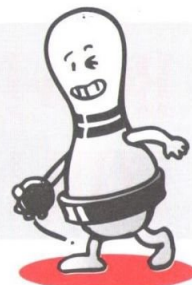


5-PIN BOWLING

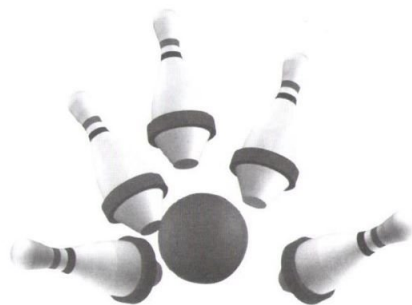


Although bowling dates back to approximately 5000 BC the modern 5 pin game was originated in Canada in 1910 by Tommy Ryan, Sportsman and art dealer.

It's popularity has increased through the years and it has become a favourite pastime for all the family. Besides the pleasure of "Good Companionship", bowling is a healthy recreation.

The competitive aspect of the sport also provides excitement for everyone.

If you are a seasoned bowler, the tips in this booklet may serve as reminders to help you overcome those careless habits we all develop. If you are a newcomer, we hope this booklet will shorten the time it takes for you to become proficient. In either case, we hope it will put more fun in your game.



P.1

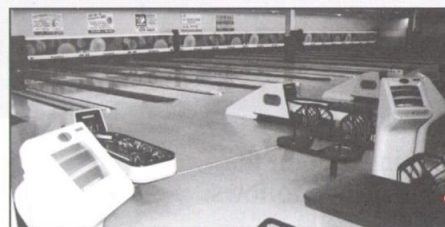
BOWLING IS FUN FOR EVERYONE

- Men, Women, Teens, Juniors and Golden Agers
...ages 3 to 90 (and over!)
- Healthful social activity...Fun...Enjoyable Competition.
- Easy to learn...Easy to play.
- Ideal family activity.
- Year round, all weather sport & recreation.



P.2

CONTENTS

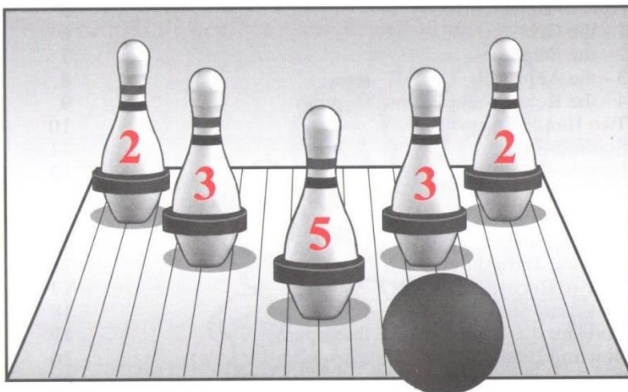


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P.3

HOW MANY POINTS IS EACH PIN WORTH?

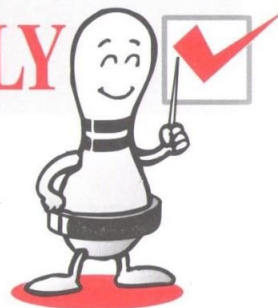
There are five pins used in the game and they count as follows:



A frame shall consist of three legally delivered balls made by the same bowler in succession except where a bowler rolls a strike or spare.

P.4

HOW TO BOWL CORRECTLY



FIRST, THE PLAYER SHOULD BE RELAXED, THE CORRECT GRIP, STANCE AND FOLLOW-THROUGH SHOULD THEN BE PRACTICED.

SUCCESSFUL BOWLING REQUIRES GOOD BODY CO-ORDINATION, SOUND JUDGEMENT AND CONSISTENCY.

