



BOWLING STUDY GUIDE

History

The earliest record of bowling goes back 7,000 years to ancient Egypt, when a round object resembling a bowling ball, and marble bars, resembling bowling pins, were found in the ruins of a pyramid. Today, bowling is one of the most popular sports in the world.

Bowling started as 9 pin when first introduced in North American in the 1600s. When 9 pin was declared illegal in Connecticut in the 1840s, a tenth pin was added changing the game to 10-pin.

In 1895 the first rules for 10-pin bowling were formed. The two organizations that oversee bowling are the American Bowling Congress (ABC) and the Women's International Bowling Congress.

The Game

The object of the game is to score points by knocking down pins with a ball rolled down a lane. Games can be played either between individuals or between teams, with up to five players on team.

There are ten frames to a game. A player delivers two balls in each of the first nine frames, unless a strike is bowled on the first ball by knocking down all of the pins. When a strike is rolled, the player scores ten points plus the total pin fall on the next 2 balls rolled. If a spare is scored (knocking down all ten pins with two attempts) you score ten points plus the total pin fall on the next ball rolled. In the tenth frame, you may roll two or three balls. If a strike is rolled you are allowed two more attempts. If a spare is rolled you are allowed one more attempt. If a player steps over the foul, no pins are recorded. If a ball goes into the gutter, it is a gutterball. If the ball bounces out of the gutter and knocks down any pins, those pins are not recorded and a gutter ball is scored. Players take turns, rolling one frame at a time. There are many approaches used in the game of bowling. The most common is the four-step approach.

Etiquette

- Be ready to bowl when the pins are set.
- Do not use another player's ball without their permission.
- Do not take too long to aim or get set up when you are on the approach.
- Observe one lane courtesy. The bowler on the right should bowl if both reach the approach at the same time. Stay off the approach while you wait.

Lane

The lane or alley measures 60 feet from the foul line to the center of the head pin. The width of the lane is 41 to 42 inches.

Pins are wood or plastic-coated wood or synthetic material. Each pin is 15 inches tall and weighs between 3 pounds 6 ounces and 3 pounds 10 ounces.

Ball

The first bowling balls used in the United States were made of wood. The first hard rubber ball was produced in 1905 and remained the standard until the late 1960s and early 1970s. Today's bowling balls are made from small particles of silica, ceramic, mica, or rubber embedded in the surface of the ball. Bowling balls range in weight from 6 to 16 pounds.

Definitions

DOUBLE – Two strikes in a row.

DUTCH 200 - A score of exactly 200 achieved by the alternation of strikes and spares.

FOUL – The act of crossing or contacting the foul line with any part of the body during delivery.

FOUL LINE – The line separating the approach from the lane, usually a black line.

FOUR BAGGER – Four strikes in a row.

FRAME – One of ten score boxes.

GUTTER BALL - Ball that rolls off the lane into the gutter before knocking down any pins.
Zero pins are counted, even if the ball comes back out of the gutter to hit a pin.

HEAD PIN - # 1 pin.

KINGPIN – # 5 pin.

LOFT - Distance the ball travels before actually making contact with the lane surface after the bowler releases the bowling ball.

MARK – A strike or a spare. Also the point on the lane at which the bowler is aiming.

MISS – A failed spare.

OPEN FRAME - A frame without a strike or spare.

SPARE - Knock down all the pins in one frame with 2 rolls of the ball.

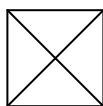
SPLIT – Refers to a setup of pins left standing after the first delivery, when the head pin is down and the remaining pins are far apart.

STRIKE – Knock down all the pins with first roll of the ball in a frame.

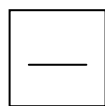
STRIKE OUT – Finish with consecutive strikes in the 10th frame.

TURKEY – Three strikes in a row.

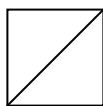
BOWLING SYMBOLS



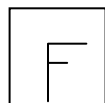
Represents a **Strike**



Represents a **miss**



Represents a **Spare**



Represents a **foul**

Placement of Pins

