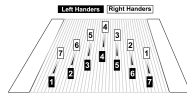




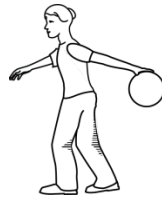
USA BOWLING – QUICK REFERENCE GUIDE

GLOSSARY

- **ARROWS** - Targets on the lane starting about 15 feet from the foul line



- **BALANCE ARM (Also Opposite Arm)**: The non-bowling arm where the hand is used to support the weight of the ball in the set up and the arm is used for balance throughout the delivery



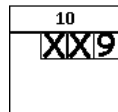
- **BALL SIDE**: The side of the body that the bowling ball is on, right handed bowlers = right side, left handed bowlers = left side



- **CONVENTIONAL GRIP**: The grip in which the fingers are inserted into the second knuckle and the thumb fully inserted; recommended for beginning bowlers



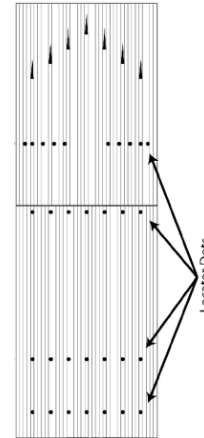
- **DOUBLE**: Two consecutive strikes



- **FOUL**: Going beyond the foul line at delivery. Results in a zero score for that delivery

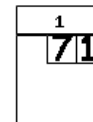
- **FOUL LINE**: A solid black stripe which separates the approach from the lane

- **LOCATOR DOTS**:
1) Markings on the lane just past the foul line used by some bowlers as their target
2) A series of dots on the approach used to assist the bowler in lining up on the approach



- **NON-BALL SIDE**: The side of the body opposite the bowling balls side. Right handed bowlers = left side, left handed bowlers = right side

- **OPEN (Also MISS)**: A frame that doesn't include a strike or spare

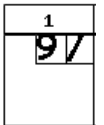


- **POCKET**: Between the 1-pin and 3-pin for right-handers, and the 1-pin and 2-pin for left-handers

- **SLIDE FOOT**: The non-ball side foot on which a bowler finishes their approach



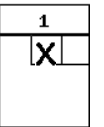
- **SPARE**: Knocking down all 10 pins in two shots



- **SPLIT**: A spare leave in which the head pin is down and the remaining combination of pins have a gap between them, ranging from the 4-5 to the 7-10



- **STRIKE**: Knocking down all 10 pins on the first ball



- **TARGET**: A mark or area of the lane at which the bowler aims his or her shot

- **TIMING**: A measurement of where the ball is in relationship to the steps during the approach

