INTRAMURAL SPORTS — TEAM BOWLING

Competition is held in the Reid Center Bowling Alley.

Cost of bowling is a very modest $1/person/day (for 2 games & shoe rental).

3-Person teams to be placed in a league format. Competition is scratch (no handicap). Teams will be scheduled approximately once/week at 4:30PM. Weekly schedules to be sent to each captain.

Three different bowlers may bowl in each game . . . thus a max of 6 different people may bowl for one team in a 2-game match.

Teams must fill out special Intramural score sheets completely - if no points are tallied - no points will be awarded. For league standings, a maximum of 3 points may be won in each match (1 point for most 3-person total pins each game and 1 point for total 3-person/2-game total pin count).

Teams will be dropped from the league upon first forfeit. Late bowlers may bowl in a game [and make up missed frames] provided they arrive BEFORE the 3rd frame has been completed.

Late bowlers may bowl in a game [and make up missed frames] provided they arrive BEFORE the 3rd frame has been completed. Remember - two team members from a team must physically bowl or the match is scored as a forfeit [remaining 3rd slot is scored at 0]. If a person is going to be late, it is up to him/her to secure a sub. In the event of a forfeit, the other team will be permitted to bowl recreationally at the reduced rate.

Teams will be dropped from the league upon first no-show forfeit.

BOWLING REMINDERS

1] Know your exact [to the board] starting point at the approach, finishing point at the foul line and target mark for the ball to roll across. Remember - your ball, to be effective, must have a good “angle of attack” into the strike pocket.

2] Envision the “line” the ball will stay “over” or on top of beginning at the approach area, thru the release area [foul line] and over your target mark [arrow].

3] Don’t take your eye off your target mark from the time you begin your approach until after the ball has rolled across it.

4] Don’t leave the foul line area until you look down to see exactly where your forward foot has finished [to the exact board].

5] Bend the knees low on the release and release the ball out in front of the body. If you find that the ball isn’t out in front upon reaching the foul line, start your push away earlier back in your front step.

6] Keep the arm action at right angles to the shoulders.

7] Know the “system” for picking up your spares. Keeping the same target mark for all spares except the single 10-pin [7 pin for lefties], move three [3] boards to the right of your normal starting position for each target pin spot to the left of the head pin [3 boards for the 2 pin, 6 boards for the 4 pin and 9 boards for the 7 pin].

The opposite applies for right side spares except that you move to the extreme left side of the approach for the 10 pin.