

Definition of a sport

What is the definition of sport

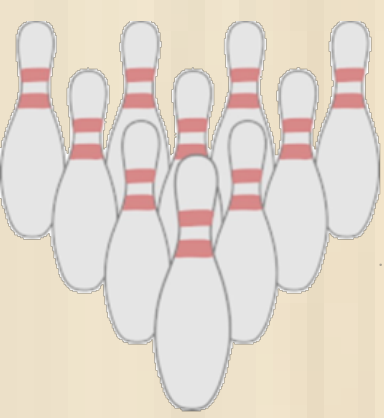
an activity involving physical exertion and skill in which an individual or team competes against another or others for entertainment.



Is Bowling a Sport

Some bowlers today may say that bowling is not a sport. This is because of the bowling ball technology. Another reason why they may say bowling cannot be considered a sport is because the athletes do not have to run or break into a sweat. However, bowling is indeed a sport. If people do not think that bowling is a sport, I would like to ask them: "What do they call throwing a 16-pound ball down a lane and hitting ten targets? Bowling is indeed a difficult sport to come by, even if bowlers are able to drill a ball to do specific tasks at hand. If a ball does not see friction on the lane, no matter how much of a strong layout they have drilled into the ball, it will not hook. The bowlers still must have the skill to throw the ball to knock over pins. The ball cannot get a strike by itself. Bowling is a sport because a bowler must make a delivery to knock over the pins. Until the bowling industry makes a remote-control bowling ball, in my mind, bowling will always be a sport. We all love to bowl. We love the competition. Whether it is in a league or a tournament, for a local-town trophy or the Tournament of Champions, bowlers are competing to win. Throwing a 16-pound ball to get down ten pins in one or two shots is not an easy task. Even though today it may be slightly easier to roll a 300 game now than it was in the 70s, a perfect game is still a perfect game and is still an extremely difficult feat. For people who may think that bowling is not a sport, I would suggest they try a sport (local) bowling league. These are more challenging lane patterns and are used on the PBA Tour. When they can average 230 a game on these patterns, maybe I will rethink my stance. Until then, bowling is definitely a sport.





Bowling is a sport

27 inches is the circumference of a bowling ball.



15 inches is how tall a pin is.

60 feet is the length from the foul line to the headpin.

There are ten pins and ten frames in the sport of bowling. A bowler can receive a perfect score of 300.

Bowlers receive two shots per frame to knock over all the pins.



Name	1	2	3	4	5	6	7	8	9	10
										   
	30	60	90	120	150	180	210	240	270	300

Objective of Bowling

A ball must hit the pins to get them to tilt at six to eight degrees to off its axis for the pin start to it's fall in one to two shots per frame with a bowler attempting to strike twelve times in a row for a 300 game. The best way to get a strike is to aim for 1-3 pocket (a left-handed bowler should aim for the 1-2 pocket)



Scoring Rules

Scoring system explained

Strike equals 10 plus the next two balls labeled as X.

Spare equals ten plus next ball labeled as /

Open should add the two balls together in that frame labeled as a –

A Split is labeled with a circle around the number ○

	1		2		3		4		5		6		7		8		9		10		
Score	9	/	5	1		X		X		X	6	2	7	/	9	/	8	-	X	9	/
	15		21		51		77		95		103		122		140		148		168		
Frame	9	1	5	1	10		10		10		6		2	7	3	9	1	8	0	10	
Spare	5				10		10		6				9		8				9		
Strike					10		6		2										1		
Total frame	15		6		30		26		18		8		19		18		8		20		

Strikes

Strikes are what a bowler wants to achieve in each and every frame. There are different types of strikes. The ultimate strike is known as ten-in-the-pit and is the textbook strike where the ball hits the 1-3 pocket, and all pins are knocked over at nearly the same time and fall straight back. Another strike is called Brooklyn, for a right-handed player would be where the ball crosses over the one two pocket and receives a strike for that frame.

