

Name _____

Bowling Test

1. On what three elements should you focus your attention when checking your alignment?
 - a. Swinging shoulder, sliding foot, second arrow
 - b. Swinging shoulder, ball, target
 - c. Non swinging shoulder, ball, sliding foot
 - d. Swinging arm, slide foot, ball

2. If you start to lose grip on the ball in the downswing the ball is _____ and/or _____.
 - a. Too light, properly fit
 - b. Too heavy, improperly fit
 - c. Too light, improperly fit
 - d. Too heavy, properly fit

3. Proper footwork does not allow premature bending of the knees. In order to execute the footwork properly, you should
 - a. Never bend your knees
 - b. Bend knees on second step
 - c. Bend knees on count "two"
 - d. Bend knees after count "three"

4. Proper footwork includes walking
 - a. One foot in front of the other
 - b. One foot crossing in front of the other
 - c. Feet approximately 3 in. apart
 - d. Feet approximately 1 in. apart

5. When should a straight ball be preferred to a hook ball?
 - a. When lane conditions are bad
 - b. On the first ball of every frame
 - c. When you want the steepest angle in the pocket
 - d. Only for advanced bowlers

6. Why is the hook ball the best strike ball?
 - a. It has less spin
 - b. It is easier to roll
 - c. It has a steeper angle of attack to the pocket
 - d. It varies by lanes

7. The ideal board number of the strike pocket is
 - a. 24
 - b. 13
 - c. 17
 - d. Different number for right and left handers

8. What pin is referred to as the "kingpin"?
 - a. 1
 - b. 3
 - c. 4
 - d. 5

1	2	3	4	5	6	7	8	9	10
6 2	7 /	X	9 -	8 /	7 /	X	X	X	9 / 8

9. What is the correct score
 - a. 190
 - b. 161
 - c. 95
 - d. 182

10. If you get a strike in the 10th frame what happens?
 - a. Game is over
 - b. You roll 2 more balls
 - c. You play 2 more frames
 - d. You add 20 pins to your score

11. What is the number of the pin in the front?
 - a. 7
 - b. 2
 - c. 10
 - d. 1

12. How many points are added to the score for a gutter ball?
 - a. 3
 - b. 0
 - c. 1
 - d. Depends on speed

13. What do you do if the person to your right is bowling at the same time?
 - a. Continue to bowl
 - b. Ask them to stop
 - c. Wait until they finish
 - d. Make noises

14. What happens when you step over the foul line?

- a. Lose 5 points
- b. No pins knocked over count
- c. Gain 5 points
- d. Nothing

15. How long is the length of an official bowling lane?

- a. 60 ft.
- b. 45 ft.
- c. 100 ft.
- d. 73 ft.