum of 15 feet on which player walks to foul line; also act of taking steps and delivering the ball
Arrows -	sighting targets in the lane 15 feet on which serve as targets in spot bowling.
Average -	sum total of all 3 games divided by 3.
Baby Split -	the 2 - 7 or 3 - 10 leaves
Back-up ball -	a reverse hook
Bedposts -	the 7 - 10 split
Big four -	the 4 - 6 - 7 - 10 split
Boards -	the number of boards in the alley (normally 39). Also, the aiming target in the delivery such as "playing the 10th board" means the bowler rolled the ball over the 10th board from the gutter.
Brooklyn -	A ball rolling to the 1 - 2 pocket for a right- hander, 1 - 3 for a left-handers.
Channel -	the gutter on each side of the lane
Convert -	to successfully make a spare or split.
Creep speed -	a ball that is rolled very slowly
Deflection -	the movement of the ball from its path caused by pins that are hit.
Deliveries -	methods of ball roll <ol style="list-style-type: none">Straight- ball that travels straight for the pocket from releaseCurve - a ball that curves from the moment it is releasedHook -a ball that begins traveling straight and breaks sharply toward the pocket
Double -	two strikes in succession
Dots -	a series of spots found on the foul line and 7' past foul line. Used as reference point for foot placement or aiming.
Error -	failure to convert a spare, other than a split.
Fence posts -	7 - 10 split
Field goal -	rolling the ball between a split without hitting any pins
Foul -	touching or going beyond the foul line on the delivery - counts as a roll but pins are not counted and pins are reset. Foul on the 1st roll = 0. Takes second roll and score pins or 10 as a spare. Foul on 2 nd roll - count 1 st roll + 0 on second roll.
Foul line -	line separating the approach and the lane
Frame -	one turn of a game

Terminology cont.

