



# Lifetime Sports – Bowling

## Note to Parents

The two major purposes of the lifetime sports projects are to:

- Encourage parents to learn a lifetime sport with their child
- Begin learning an activity or sport you can use over an entire lifetime

These purposes encourage parent involvement directly with their 4-H member as a co-learner or a parent leader. Either way, both of you would gain an enriched relationship with one another.

You will find discovering a new sport or sharing your expertise with your child are delightful opportunities. Playing together also provides a great time during which you can visit and converse.

This series adds flexibility to 4-H. The activities are designed to allow varying amounts of involvement. You could extend them for three or four years by practicing, learning new skills and entering competitions, or you might want to learn a different sport each year.

A 4-H member could make a substantial or minimal investment while participating in this project. Investments and additions could be a part of a family's financial planning. Purchase equipment during holidays, birthdays or other occasions. A gift could be a planned investment in learning.

## 4-H bowling project member's manual

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Club Name: \_\_\_\_\_

This project covers:

- Equipment
- Technique for rolling a bowling ball, including arm swing, footwork and timing
- Rules and etiquette
- Technique for picking up spares
- Scores and averages
- Terminology

## Kegeeling

The first bowling pins were actually large clubs peasants carried for protection. On Sunday, the clubs, called kegels, represented the devil in a religious ceremony. Participants rolled large rocks down a hall at the kegels. The peasants were said to be free of sin when the rocks knocked the kegels down. Later, people added



more kegels to their ceremony. Modern bowling is sometimes referred to as kegeeling.

## Equipment

A ball, tote bag and shoes are basic bowling equipment. The bowling alley will usually provide shoes for a fee and the ball at no charge.

The ball is the most important piece of equipment. It weighs between 9 and 16 pounds. Choose the heaviest ball you can handle easily. Young bowlers should not use balls heavier than 12 pounds.

When you think you found a ball of the right weight, test its fit:

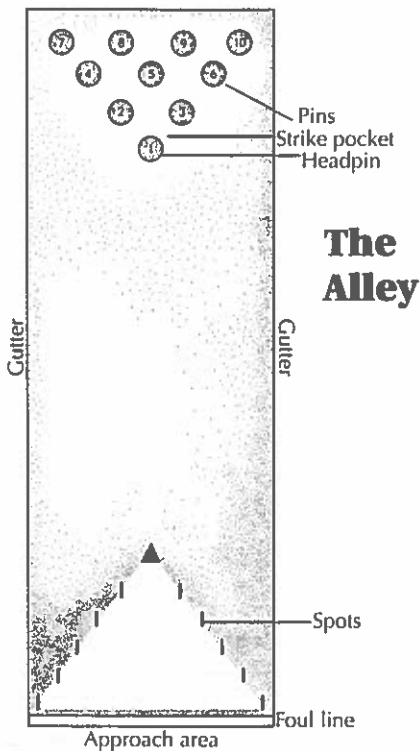
- Push your thumb into the thumb hole. It should feel neither too loose nor too tight.

- Put your fingers over the two remaining holes. Your knuckles should be right over the holes. Slip the two middle fingers into the holes. Are the holes too large or small? Is the span between the fingers and thumb comfortable?
- Swing the ball back and forth a few times. Your fingers should neither slip out or get stuck.

If the fit isn't right, the ball will seem much heavier than its actual weight.

Most house balls have the weight and a number stamped on them. Remember the number for the next time you bowl. If you were to league bowl, you could reserve a house ball by its number.

You must wear special shoes when you bowl. For a right-handed bowler, the left sole of the shoe is known as the sliding sole and is made to slide easily on the approach. The right shoe has a rubber sole for control on the approach. The leather toe tip of the right shoe allows the foot to swing behind the bowler during the final step. For a left-handed bowler, the soles are reversed.



## Terminology

### Addressing

Taking position to deliver the ball

### Alley

The strip of wood, usually made of maple and pine, on which the game is played – also known as the lane

### Approach

Area on which the bowler takes steps to the foul line – also known as the runway

### Balk

Crossing the foul line with the ball but not delivering it

### Ball

The ball used to knock down the pins that usually weighs between 9 and 16 pounds and measures 27 inches in diameter

### Ball rack

The rack that holds the balls for players in the lanes on either side

### Body english

Contortions of the body after the ball has been delivered

### Choking

Tightening up the muscles at a crucial point

### Cross alley

Rolling the ball directly toward the pocket from the right-hand corner of the lane

### Curve

A rolled ball that approaches the pins in a greater arc than the hook ball and usually slower

### Cushion

The swinging cushion at the rear of the pit that absorbs the shock of the balls and pins

### Double

Two strikes in a row

### Follow-through

A continued movement of the arm in an upward arc after the ball is released

### Foul

An act at the foul line that does not agree with the rules

### Foul line

The line, between the runway and the lane, that marks the limit of the bowler's approach

### Frame

The box in which you record the score

### Gutter ball

A ball that drops into either gutter

### Headpin

The lead pin, numbered 1

### Hook

A ball that breaks sharply to the left as it nears the pins

### Lofting

Releasing the ball too late, which causes it to drop to the alley

### Mark

A strike or spare

### Open frame

A frame in which the player fails to strike or spare

### Pin

One of 10 wooden pieces, 15 inches high, that you knock down with the ball

### Pit

The space at the rear of the lane into which the pins are knocked

### Pocket

The area between two pins

### Return

The track on which the ball rolls back to the bowler

### Sleeper

A pin hidden behind another pin

### Spare

All the pins were knocked down with two balls

### Strike

All the pins were knocked down with the first ball of a frame

### Turkey

## Etiquette

Observing some basic rules of behavior helps make bowling more enjoyable. Always be courteous to others and follow proper bowling etiquette.

