

BOWLING

- Grip** The thumb and the middle two fingers are placed in the holes of the bowling ball. The two most popular positions of the little finger and the forefinger are the fingers touching (compact grip) and the little finger and the index finger spread (the natural grip)
- Stance** The position assumed by the bowler before delivering the ball should be comfortable. Some right handed bowlers center the ball in front of the right shoulder during the stance since this position is conducive to a pendular swing and aids in eliminating any tendency to sidearm the ball. In this position, the ball swing can be started in a straight arc forward and backward, which is an advantage in achieving a consistent release position.
- Body position** The target should be squarely faced while the bowler is in the stance. The lines formed by the shoulders and the hips are parallel with the foul line. The recommended position is one in which there is a slight bend at the waist and knees and in which comfort and relaxation are stressed.
- Position of the Feet** A common position is one with the feet in line and spread apart a few inches. However, many bowlers often stand with the foot that takes the first step a few inches behind the other foot; other bowler reverses this position. Legs are slightly bent and the body weight often primarily rests on the foot that does not take the first step.
- Direction of the Approach** The steps in the approach should be made in a straight line toward and perpendicular to the foul line.
- Speed of the Approach** The approach should never be hurried. It should accelerate gradually from first to last step. The steps in the approach can best be described as a walk with each succeeding step slightly longer than the preceding one.
- Length of the Approach** The approach is at least 15 feet long. Most bowlers will use a four step approach. To determine the correct starting position, stand with the heels next to the foul line and face away from the pins. Then execute the four step approach without releasing the ball.
- 1st step -- The first step begins with the ball being pushed out at arms length and stepping with the right foot.
- 2nd step -- The second step is taken with the left foot and is almost normal in length and speed. By the completion of the second step, the ball has dropped downward to its lowest point and is besides the body.
- 3rd step -- The third step is longer and faster than a normal stride. The bowling arm swings to or slightly past the peak of the back swing by the completion of the third step.
- 4th step -- The fourth and last step is longer and gliding, terminating in a slide by the left foot that may vary from a few inches to a few feet. The ball must start downward and forward as the last step is initiated in order for the ball to be in position for the release as the slide is completed. The ball is rolled on the ground not thrown.

TYPES OF DELIVERIES

The Straight Ball Delivery -- This delivery is frequently advocated by bowling authorities as an easy type best suited for those who bowl only occasionally and who practice infrequently if at all.

For the straight-ball delivery, the bowler should begin their approach from the right-hand corner of the runway with his left foot at a position five to ten boards in from the right-hand gutter. When gripping the ball for the straight-ball delivery, it is recommended that the thumb be held in the 12 o'clock position, although this may vary from ten to 2 o'clock. The thumb should be maintained in this position throughout the arm swing and release, and there should be no rotation of the forearm during the arm swing and delivery.

The thumb comes out first during the release of the ball. The fingers leave the ball last and, since they are underneath the ball, they give a final push which starts an upward spin so that the ball rotates on an axis parallel with the foul line.

POINT OF AIM

Two aiming methods are primarily utilized in delivering the bowling ball.

The Pin-Aim Method the bowler aims at the number 5 pin (or the 1-3 pocket) on the first ball delivery.

The Spot-Aim Method The bowler aims at a marker usually located one-third of the way down the alley. The exact spot at which the ball is aimed depends upon a number of factors, such as the starting place for the approach.

RULES

Foul A foul is committed whenever the foot, hand, or any part of the body touches the alley bed, equipment, or any part of the building such as a the wall. In the event of a foul, no pins are counted, the pins are respotted, but the ball rolled does count. Therefore, if a foul occurs on the first ball rolled in a frame, the pins are respotted, and should the bowler knock down all ten pins on the second ball, it is scored as a spare.

Etiquette Bowling has its own set of "rules" which are not a part of the official regulations but which govern the behavior of all bowlers -- the etiquette of bowling. These unwritten rules should be observed at all times. Of primary importance is your behavior as you wait for your turn and finally take it. First, you should always be ready to take your turn. However, if a bowler on an adjoining alley is addressing the pins, do not take your ball off the rack until that bowler has begun his approach. If two bowlers address the pins simultaneously, the bowler on the right has precedence. Do not bowl a different ball for your second turn use only one ball.

You should always be properly equipped for bowling; in particular, all bowling establishments require that regular bowling shoes be worn. You should exercise care in the use of all equipment provided, such as balls, shoes, and the alleys themselves. Show a respect for the property of others.

SCORING

- Ten frames is a game. There are two balls to a frame to knock down all the pins.
- A Strike : Knocking down all the pins with the first ball delivered in a frame. A strike is marked with an X and indicates a credit of ten pins. To strike earns a bonus of 10 and the total of the next two balls rolled.
- A Spare : Knocking down all the pins with two balls. A spare is marked / and is credited with 10 pins. A spare earns a bonus of the pins knocked down by the next ball in the following frame.
- A Split : Knocking down some pins with the first ball in such a way that some are left standing with a space between them. A split is marked (O) with a circle in the upper left corner by the number of pins knocked down by the first ball. A split becomes a spare when the remaining pins are knocked down by the second ball.
- An Error : occurs when all the pins are not knocked down with the balls. An error is marked by a -

IT WOULD LOOK LIKE THIS ON THE SCORE SHEET:

4 X	5 3	6 4	7 8	X	X	X	6 -	16 9 1 X
6	14	31	51	81	107	123	129	148 168