

# BOWLING TIPS

- PICK THE RIGHT BOWLING BALL; THE BALL SHOULD WEIGH ABOUT 10% OF YOUR BODY WEIGHT; THE HEAVIEST BALLS WEIGH 16 POUNDS.
- KEEP YOUR BOWLING SHOES CLEAN AND DRY; NO WET SHOES IN THE BOWLING AREA
- FOOD OR DRINKS ARE NOT ALLOWED ON THE APPROACH OR IN THE BOWLING AREA
- STAY BEHIND THE FOUL LINE AT ALL TIMES
- WAIT FOR THE PERSON NEXT TO YOU TO FINISH BOWLING BEFORE STEPIING UP TO THE APPROACH
- ONCE A BOWLING BALL GOES INTO THE GUTTER, IT IS OUT OF PLAY
- IF A PIN FALLS AND IS NOT REMOVED BY THE PINSETTER, ASK A BOWLING CENTER EMPLOYEE TO GET THE 'DEAD WOOD'
- SCORE CORRECTIONS SHOULD BE MADE BY A BOWLING CENTER EMPLOYEE
- BE PREPARED TO BOWL WHEN IT IS YOUR TURN
- VISIT THE PRO SHOP TO PICK UP THE BEST EQUIPMENT CUSTOM FIT FOR YOU
- ASK ABOUT COACHING AT THE FRONT COUNTER

...BUT THE BEST TIP OF ALL:

# HAVE FUN!

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**BOWLING:  
MORE FUN  
THAN EVER!**



**SUPPORT THE SPORT,  
MAKE SURE YOUR  
LEAGUE IS  
USBC  
CERTIFIED**



# JOIN A LEAGUE TODAY!

- Bowl more often
- Spend time with FRIENDS and FAMILY
- Meet NEW people
- Bowl with COLLEAGUES or SOCIAL GROUPS
- ESCAPE from your daily routine

BUT THE MOST IMPORTANT THING - HAVE FUN!

Choose the right league for you, one with friends or one to WIN IT ALL!

## FACTS TO KNOW BEFORE JOINING A LEAGUE



DO YOU LEAD A BUSY LIFE? THE LENGTH AND SCHEDULES OF LEAGUES VARY. FIND THE ONE THAT FITS YOU AND ESCAPE YOUR DAILY ROUTINE.



AN AVERAGE ADULT BOWLER BURNS 240 CALORIES PER HOUR AND USES 134 MUSCLES DURING THE BASIC FOUR-STEP APPROACH.



IN MOST LEAGUES YOU PAY WEEKLY. YOUR FEE INCLUDES: LANE RENTAL, PRIZE FUND, LEAGUE AWARDS AND LEAGUE PARTIES.



IT'S BEST TO VISIT THE PRO SHOP AND GET YOUR OWN EQUIPMENT, BUT YOU CAN USE A HOUSE BOWLING BALL AND RENTAL SHOES.

## ITEMS TO CONSIDER WHEN JOINING A LEAGUE

- What day of the week do you want to bowl?
- How many people do you want on your team?
- Do you put together a team or join an existing one?
- What is your average bowling score per game?
- How many weeks would you like to bowl in league?

**ASK A BOWLING CENTER EMPLOYEE ABOUT SIGNING UP FOR A LEAGUE THAT'S THE PERFECT FIT FOR YOU!**

# LEVELS OF USBC LEAGUE BOWLING

WHAT TYPE OF LEAGUE IS RIGHT FOR YOU?  
USBC OFFERS EVERYTHING FROM SOCIAL TO SERIOUS BOWLING



**YOUTH** Learn the fundamentals of bowling and meet new friends on the lanes.

**ADULT/YOUTH** Enjoy time with family and friends, and get introduced to a life-long sport.

**FUN** Focus on fun with friends instead of your score.

**HANDICAP** Handicap bowling uses your average to level the playing field.

**COMPETITIVE** Geared towards serious bowlers looking to compete for prize money.

**SCRATCH** Elite-level bowling. No handicap. High score wins.

**SPORT** Experience the challenge of demanding lane conditions.

# MAKE SURE YOUR LEAGUE IS USBC CERTIFIED

USBC IS THE NATIONAL GOVERNING BODY FOR THE SPORT OF BOWLING...

# AND WE NEED YOUR SUPPORT!

JOINING A USBC LEAGUE HELPS PRESERVE THE SPORT OF BOWLING.

## WHAT WE DO FOR YOU & BOWLING

- Encourage a fun and a fair game for all
- Recognize your bowling achievements
- Standardize the rules & equipment
- Provide member rewards & discounts
- Award \$8 million in scholarships annually
- And much, much more!

**USBC OFFERS SO MUCH TO ITS YOUTH MEMBERS**  
FROM COACHING, SCHOLARSHIP OPPORTUNITIES AND MEMBER REWARDS, YOUTH HAVE IT MADE WITH USBC



MEMBER JERSEY

SCHOLARSHIP OPPORTUNITIES



AWESOME AWARDS



MEMBER CARD

US YOUTH BOWLER

