

# BOWLING STUDY GUIDE

## History

The history of bowling can be traced back to the Stone Age. The first evidence of the game was discovered by the British Anthropologist Sir Flinders Petrie and his team of archaeologists in Egypt in the 1930s. He unearthed a collection of objects from a small child's grave that appeared to have been the primitive form of the game. However, some argue that the game evolved much later than that. William Pehle, a German historian, claimed that the game of bowling originated in Germany around 300 AD. In Germany, the game had its origin as a religious ceremony for determining absence of sin. This game, introduced by the German monks to the masses, flourished as a customary test of faith.

**Objective:** Players will bowl (roll) their balls down the lane, and try and knock down as many pins as they can. Tenpin bowling is an activity which is popular for both fun and for sport. A game last for ten frames, with up to two balls in each frame. When all frames have been played, the player with the highest score is the winner.

**The bowling area:** The balls are delivered (bowled, rolled) along a narrow lane, also called an alley. The lane is 1.07 metres (42 inches) wide, and 18.29 metres (60 feet) long, from the foul line to the head pin (the first pin in the triangular setup). There is of course, an area for players to approach the lane. They must not step across the foul line.

**Scoring:** The rules of bowling are fairly simple. What has been explained above is the essence of the entire game. But of course there is slightly more to it than that. The scoring system is one of those things.

There are, as the name suggests, ten pins to knock down. How many a player knocks down in a frame (with one or two balls) counts as the score for that frame.

**What happens if someone knocks down all the pins with their first ball?** This is called a strike. A strike is marked by an "X" on the score board/sheet. When a strike is scored, 10 points are given for the ten pins scored, and then the points scored with the next two balls are added. Obviously, in this case you would roll only one ball for that frame.

**What happens if someone knocks down all the pins with their second ball?** This is called a spare. A spare is marked by the number of pins on the first roll followed by a "/" on the score board/sheet. When a spare is scored, 10 points are given for the ten pins scored, and then the points scored with the next ball is added. This applies whether the pins were all scored from two balls, or one ball. When either a strike or a spare has been scored, the score cannot be calculated until the next ball(s) have been rolled, as the bonus scores are added due to pins scored in the next frame(s). If a player makes a strike in the tenth (final) frame, they are allowed two more deliveries. If a player makes a spare in the tenth frame, they are allowed one more delivery.

Generally, the scorecards are marked with symbols to say what happened. A *strike* is marked by "X". A *spare* is marked by "/". A *miss* (where no pins were scored from a ball) by a "-". A *foul* is marked by "F".

A number states how many pins were scored. There are two boxes per frame for each ball, except the final frame, which has three boxes, to allow for a strike or spare in the final frame.

The score adds up throughout the ten frames to provide the finishing score. **Three hundred is the highest game possible.**

**Lane / Alley:** Each lane is made of thin strips of pine or maple wood, although some newer lanes are now made of laminated plastic. They are varnished, polished, and coated with a thin layer of oil known as the dressing. The ball slides across the oiled part, then starts to spin as it reaches the dry part. This adds challenge as balls cannot simply be bowled straight, and makes curving the ball to get a difficult last pin possible.

Along side each lane is a gutter to catch balls which have gone off course. Any ball which goes into the gutter simply comes back to the player in the normal way (through the pinspotter, along the tubes, and back to the collection stand). The pinspotter is a machine which will reset the pins between each ball, whether any were scored or not. Balls cannot be played while the pins are being reset.

**The bowling ball:** The ball is made of very hard rubber or plastic, or a composite material. The circumference (size around) a bowling ball is 68.58 centimetres (27 inches), and the weights vary, to be suitable for many people. The ball has three holes in it. Some balls have five. These are for the fingers and thumbs. The holes are different sizes as well to allow for different people.

**The pins:** The pins are often made of six strips of maple stuck together, shaped and coated in plastic, although they are sometimes made of completely synthetic materials. All ten must be the same size and weight. The pins are placed in an equilateral triangle. They do not have numbers, but are numbered by their position in the triangle.

## **GLOSSARY**

**Duckpin** - a smaller pin than a standard pin

**Gutter ball** - a ball which goes into the gutter

**Head pin** - the number 1 pin

**King pin** - the number 5 pin

**Leave** - the number of pins standing after the first ball

**Lofting** - when the ball is dropped rather than rolled, not good technique

**Open frame** - a frame where there is not a spare or a strike scored

**Return** - the tracked machine which returns the ball after delivery

**Sleeper** - when one pin is left standing behind another it is called a sleeper

**Split** - when there are pins left, with more than a balls width between them

**Strike out** - to finish a game with more than one strike in a row

**Triple / Turkey** - three strikes in a row