

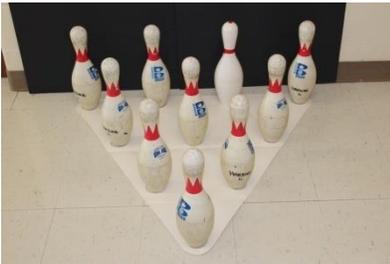
Developmental Bowling Events

Listed below you will find a training tutorial including pictures which is intended to help as you begin the training season for Developmental Bowling. Developmental Bowling is offered as an opportunities to compete for those athletes who are unable to participate in the traditional events. These skills, in addition to traditional bowling events, are appropriate for physical education class. Developmental Bowling Events are Target Bowling and Target Bowling with Ramp.

Target Bowling

1. Equipment:

- a. weighted bowling pins (10)
- b. Two-pound bowling ball
- c. Carpeted area



a



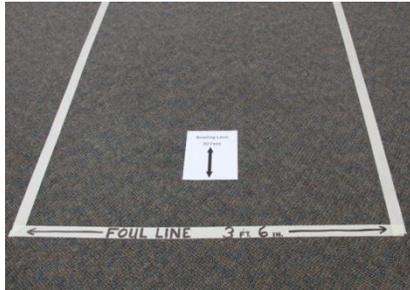
b



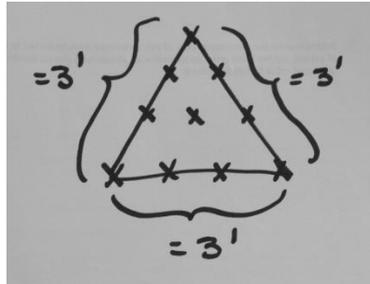
c

2. Set-up:

- Using tape, mark bowling lanes which are of regulation width (3'6").
- Set the pins in the traditional 10-pin triangular bowling formation.
- The length of the lane, which is the distance from the foul line to the pins, is 30'.
- Lay a strip of tape at the foul line (3'6") for a visual cue.



a



b

3. Rules and Scoring:

- Scoring is the same as traditional bowling including strikes and spares.
 - Bowlers must bowl from behind the foul line. Foot violations must be enforced.
 - A ball will be considered a gutter ball if it fully crosses the tape which defines the width or sides of the lane.
 - Athletes bowl five frames using the standard scoring system, including strikes and spares.
- **See attached score sheet.



b



c

Target Bowling using Ramp:

Rules, scoring, equipment and set-up are the same as Target Bowling. Bowlers may use a ramp to deliver the ball. Bowlers may deliver the ball facing the pins, or position the wheelchair so that the bowler is sideways to the pins. A Possibowl electronic switch system which attaches to the bowling ramp may be used for athletes who have difficulty pushing the ball independently.



Bowler facing pins



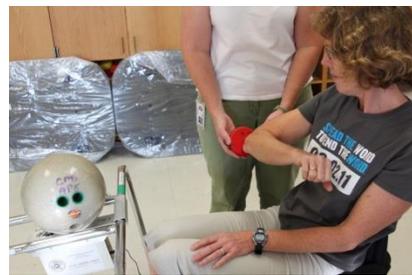
Bowler sideways to the pins



Possibowl



Activate switch with head



Activate switch with elbow



Activate switch with hand

Score Sheet for Target Bowling

Name		1	2	3	4	5			Total
1		<input type="text"/>							
2		<input type="text"/>							
3		<input type="text"/>							
4		<input type="text"/>							
5		<input type="text"/>							
6		<input type="text"/>							

Each bowler rolls two balls per frame. Then the next bowler takes a turn. And so on....

First Roll: Record the number of pins down in the small space in the top left corner for that frame.

Second Roll: Record the number of pins down in the small square in the top right corner for that frame.

Add the two numbers together and record the result in the large blank space at the bottom of the box.

If the bowler knocks down all pins on the first roll then score a strike by placing an 'X' in the box for that frame. The bowler does NOT roll a second ball for that frame (cause all the pins are down 😊). On the bowler's next turn, score 10 points for the strike, plus the pins knocked down for both rolls of that frame. Record the totals in the frame where the strike was thrown. Score the next frame as usual.

Record a spare, which is where a bowler knocks down all the pins on the second roll, with a '/' in the small box. On the bowler's next turn, score 10 points for the spare plus the pins knocked down on the next roll. Record the results in the frame where the spare occurred