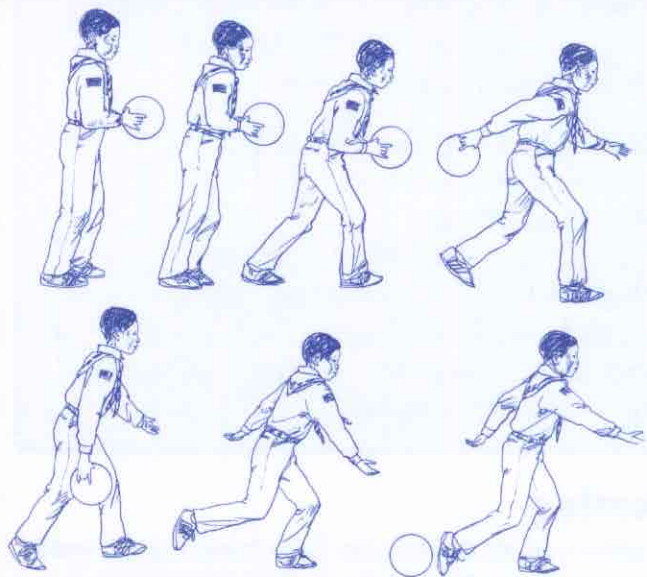


# Cub Scout Sports: Bowling



## REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

### Belt Loop

Complete these three requirements:

- \_\_\_\_\_ 1. Explain to your leader or adult partner the rules of courtesy and safety for bowling.
- \_\_\_\_\_ 2. Show how to pick out a ball of proper weight and with finger holes that fit your hand.
- \_\_\_\_\_ 3. Play a complete game with your family or den.

### Sports Pin

Earn the Bowling belt loop, and complete five of the following requirements:

- \_\_\_\_\_ 1. Give a brief history of the sport of bowling.
- \_\_\_\_\_ 2. Define the following terms: strike, spare, split, miss, and foul. Show their symbols for scoring.
- \_\_\_\_\_ 3. Demonstrate proper stance, delivery, balance, and follow-through to your leader or adult partner.

- \_\_\_\_\_ 4. Try different types of delivery and hand positions and see which work best for you.
- \_\_\_\_\_ 5. Score a complete game using a score sheet and the proper symbols.
- \_\_\_\_\_ 6. Play at least four games and chart your progress. Figure out your average score.
- \_\_\_\_\_ 7. Compete in a Scout, family, school, or community bowling tournament.
- \_\_\_\_\_ 8. Take bowling lessons.
- \_\_\_\_\_ 9. Attend a parent, high school, college, or professional bowling competition.
- \_\_\_\_\_ 10. Visit a bowling alley and learn about the care and maintenance of the bowling lanes, pins, and racks.

## Resources

### American Bowling Congress

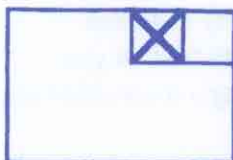
5301 S. 76th St.  
Greendale, WI 53129  
Phone: 414-421-6400; Fax: 414-421-5860  
Web site: <http://www.bowl.com>

### National Bowling Association

377 Park Ave. South, 7th Floor  
New York, NY 10016  
Phone: 212-689-8308; Fax: 212-725-5063  
Web site: <http://www.inlink.com/~tnbainc/>  
Operated by African Americans and open to all, committed to the principles of sportsmanship, fellowship, and friendship.

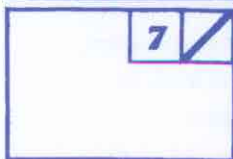
## Scoring

A game consists of 10 *frames*. Each frame has two small boxes at the top. You put the number of pins you knock down with the first ball in the first box, and the number you knock down with the second ball, in the second box. Then you total the two numbers and put that in the larger box. If you knock them all down on the first ball, that's a *strike*. Special scoring markings are shown below.



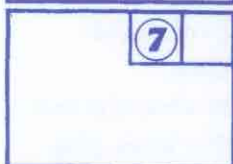
**X—strike.**

A strike is worth 10 points plus the count on the next two frames.



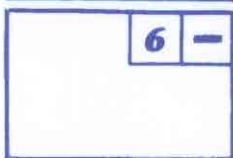
**/—spare.**

Including the number before it, a spare totals 10 plus the count on the next frame.



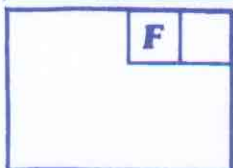
**0—split.**

Indicates that the pins were split when that number was recorded.



**—, no points.**

No pins were knocked down for any points on that approach.



**F—foul.**

No points were scored because the bowler stepped on the foul line.

## Some Bowling Terms

**Approach.** The area, at least 15 feet long, on which the player moves toward the foul line and throws the ball.

**Delivery.** The act of pushing away, swinging, walking, releasing the ball, and following through.

**Double.** Two consecutive strikes.

**Foul.** Touching or moving beyond the foul line while delivering the ball.

**Frame.** One-tenth of a game. Each square on a score sheet is one frame.

**Gutter Ball.** A ball that rolls off the lane into the gutter.

**Leave.** The pins left standing after the first ball has been delivered.

**Spare.** Knocking down all the pins in two deliveries.

**Split.** Two or more pins left standing with a pin down immediately between or ahead of them (providing the first pin, or the *headpin*, is down).

**Strike.** Knocking down all the pins with the first ball.

## Bowling Rules of Courtesy

- Be ready to bowl when it's your turn. Don't delay the game.
- Don't approach the lane if someone else is using it.
- Stay on your own approach lane.
- Don't let your reaction to your play take you into another approach area.
- When you have completed your delivery, step back off the approach. This enables bowlers on the other lanes to bowl without distraction.
- The bowler to your right has the right of way.
- Respect the equipment. Don't throw two balls in rapid succession, as this can damage the equipment. Wear only bowling shoes on the approach area.
- You should use only your own ball or the ball you have chosen to use.
- Stay back of the foul line at all times.
- After your game, always return your ball to the storage rack. Return rental shoes to the counter.
- Play to win, but be a good sport when you lose.
- Keep an accurate score of your game by keeping score correctly.