

Bowling Unit Study Guide

Bowling Terms and Guidelines

1. Approach – The steps taken and routine done as the bowler heads towards the foul line before releasing the ball.
2. Foul – A step on or across the “foul” line as the bowler attempts to knock down the pins.
3. Frame – Each turn/round that a bowler takes in an attempt to knock down the pins. Ten frames make a complete game. A maximum of 2 balls can be bowled in each frame (except for the 10th frame)
4. Gutter – Runs along the both sides of the lane, and collects balls that have been bowled that generally have no chance of knocking over a pin. (Commonly referred to as a “Gutter Ball.”)
5. Headpin – The first pin standing in the front line of the pins.
6. Spare – Occurs when all ten pins are knocked over after the second ball bowled within the frame.
7. Strike – Occurs when all ten pins are knocked down with the first ball bowled in the frame. (The bowler will not receive a second bowl for that same frame if a strike occurs.)
8. Scoring – The running/total score is written in the bottom half of the Frame’s box. It is the responsibility of both the scorekeeper and the bowler to know the score.

Writing the Score

- ⇒ 1st Ball – Write the number of pins knocked down next to the small box in the top corner for that frame.
- ⇒ 2nd Ball – Write the number of pins knocked down inside the small box in the top corner for that frame.
- ⇒ Running/Total Score – Written in the bottom half of the box for each frame.
- ⇒ Strike – Place an “X” inside the small box.
- ⇒ Spare – Write the number of pins knocked down on the 1st bowl beside the box, and place an “/” inside the small box
- ⇒ Foul – Fill the correct space with an “ F ”
- ⇒ Miss/Gutter – Fill the correct space with a “ – ”

Adding the Score

Frame	1		2		3		4		5		6		7		8		9		10	
Name	4	5	8	–	5	/	3	5	X	3	6	F	/	–	7	8	/	X	6	3
	9		17		30		38		57		66		76		83		103		122	

1st Frame ---- Add 1st ball plus the 2nd ball bowled (4+5=9)

2nd Frame ---- Add the final score of Frame 1 to score from both bowled balls in Frame 2 (9+8+0=17)

10th Frame ---- An Additional (3rd) Ball is bowled only when a spare or strike occurs. The Strike (X) requires 2 more balls (6+3) to be bowled to determine the final score.

Scoring Spares and Strikes

Spare ---- Add the 10 pins knocked down in your frame plus the next ball bowled in the following frame (Make sure your total score is written in the frame in which the spare was scored.)

Strike ---- Add 10 pins knocked down in your frame plus the next 2 balls bowled in the following frame(s). (Make sure your total score is written in the frame in which the strike was scored.)