

Resources

American Bowling Congress

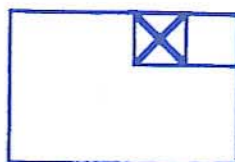
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Greendale, WI 53129
Phone: 414-421-6400; Fax: 414-421-5860
Web site: <http://www.bowl.com>

National Bowling Association

377 Park Ave. South, 7th Floor
New York, NY 10016
Phone: 212-689-8308; Fax: 212-725-5063
Web site: <http://www.inlink.com/~tnbainc/>
Operated by African Americans and open to all, committed to the principles of sportsmanship, fellowship, and friendship.

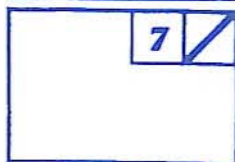
Scoring

A game consists of 10 *frames*. Each frame has two small boxes at the top. You put the number of pins you knock down with the first ball in the first box, and the number you knock down with the second ball, in the second box. Then you total the two numbers and put that in the larger box. If you knock them all down on the first ball, that's a *strike*. Special scoring markings are shown below.



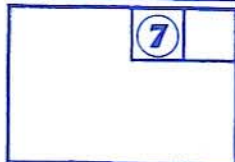
X—strike.

A strike is worth 10 points plus the count on the next two frames.



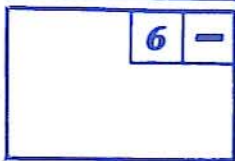
/—spare.

Including the number before it, a spare totals 10 plus the count on the next frame.



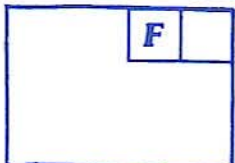
0—split.

Indicates that the pins were split when that number was recorded.



—, no points.

No pins were knocked down for any points on that approach.



F—foul.

No points were scored because the bowler stepped on the foul line.

Some Bowling Terms

Approach. The area, at least 15 feet long, on which the player moves toward the foul line and throws the ball.

Delivery. The act of pushing away, swinging, walking, releasing the ball, and following through.

Double. Two consecutive strikes.

Foul. Touching or moving beyond the foul line while delivering the ball.

Frame. One-tenth of a game. Each square on a score sheet is one frame.

Gutter Ball. A ball that rolls off the lane into the gutter.

Leave. The pins left standing after the first ball has been delivered.

Spare. Knocking down all the pins in two deliveries.

Split. Two or more pins left standing with a pin down immediately between or ahead of them (providing the first pin, or the *headpin*, is down).

Strike. Knocking down all the pins with the first ball.

Bowling Rules of Courtesy

- Be ready to bowl when it's your turn. Don't delay the game.
- Don't approach the lane if someone else is using it.
- Stay on your own approach lane.
- Don't let your reaction to your play take you into another approach area.
- When you have completed your delivery, step back off the approach. This enables bowlers on the other lanes to bowl without distraction.
- The bowler to your right has the right of way.
- Respect the equipment. Don't throw two balls in rapid succession, as this can damage the equipment. Wear only bowling shoes on the approach area.
- You should use only your own ball or the ball you have chosen to use.
- Stay back of the foul line at all times.
- After your game, always return your ball to the storage rack. Return rental shoes to the counter.
- Play to win, but be a good sport when you lose.
- Keep an accurate score of your game by keeping score correctly.