### Points of etiquette

- When a bowler on a neighboring lane is addressing the pins, respect priority. Don't step in front of him or her to take your ball from the rack.
- When delivering the ball, do not cross over to the next lane
- Keep the game moving
- It is tough to lose, but it is tougher to be a good loser. Give credit where credit is due.
- Splits, misses and gutter balls are just as much a part of the game as strikes and spares are. Don't blame the equipment; determine your faults and correct them.
- Do not talk to a bowler in position. It distracts the bowler, slows the game and annoys others
- When bowlers on adjacent alleys are both ready, the one on the right should always be permitted to bowl first
- Do not use a ball that is someone else's personal property unless the owner gives permission
- Be at your post and ready to bowl when your turn comes
- Be punctual when scheduled to bowl. Having to wait for a late member could upset the team.
- After your ball hits the pins, walk directly to the back of the approach. Linger on the runway disturbs other bowlers.

## The bowling process

### Holding the ball

1. Always take the ball from the rack

with both hands

2. Continue to hold the ball with both hands until you are in approach position
3. Slip your fingers in the holes while the ball is held in your left palm
4. Assume a stance that is upright with feet close together and your bowling arm close to your body and relaxed. You are ready to aim.

### Taking aim – pin bowling and spot bowling

Most beginners use the pin bowling system. With this method, the bowler concentrates on the strike pocket, so it is important to forget everything that is happening around you. Draw an imaginary line from you to the ball's destination. If you roll a straight ball, shoot cross-alley. This allows the ball to roll into the strike pocket and prevents the headpin hit that usually results in a split. The disadvantage of pin bowling is you are aiming at pins 60 feet away.

Instead of aiming at the pins, the bowler could spot bowl, or aim at spots on the alley. If the ball rolls over the right spot, it should become a strike.

### Delivery

The delivery is the way you roll the ball. It involves the steps you take and the movement of your body, which both influence the ball's speed and direction. Because it isn't easy to deliver the ball without movement, most bowlers use a standard four-step approach. This approach makes your delivery properly timed and coordinated.

A right-handed bowler would step first with his or her right foot and finish in a slide with the left. A left-handed bowler would step first with his or her left foot and finish in a slide with the right.

Begin the approach by holding the ball in front of you at the height of



Begin the four-step approach by holding the ball at the height of your chest.



Begin swinging the ball down from your first step on the side of your bowling hand. Your arm should reach its height by step three.



Swing forward and release the ball on your final step and slide.



When you commit a foul, such as letting your feet or hands extend over the foul line, you do not earn points for that ball.



your chest and close to your body. Support the ball with your non-bowling hand. As you take your first step, push the ball away from your body and let it swing down in a smooth motion.

The second and third steps are full-length and a bit faster than the first. Swing your arm back so it reaches its height on the third step.

The fourth step brings you to the foul line in a graceful slide. Swing your arm forward and release the ball. Follow through with your arm until it reaches shoulder level. Be careful not

to twist your wrist when releasing the ball or it might curve into the gutter.

### Release

To increase the striking power of the ball, give it a slight lifting motion as you release it. To increase the accuracy of the ball, point your thumb toward the pins at the release. After you release, your thumb should point at the ceiling.

### Fouls

A foul is called if, at any time during the delivery, the player touches the foul line or any object beyond the foul line such as the alley or walls.

Examples of fouls:

- Foot sliding over the foul line
- Hand on the runway, extending over, or in contact with, the foul line
- Toe or foot extending beyond, although not touching, the foul line
- Hand touching the wall beyond the foul line

Foul balls do not earn any score although they count as a bowled ball. Any pins knocked down on a foul are reset at once.

When the foul is called on the first ball delivered, the player bowls his or her second ball against a full set of pins, and the frame is scored for the second ball only.

### Picking up spares

When only one pin is standing, you should generally bowl from the opposite side of the pin. You must hit the pin nearest to you to make the spare, and be sure to aim the ball so it will directly strike as many pins as possible.

### Scoring

Use the example score sheet in this manual to practice scoring. A score sheet is made up of rows of boxes called frames. A row of ten frames is

### Scoring marks

Strike 	Spare 	No pins 
Gutter ball 	Spare, split 	Foul 

called a line, and each row stands for a single game.

Frames include two scoring boxes, one for each ball rolled. You have two chances to knock down all ten pins.

