

TENPIN BOWLING IS A COMPETITIVE SPORT

Ten-pin bowling is a sport in which a player, or "bowler" rolls a bowling ball down a wooden or synthetic (polyurethane) lane with the objective of scoring points by knocking down as many pins as possible. In Canada, the United States, United Kingdom and Australia, the game is commonly referred to as just "Bowling".

The word "sport," as defined by the Webster dictionary, is "a contest or game in which people do certain physical activities according to a specific set of rules and compete against each other." Pretty simple, right? If a physical activity has rules in place which players must abide by in competition, it is defined as a sport. Therefore, by definition, bowling is a sport. After all, it requires physical exertion (using your legs and arms to throw a ball that can weigh up to 16 pounds) and has rules (staying behind the foul line and not counting a spare if the ball goes in the gutter first, to name a few).

Going even further than that, much like baseball, football, hockey, and all other major, accepted "sports," bowling has a governing body in the USBC to enforce these rules.

However, although the definition would seem to be self-explanatory, one of the longest running debates between serious bowlers and recreational bowlers is whether or not bowling is, in fact, a sport.

"It's both a sport and a game, which makes it great," says James Simone, Operations Manager with Maple Family Centers. "It depends on who's bowling. Ask a person who does it recreationally and they will say it's a game. Ask a PBA member who bowls 50 games on the U.S. Open pattern and can average 220, it's a sport that requires great skill."

To Simone's point, one could understand why a group of teenagers going bowling on their prom night might not consider bowling to be a sport, just as one could understand why the local amateur who travels every weekend to tournaments and spends every spare minute practicing would consider it to be a sport.

However, it's common to see pickup games in parks over the summer between people who play sports such as baseball and basketball recreationally, yet their statuses as sports are rarely questioned. Lystra Antoine, an employee of Jib Lanes in Flushing, New York who has spent years behind the snack bar counter helping league and open bowlers alike, wonders if maybe the social aspect to bowling is what sets it apart.

Alex Cavagnaro, staff member with Vise and Realbowlerstape, and Owner/Operator of Rev'd Up Pro Shop in AMF Syosset Lanes in New York, breaks it down a little differently. "It's a sport at the highest levels," he says. "The best are the best because they are trained physically and mentally. No one gets lucky. Bowl 50 games of competition in a week at the WSOB [World Series of Bowling] or something else and see how you feel mentally and physically."

Cavagnaro went on to say that league bowling, however, does have a recreational aspect to it and is a large reason the debate exists at all.

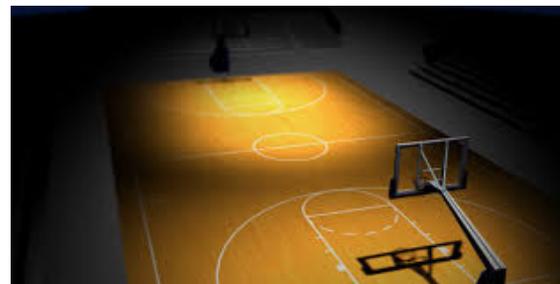
"Bowling league is something totally different nowadays and should be made distinctively separate from the actual sport," he adds. "The problem is there are fewer and fewer outlets to learn and grow into the actual sport of bowling if you don't go to a bowling college or professional coach. The best comparison I ever heard was that league bowling is like mini golf."

"In order for something to be a sport, it has to basically have some sort of skill requirement, along with a level of competition among different competitors. Score is kept, so there is a winner and a loser. I say it's a sport."

There is a field of play like any other sport, be it field, a court or a pool. There is a governing body that sets the rules of play and competition. There are boundaries of play and competition. There are winners and losers. There is an actual winning/losing score.



Modern day score monitor



Equipment and Gear



10 Pin Bowling What Muscles are used in the Game?

Movements Involved Bones and what they're used for What Joints are used? Almost every major muscle group is involved in throwing a bowling ball:

The calf, hamstring and quadriceps muscle groups in the legs are involved in the four-step approach.

The triceps, forearm and upper back muscles push forward and support the ball during the release.

The abdominal muscles of the core, especially the oblique's, are involved in stabilizing the upper body through the highest part of the backswing, as well as adding power to the release.

The biceps and pecks, as well as the forearm and wrist muscles, power the ball through the release.

Last but not least, the heart pumps faster to deliver additional oxygen to all these muscles, making bowling a very healthy activity for almost everyone.

It is one sport that anyone can excel in regardless of age or physicality. It is a sport which challenges you physically (multiple game qualifying) mentally (playing against inanimate objects – the pins, as well as on a surface which is invisible to the naked eye – oil on the lane surface), tactically (strategies on what ball to use and where to play on the lanes) and technically (the science of the sport)

The sport of bowling used to be dominated by USA but not anymore. World Champions come from all over the world – European countries, East Asian countries and even Middle East countries. Basically anyone from any country or nation can be a World Champion!



Singapore & Malaysia



Colombia & USA



Israel & Canada



Philippines



USA & Australia

