


# BOWLING TIPS

Learn more about techniques  
and scoring




HOW TO BOWL  
HOW SCORING WORKS  
EQUIPMENT & ETIQUETTE



 **CLAREMONT**  
Let's Entertain U  
Stadium on Main  
Main Road  
Claremont  
Cape Town

Mon - Fri 10:00-22:00  
Sat 9:00-22:00  
Sun 10:00-21:00

 068 270 2641

 [stadium@lets gobowling.co.za](mailto:stadium@lets gobowling.co.za)

[WWW.LETSENTERTAINU.COM](http://WWW.LETSENTERTAINU.COM)

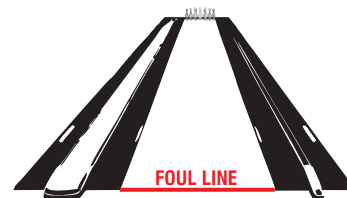
# BOWLING TIPS



## How to bowl

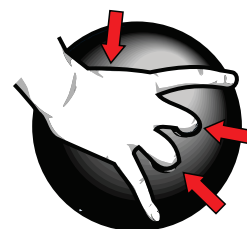
### Where to stand

Start at the foul line facing away from the pins. Take 4 normal steps and where you land up is where you should start from. Line up your left foot with one of the dots on the approach - preferably the centre dot or to the right thereof. Heels must be firmly on the ground. Your left foot should be forward and your feet should be pointing straight down the lane.



### How to hold the ball

Cradle the ball gently in both hands. thumb and middle 2 fingers go into the holes.



### The correct stance

First, elbows must be next to your body. Then your hips and shoulders should be squared at your target (the pins). Lastly, keep your back straight but your knees slightly bent.



### The push away

Push the ball out and down. Then step out with your right foot at the same time as the push away.



### The swing

As you take your second step, the ball must swing down and back.



### The back swing

The ball should now be at the top of your backswing (remember not to bend your elbow). The ball should not be higher than your shoulder.



### The sliding step

As the ball passes your sliding foot, allow the ball to roll off your hand (don't 'chuck' the ball). Then make sure that your arm follows through.



### The follow through

Don't stop your arm - let it swing up. Hips and shoulders must be squared towards the target. Keep your left arm extended for balance.



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## How scoring works



A complete game is 10 frames. You get 2 throws in each frame with which to knock down all the pins. If you get a strike then you only get one throw except in the 10th frame when a strike earns you 2 bonus throws.

A spare in the 10th frame earns you one bonus throw.

### 1 Frame

Pins knocked down on your first shot

6	2
8	

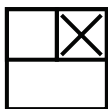
Pins knocked down on your second shot

Total score for both shots

### Complete game

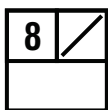
8	1	5	2	2	/	9	-	F	8		×	×	2	6	7	/	5	/	7
9	16	35	44	52	74	92	100	115	132										

### What do these mean?



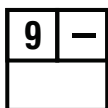
#### Strike

When you knock down all the pins with 1 throw. This counts as 10 plus the total of your next 2 throws.



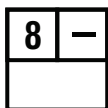
#### Spare

When you knock down all the pins with 2 throws. This counts as 10 plus the total of your next 1 throw.



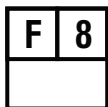
#### Miss

When you fail to knock down all the pins. This counts only what you have knocked down in that frame.



#### Split

When you knock down pins that are far apart from each other - watch the screen for a tip on how to pick it up!



#### Foul

When your feet go over the black line. The machine will clear the pins you have left and you get only 1 more throw.



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## Equipment & etiquette

### Choosing the right equipment

Non-slip comfortable sport shoes (soft sole), sneakers, non-slip socks are suitable for bowling. You can also bowl barefoot, although this is not recommended.

All bowling balls are measured in pounds (there are 2.2 pounds in 1 kilogram) and your bowling ball should be at least ten percent of your body weight - if you weigh 70kg (which is 154 pounds) then you should choose a bowling ball that weighs 15 pounds.

As far as finger sizes go, all three should be snug, but not tight enough to get stuck and not loose enough to fall off!

### Bowling Etiquette

- Be prepared to take your turn on the lane.
- Be a good loser and a gracious winner.
- Do not bring food or drink onto the lane.
- Stay behind the black foul line at all times.
- Ensure that you are wearing suitable shoes for bowling.
- Stay on your own lane.

**But most importantly, we want everyone to have FUN and have an ENJOYABLE EXPERIENCE!**

*We look forward to hosting you!!!*