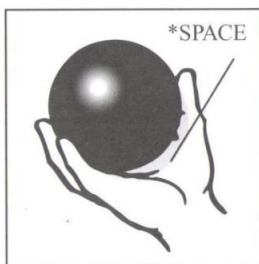
P.5

1. THE GRIP



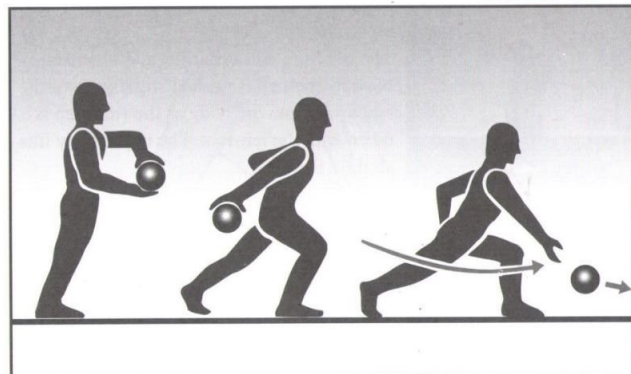
The ball should be held comfortably as one would hold a cantaloupe or melon, between thumb and fingers.

The fingers should be spread. Do not grip the ball tightly and always leave a space between the ball and the palm of the hand.*



P.6

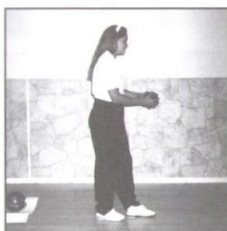
2. THE STANCE



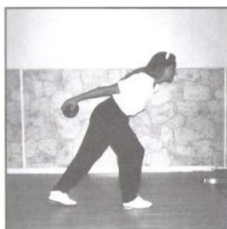
The body should be erect, shoulders square to the target. Feet slightly apart, toes pointing directly at the target. Knees slightly bent. Position your hands as illustrated while you select your target. Once you decide your target point, it must be maintained until the ball has left your hand.

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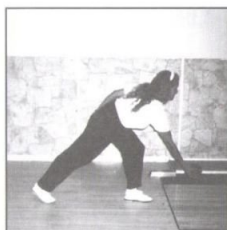
3. THE APPROACH



The left foot and hands begin to move simultaneously. The opposite will occur for a left handed bowler. The ball is pushed slightly upward and away from the body as the first step is taken with the left foot. The upper body tilts slightly forward.



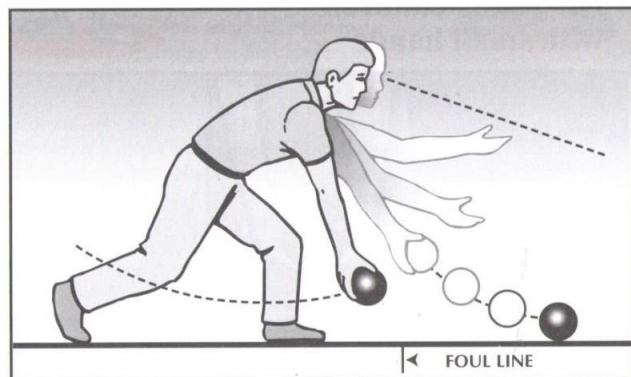
As the first step is nearing its completion the left hand moves away from the ball to maintain the bowler's balance and the right arm pushes forward to the full extension of the pushaway. The right arm and ball then begins the downward motion, which is the start of the backswing.



At the completion of the pushaway the right arm should be straight and fully extended. The hand should now descend in a natural arc, like a pendulum. Allow the weight of the ball to control the height of the backswing.

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4. THE RELEASE & FOLLOW-THROUGH



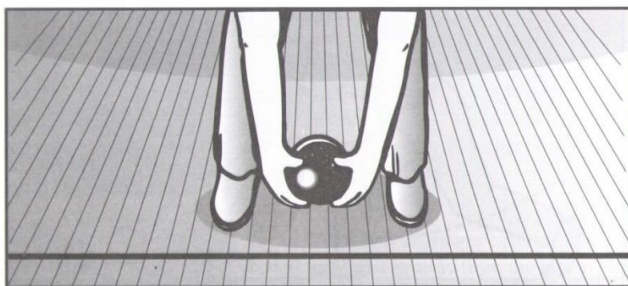
The speed with which the three approach steps are taken determines the speed of the ball. A medium to slow delivery is usually more accurate and effective than a fast one. Be relaxed, develop an evenly spaced one-two-three rhythm in time with your steps on the approach.