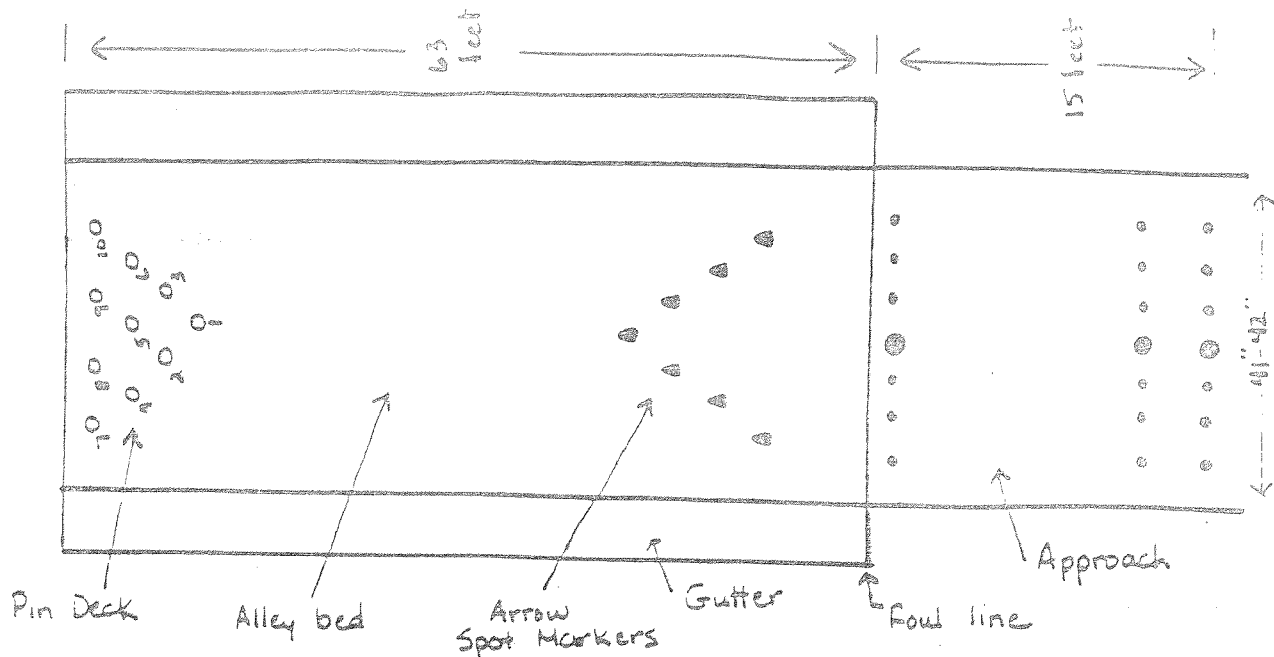
Grips -	type of finger insertion into holes of ball
a. Fingertip grip -	A grip providing lift and/or turn where the 2 nd and 3 rd fingers are inserted to the first joint.
b. Conventional grip -	A beginner's grip in which the 2 nd and 3 rd fingers are inserted to the second joint.
c. Semi-fingertip grip -	Inserting 2 nd and 3 rd fingers halfway between 1 st & 2 nd joint.
Gutter ball -	delivery which rolls off the lane into the drop-off area on the sides of the lane
Hang a corner pin -	leaving a corner pin standing (7 or 10)
Headpin -	the No. 1 pin
Heavy -	when the ball hits the 1 pin head on
High -	when you miss the pocket and hit the 1 pin head on; usually results in a split
Kingpin -	#5 pin - the ball must carry this one to knock down all the pins
Lead-off man -	first bowler on a team
Leave -	pins remaining after 1 st ball delivery
Line -	a game or 10 frames of bowling.
Mark -	a strike or spare
Open frame -	a frame in which a player does not get a strike or spare
Perfect game -	300 score (12 consecutive strikes)
Pin action -	the motion of pins that in turn take out other pins.
Pin deck -	the part of the lane housing the pins
Pocket -	area between 1 - 2 pins for left-hander, or 1 - 3 for right-hander
Railroad -	a split
Revolutions -	the number of times the bowling ball rolls over its circumference before hitting pins. The more revolutions the greater the striking power.
Settee -	area where bowlers await their turn
Sleeper -	a pin hidden behind another in a spare (Ex. 8 behind 2 pin)
Solid -	a strong hit.
Spare -	Knocking down all the pins with 2 deliveries
Split -	Combination of pins left standing after 1 st delivery with a pin down immediately ahead of or between them. The headpin (#1) must be down for a split to occur.
Strike -	knocking all the pins down with the first hit.
Strike out -	at least 3 strikes in a row to finish a game.
Strong ball -	a ball rolled with a good deal of action.
Tap -	an apparently perfect strike hit that leaves one pin standing.
Turkey -	3 triple consecutive strikes

