

# 7<sup>th</sup> GRADE BOWLING STUDY GUIDE

## HISTORY

- The sport of bowling developed from a religious ceremony and only nine pins were used.
- Martin Luther, an enthusiastic 15<sup>th</sup> century bowler, is credited with publishing the first set of rules for nine pin bowling.
- Dutch settlers brought the game of nine pin bowling to America.
- Indoor lanes were introduced in the mid 1800's.
- Automation did much to change the sport of bowling.
- Bowling is one of our country's greatest participation sports.

## EQUIPMENT

- Bowling balls come in many different colors and weights.
- The *usual* range of weight is 10-16 pounds. Some will weigh less.
- Select a bowling ball that is light enough for you to control.
- A bowling ball has three holes.
- Pins are made of maple and coated with a thin plastic.
- They are 15" tall and weigh about three pounds.
- There are ten pins.
- The alley or lane is made of wood and is carefully made board by board.
- The gutters are found on each side of the lane.
- The distance from the foul line to the head pin is 60 feet.

## SAFETY AND RESPECT

- Roll the bowling ball.
- Never bounce or throw the bowling ball.
- Set the pins on the dots.
- Never throw the pins, strike the pins together, or bang the pins on the mats or floor.
- Prior to the second ball being rolled, remove all of the knocked down pins from the alley and place them on the mat. If two bowlers are ready to bowl at the same time, the bowler on the right should go first.
- While waiting for your turn to bowl, stand on the mats.

## **THE GRIP**

- The thumb, ring and middle fingers are placed in the ball.
- Check the thumb, ring and middle finger holes so that they fit properly.
- The thumb should fit a little loose.
- The fingers should fit more snug than the thumb.
- The span (distance between the thumb and finger holes) should not be too spread out.

## **THE APPROACH**

- Begin your approach as far back as 12-15 feet.
- The bowling ball should be in the pocket at this time. (The pocket is having the proper grip on the ball, with your opposite hand supporting the ball)
- Use a series of steps and stutter steps.
- As you are nearing your release, begin the backswing.
- Your last step should be a lunge step with your left foot (If you are right handed) monster walk.
- After you release the ball, follow through with your ball arm.

## **LEGAL PINFALL**

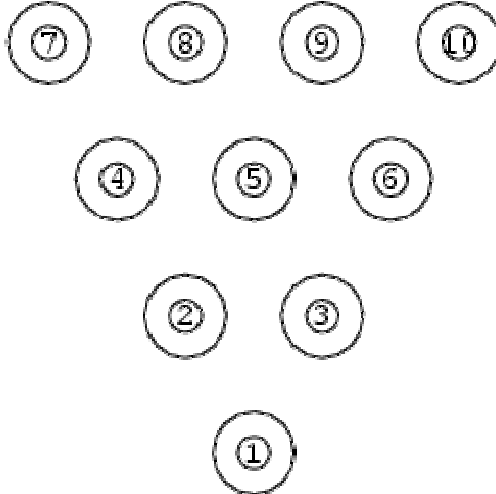
- All pins knocked down by the bowling ball, another pin or pins bouncing off the side mats.

## **ILLEGAL PINFALL**

- All pins that are knocked down by a bowling ball that bounces off a side or back mat.
- All pins that are knocked down by any pins that bounce off the back mat.

## PIN NUMBERS

- The pins are numbered one through 10.



## SCORING

- A game consists of 10 frames.
- A bowler rolls one or two balls in each frame in an attempt to knock down all 10 pins.
- A number of terms and symbols are used in scorekeeping to describe what happens during the game.
- A strike is made by knocking all pins down on the first roll.
- The symbol for a strike is an X.
- A spare is made by knocking all pins down on two rolls.
- The symbol for a spare is a /.
- An open frame is when there are pin(s) still standing after 2 rolls.
- A gutter ball is scored as a G.
- A foul occurs when the bowler steps over the foul line and is scored with an F.

## TERMINOLOGY

- A "double" is two strikes in a row.
- The number 1 pin is also known as the **headpin**.
- **Lofting** is throwing the ball so it bounces. Lofting is not good form.

- The **pocket** is also known as the strike zone. It is also where the bowling ball begins on the approach.
- A **split** is a term used to describe a number of situations where two or more pins remain standing with a gap between them, after the first ball of a frame is rolled, when the head pin is no longer standing.