



TENPIN BOWLING MADE EASY!

Get your body into Bowling!



Tenpin Bowling Made Easy!

Introduction

Thank you for your commitment to the sport of tenpin bowling.

Tenpin Bowling Australia Ltd is the National Sporting Organisation as recognised by the Australian Sports Commission.

Tenpin bowling is a sport for all, with no age, size, speed or strength limitations. It is scored objectively and is adaptable to any schedule or number of participants.

Tenpin Bowling Australia is committed to creating environments and opportunities for all community members to participate in and enjoy the sport of Tenpin Bowling.

Regardless of your ability and experience, if you choose to bowl for fun or health, if you dream of becoming a world champion or if you choose to participate in non-bowling roles like coaching and volunteering, tenpin bowling provides many opportunities.

Tenpin Bowling – The Sport for a Lifetime!

**The future of our sport requires
your support – join today.**

www.tenpin.org.au

HOW TO SCORE

Game

A game consists of 10 frames. A maximum of two deliveries is made in each frame except in the 10th frame, when three deliveries are made if the player has scored a strike or a spare in that frame.

1	2	3	4	5	6	7	8	9	10
8-	5/	35	81	71	X	9/	X	X	8/-
8	21	29	38	46	66	86	114	134	150

X Strike

A strike is scored when all the pins are knocked down by the first ball rolled in a frame. It is marked with an X. Because a strike earns 10 pins plus a bonus of all the pins knocked down by the next two balls, no figure is entered until the next two balls are rolled. A strike in the 10th frame earns two extra rolls.

/ Spare

A spare is scored when all pins are knocked down with two deliveries. It is marked with a /. Because a spare earns 10 pins plus a bonus of all the pins knocked down by the next single ball, no score is entered until the first ball of the next frame is rolled. A spare in the 10th frame earns one extra roll.

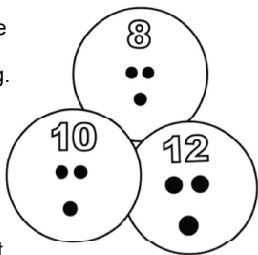
— Open Frame

An open frame occurs when there are pins left standing after two balls. There is no penalty for an open frame, other than that of failing to gain the bonuses for a strike or a spare. When an open frame is made simply add those pins knocked down to the total in the previous frame.

BOWLING BALL SELECTION

Spend a few extra minutes selecting your ball.

A good comfortable ball makes your game much more enjoyable and enables you to get the most out of the sport of tenpin bowling.



Weight

Select a weight which is comfortable for you. Finding a weight that is not too heavy but also not too light is important for maximising your score.

A weight and age guide to get you started:

- Juniors 6 and under should use 6lb balls
- Juniors 7 to 10 yrs olds should use 8 - 10lb balls
- Juniors aged 11 to 14 years should use 9 - 12lb balls
- Try a ball in the 10 to 14 pound range for a woman
- Try a ball between 14 and 16 pounds for a man

When you are beginning, stay with a comfortable weight but if you assess comfort by feel, make sure the ball fits your hand – a badly fitting ball feels much heavier.

House Balls

Most new bowlers use a ball provided by the bowling centre, called a house ball. They are made of plastic (polyester) and range in weight from six to 16 pounds. The cover is smooth and does not generate a lot of hook. This is good for beginners as it will allow for more control.

BOWLING BALL SELECTION

A ball that does not properly fit can sometimes cause blisters, calluses or sores. Finger and thumb holes that are too big can cause the ball to be dropped, and if the holes are too small the ball could stick on the bowler's hand. As youth bowlers grow, it is important to check their fit continuously and make adjustments when needed.

Firstly ensure that the thumb hole is large enough for your thumb to slide in and out without any grab whatsoever.

With your thumb fully in the hole, spread your hand over the ball with your middle and ring fingers across the finger holes. The creases of your middle joints should be past the innermost edge of the holes without moving your thumb.



If you are satisfied, then extract your thumb, put your middle and ring fingers in the holes up to the knuckle joint, pull back, and then insert your thumb again.

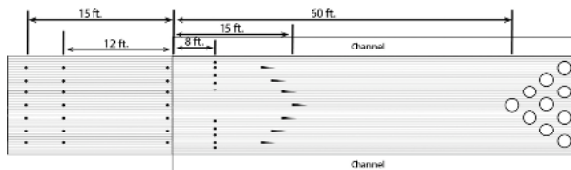
Gently squeeze the ball, pick it up and turn it over so that the weight is resting on the heel of your hand. Help support the weight with your opposing or non-bowling hand. If you have chosen well, your palm should be fully in contact with the ball without any strain on your fingers.

