

Bowling Study Guide

History of the Activity

Bowling is one of the oldest and most popular games in the world, dating back to 3200 BC. In the 1930's, a British anthropologist named Sir Flinders Petrie discovered a collection of objects in a child's grave in Egypt that appeared to be used for a primitive form of bowling. This makes the origin of bowling more than 5000 years old! Abraham Lincoln was the first prominent American to spend time at the bowling lanes. As the Germans settled in America, bowling became a major part of their festivals and picnic gatherings. Chicago and New York were the first cities where the sport took root, and at this point it was primarily an outdoor sport. The first indoor lanes were built in the 1840's in Manhattan, and soon the sport became a New York fad.

Objective of the Activity (Scoring system)

The game is divided into ten segments or frames. The object of the game is for a player to knock down ten pins set in a triangular pattern at one end of the lane by rolling a ball at them from the opposite end of the pin placement area. A player rolls two balls in each of the first nine frames unless a strike is scored. In the tenth frame, a player rolls three balls if a strike or spare is scored. Each player, bowling in a regular order, must complete every frame.

Scoring

Keeping score for a game of bowling is a matter of simple addition with a few performance incentives that add to a bowler's total pin count. There are ten frames in one game of bowling. A perfect game would score 300 points. There are three fundamentals of scoring that must be completely understood in order to keep score properly:

- A. How to score a **STRIKE** – a strike is achieved by knocking down all ten pins with the first ball rolled in any frame. A strike equals ten (10) pins *plus* a bonus of the total pins knocked down on the next two (2) balls rolled. Strikes can add anywhere from 10 to 30 points.
- B. How to score a **SPARE** – A spare is achieved by knocking down all ten pins in any frame using the two rolls allowed. A spare equals ten (10) pins *plus* a bonus of the pins knocked down with the first ball in the next frame. Spares can add anywhere from 10 to 20 points.
- C. If no strike or spare is recorded; merely add the number of pins knocked down to the score of the previous frame.

Rules/Faults/Etiquette

Foul: When a part of the bowler's body goes beyond the foul line and touches any part of the lane, equipment or building during or after a ball has been rolled will result in a zero score for that ball that was rolled.

Foul line: A line that designates the end of the approach and the beginning of the bowling portion of the lane (bowlers are required to stay behind the foul line)

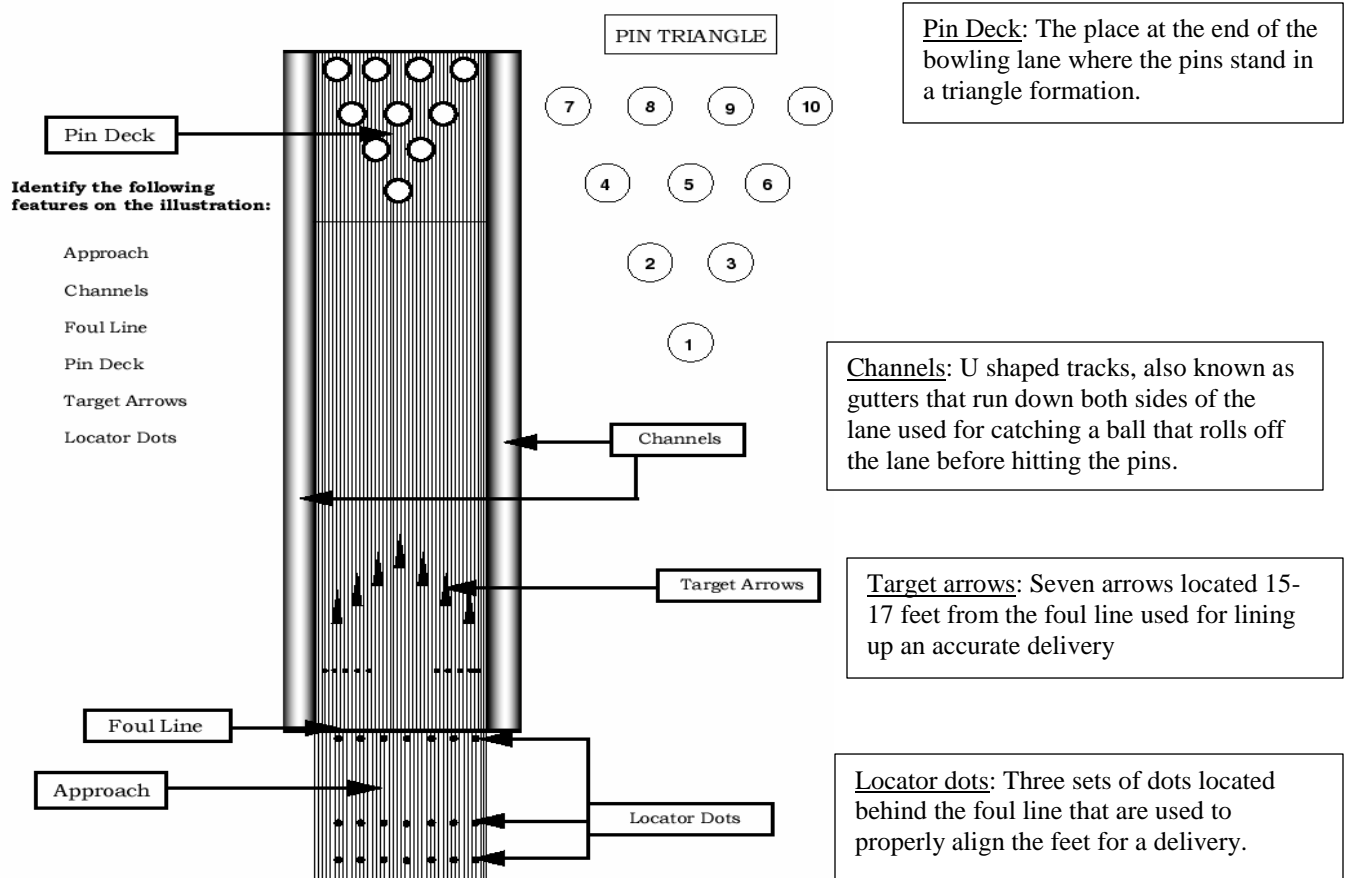
Basic rules of proper etiquette, whether in class or at a bowling center are:

1. Wait for the bowler(s) immediately next to you if they are up before you to bowl before you do.
2. Stay off the approach area unless it is your turn to bowl.
3. Be quiet when someone is getting ready to bowl.
4. Be a good sport when you bowl well (and when you do not bowl well).
5. Be ready when it is your turn to bowl.

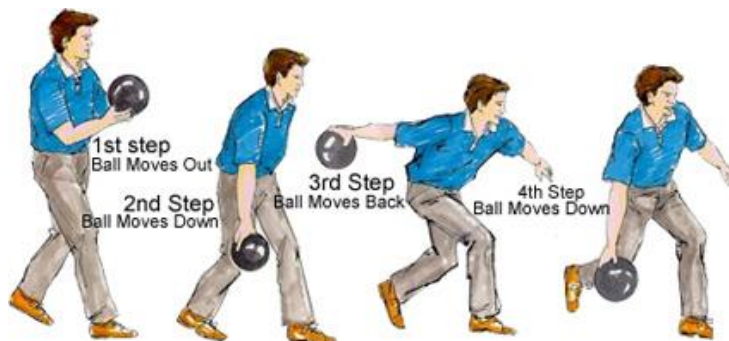
Equipment/Playing surface

Pins, bowling ball and lane. The American game of tenpin bowling is played on wooden or synthetic lanes measuring sixty (60') feet in length and forty-two (42") inches in width.

BOWLING LANE ILLUSTRATION



Four-Step Approach



This system of ball delivery begins with the bowler in the stance position, holding the ball with the correct grip and supporting it with the opposite hand. During the first step, the bowler pushes the ball out while traveling forward with the right foot. Make sure that your arms and legs move at the same time and that the ball is actually pushed away from the body as it moves. On the second step, the left foot moves forward and the ball begins to arc down as the supporting hand releases. The third step brings the right foot forward and the arm is behind the body at its highest point. On the fourth step, the bowler takes the last step forward as the ball moves from behind the body, in a half circle, down to the floor, and is released down the lane. The arm should continue upward in a follow-through motion. More experienced bowlers may be instructed to slide their right foot behind their left as they release the ball for improved balance.

The order of performance are things you should do before you make your approach:

1. Line up your feet
2. Square your shoulders with the target
3. Walk straight
4. Determine if the ball is going to hit to the left or right of the strike pocket
5. Take aim at the target arrow
6. Start your approach

Release

When using a four-step approach, release and follow through should commence after completion of the fourth step, during the slide, and should be done without hesitation. If you are holding the ball correctly, your thumb should drop out of the ball naturally just after the fourth step. The fingers, which are still in the holes, should continue to lift out and up. Fingers should release smoothly from the ball as your hand and swing continues arcing out and up in the follow through.



1 Thumb starts to come out of the ball



2 Fingers stay bent



3 Ball should be released on to the lane in a smooth manner

Components of Fitness

Physical attributes of a successful bowler are exceptional hand/eye coordination and balance which fit into the components of fitness of flexibility (upper and lower body) and muscular strength (upper and lower body).