ETIQUETTE

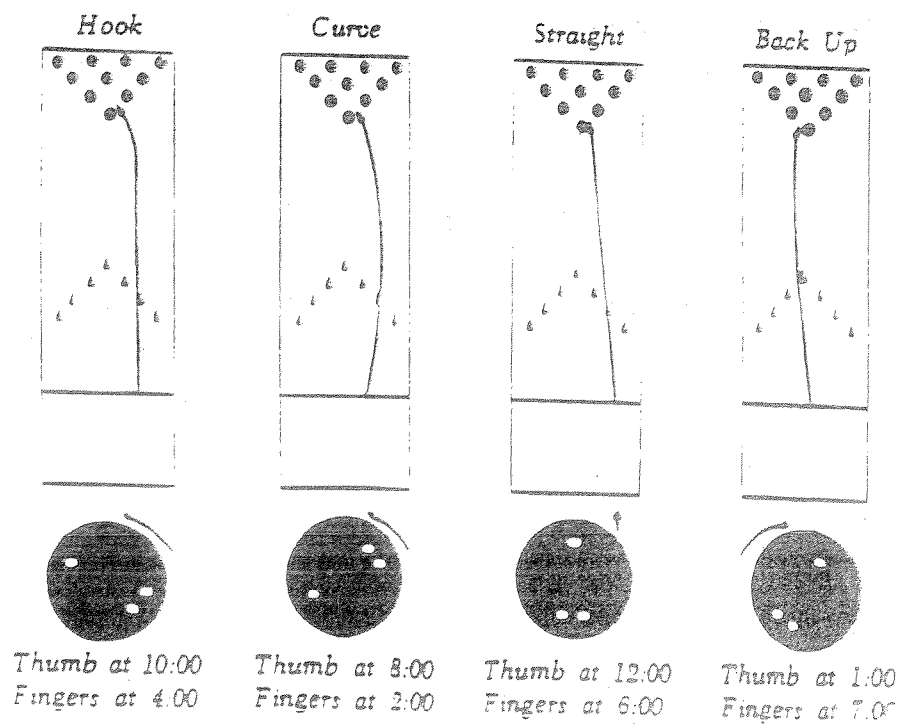
1. Keep your stuff off the seats and out of the way: we don't need to be tripping over your shoes/ bag.
2. Keep quiet around the settee area: loud noises will distract other bowlers.
3. Don't bring food or drinks on the approach: spills require intense clean up.
4. Be ready when it's your turn: you don't want to upset the flow of the game.
5. Don't go on the approach until it's your turn: avoid traffic jams.
6. Yield to the bowler on your immediate left or right if they are ready to bowl: don't even go near the ball return if the person on either side of you is getting ready to bowl.
8. Don't stand next to the ball return while waiting for your 2nd ball.
9. A bowler shooting a spare has the right of way over the bowler with a full rack.
10. Don't waste time on the approach: get up there and go.
11. Be sure the pin sweep is up before you deliver.
12. Don't linger on the foul line after your delivery: there is someone next to you waiting.
13. Don't use another person's ball without permission. Return house balls when finished.
14. Control yourself by keeping temper & language in check: don't rant & rave if you have a bad game.
15. Learn how to keep score and take your turn when necessary.
16. Show enthusiasm when others do well.
17. Please and thank you go a long way with the proprietors.

Safety:

1. Remove street shoes on the carpeted area. Do not wear street shoes on tiled area.
2. Make sure your shoes are clean and dry before stepping onto the approach.
3. Don't pick up the ball with just one hand. Save strain on your wrist and back by using 2 hands.
4. Store your shoes and bags under chairs to avoid someone tripping on them.
5. Select the correct weight ball to prevent lofting and strain on your wrist.