Carefully give it a practice swing and see that it is still comfortable.

There are other types of grips used by bowlers, but until you have a few years experience under your belt, stay with this CONVENTIONAL grip.

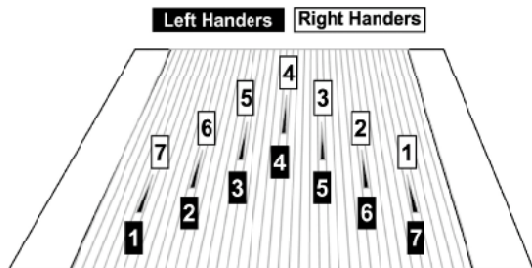
KNOWING THE LANES

A bowling lane includes: the pin deck (where the pins are located) which is approximately three feet in length; the lane surface (wood or synthetic material), which is 60 feet in length from the foul line to middle of the front pin (called the head pin); gutters (also called channels) along both sides of the lane and the approach (where bowler's make their delivery) which must be a minimum of 15 feet in length.



Arrows

There are seven arrows on each lane, located 12-16 feet from the foul line. When counting the arrows, right-handed bowlers start from the right and count left, and left-handed bowlers start from the left and count right.



KNOWING THE LANES

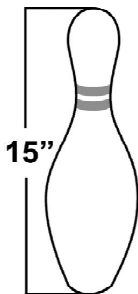
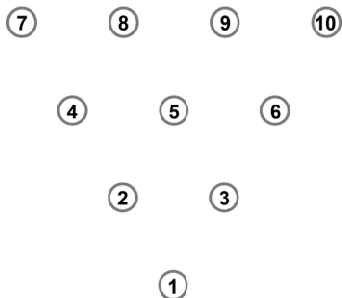
Oil

Beyond the foul line, oil is applied to the lane surface to protect it from damage caused by balls. This makes the lane slippery and can be a safety hazard if a bowler steps over the foul line.



Pins

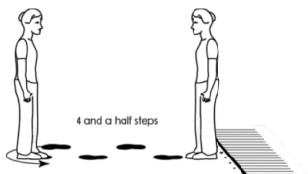
The pins are made of wood and plastic. They are manufactured to be uniform in size and weight. Each pin is 15 inches tall, approximately 4-11/16 inches in diameter and must weigh between 3 pounds, 6 ounces and 3 pounds, 10 ounces. The pins are arranged in a triangle and are approximately 12 inches apart numbered from one to 10 with the front pin (head pin) being the No. 1 and numbering left to right from front to back.



APPROACH AND DELIVERY

The most commonly used approach is the four step approach, which is explained below.

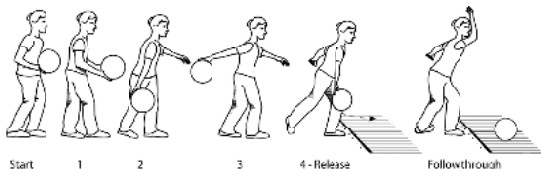
The four-step approach is great for beginning bowlers to develop a sound set of fundamentals throughout a bowling approach.



Where to Stand on the Approach

The first thing a bowler needs to do is to determine where to stand on the approach. The bowler:

- Walks to the foul line, turns around and stands with their back facing the pins with the centre dot between their feet.
- Takes four and one-half steps back from the foul line and turns on their toe to face the pins. This is the starting distance.
- Picks up ball from the ball return using both hands on either side of the ball.
- Set up in athletic pose.
- Places hand in the ball inserting fingers first, followed by the thumb.



- **(Start)** Positions the ball-side elbow at the hip and holds the ball waist level
 - **(Step 1)** Starts the push away and first step (ball-side foot) at the same time. As the ball starts into the swing, the opposite arm goes out to the side for balance.
 - **(Step 2)** In the second step the ball swings down near the leg. The swing should be close to the body and straight.
 - **(Step 3)** In the third step the ball reaches the top of the backswing.
 - **(Step 4 – Release)** In the fourth step and while sliding, the ball swings down and is released as it passes the slide foot ankle.
 - **(Follow through)** Bowler follows through toward the target, bringing the bowling elbow above the ball-side shoulder, staying in a balanced position watching the ball until it rolls over the target.
-

APPROACH AND DELIVERY

At all times during the delivery the ball should be swinging in a perfectly straight line, aimed at your target. It is most important that this swing be natural and completely dependant upon the weight of the ball. Do not push it or pull it, once you have released your non bowling hand.

Gravity knows only one line – a straight one – so allow it to keep your ball swinging straight for you.

