

Bowling is a great sport you can play with your family and friends. Remember, work on one or two things at a time so you can become familiar with the proper motion and build a strong foundation.

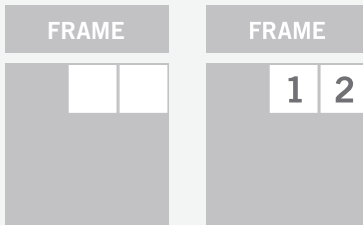
WHAT IS A GAME OF BOWLING? 10 FRAMES = 1 GAME

The first nine frames consist of two rolls in each frame unless you throw a strike — knocking down all 10 pins on your first roll, in which case you only get one roll. In the 10th frame, you get a bonus roll if you record a spare or strike.

FRAME 1	FRAME 2	FRAME 3	FRAME 4	FRAME 5	FRAME 6	FRAME 7	FRAME 8	FRAME 9	FRAME 10

BOWLING TERMINOLOGY

FRAME



This is a frame. You get to roll the ball two times in one frame, unless you get a strike.

LANE CONDITIONER

Conditioner is placed on the lane to protect the lane surface from bowling balls and friction. It also can be used to create an easier or more difficult playing field.

The conditioner is placed on the lane with a lane machine. The lane machine will move down the lane distributing conditioner across the boards at varying distances. The amount and length of the conditioner is determined by the proprietor.

If the center is certified through the United States Bowling Congress (USBC), the center must comply with USBC rules and regulations for League and Tournament Play.

FINISH POSITION

During the last step, the foot of the trail leg rolls under as the trail leg moves behind the slide leg. The opposite arm is out to the side for balance helping to keep the shoulders from over-rotating. Follow-through finishes above the bowler's head.



It is recommended bowlers hold their finish position until the ball hits the pins, noting the path and direction of the ball as it rolls down the lane. If the shot was properly delivered, posture and balance will be maintained.



STRIKE

A strike is when you knock down all the pins with your first roll. A strike gives you extra pins as a bonus. You do not total the score for this frame until you have rolled the ball two more times.



SPARE

A spare is marked when you knock down all the pins with two rolls in the same frame. Spares give you extra pins as a bonus, also. You do not total the score for this frame until you have rolled the ball one more time.



MISS or ZERO

A miss is when you leave any pin standing after the second roll.

10th FRAME

When you get a strike on your first roll in the 10th frame, you get two more rolls. If you make a spare after your second roll in the 10th frame, you get one more roll.

QUICK ADJUSTMENTS

If you feel you made a good shot and rolled the ball over your intended target but missed the pocket, move your feet in the direction of the miss.



If you miss the headpin to the left, move your feet about three inches or three boards to the left, keeping the target the same.



If you miss the headpin to the right, move your feet about three inches or three boards to the right, again keeping your target the same.

Keep adjusting your feet until you achieve the desired result. The important thing to remember is to base your move off a good shot (hitting your target) and to keep your target the same.



THREE QUICK TIPS

1 Only make an adjustment to your feet if you are sure the ball rolled over your intended target.

2 Understanding how to keep score will help you know if the scoring monitor is working properly.

3 For more help with your game, find a USBC Certified coach in your area. Go to BOWL.com and use the "Find a" feature.



Introduction to LEAGUE BOWLING

A bowling league is similar to other sports where teams meet once a week for competition. Leagues vary in type, size and length of competition.



TYPES

There are leagues for everyone, regardless of age or skill level. Leagues can be mixed (men and women), men only or women only and there are leagues specifically for seniors. Ask your proprietor if there is a league that will fit your needs.



TEAM SIZE

The numbers of players on a team can be anywhere from one to five.



SEASON LENGTH

The length of the league season can vary, but new leagues start throughout the year.



USBC CERTIFIED LEAGUES

A USBC certified league is governed by United States Bowling Congress (USBC) rules and regulations. As the National Governing Body (NGB) for bowling, the USBC helps keep competition fair for everyone.



FAMILY & FRIENDS

Bowling in a league is a great way to spend time with family and friends while enjoying friendly competition.

GETTING YOUR OWN BOWLING EQUIPMENT

When you are ready to purchase your own bowling ball, visit your local pro shop or visit IBPSIA.com to find a certified technician in your area.

Having your own ball will make bowling easier, as the ball will be fitted and drilled specifically for your hand.

Pro shops have the training to help you choose the right ball, (including type and weight) and give you a custom fit along with any fine-tuning that will be necessary. Pro shop personnel will be able to answer your questions and help you improve your game with individual lessons.

Don't forget — you will need a pair of bowling shoes and a bag to carry your ball, so you always have everything you need when you go bowling.



Quick Review PUTTING IT ALL TOGETHER

- Pick Up the Ball Safely
- Lane Courtesy
- Place Fingers Into the Ball First, Then the Thumb
- Line Up in Your Stance
- Visualize Your Target Line
- The Approach and Delivery

FOUR-STEP APPROACH

1
SETUP

A good, balanced setup is important in developing a consistent shot.



2
FIRST STEP



THE BALL AND BALL-SIDE FOOT MOVE TOGETHER

3
SECOND STEP



BALL NEAR LEG

4
THIRD STEP



BALL AT THE TOP OF BACKSWING

5
FOURTH STEP



STEP AND SLIDE - BALL NEAR ANKLE

Release - thumb comes out first, then rolls off fingers

6
FOLLOW THRU



FOLLOW THRU TOWARD TARGET