



Bowling Study Sheet



History

Bowling can be traced back as far as 3200 BC. A crude form of the game was believed to have existed when a collection of ancient Egyptian objects was discovered sometime during the 1930's by Sir Flinders Petrie. The American Bowling Congress was formed on September 9th in 1895. The American Bowling Congress was formed to standardize the game of bowling and continues its role today and is at the heart of bowling in America but is now known as the United States Bowling Congress or USBC.

Basic Safety and Etiquette

- Bowling rules of conduct on and off the lanes are based mostly on common courtesy.
- Do not take an excessive amount of time before each ball delivery.
- The bowler on your right has the right of way. If he/she has taken a stance in the approach area, wait until the delivery is complete before you begin yours.
- As soon as you have completed your delivery and follow through, move away from the foul line and wait behind the approach for your ball to return. This courtesy allows the next bowler to make their approach without being distracted.
- Use regulation-bowling shoes.
- Refrain from talking to a bowler once they have assumed their stance.
- Throwing the ball as hard as you are able will NOT cause more pins to drop.

Terms

Alley: The area made of wood consisting of the approach, runway and pin area

Double: two strikes in a row

Foul: when your foot crosses the foul line as you are throwing the ball, equals 0 points

Frames: there are 10 frames per game and 2 throws are given per frame, unless you strike

Gutter ball: a ball that rolls in the gutter

Head Pin: the number 1 pin

Mark: obtaining a strike or spare

Open Frame: a frame, which no mark is made

Spare: all pins are knocked down with 2 balls

Split: When the head pin is hit head on leaving a large space between any remaining pins

Strike: all pins are knocked over

Turkey: 3 strikes in a row

Approach



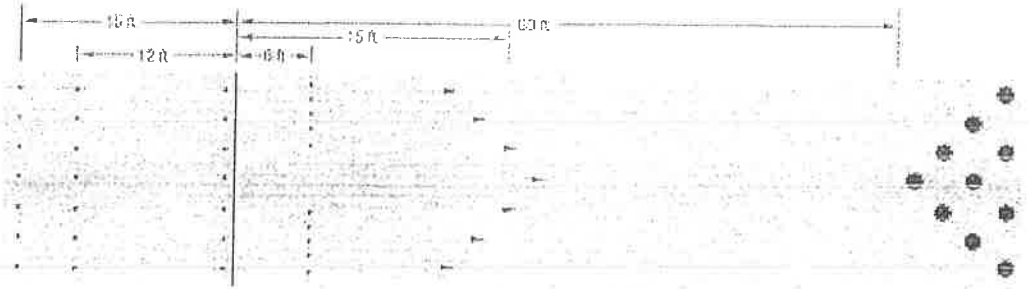
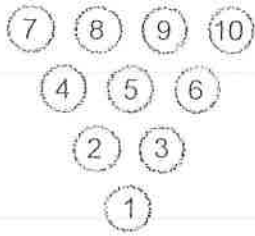
A bowler generally uses 1-3 steps before releasing the ball. A bowler may choose anywhere from a 3-5 step approach. This means the bowler will take 3-5 walking steps before releasing the ball at the foul line. At the final step, the ball should be lowered and the opposite foot should be forward upon release.



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Pin and Alley Set-up



Scoring

The score in bowling consists of the cumulative (on going) record of pins knocked down in each of the 10 frames. It is a means of comparing the performance of the bowlers within a possible perfect total score of 300. Each game (or line) consists of 10 frames with a maximum of two balls rolled for each frame except in the 10th frame. In the 10th frame a third ball can be rolled if a strike or spare is earned.

- If a **strike** is rolled it will score 10 points for that frame PLUS the adding of the next two balls thrown.
- If a **spare** is made it will score ten points for that frame plus the adding of the next (one) ball rolled.
- If a strike or spare is not made, it is an open frame. The total number of pins the two balls rolled in that frame are totaled and added to the previous frame.

Example

1	2	3	4	5	6	7	8	9	10
X	X	X	7/2	3/1	9/1	8/1	X	9/1	8/1/X
30	57	76	85	104	122	131	151	169	189
10+20	30+27	57+19	76+9	85+19	104+18	122+9	131+20	151+18	169+20

Fun Facts

- 🎳 The first indoor bowling lanes were built in New York City in 1840.
- 🎳 70 million people bowled at least once in 2011.
- 🎳 There is no minimum weight for a bowling ball.
- 🎳 Bowling balls were made out of wood until the early 1900s.
- 🎳 The largest bowling center is located in Japan. It has 141 lanes!
- 🎳 Bowling raises over \$225 million a year for charity.
- 🎳 The maximum number of holes allowed in a bowling ball is 12
- 🎳 Bowling is the number one participation sport in America.
- 🎳 The youngest person to bowl a 300 game was Chaz Dennis at the age of 10 years, 2 months in Columbus, OH.
- 🎳 The origins of bowling can be traced about 5,000 years back to Rome and Greece.
- 🎳 Brooklyn is a term used to have the ball cross over to knock down pins
- 🎳 Sleeper is a hidden pin