



## **Bowling**

### **Belt Loop**

Complete these three requirements:

1. Explain to your leader or adult partner the rules of courtesy and safety for bowling.
2. Show how to pick out a ball of proper weight and with finger holes that fit your hand.
3. Play a complete game with your family or den.

### **Sports Pin**

Earn the Bowling belt loop, and do five of the following requirements:

1. Give a brief history of the sport of bowling.
2. Define the following terms: strike, spare, split, miss, and foul. Show their symbols for scoring.
3. Demonstrate proper stance, delivery, balance, and follow-through to your leader or adult partner.
4. Try different types of delivery and hand positions and see which work best for you.
5. Score a complete game using a score sheet and the proper symbols.
6. Play at least four games and chart your progress. Figure out your average score.
7. Compete in a Scout, family, school, or community bowling tournament.
8. Take bowling lessons.
9. Attend a parent, high school, college, or professional bowling competition.
10. Visit a bowling alley and learn about the care and maintenance of the bowling lanes, pins, and racks.