### Let's try scoring

You knock down six pins with the first ball in the first frame. Write "6" in the top of the larger scoring box for that frame. You get three pins with your second ball. Fill "3" in the smaller box. Add the two numbers to get the score for the first frame and write the total in the bottom of the larger box.

6	3
9	

In the second frame, you bowl five and one. Fill in the scoring boxes similarly to frame 1, but add the total of frames 1 and 2 to get the total for the bottom of the larger box.

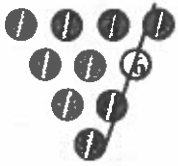
6	3	5	1
9		15	

You bowl a strike for frame 3. Do not roll a second ball for this frame. Mark an "x" in the first box. Rolling a strike means you receive a special bonus. Instead of adding 10 to the last score, wait until your next turn to add the previous score to 10 for the strike and the sum of the next two balls rolled.

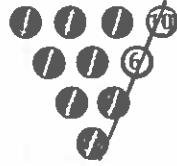
# Spare technique

Move left to ensure the best angle on right-side spares

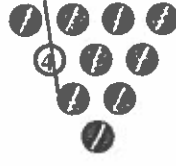
Move left to ensure the best angle on right-side spares



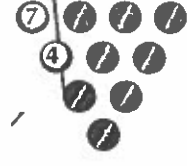
6 spare



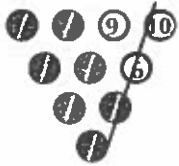
6-10 spare



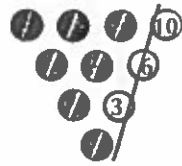
4 spare



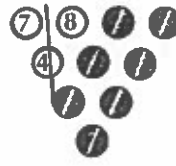
4-7 spare



6-9-10 spare



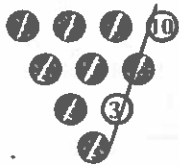
3-6-10 spare



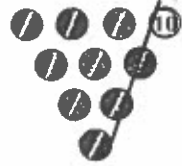
4-7-8 spare



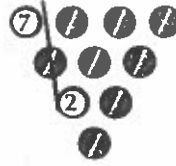
2-4-7 spare



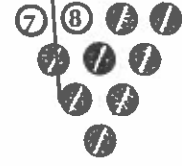
3-10 spare



10 spare



2-7 spare



7-8 spare

6	3	5	1	X	
9	15				

6	3	5	1	X		4	4
9	15	33	41				

Last frame scored	15
Strike	10
Bonus – next two balls	8
<b>Score for strike frame</b>	<b>33</b>

Score for strike frame	33
Next two balls	8
<b>Score for fourth frame</b>	<b>41</b>

After two tries, you score a spare. This also gives you a bonus: 10 plus the total number of pins you knock down with your next ball.

X	4	3	7
33	41	58	67

Last frame score	41
Spare	10
Bonus – next ball	7
<b>Score for spare frame</b>	<b>58</b>
Score for spare frame	58
Next frame score	9
<b>Score for sixth frame</b>	<b>67</b>

## Bowling scorecard

If you participate in league bowling, you would probably receive a free scorecard, or you could cut the one out of your manual to use. A scorecard allows you to keep a record of your total season games. Take it to the bowling alley and record your games and series total, which is the total of your scores for all three games. Circle your high game each time.

Someone at the alley might give you a slip with your average, or you might have to figure it yourself. To do so, add the total pins knocked down in all three games and divide that sum by the number of games played.

Special recognition goes to Mrs. Noe, a Lincoln, Neb., 4-H volunteer leader who prepared much of the material in this manual; Rebecca Brayman, who edited and condensed material; and Susan Shay, a physical education graduate who read the material and made recommendations.

Adapted in part from the University of Illinois–Urbana-Champaign Cooperative Extension Service's *The Illinois 4-H Recreation Project Bowling Manual*.

All photos by Steven Morse, University of Missouri Extension.

# Let's Practice Scoring

Name	HDCP	1	2	3	4	5	6	7	8	9	10	Total	
1		6 3	5 1	33 X	4 4	3 /	7 2	85 X	7 1	6 0	105 2	120 /	120 5
2	Fill in the missing numbers	8 1	X 5	5 3	4 /	6 1	7 7	X 4	4 2	3 /	5 2	109	109
3													
4													
5													
6													
7													
8													
9													
10													

# Bowling scorecard

Name \_\_\_\_\_

Address \_\_\_\_\_

Season \_\_\_\_\_

League \_\_\_\_\_

Phone \_\_\_\_\_

To \_\_\_\_\_

Date	1st game	2nd game	3rd game	Series total	Total pins	Grand average	Date	1st game	2nd game	3rd game	Series total	Total pins	Grand average
1							20						
2							21						
3							22						
4							23						
5							24						
6							25						
7							26						
8							27						
9							28						
10							29						
11							30						
12							31						
13							32						
14							33						
15							34						
16							35						
17							36						
18							37						
19							38						
<b>High game</b>				<b>Best series</b>			<b>High game</b>				<b>Best series</b>		

