**History**
A form of bowling may have existed as long ago as 7000 B.C. In the 1930’s, a British Anthropologist named Sir Flinders Petrie discovered a collection of objects similar to bowling pins in Egyptian tombs. In more recent history, early settlers brought the game to the American colonies with the game called ‘ninepins’ [playing with 9 pins].

The game lost favor with the government because of gamblers wagering on the outcomes of games; some states outlawed the game. Enthusiasts, to go around the law and keep the game going, added a 10th pin and called the game ‘tenpins.’ [adding a 10th pin].

In 1840 the Knickerbocker Alleys were built in New York City. In 1895, the American Bowling Congress [ABC] was organized to establish a standard set of rules of the game, equipment and tournament competition. Bowling is a game the can be enjoyed by persons of many abilities, skill levels, and ages. It is easy to learn and can be a lifetime activity.

**Object of the Game**
The object of the game is for a player to knock down ten pins set in a triangular fashion at one end of the lane by rolling a ball at them [the pins] from the opposite end of the pin placement area.

**Players**
- Can be played as an individual [1 person]
- Teams primarily consist of 4 persons

**Equipment**
- Bowling shoes [can be rented]
- Bowling ball [can use house ball]
  - Choose a ball that feels snug in the finger holes, but not too loose that it withdraws freely. Choose a weight that you can manage and lift safely.
- Bowling lane

**Etiquette**
- When two bowlers come to the lane at the same time, the bowler on the right should roll first.
- When a bowler is ready to roll, do not distract them in an way
- Don’t take practice swings on the approach and don’t step on the approach until it is your turn.
- When a bowler on the adjacent alley is on the approach, do not step up on the approach until that bowler is finished.
- Be ready to bowl when it is your turn.
- Observe the foul line.
- Keep your ‘cool.’
**The 4-step Approach**

[Images of a bowler in different bowling positions.]

**Scoring**

There are 10 frames of bowling. Each bowler gets 2 balls per frame. Knocking all the pins down on your first ball is a strike [X], worth 10 points plus the values of your next 2 balls [2 attempts]. One point is scored for every pin knocked over. Bonuses are awarded for strikes and spares [/]. If you knock all the pins down with your second shot it is called a spare [/] and worth 10 points plus the value of your next ball [1 attempt]. A perfect game in 10-pin bowling is worth 300 points.

![Scoreboard example]

**Vocabulary**

- **Alley**—the area made of wood consisting of the approach, runway and pin area.
- **Approach**—the area on which a player walks to the foul line.
- **Foul**—to go over the foul line [F].
- **Frames**—the box in which the score is kept; 10 frames for each game.
- **Gutter Ball**—a ball which rolls off of the lane and into the gutter.
- **Lane**—a bowling alley.
- **Mark**—getting a spare or a strike in the frame.
- **Spare**—when all the pins are knocked down after the second ball [/].
- **Split**—when the pins on each side of the lane are left standing [S].
- **Strike**—all of the pins are knocked down with the first ball rolled [X].
- **Turkey**—three [3] strikes in a row [XXX].
- **10th Frame**—If a bowler get a strike in the 10th frame, they receive two [2] extra balls. If they get a spare in the 10th frame, the bowler receives one [1] extra ball.