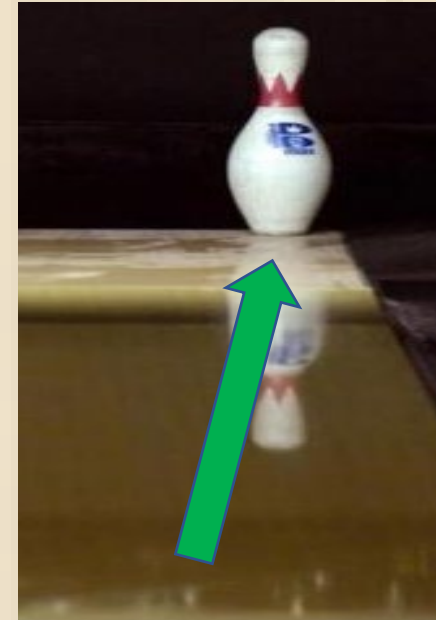
There is also the light mixer this is where the balls enter heavy on the three pin for the right hander and the two pin for the left hander. It skims the head-pin and the pins scatter. The ball comes in at a greater angle and is able to create better pin action. Some bowlers prefer this because this allows them a bigger pocket creating a wider margin of error.

Bowlers need to string enough strikes together in order to give themselves a solid foundation for a high scoring game where spare shooting can finish the rest.



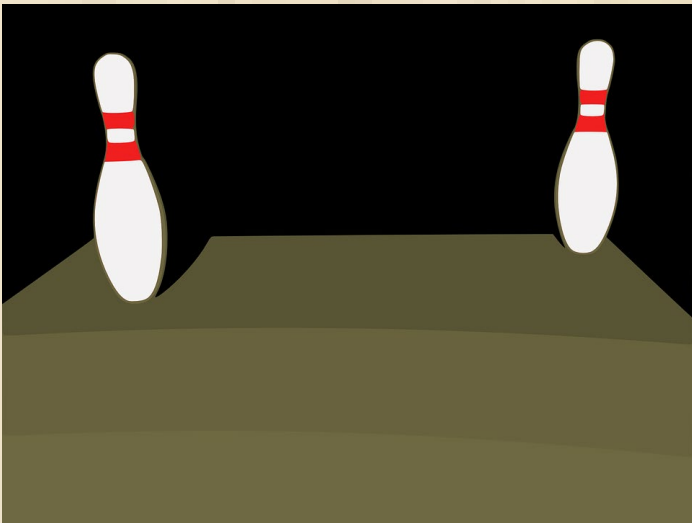
Spares

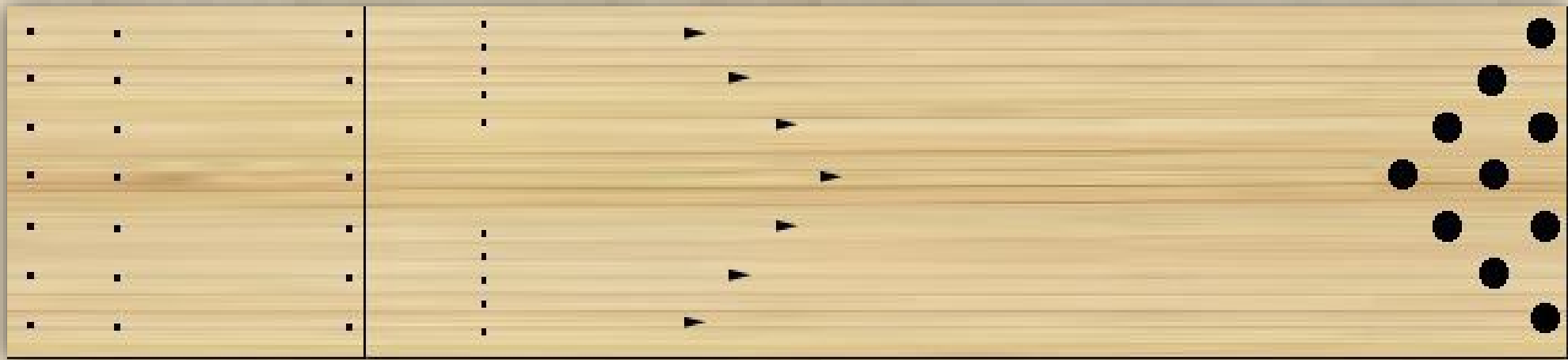
Spares are vital to any bowler. If a bowler does not make a spare in some games, it could cost him or her a spot in the cut. It is usually recommended that a bowler goes hard and straight at the spare, taking the lane condition out of the equation and using a plastic balls for their spares. The picture on the left is a one pin spare. This particular spare shown on the left is the five pin. Bowler will usually practice their strike line in the center part of the lane, and they can get a practice ball to see what adjustment they can make. However, on the ten pin it's more appropriate to go hard and straight.