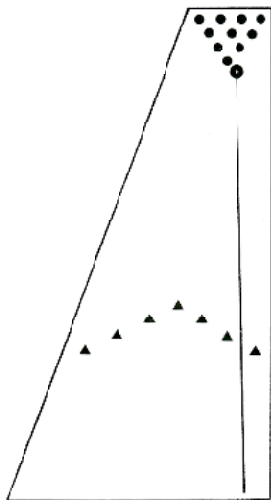
SAFETY IN BOWLING CENTRES

- Keep hands away from the ball return opening. The belts, wheels and pulleys stop for no one.
 - No food or drink in the bowling area. The approach becomes sticky and bowlers who intend to slide might fall.
 - Be alert to balls coming back to the ball return. A pinched finger hurts!
 - Finish your delivery behind the foul line (the black line that separates the approach and the playing surface). There is oil on the lane and it is very slippery.
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THE STRAIGHT BALL

The straight ball does not hook or curve. It is aimed directly at the pocket. This is generally the best delivery for new bowlers where the focus for the bowler is learning to consistently hit the pins.

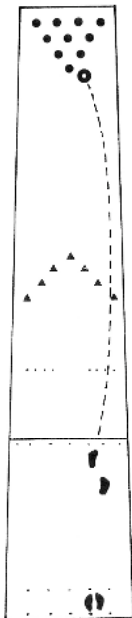
To roll a straight ball, for both right and left handers, the thumb will be positioned at 12 o'clock with fingers at 6 o'clock. As the ball reaches the bowler's ankle, the ball rolls off the palm with the thumb exiting first followed by the fingers.



THE HOOK BALL

Once a bowler has mastered the basics of the approach it may be time to learn how to hook the ball. Delivered consistently, the hook ball is more effective in knocking down pins than the straight ball. However the hook ball is slightly more difficult to learn and takes some practice to get it right. A hook ball is only more effective if it is delivered accurately.

In bowling a hook ball, as you bring the ball forward, the position of your hand should be the same as though you were going to shake hands with the pins. The thumb leaves the hole first and the fingers and palm are used to rotate the ball. It is important that the thumb stays in the upright position at approximately 12 o'clock.

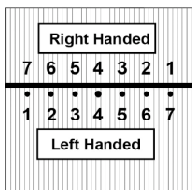


SPARE SHOOTING

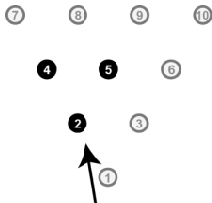
Below is a table that explains to the bowler where to stand and what arrow to aim at to pick up a specific spare. If a new bowler missed their target and leaves a spare with either the 1 or 5 pin, the bowler should roll the second ball as if they were trying to get a strike.

Spare leave with	Right-hander stands on	Left-hander stands on
1 or 5 Pin	Starting Position	Starting Position
2 or 8 Pin	3rd Dot	5th Dot
4 Pin	2nd Dot	6th Dot
7 Pin	1st Dot	7th Dot
3 or 9 Pin	5th Dot	3rd Dot
6 Pin	6th Dot	2nd Dot
10 Pin	7th Dot	1st Dot

Foul Line Locator Dots



The seven locator dots at the foul line will be used to help the bowler line up with their slide foot to shoot spares. Right-handers count the dots right to left and left-handers count the dots left to right.

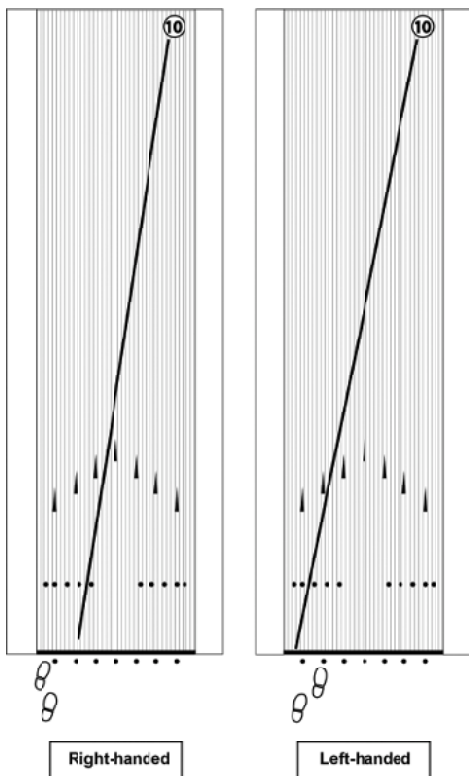


In order to pick up a spare that has more than one pin, the pin that is in the front must be hit. To the right is an example of which pin to aim for to convert the 2-4-5 spare.

