

## **BOWLING SKILLS**

**Stance** – Right-handed bowlers should place their left foot forward, right foot back half the length of their other foot. Point the feet straight ahead.

**Grip** - The thumb goes in the single hole and the two center fingers go into the two remaining holes. Touch the two little fingers together under the ball with the elbows close to the body.

**Starting position** – Start with heels at the foul line. Take four natural steps away from the foul line and turn around. Hold the ball waist high to the side. Put most of your weight on the foot away from the ball.

**Approach** – Push the ball out and step with the right foot at the same time. As the ball swings back step with the left foot, then the right foot as the ball swings forward. Finish with the left foot out in front. Be sure to bend the knees at the finish. (Push, step, swing, roll)

**Delivery** – Follow through with the thumb up and the hand towards the ceiling.

## **TERMINOLOGY**

### **Terms relating to the bowling ball**

**Backup** – Curves to the right for right-hander (reverse hook)

**Bridge** – Distance between finger holes on the ball.

**Brooklyn** – Ball that hits to left of headpin for right –hander (1-2 pocket)

**Crossover** – Same as Brooklyn.

**Curve** – Ball that has a wide sweeping arc.

**Gutter ball** – Poorly rolled ball that goes off lane into the gutter.

**Hook** – Ball that breaks left as it nears the pins for a right–hander.

**Lift** – Slight upward motion imparted to ball as it is released.

**Loft** – Throwing ball too far out on lane beyond foul line.

**Span** – Distance between thumb hole and finger holes.

### **Terms relating to the bowler**

**ABC** – American Bowling Congress

**Anchor** – Last bowler on a team.

**Choke** – Too tense under pressure.

**Foul** – Touching or going beyond foul line as ball is delivered.

**NBC** – National Bowling Council

### **Terms relating to the lanes**

**Alley** – Lane (The lane is 60 feet long and 42 inches wide)

**Approach** – Area on which bowler takes his steps prior to ball delivery.

**Arrows** – Sighting targets on the lane.

**Ball return** – Track on which ball rolls back from pit.

**Boards** – Number of boards (41-42) in the width of the lane.

**Channel** – Gutter

**Dressing the lane** – Applying oil or conditioner to the lane surface.

**Foul line** – Line that separates the approach and the lane.

**Gutter** – Either side of lane that catches misdirected balls or errant pins.

### **Terms relating to the pins**

**Baby split** – 2-7 or 3-10 split

**Bedposts** – 6-10 split

**Headpin** – Number one pin

**Kingpin** – number five pin

**Leave** – Pins remaining after first ball is rolled in a frame.

**Picket fence** – 1-3-6-10 or 1-2-4-7 leave.

**Pocket** – Space between 1-3 pins for a right-hander or 1-2 pins for a left-hander.  
Also “the strike zone”

**Split** – Two or more pins standing with pins in front and in between knocked down. Head pin is also knocked down.

**Tap** – An apparently perfect strike that leaves one pin standing.

### **Terms related to scoring**

**Blind** – Score given to a team for an absent team member.

**Blow** – Error

**Clean game** – Game without a miss or split.

**Double** – Two strikes in a row.

**Frame** – Box on score sheet where pin count is registered. One-tenth of a game.

**Handicap** – Method of adjusting either individual or team scores to equalize competition.

**Mark** – Spare or strike.

**Open frame** – Frame without a spare or strike.

**Perfect game** – Twelve successive strikes in a row (game total of 300).

**Scratch** – Using actual scores without handicaps.

**Spare** – All pins knocked down in one frame using two balls.

**Strike** – All pins knocked down on the first ball in a frame.

**Strike out** – Three consecutive strikes in the tenth frame.

**Turkey** – Three strikes in a row.