Splits

Splits occur when a bowler leaves a gap of more than one pin on the first ball of a frame. The first image is an example of a 4-10 split. A bowler needs to evaluate their game to see if they need the conversion or the count. The image in the middle demonstrates a bowler getting the count. They would get one more pin and a 9 for the frame. The last image demonstrates a bowler attempting a conversion of the 4-6-7-10 split. This is risky because they could miss the 6 or go into the gutter.





Reading the lanes

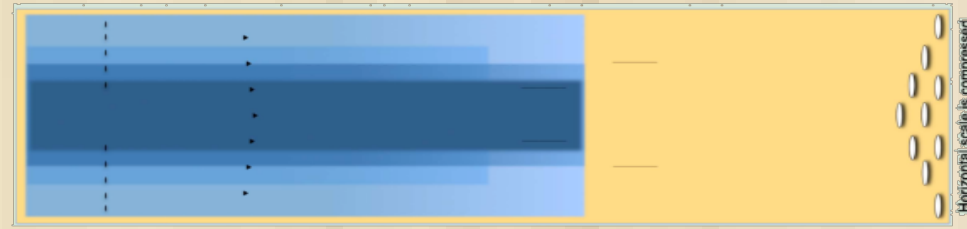
A right-handed bowler is reading the lanes from right to left. A left-handed bowler is reading the lanes from left to right. The first dot from the right is the fifth board for a right-hander player. The first dot from the left is the fifth board for a left-hander player. There is a foul line and thirty-nine boards on the lane. The arrows are targeting the devices for the bowlers. Each arrow lines up as board, dot and pin. The pins numbers are the same for both right- and left-handed bowlers.



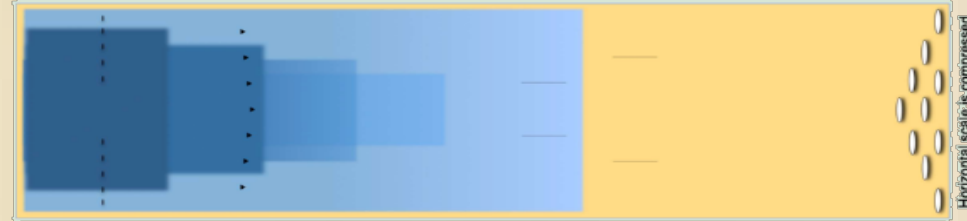
Bowling Pins

There are ten pins shaped in a triangle. Four pins(7,8,9,10) are in the back row, three pins(4,5,6) are in the second row, two pins(2,3) are in third row and the one pin is in the front. This forms the shape of an equilateral triangle.





Typical House Shot (THS)

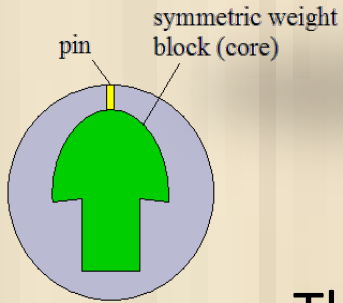


Sport Pattern

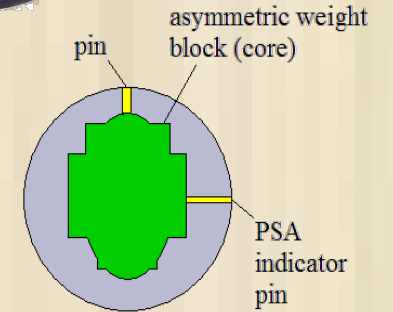
Oil on the lanes

Oil is on the lanes to protect the surface of the lane and to tell the bowlers if the scoring pace is going to be high or low. It will determine how a ball will respond as it moves down the lane.