SPARE SHOOTING

Example of where to stand to spare a 10-pin if you are a right or left handed bowler:

Example 10 Pin



WHAT IS A LEAGUE?

The term '**league**' refers to an event where several teams bowl against each other in friendly competition. It's an opportunity for people to gather together and play the sport of tenpin bowling in an organized manner on a regular basis.

Leagues range in size from single players, doubles format, triples, four and five person teams. Leagues generally bowl every week on the same day at the same time, but in recent times, there are those which bowl once a fortnight or even once a month. Most centres also have what's known as a 'Phantom League', for those bowlers who may not be able to make it on the same day and time each week due to work commitments, for example. Phantom leagues allow bowlers to come in any time throughout the week and bowl their games.

League affairs are conducted by officers elected by the bowlers, or by the bowling centre management and staff. Leagues follow established rules, but can add their own when necessary.

A league organises its season so that every team (one, two, three, four or five players) plays every other team usually twice, according to a draw. In this manner, members get to know each other in the nicest possible way – by **bowling together!** At the end of each season, trophies, prizes* etc are handed out to recognise both team and individual achievements such as league champions and high individual game.

New members are always welcome in a league - it means new friends for everybody! Don't worry if your average is low as most leagues are handicapped so that the lower a bowler's average, the higher their handicap. This allows people of all abilities to compete on an even playing field.

In traditional bowling leagues, each team plays three games per visit however there are two and even one game leagues particularly for juniors. In the first week of the league, the average and handicap of each player is set but in some leagues this can take up to 3 weeks.

* Varies from centre to centre, so please check with your local centre.

INCLUSIVE BOWLING

Tenpin Bowling is a sport that can be enjoyed by all Australians regardless of age or ability.

Tenpin Bowling Australia is committed to making our sport accessible and inclusive for everyone - to make sure Tenpin Bowling is the sport of a lifetime.

TBA is working closely with local centres and state associations to provide welcoming and inclusive environments in all registered bowling centres. Your local bowling centre runs programs where you can learn to bowl, with experienced coaches, participate in leagues with bowlers of all abilities.

By nature, the sport is easily adaptable. This is can be done by using adapted equipment including gutter rails, balls with handles, ramps and rails for the blind and vision impaired participants. Tenpin Bowling has an easily to follow participation pathway that provides opportunities for new bowlers and bowlers who have the ability to represent their State and Australia at National and International events.



LANGUAGE OF THE LANES

Baby Split	The 2-7 or 3-10 splits.
Bed Posts	The 7-10 split.
Big Four	The 4-6-7-10 split.
Blind Score	Score given to a team for an absent member.
Bucket	The 2-4-5-8 for right-handers, and 3-5-6-9 for lefthanders.
Cherry	Chopping off the front pin by driving it straight back past any other standing pins to the right or left.
Crossover	A ball going to the 1-2 pocket side for a righthander, 1-3 for a lefthander.
Double	Two strikes in succession.
Dutch 200	A game of exactly 200 made by alternate strikes or spares.
Foul	Touching or going beyond the 'foul line' as you deliver the ball.
Follow Through	The continuation of the swing after the ball has been released. A good follow through should at least continue to shoulder height to be effective.
Gutter Ball	A ball which rolls into the channel before it reaches the pins.
Lofting	Throwing the ball in the air beyond the foul line.
Move In	To start from or near a corner position on the approach.
Move Out	To start from or near a corner position on the approach.
Pitch	The angle at which a hole is bored in a ball.
Pocket	The area located between the 1-3 pins for a right-hander and the 1-2 for a lefthander.
Span	Distance between thumb and finger hole.
Split	Combination of pins left standing on first delivery with a pin down immediately ahead of or between them.
Striking Out	Getting strikes to finish a game.
Tap	Expression used to describe a pin left standing on an apparently perfect hit.
Target	The place on a lane where the bowler aims.
Turkey	Three strikes in a row.

BOWLING ETIQUETTE

All league bowlers should observe these basic good manners:



Do not be tardy when it is your turn to bowl, but give way to the bowler on your RIGHT.



Do not use another player's ball, except with his permission.



Stay OFF the other bowler's approach.



Do not cross the FOUL line – stay on your own side.



By all means get properly set, but don't take all day!



Let your opponent bowl in peace. Give them the courtesy of making their shot without any interference.



Control your temper and your language.



Body language is great BUT stay on your own approach.



A smooth delivery please – do not loft the ball!

NOTES

NOTES



Get your body into Bowling!

