

Bowling Quick Start Guide

BOWLING TERMS

Remember to focus on the basics:
Keep the ball in the lanes, knock
down the pins, help athletes
improve and have fun!

How To Get Started

Equipment

Ball and shoes

It's recommended that get your own ball and shoes, if possible. Weight of balls range from 6 pounds to 16 pounds.

The pro shop manager can help select the right weight ball and will drill it specifically for your fingers.

Street shoes are not allowed on the approach. Bowling shoes are available for rent, if needed.



Gutter Ball - When the ball goes into the gutter (Channel) It counts as a "0"

Head Pin - The number 1 pin

Frame - A game is divided into 10 frames which consist of 1 or 2 balls for frames 1 through 9: the second ball is thrown if the first ball doesn't knock all 10 pins down. Two or three balls are thrown in the 10th frame; the third ball is allowed when the first ball of the 10th frame is a strike or the 2nd ball is a spare

FOUL - Crossing the foul line when releasing the ball. It results in a score of 0 for that ball

FOUL LINE - Line at end of approach that you should never go over!

SPARE - When it takes 2 balls to knock down all 10 pins in a frame

STRIKE - Knocking down all 10 pins with the first ball

DOUBLE - Two strikes in a row

TURKEY - Three strikes in a row

HAMBONE - Four strikes in a row—also known as a "Four Bagger"

SIX PACK - Six strikes in a row—also known as a "Wild Turkey"

OPEN FRAME - When the frame doesn't have a strike or spare

SETTEE - Area for bowlers to wait before it is their turn to bowl

SERIES - Total of all the games bowled (usually 3 games)

PIN SETTER - Machine that sets up pins on back of lane

LANE - Set of 39 boards that you will bowl on (Each lanes has 39 boards)

DEAD WOOD - Pins in the gutter or on the lane after pins have been cleared by the Pin Setter. Never bowl with Dead Wood on the lanes or in the gutters

BALL RACK - Place on the approach area where balls sit while bowler is waiting to turn to bowl

BALL RETURN - Channel under the lanes where the ball travels from the back of the pin area to the front of the ball rack



SCORING

Open Frame

2	3
5	

Sum of all pins knocked over in a frame

Strike

X		1	5
16		22	

10 pins plus the next 2 rolls. NOTE: if next roll is another strike, the 2nd ball will be the first roll of the following frame.

Spare

8	/	5	3
15		23	

10 pins plus the next 1 roll

10th Frame

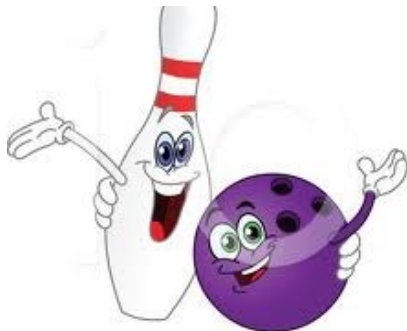
5	/	3
13		

If first ball is a strike = 10 pins plus next 2 rolls.

If first 2 balls is a spare = 10 pins plus next roll

If first 2 balls do not knock down all pins = sum of first 2 rolls. There is no 3rd roll.

1	2	3	4	5	6	7	8	9	10
X	9	/	5	/	7	2	X	X	X
20	35	52	61	91	120	139	148	167	187



The Lanes and Pins

Dead Wood are what pins in the gutter are called

Pin Deck is where the pins wait to be knocked down

Gutters (Channels) catches balls that fall off the lane

Foul Line divides the approach from the oily lanes (Don't go over the Foul Line!)

Pins are 15 inches tall and are made of wood with a plastic coating on the outside

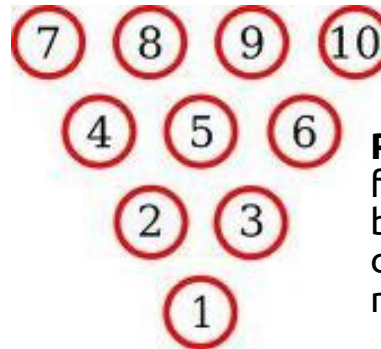
Arrows & Dots help you line up your shot

Approach is the area before the foul line where you walk up to deliver the ball

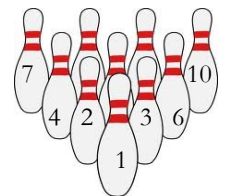


DID YOU KNOW?

A lane is made up of 39 boards!



Pins are numbered from the front to the back: 1 - 10. Always call the pins by their number.



Bowling Etiquette and Safety

Etiquette

Be ready to bowl when it's your turn.

Let the bowler directly to the right or left of you bowl first if he/she is already on the approach—that bowler has the right of way.

Do not step up to the approach until the other bowler has delivered the ball.

Do not distract other bowlers when they are on the approach.

Do not use bad language or use loud voices.

Do not bring food or drinks down near the score table!

DO NOT GO OVER THE FOUL LINE.



Safety

Pick up the ball with both hands on the sides of the ball—avoid pinching fingers between balls.

Keep the ball on the ball rack when not on approach for your turn.

NO HORSEPLAY—it can lead to serious injury.

Do not wear street shoes on the approach.

Do not wear bowling shoes outside.

Be careful to not get bowling shoes wet when in the restroom.

Do not put powder or other substances on the bottom of your bowling shoes to avoid tracking it onto the approach.