In pro-tournament play the oil ratio is one to three, in league play it is twelve to one.



Cross Section View



Cross Section View

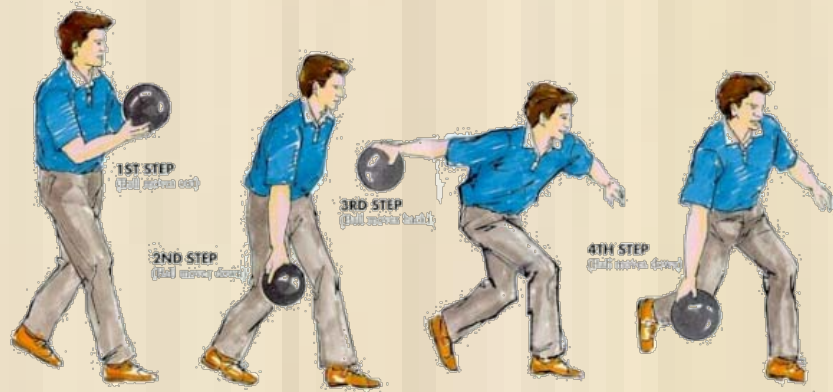
Bowling Balls

There are three main types of bowling balls, plastic, urethane, and resin-reactive. The bowling ball has a weight block in the ball. There are different types of weight blocks. Symmetrical and asymmetrical weight blocks. Asymmetrical weight blocks have an odd shape if someone cut in half one side will not match the other side. Symmetrical ball both sides are the same when someone cuts it in half.



The Approach

The bowler should decide their approach to the foul line. There is a basic guide for beginners, but they can modify their steps and movements depending on their preference. There is no wrong way to throw a bowling ball.



At the left is an example of textbook four-step approach which is common for beginner bowlers. Both the feet and the ball start moving at the same time. On the second step, the ball is at the side of the bowler and swinging back. On the third step the arm fully back and the fourth step is the slide and release.

Bowling Equipment

In order to compete at any level, a bowler must decide on how serious he or she wants to take the sport. At a local bowling center, the house bowling balls and bowling shoes are there for the general public. The holes could be too big or too small depending on the bowler. Developing a bowling ball arsenal is one of the key things a bowler must decide on any competition level. It is essential that a bowler get their own properly fitted bowling ball. The pro-shop operator and a bowler must communicate with what the bowler is trying to achieve. The pro-shop operator is more capable to drill the thumb hole a little bit bigger to benefit the bowler so that bowler can learn to put tape in the ball. Also, a custom pair of bowling shoes is important because at the bowling center both shoes have leather on the soles, so it is easier to slide on the approach whether a bowler is right or left-handed. A one to three ball bag also is a factor in deciding what kind of bowler they want to achieve to be.



<-- Slug Molly Part A

Slug Molly Part B -->



Competition –Leagues and Tournaments

Leagues are generally a group of bowlers who compete weekly against each other. Three to five players will be on a team. These leagues are comprised of three games every week. At the end of the season, the league has a roll-off to determine who is the winner of the league. These are mostly bowled on house oil patterns.

Players will likely have high scores on this pattern.

Tournaments are generally one to five days long. These events are usually harder to score on for the pro and amateur. The USBC Open Championships is three months long to accommodate all the USBC Bowlers that want to compete. This is their chance to earn a national title. In Pro-Tournaments, only the best bowlers in the world are competing against each other. These tournaments are usually on television. These pro-bowlers have bowled at least 18 to 56 games in each tournament. Plus, practice and they are switching lanes after every game.

Bowlers are carrying five to forty bowling balls at a tournament. This gives a bowler options for various lane conditions. At the US Open, a bowler can only have a maximum of ten bowling balls on their ball card. A PBA Tournament bowler is bowling on multiple patterns. Bowlers have to consider topography of the lane in a bowling center.





At Left- Jason Belmonte, Earl Anthony, and Walter Ray Williams, Jr.- the three greatest bowlers in the history of the PBA.