From the first step the arm must be kept straight. The arm makes an arc as indicated in the illustration and the ball is released at the start of the upswing. Swinging too far back throws a player off balance. The release point should be at least the width of the ball above the floor. When the empty hand completes the arc the fingers should end at a point between the eyes and the pins.

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TWO HANDED APPROACH

For young children with small hands



Position of Feet : Position the feet approximately 20" apart and 3" from the foul line. Ensure the feet are spread to a point that will allow the bowler to swing freely between the legs.

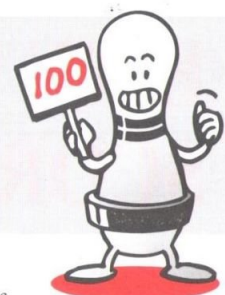


Holding the Ball : Grasp firmly on the FINGERTIPS with THUMBS directly opposite each other on top of the ball. Keep the 3rd and 4th fingers on each hand touching to assist in improving follow-through

- ON 1 - Pushaway
- ON 2 - Backswing (between legs)
- ON 3 - Swing arms forward, release ball and follow-through. No foot movement.

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SCORING



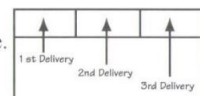
Many bowling centres today offer automatic (computerized) scoring for the convenience of their customers. Automatic scoring gives bowlers an opportunity to fully enjoy their bowling experience without having to concentrate on keeping score for themselves, their friends and family. Although this is a great feature, it is always recommended that a bowler learns to keep score, so that they may better understand the game of 5-Pin bowling. Scoring is quite simple, although it may appear difficult. Each player should be encouraged to learn how to keep score. It makes the game more interesting and is informative. Bowling centre personnel are always ready to explain the scoring system.

Score sheets are supplied by the bowling centre. Each one has space for one to six players. Bowler's names are entered on the scoresheet in the order that they play.

	1	2	3	4	5	6	7	8	9	10	TOTAL
	55	3210	/	352	X	X	552	X	3/	X35	
	10	25	43	53	88	113	125	155	185	208	

BASICS

A game of bowling consists of 10 frames with a maximum delivery of three (3) balls in each frame. The triple box system of scoring as shown in the accompanying illustration requires first, second and third ball counts to be recorded.



EG: The corresponding count of pins knocked down with the first delivery in a frame is shown in the left box, the pinfall (count) on the second delivery (if any) is shown in the middle box, and the pinfall on the third delivery (if any) is shown in the right box.

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HOW TO KEEP SCORE



- STRIKE** ☒ Count 15 Plus What You Knock Down on Next Two Balls.
- SPARE** ☒ Count 15 Plus What You Knock Down on Next Ball.
- FRAME 1** Player knocks down all the pins except the headpin using three balls.
Score : 10 points.
- FRAME 2** Player knocks down all the pins using three balls.
Count : 15 points.
Score : 25 points.
- FRAME 3** Player uses only two balls to knock down all the pins. This is called a spare. Count : 15 points. However, as each frame's count is for three balls, player adds the count from his first ball in the next frame.
Score : INCOMPLETE.
- FRAME 4** Player knocks down the 3 pin with his first ball. The player adds the 3 to the 15 points of his spare making a count of 18 for the third frame.
Score : 43 points.
Then the player knocks down the headpin (5) and the left (2) pin. This makes his count of his fourth frame $3+5+2=10$ points.
Score : 53 points.
- FRAME 5** The player makes a strike (all the pins are knocked down with the first ball). Count : 15 points plus points scored with the next two balls bowled.
Score : INCOMPLETE.