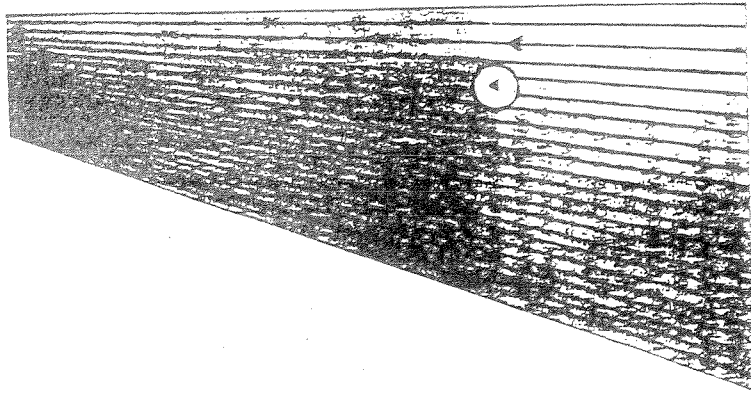


ALLEY DIAGRAM & MEASUREMENTS



TYPES OF DELIVERIES

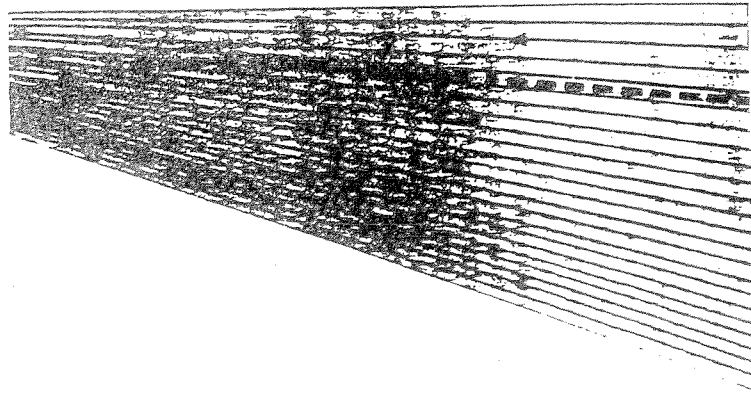
Spot Bowling



Generally, a spot bowler uses a target arrow as a guide to the 1-3 pocket. The 1-3 pocket is the ultimate goal. The target arrow or spot is only a guide to the pocket. Merely hitting the spot, however, does not insure the ball rolling into the 1-3 pocket. That's why it is important to sight line each delivery. Draw an imaginary line with the shoulder, target arrow and pins included. Face toward the pins, walk fairly straight and swing in line with the target. A bowler does not have to use an arrow as the target. Many select a spot somewhere closer to the foul line or out on the lane.

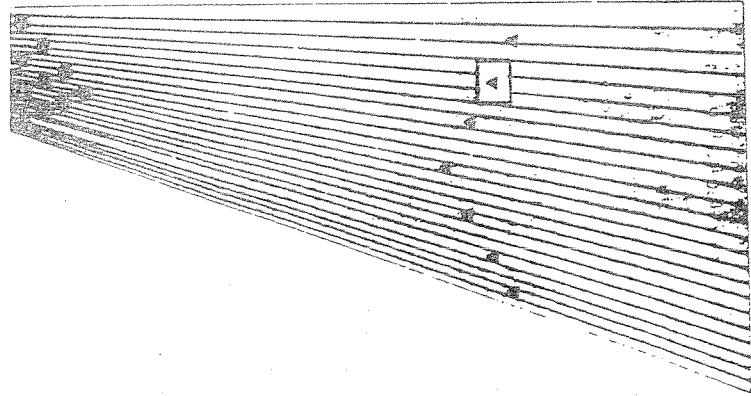
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Line Bowling



Line bowling is a combination of pin and spot bowling. Pick a starting spot, a spot at the foul line, a spot out on the lane and then check the 1-3 pocket. While going through delivery, the bowler sometimes shifts glances from one target to the next. Always look at the target. It is difficult to move the eyes from one target to another. There are variations of line bowling. Some bowlers draw a line from the 1-3 pocket to the target arrow only. Some draw the line from the bowling shoulder to the target arrow only.

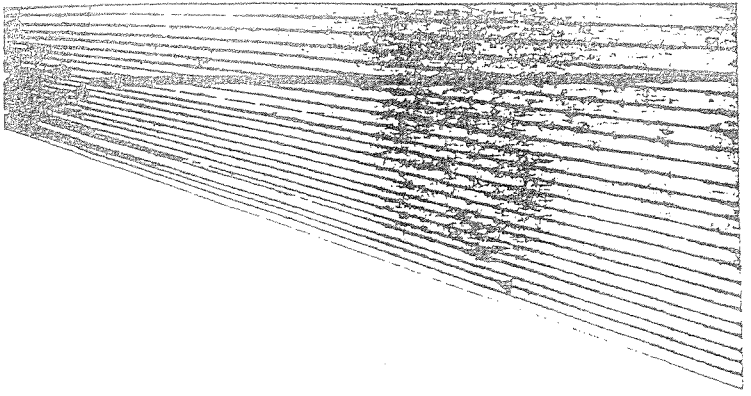
Area Bowling



If the second arrow is the target to the 1-3 pocket, look at the target and one board to the left and one board to the right, giving a three board area in width. Then line up the shoulder with the target, walk fairly straight and swing straight. The three board area will provide some margin of error but should keep the ball near the 1-3 pocket.

Selecting a specific board or boards as a sight line also can be used effectively. That also holds true for the other illustrations.

Pin Bowling



Look at the pins and draw an imaginary line between the spot of delivery to a point on the pin setup, usually the 1-3 pocket. The line is the route over which the ball should travel. Few bowlers today look at the pins because it is easier to hit a target 15 feet away accurately than to hit a target 60 feet away. That's why it is suggested to use the arrows as a target, regardless of what type of bowling.

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