I. THE BASICS

The success of good youth bowling leagues depends on the following tenets:

1. Inclusivity – Welcome all youth bowlers, regardless of ability or skill level; anyone who likes bowling and loves having fun! This is by far the most important tenet.

2. Leadership – Good leadership is a virtual guarantee of success. Don't fail to provide the most capable leadership obtainable; we cannot stress this enough.

3. Ingenuity – With youth, you've got to think all the time. Come up with ideas that will add to the interest and enthusiasm of the youth. Special tournaments, little awards, birthday cards, get well notes, and hundreds of inexpensive ideas will keep your youth coming back year after year.

4. Integrity – Hold yourself and others accountable for maintaining league integrity. Keep accurate scores and detailed records of funds collected and disbursed.

5. Consistency – Be consistent in all of your decision making. Don't play favorites or make exceptions for some but not others.

6. Flexibility – Allow for changes that could bring in new members. Lengthen or shorten the season, allow for special events and unforeseen circumstances. Remember, think of the youth and their needs and interests. As they grow older, they will think of you.

II. SPECIFICATIONS

The following specifications were established by the National Duckpin Bowling Congress:

1. Ball: Weight: Maximum 3 lbs. 12 oz.
              Diameter: Minimum 4 ¾" / Maximum 5"

2. Pins: Height: 9 ½"
              Diameter at base: 1 3/8"
              Diameter at belly: 4 1/8"
              Weight: 1 ½ lbs.

The pins are set in a 3-foot equilateral triangle, measuring from center of pin to center of pin, namely 1-7; 7-10, 1-10 triangle. The closest any two pins are to each other is 12" center to center. The distance from the l to the 5 pin is 20 3/4 inches.

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     7   8   9   10
       4   5   6
         2   3
           1
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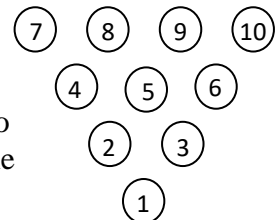
3. Lanes: Approach: Minimum of 15'
           Lane Bed: 60' long from foul line to head pin
                                   A lane bed is not less than 41" wide.

III. HOW TO SCORE DUCKPINS

Scoring is simple if you know these fundamental rules:

1. A game consists of 10 frames. Each box on the score sheet represents one frame.

2. Maximum number of balls rolled in each frame is three.

3. Add each frame's score to the previous one so that the game score progressively increases.

4. If a strike is rolled ~ all 10 pins knocked down by the first ball ~ the bowler is through for that frame. A strike is designated by coloring the entire upper right corner in *(see game 1, frame 2 below)* or by placing an (X) in the upper right corner of the frame *(see game 2, frame 4)*. A score of 10 is earned, plus the number of pins knocked down on the first two balls of the next frame. The score for the strike frame is not entered until the first two balls of the next frame have been rolled. The maximum possible score for a frame is 30 ~ representing three strikes in a row *(see game 2, frames 4-6)*. When this occurs, repeat the scoring process for a strike in the second frame and that for a spare in the third frame. In game 2 below, the bowler rolled 6 pins down on the first ball of the 7th frame (10+10+6 is counted for the 5th frame), 1 on the second (10+10+7 is counted for the 6th frame), and 2 on the third (9 is counted for the 7th frame).

5. In the tenth frame, if a bowler gets a strike on the first ball he resets and immediately rolls two additional balls. He receives a score of 10 plus the number of pins knocked down with the additional two balls. In game 1 below, the bowler made a spare on.

6. If a spare is rolled ~ all 10 pins knocked down by the first and second balls ~ the bowler is through for that frame. A spare is designated by coloring half of the upper right corner *(see game 1, frame 3)* or by placing a (/) in the upper right corner *(see game 2, frame 8)*. A score of 10 is earned, plus the number of pins knocked down on the first ball of the next frame. The score for the spare frame is not entered until the first ball of the next frame has been rolled. The maximum possible score is 20 ~ a spare followed by a strike.

7. In the tenth frame, if a bowler gets a spare on the second ball, he resets and immediately rolls one additional ball. He receives a score of 10 plus the number of pins knocked down with the additional ball.

1	2	3	4	5	6	7	8	9	10
8	28	45	54	74	92	102	110	139	159

7	17	26	56	82	99	108	126	135	145