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1	2	3	4	5	6	7	8	9	10						
5	5	-	3	2	10	/	3	5	2	/	3	5	/	3	5
10	25	15+5	43	53	15+15+5	88	113	125	155	15+3+12	185	15+15	185	15+25+5	208

FIVE PIN

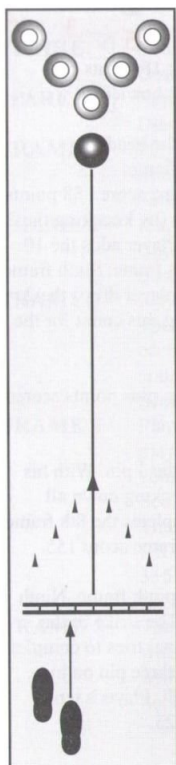
PIN COUNT



- FRAME 6** The player makes another strike and credits fifth frame with 15 point. Fifth frame score : still incomplete. Sixth frame Count : 15 points plus points scored with the next two balls bowled.
Score : INCOMPLETE.
- FRAME 7** With the first ball, the player picks the headpin (5 points). This completes the fifth frame.
Count $15+15+5=35$ points, fifth frame score : 88 points. On his second try he scores 5 points (by knocking the 2 and 3 pins down on the right side). Player adds the 10 points to the strike count of the sixth frame. Sixth frame count : 25, SCORE : 113. Then the player drops the 2 pin on the left, leaving the 3 standing, his count for the seventh frame : 12 points.
Score : 125
- FRAME 8** A strike (first Ball) count : 15 points, plus points scored with the next two balls bowled.
Score : INCOMPLETE.
- FRAME 9** With the first ball, the player picks the 3 pin. With his second ball, he counts 12 points knocking down all remaining pins for a spare. This completes the 8th frame.
Count $15+3+12=30$ points. Eighth frame score 155.
Score : INCOMPLETE.
- FRAME 10** A strike! 15 points are added to the ninth frame. Ninth frame count $15+15=30$. Score 185. The strike in the tenth frame permits him two additional tries to complete the strike count. The player gets the three pin on his second ball and the 5 on his third ball. Player's tenth frame count 15 for the strike $+3+5=23$.
Game score : 208 points.

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SPOT BOWLING



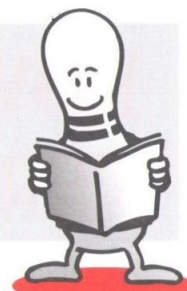
THE BEST METHOD TO TEACH A NEW BOWLER CONTROL: THE THEORY OF SPOT BOWLING IS THAT IT IS EASIER TO HIT A TARGET 15 FT. FROM THE FOUL LINE THAN IT IS AT 60 FT.

- 1** The most important point to remember is that you must always roll the ball so that it crosses the centre dart.
- 2** Position yourself with your right foot in line with the first dot to the left of the centre mark.
- 3** Take the normal three step approach and roll the ball across the centre dart.
- 4** If the ball misses the headpin on the left side, move your feet a little more to the left for your next try.
- 5** If the ball misses the headpin on the right side, move a little more to the right for your next try.

THIS METHOD OF DELIVERY SHOULD BE USED AT ALL TIMES.

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SCORING TERMS



- ☒ **STRIKE:** All pins are knocked down by the first ball bowled.
- ☒ **SPARE:** All pins are knocked down by the first two balls bowled in a frame.
- ☐ **FOUL:** A portion of the bowler's foot or body extends beyond foul line. Penalty: 15 points.
- ☐ **CORNER PIN:** When all pins are knocked down with the exception of either corner pin. " R " designates the right pin " L " designates the left pin.
- ☐ **HEAD PIN:** When only the 5-pin is picked out by the first ball bowled in the frame.
- ☐ **SPLIT:** The 5 pin and one of the 3 pins are knocked over by the first ball bowled.
- ☐ **ACES:** Only the two corner pins remain standing after the first ball is bowled.
- ☐ **CHOP-OFF:** The 5 pin and the 3 and 2 on either side are knocked down by the first ball bowled.

