

## Understanding Bowling

### The Bowling Lanes

- Each bowling lane is 60 feet long (from the foul line to the first pin).
- There are gutters on both sides of the lane, if the ball rolls into the gutter then it is considered out of play.

### The Pins

- Ten pins are arranged at the end of the lane in a triangular formation.
- The pins are numbered 1 - 10.
- Each pin is worth one point. For example, if two pins are knocked down, the bowler receives two points.

### The Game

- The objective is to knock down all of the bowling pins, or as many as possible.
- Each bowling game consists of ten frames, each frame is one turn.

### Scoring

- The bowler receives one point for each pin knocked down.
- Spares: When all of the pins have been knocked down after the second bowl of a frame, the bowler has attained a spare. If a bowler hits a spare, there will be a slash (/) mark on the scoreboard. After the bowler's next turn, the bowler receives ten points plus the number of pins knocked down with that turn. For example, if the bowler attains a spare and knocks down five pins in his/her next turn, then he/she will get 15 points before his second turn. If he then knocks down three pins in his second turn, he gets a total of 18 points total.
- Strikes are recorded as an "X" on the scoreboard, strikes are 10 points plus the number of pins knocked down on the player's next two turns in the following round.
- The highest score is 300. This score can be achieved by bowling 12 strikes in 12 frames.

## Booking

Please contact our Event Coordinator if you would like to reserve private lanes or have a large group to accommodate.



Tel: 213-229-8910 | [www.XLANESLA.com](http://www.XLANESLA.com)  
333 S. Alameda Street #300, Los Angeles CA

# Bowling 101

•XLANES' Guide to Winning 300•



213 - 229 - 8910 • [www.XLANESLA.com](http://www.XLANESLA.com)



333 S. Alameda St. Los Angeles CA, 90013

**Your Experience is our Priority!**



Strategy

Terminology

## Safety Guidelines

**Shoes:** To ensure safety, the bowling section of our facility requires all of our guests to wear proper bowling shoes before starting. If you do not own your own pair, we provide you with bowling shoes that are available to rent.

We suggest bringing a small hand towel as hands often become sweaty or greasy from various bowling surfaces. Using a hand towel will contribute to having a better grip of the ball.

Only the bowler should approach the foul line when it is their respective turn. Always check surrounds before bowling to avoid potential injuries.

XLanes does not allow horseplay in or around the bowling site. Be aware of hazards that may cause potential injury.

The bowler stays behind the foul line at all times. Our lanes are oiled and extremely slippery.

Always use caution around the ball return area. Never reach into the machine, even if your ball is jammed or becomes stuck. Notify one of our center attendants to help you if you need any assistance.

Please report all injuries to an employee or management staff immediately.

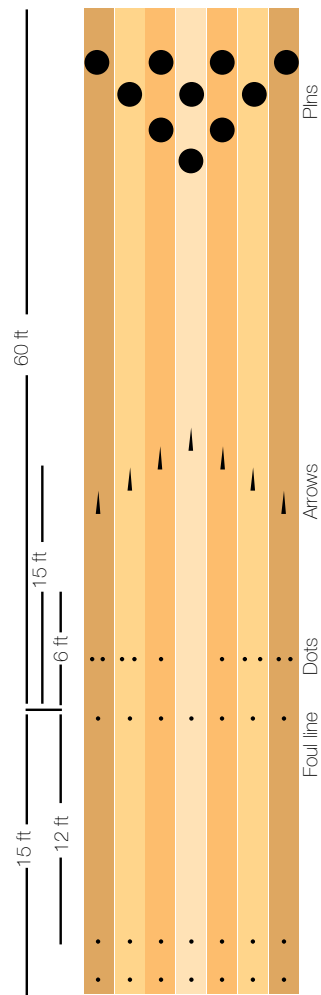


### Aiming the Ball

Bowlers are more successful if they aim to roll the ball down the center of the marks on the bowling lane, not at the center pins. Each bowling lane has a series of dots and arrows down the bowling lane. There are five arrow marks approximately fifteen feet down the foul lane and a series of dots approximately seven feet down.

### Releasing the Ball

Try to maintain a very straight position with minimal twisting in the body. The hand position should be held beneath and under the ball during the swing. The objective is to swing the arm that's holding the bowling ball as smoothly as possible so that the anticipated release is alignment with your aim. The thumb should be released out of the ball first, this usually helps with rotating the ball. Always remember to keep your eye on the target you're aiming towards as you are about to release the ball, a crucial point to bowling is concentration on aim.



- Approach:** The area behind the foul line which the bowler takes steps, or the way a person gets from the starting spot to the foul line.
- Bumpers:** Gutter-free bowling; a device that keeps the ball on the lane.
- Channel/Gutter:** The drop-off area on both sides of the lane.
- Delivery:** The point where the bowler releases the ball beyond the foul line onto the lane.
- Foul Line:** The line separating the approach from the lane, the bowler must stay behind the line for the pinfall to count.
- Frame:** Part of the game when the bowler has up to two deliveries of the ball to knock down all pins.
- Game:** A game is complete when ten frames have been rolled.
- Guaranteed League:** A league where bowlers are responsible for payment of league fees, even when they are absent.
- Lane:** The 60 foot area between the foul line and the headpin.
- Mark:** A strike or a spare.
- No-Tap:** A scoring method that wards a strike when nine pins are knocked down on the first ball; a lesser pinfall may also be considered no-tap scoring.
- Open Frame:** A frame in which there is no strike or spare.
- Pocket:** The place in a rack of pins to aim for to get a strike. Between the 1 and 3 pins for a right-hander and 1 and 2 pins for a left-hander.
- Slide Foot:** Your slide foot is opposite of the hand you use to bowl, for example - a left-handed bowler will side with their right foot as they approach the foul line and roll the ball.
- Spare:** Some pins are left after the first delivery but all are knocked down on the 2nd ball.
- Split:** Two or more pins remain standing after the first ball has been delivered; the headpin and at least one pin between the standing pins are down.
- Strike:** When all ten pins are knocked down on delivery of the first ball.
- Target:** The spot on the lane you aim for; may also be referred to as your "mark" on the lane.