BOWLING *Cheat Sheet*

ROSTERS

- A full team consists of 2 players, there are no gender restrictions for this league.
- If a member of a team is absent, a sub may be recruited to play.

GAME PLAY

- All ESSC bowlers will need to ensure they wear proper bowling shoes which are provided by the facility.
- Scores are electronically kept for each frame, but after the game is over players must record their scores on a scoresheet provided by the Event Coordinator (EC).
- Teams will play two,10 frame, games per night. Each game will have a time limit of 30 minutes.
- All ESSC bowling is 10 pin bowling using 10 - 16lb balls.
- A perfect game in 10 pin bowling will have a total score of 300. Each 'strike' has a value of 30.
- A bowler will 'bowl' three balls each turn unless a 'strike' or 'spare' is thrown. When a strike or spare is thrown the bowler will only bowl 1-2 balls respectively.
- After a strike, the next two balls thrown in the following frame will be added back to the frame where the strike was thrown.
- After a spare the bowler is awarded a score of 10 plus the number of pins knocked down on the next throw.
- When bowling and two players approach a lane simultaneously proper etiquette is to allow the bowler on the right to bowl first.
- To bowl players typically will take a four step approach. On the first step the ball is at chest height, step two the ball is brought down beside the waist, on the third step the ball should be brought back, then on step four the ball is rocked forward and released beside the front foot.

PENALTIES AND VIOLATIONS

- Players are required to call their own faults.
- When bowling and any part of a player's foot crosses the start of the bowling lane (foul line), this is called a foul.
- If a player bowls their ball and it falls off the lane into the gutter this is called a gutter ball.
- Never walk onto the bowling lane. If a ball become stuck or pins stay on the lane, ask a facility staff for assistance.