Bowling: Mark

Main Objective/What do you do in this game?

* Throw a bowling ball to strike down the pins at the end of the lane surface.

History:

* The earliest most primitive forms of bowling can be dated back to:

Ancient Egypt and the Roman Empire

* 2,000 years ago a similar game evolved between Roman legionaries: it entailed tossing stone objects as close as possible to other stone objects. became popular with Roman soldiers.
* First standardized rules for pin were established in New York City, on September 9, 1895

Health Benefits:

* Anaerobic type of physical exercise, similar to walking with free weights
* Burning calories and works muscle groups not usually exercised
* The flexing and stretching in bowling works tendons, joints, ligaments, and muscles in the arms
* Promotes weight loss.

Scoring:

* common bowling is ten pin bowling
* matches consist of each player bowling a "game"
* Each game is divided into ten "frames". A frame allows a bowler two chances.
* The number of pins knocked over in each frame is recorded, a running total is made as each frame progresses
* Player with most points wins the game. OBVIOUSLY!!!
* Scores can be greater than the actual number of pins knocked over if strikes or spares are bowled.

Strikes/Spares:

* Strikes – player knocks down all pins on the first roll in the frame. The player's score will be 10 plus the total pins knocked down on the next two rolls in the next frame(s).
* Spares – all pins are knocked down using both rolls in the frame. Player's score for that frame will be 10 plus the number of pins knocked down on the first roll in the next frame.
* **A player who rolls a spare or strike in the last frame is given one or two more rolls to score additional points**

Names of consecutive strikes:

* 2 = double
* 3 = turkey
* 4 = hambone
* 5 = “five bagger”, “nickel”, “Yahtzee”
* 6 = "six-pack", "Six bagger"
* 7 = follow the "-pack"/"bagger" rule
* example: for 8 consecutive strikes it’d be eight-pack or eight bagger.

Balls for ten-pin

* large
* up to 27 inches in circumference
* typically: 3-hole
* Alleys normally offer a large variety of balls: vary in weight and hole size to fit size of hands/fingers

Shoes:

* Designed to mimic any style of flat shoe from regular dress shoes to athletic shoes.
* The sole of the non-sliding foot is generally made of rubber to provide traction
* The sliding foot's sole is made of a smooth and flat material that allows a bowler to slide into his release with a rubber heel to allow for braking.
* Please wear to ensure safety. However, wearing bowling shoes doesn’t mean to go onto the lane surface. Don’t cross the Foul line.

Outline (Simple):

Bowling at Revs for 2 days: Thursday and Friday

Dates: Dec. 12 and 13