**Bowling Study Guide**

**GENERAL RULES:**

* A line or game is composed of 10 frames.
* A player is entitled to two balls per frame unless a strike is rolled.
* In the 10th frame a strike or spare earn the bowler a third ball.
* If a foul is committed, the pins are reset and 0 points are recorded for the ball.

**BASIC SAFETY & ETIQUETTE:**

* Bowling rules of conduct on and off the lanes are based mostly on common courtesy.
* Do not take an excessive amount of time before each ball delivery.
* The bowler on your right has the right of way. If he/she has taken a stance in the approach area, wait until the delivery is complete before you begin yours.
* As soon as you have completed your delivery and follow through, move away from the foul line and wait behind the approach for your ball to return. This courtesy allows the next bowler the make their approach without being distracted.
* When a person is bowling with a particular ball, even if it is a house ball (owned by the bowling alley), it is their property at the time. Do not use it without their consent.
* Keep food and drink out of the playing area.
* Use regulation-bowling shoes.
* Refrain from talking to a bowler once they have assumed their stance.
* Return any ball used to the racks before leaving.
* Know how to and share the responsibility of scoring.
* Throwing the ball as hard as you are able will NOT cause more pins to drop.

**TERMINOLOGY:**

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| Approach: | the area before the foul line with sets of dots to guide starting position |
| Arrows: | targets on the lane that help the player align a starting position w/ the pins |
| Crossover: | throwing the ball past the pocket to the other side of the head pin |
| Double: | two strikes in a row |
| Foul: | touching or going beyond the foul line when delivering the ball. This is indicated on the score sheet with a ‘f". The score for the ball rolled is 0 regardless of what was knocked over. |
| Frame: | Each square on a score sheet indicates one frame. |
| Gutter ball: | a delivered ball that rolls off the lane into the gutter. |
| Head pin: | the number one pin |
| Lane: | the area between the foul line and the head pin |
| Perfect game: | all strikes, equaling a score of 300 |
| Pocket: | the area between the 1-2 pins for a left-hander; the 1-3 pins for a right-hander |
| Spare: | knocking down all 10 pins using both deliveries (rolls) allowed in a frame |
| Split: | the head pin and center pins are knocked down |
| Strike: | all pins down on the first ball |
| Turkey: | three strikes in a row |

**SCORING:**

The score in bowling consists of the cumulative (on going) record of pins knocked down in each of the 10 frames. It is a means of comparing the performance of the bowlers within a possible perfect total score of 300. Each game (or line) consists of 10 frames with a maximum of two balls rolled for each frame except in the 10th frame. In the 10th frame a third ball can be rolled if a strike or spare is earned.

* If a **strike** is rolled it will score 10 points for that frame PLUS the adding of the next two balls thrown.
* If a **spare** is made it will score ten points for that frame plus the adding of the next (one) ball rolled.
* If a strike or spare is not made, it is an open frame. The total number of pins the two balls rolled in that frame are totaled and added to the previous frame.



**Frame 1:**
You got a spare. Your score is 10 plus the number of pins you knock down in your next shot. In this case it is 5, so you have 15 points in Frame 1.

**Frame 2:**
You have an open frame of 9 points. Add 9 to your previous score (15), and you have 24 points in Frame 2.

**Frame 3:**
Another open frame of 9 points. Add 9 to your previous score, and you have 33 points in Frame 3.

**Frame 4:**
Strike! You earn 10 points plus your next two shots. In this case, your next two shots are a strike and a 5 which is a total of 15 pins. So, 10 + 15 = 25 points earned for Frame 4. Add 25 to your previous score, and you have 58 in Frame 4.

**Frame 5:**
Strike again! You earn 10 points plus your next two shots. In this case, your next two shots are a 5 and a spare (another 5), which is a total of 10 pins. So, 10 + 10 = 20 points earned for Frame 5. Add 20 to your previous score, and you have 78 in Frame 5.

**Frame 6:**
Spare! You earn 10 points plus your next shot. In this case it is 5, so you have 15 points in Frame 6. Add 15 to your previous score, and you have 93 in Frame 6.

**Frame 7:**
You have an open frame of 8 points. Add 8 to your previous total, and you have 101 in Frame 7.

**Frame 8:**
You have an open frame of 9 points. Add 9 to your previous total, and you have 110 in Frame 8.

**Frame 9:**
Spare! You earn 10 points plus your next shot. In this case, your next shot is a 9, so you have 19 points in Frame 9. Add 19 to your previous score, and you have 129 points in Frame 9.

**Frame 10:**
Last frame. You got a spare in the first 2 shots, so you roll again and get a strike. Remember, your score in Frame 10 is the total number of pins knocked down. In this case, you knocked 20 pins down. Add 20 points to your previous score, and you have 149 points for the game!

**Some Scoring Shortcuts**

A strike followed by a spare earns 20 points in a frame.
A spare followed by a strike earns 20 points in a frame.
The maximum score in one frame is 30 which is achieved by rolling 3 consecutive strikes.