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BOWLING TERMINOLOGY

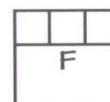
- Approach:** The area, a minimum of 15 feet long, on which a player walks to the foul line.
- Dots:** Position marks imbedded in the approach area to help a player align the starting position.
- Arrows:** Sighting targets imbedded in the lane 15 feet from the foul line to help a player align the ball path to the pins.
- Backswing:** The path of the arm behind the body during the next to last step in the delivery.
- Count:** The number of pins knocked down with each delivery.
- Frame:** One-tenth of a game. Each large square on a score sheet indicates one frame.
- Channel:** Drop off area to the immediate left and right of the lane.

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HOW TO RECORD A FOUL



- Foul:** When a foul has been committed (crossing the foul line during the delivery) it shall be designated on the score-sheet by placing an "F" symbol immediately below the corresponding box in the frame where the foul was committed. This symbol represents a DEDUCTION of 15 points from the total game score upon completion of the game. The FOUL symbol "F" must also be recorded in the TOTAL COLUMN at the end of the scoresheet as a reminder that a foul was committed.



10	TOTAL
	F

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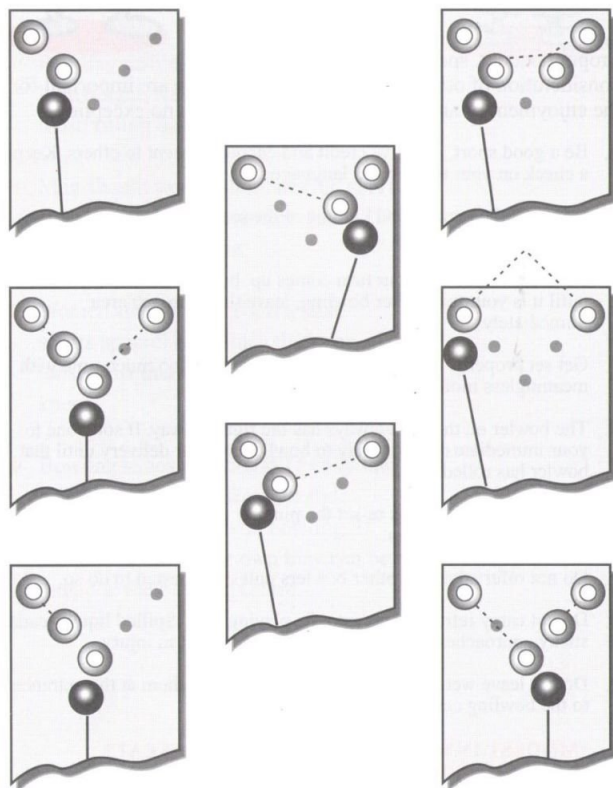
TIPS FROM THE PROS



- 1** Don't bounce the ball, roll it. Bouncing hurts your game and damages the lane.
- 2** Note the spots on the approach and the darts on the lane. They denote the position of the pins. Use them for your starting position and for sighting your target spot.
- 3** Don't cross the foul line. Allow yourself plenty of space on your approach to the line. The easiest method of determining the starting position is as follows - stand facing the score stand with the back of your heels three inches away from the foul line. Take your normal approach and follow-through. Note the position of the front foot on the completion of the slide, this determines the correct distance from the foul line for you to start your approach.
DO NOT USE A BALL IN YOUR POSITION TRIAL.
- 4** Footwork: Learn to be steady and confident on your approach and delivery. You will acquire poise and body balance.
- 5** Learn to control a twisting wrist. Keep the bowling arm straight and firm.

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HERE ARE THE WAYS TO MAKE THAT SPARE



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BOWLING ETIQUETTE



Proper conduct, sportsmanship, courtesy, consideration of others and plain common sense are important for the enjoyment of any sport. Five Pin Bowling is no exception.

