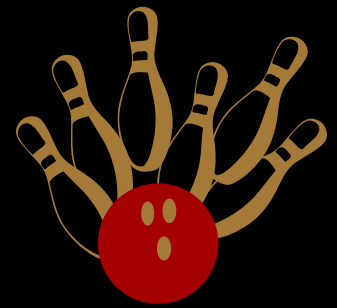




more than just a gym



General Rules of Tenpin Bowling:

- **Number of Players:** Up to 6 players can play per lane. Each player takes turns in sequence.
- **Each player:** has 10 frames to bowl, with two chances per frame to knock down all 10 pins.
- **A strike:** is when all pins are knocked down on the first roll, while a spare is when they are cleared on the second.
- **Fouls:** Players must stay behind the foul line and only one person should bowl at a time. Always wait for your turn.
- **Safety first** - No running starts or excessive force!

Scoring breakdown:

- **Strike (X):** Knock down all 10 pins on the first ball – 10 points + next 2 rolls.
- **Spare (/):** Knock down all 10 pins in two balls – 10 points + next 1 roll.
- **Open frame:** Add the number of pins knocked down in that frame.

Food & Drinks:

- Keep food and drinks off the lanes and approach area.
- Please use the seating and tables provided.

Respect the Space:

- No rough play, swearing, or disruptive behaviour.
- Treat the equipment with care – damaged balls or lanes may result in a charge.

Please ask a staff member if you're unsure about any rules. We're here to help!