**Bowling Review Sheet**

**History**

Bowling is one of the \_\_\_\_\_\_\_\_\_\_\_\_ games known to man. Many countries claim the origin of the game, but it is generally accepted that Northern Italy was the \_\_\_\_\_\_\_\_\_\_ of the game approximately one thousand years ago.

The Dutch colonists brought bowling from \_\_\_\_\_\_\_\_\_ to this country in the early part of the 17th century. Later the Germans introduced a game similar in nature. It was first played on the ground and called “king-pin” or \_\_\_\_\_\_\_\_\_\_\_\_. The Puritans of Massachusetts were forbidden to bowl, as it was considered a worldly pastime. In \_\_\_\_\_\_\_\_ American Bowling Congress was formed, and uniform rules were established. It took upon itself the task of controlling and supervising the game of American \_\_\_\_\_\_\_\_\_\_ wherever played in North America.

**Equipment**

When choosing a ball you should look for one that feels snug, yet loose enough to let you withdraw your \_\_\_\_\_\_\_\_\_ freely. Then, with your thumb deeply embedded in the hole, rest your hand naturally across the finger holes. For a correct span, the first joints of your middle and fourth fingers should extend about a quarter-inch past the edge of the holes. Now, place those two fingers in the holes – and you should be able to hold the ball easily.

There are 9 pound ball for children and \_\_\_\_\_\_\_\_\_\_\_\_\_\_ pounders for adults. The heavier the ball the better the chance of you knocking down all the pins. However, don’t try to roll a ball that is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for you. A too heavy ball will tend to make you drop your shoulder and thus \_\_\_\_\_\_\_\_\_\_\_ you off \_\_\_\_\_\_\_\_\_\_ before you release the ball.

***BASIC SAFETY & ETIQUETTE:***

* Bowling rules of conduct on and off the lanes are based mostly on common \_\_\_\_\_\_\_\_\_\_\_\_\_.
* Do not take an excessive amount of \_\_\_\_\_\_\_\_\_\_\_\_ before each ball delivery.
* The bowler on your \_\_\_\_\_\_\_\_\_\_\_ has the right of way. If he/she has taken a stance in the approach area, wait until the delivery is \_\_\_\_\_\_\_\_\_\_\_\_\_ 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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_ 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 \_\_\_\_\_\_\_\_\_\_\_\_\_ as you are able will NOT cause more pins to drop.

***SCORING:***

The score in bowling consists of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_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**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**. Each game (or line) consists of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of two balls rolled for each frame except in the 10th frame. In the 10th frame a \_\_\_\_\_\_\_\_\_\_ ball can be rolled if a strike or spare is earned.

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

**Answer the Following:**

1. How many frames are there in ten-pin bowling?

7 15 20 10

2. What is the maximum amount of weight a bowling bowl can be?

8 9 12 16

3. How many chances does a bowler get to knock down all ten pins?

1 2 3 4

4. What are three consecutive strikes known as?

Turkey Birdie Eagle Chicken

5. What are the railings on the side of the lanes called?

Bars Railing Guards Bumpers

6. When you fail to knock down all ten pins on both attempts it is known as

Closed Frame Spare Strike Open Frame

7. The maximum amount of points you can score in a game is:

100 200 250 300

8. When you strike on the left side of the one pin and you are right handed and do the opposite if you are left handed it is known as a

Houston Brooklyn Miami Chicago

9. If you leave the 10 and 7 pins up after your first bowl it is called a

Middle Field Goal Split 710

10. The Kingpin is known as what pin

10 5 6 1