1. Be a good sport, and give credit and encouragement to others. Keep a check on your temper and language.
2. Leave all the razzing and kidding at the score stand. Do not carry it on to the approach.
3. Be ready to bowl as your turn comes up, but stay off the approach until it is your turn. After bowling, leave the approach area immediately.
4. Get set properly. Concentrate, but do not waste too much time with meaningless motions.
5. The bowler on the right always has the right-of-way. If someone to your immediate right is ready to bowl delay your delivery until that bowler has rolled first.
6. Where required, always re-set the pins for the next bowler, before leaving the playing area.
7. Do not offer advice to other bowlers unless requested to do so.
8. Do not carry refreshments into the playing area. Spilled liquids cause sticky approaches, and this problem could result in injury.
9. Do not leave wet shoes or clothing on. Remove them at the entrance to the bowling centre.

**"MODEST IN VICTORY, GRACIOUS IN DEFEAT"
IS A GOOD MOTTO**

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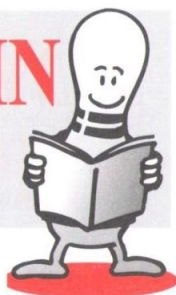
BOWLING APPAREL



- Bowling fashions tend toward lightweight, flexible, comfortable and loose fitting designs.
- Men should wear a short sleeved sport shirt and slacks for comfort and freedom of movement.
- Women should wear comfortable sports apparel and either slacks or a loose skirt that will not catch on their knees.
- Bowling shoes are a **MUST!** Only they can provide the comfort and slide necessary for successful bowling. If you do not have your own they can be rented at the bowling centre.

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HOW TO JOIN A LEAGUE



The manager of your neighbourhood bowling centre will be glad to give you information about league bowling. You will find it a lot of fun to bowl regularly with an organized group.

Leagues with new bowlers are constantly being formed by bowling centers. Also, most leagues are willing to take bowlers to fill vacancies that have occurred.

Many people are under the misunderstanding that bowling leagues are comprised mostly of very good bowlers. This is not true as 90% of the leagues consist of average bowlers who bowl to enjoy the companionship of fellow bowlers. Most leagues use a handicap system which equalizes the bowlers. The handicap is based on your average and the handicap system is designed to give the lower average bowler an opportunity to compete with the higher average bowler.

Nearly all leagues put on a closing banquet and provide awards. A small amount is added to your bowling fees to cover these extras.

Also, it is not necessary to know how to keep score. However, if you wish to learn the manager of the bowling centre or their staff will provide you with the required instruction.

P22

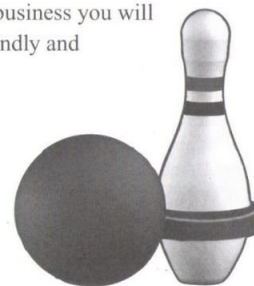
TALK TO THE MANAGER



The manager of your bowling centre is anxious to see you have an enjoyable time when you are bowling. Do not hesitate to ask for advice, information and instruction.

Although this booklet outlines the system of keeping score very clearly, you may still have some problems. Ask your manager or staff for help. They may be able to give you special assistance by arranging for someone to help you or may even ask the bowler on the lane beside you to give you a hand.

Your manager can explain everything about the operation of the bowling centre to you. Because of the nature of the business you will find that your manager is friendly and enthusiastic.



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BIRTHDAY PARTIES



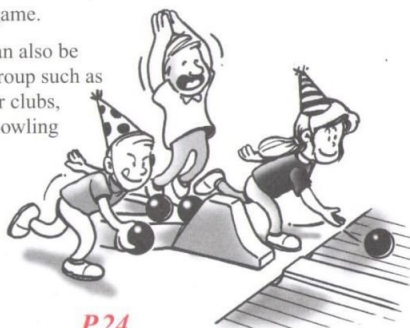
A birthday party is an ideal way for children 3 years and older to entertain their friends. Many bowling centres have special birthday party arrangements that will include bowling and refreshments. For younger children ask about bumper bowling. With bumper bowling, the bowling centre will set up your lane(s) with a device which will keep the youngsters' bowling balls on the lane and heading for the pins... much more fun than having their balls enter the gutter/channel time and again. Parents will find that the children will enjoy their birthday party and there will be no waste of food and no mess to clear up after.

All you have to do is telephone your neighbourhood bowling centre and ask what arrangements can be made for a birthday party.

ADULT BOWLING PARTIES

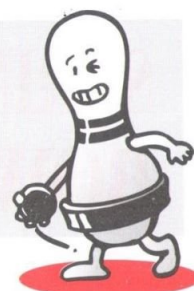
A unique and inexpensive way to bring employees and their families and friends together is to have a company bowling party. Bowling, unlike many other recreations, allows the participants to socialize while still enjoying the fun of the game.

These types of parties can also be arranged for any large group such as church, sororities, soccer clubs, etc. Contact your local bowling centre for details about renting the whole centre or a portion of it for your group.



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PUBLIC BOWLING



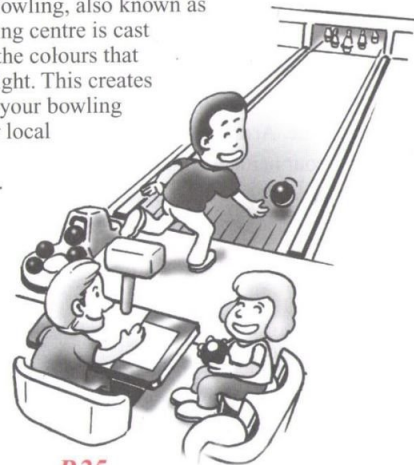
Most bowling centres have lanes available during the day and evening that are for public bowling.

In order to ensure that you will have a lane, many centres suggest you call ahead and make a reservation.

Most bowling centres take reservations but if you are reserving a large number of lanes they may ask for a deposit.

COSMIC or GLOW BOWLING

Many bowling centres today offer an exciting addition to Public Bowling. With Cosmic Bowling, also known as Glow Bowling, the bowling centre is cast into darkness except for the colours that come alive under black light. This creates an exciting way to enjoy your bowling experience. Contact your local bowling centre to see if Glow Bowling is offered.



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SPRING / SUMMER BOWLING



Many centres are air-conditioned and remain open all summer long. The summer time provides a splendid opportunity for new bowlers or non-league bowlers to bowl as very few leagues operate during this period and lanes are usually available for public bowling.

Summer time bowling provides relaxed fun in cool comfortable surroundings at a leisurely pace. It is an excellent opportunity for all bowlers to improve their game. Arrangements can be made to get your name on a list for a fall bowling league.

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CLUB 55+

(Formerly the Golden Age Bowler's Club)



Reaching the Age of 55 can be exciting when you join a **Club 55+** league. These leagues are specifically designed for bowlers 55 years of age and over. They offer senior citizens an opportunity to participate in a lifetime activity that provides regular, moderate exercise and requires no special athletic ability. In addition, leagues foster fellowship and goodwill. They also provide seniors with an opportunity to meet new friends.

You'll have fun every week as you bowl on a team with others in your own age group. You'll be able to take part in fun tournaments, trips and other special activities, all of which add to the season's fun.

You can bowl every week with your friends and you'll have the opportunity to make new friends. "Togetherness" is the name of the game when you join a Club 55+ league!!

Bowling provides you with regular moderate exercise. It's a healthy social activity which will keep you fit and active throughout the year.

Bowlers 55 years of age and over can register with Club 55+, an organization that provides awards for various achievements and

CLUB 55+

conducts special events and tournaments throughout the bowling season.

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YOUTH BOWLING



Children can register in the Youth Bowling Council. An organization open to all youth bowlers where awards are given for achievement and children have the opportunity of bowling on a team. For many youngsters, this will be their first experience in team sports. Their individual score each game depends on their own effort. However, they are part of a team and their scores contribute to the team results.



Most leagues are run by volunteer supervisors who are interested in both the children and the game of bowling. Every youngster has the opportunity to develop his skills. Bowling plays an important part in developing team spirit and leadership.

Children start as young as 3 years and usually bowl with two hands at this age.

IT'S FUN

Bowling in a Youth Bowling Council league means fun, fun, and more fun! In addition to bowling every week with your friends, you will also have the opportunity to meet new friends. Parties, tournaments, trips and special activities all add to the season's fun.

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