

## RULE 10 – TWO-HANDED TECHNIQUES

**10.1 Two-Handed Delivery.** Both hands impart force on the ball to get it down the lane; normally done by swinging the ball between one's legs. Differing greatly from the two-handed approach. Individuals who deliver the ball from the chest using both hands would be using a two-handed delivery.

**10.2 Two-Handed Approach.** Not to be confused with the two-handed delivery, this style places both hands on the ball and are left on the ball throughout the swing until the release. An evolution of the thumbless technique, this can be done with or without the thumb on the dominant hand in the ball.

**10.3 Dominant Hand.** When determining drilling specifications, it is important to ~~verify~~ which is the dominant hand. This is determined by the side of the body by which the ball swings and, if utilized by the player, the hand which is used to grip the bowling ball.

**10.4 Holes.** The limitations governing the drilling of holes in the ball can be found in Drilling Specifications. Note that for two-handed techniques, the holes or indentations for gripping purposes must be capable of being used by the same hand.

## RULE 11 - BOWLING BALL SPECIFICATIONS

**11.1 General.** It is the player's responsibility to make sure all bowling balls used in PBA competition are cleared for use by the PBA and meet all PBA and USBC weight and balance specifications. For further information regarding ball weights and specifications, please refer to the USBC Equipment Certifications and Specifications Manual.

**11.2 Ball Weighing Scales.** Equipment to weigh bowling balls will be made available to all competitors throughout the event.

### **11.3 Bowling Ball Size and Weight.**

**11.3.1 Ball Circumference and Diameter.** The circumference of a ball may not exceed twenty-seven (27) inches. The ball diameter must remain constant.

**11.3.2 Gross Weight.** The gross weight of a bowling ball may not exceed sixteen (16) lbs.

### **11.4 Bowling Ball Holes.** The following limitations shall govern the drilling of holes in the ball:

**11.4.1 Holes or Indentations for Gripping Purposes.** Shall not exceed five and shall be limited to one for each finger and one for the thumb, all for the same hand.

- a. The player is not required to use all the finger holes in any specific delivery, but they must be able to demonstrate, with the same hand, that each hole can be used simultaneously for gripping purposes.
- b. Any thumb hole that is not used with the thumb inserted during the start of the delivery would be classified as a balance hole.

**NOTE: Effective August 1, 2020 item 1 to be changed to read:**

**Holes or indentations for gripping purposes shall not exceed five and shall be limited to one for each finger and one for the thumb, all for the same hand with no drilled holes exceeding 1-9/16" diameter and 4-1/2" deep. (Note: This includes holes required to install remove-able devices). The player is required to use all the gripping holes on every delivery with the same hand.**

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- c. Any gripping hole that does not have the thumb or fingers inserted into it throughout the approach would be classified as a balance hole, which is not allowed. Any secondary hole drilled inside of a gripping hole that is not intended for gripping purpose is considered a void and not allowed except for vent holes.

**11.4.2 No Thumb Hole.** If a bowler does not have a thumb hole, there must be a scribed or engraved "+" near the center of the palm to indicate the grip orientation. The ball must be delivered in the marked orientation (i.e. palm must cover the "+").

**11.4.3 Balance Hole.** One hole for balance purposes not to exceed 1¼ inches in diameter at any point through the depth of the hole (slugs and tape will be allowed; however interchangeable devices are not allowed).

**NOTE: Effective August 1, 2020 paragraph 11.4.2 will be changed to read, "Balance holes are not permitted."**

**11.4.4 Mill Hole.** One mill hole for inspection purposes not to exceed 5/8" in diameter and 1/8" in depth.

**11.4.5 Vent Hole.** No more than one vent hole for each finger and/or thumb hole not to exceed ¼" in diameter. USBC considers a vent hole to be any non-gripping hole that intersects with a gripping hole at any depth. Any hole intended for use as a balance hole that intersects with a gripping hole will instantly be considered a vent hole. This hole may not exceed ¼" at any point throughout the depth of the hole.

### **11.5 Balance for a Ball Weighing More than 10 Pounds.**

#### **11.5.1 *Without a Balance Hole.***

- a. Not more than 3 ounces difference between the top half of the ball (gripping holes side) and the bottom half of the ball (side opposite the gripping holes).
- b. Not more than 3 ounces difference between the half of the ball to the left and the half of the ball to the right of the center of grip (side weight).
- c. Not more than 3 ounces difference between the half of the ball toward the thumb hole side of the center of grip and toward the finger holes side of the center of grip (thumb/ finger weight).
- d. A ball used without any gripping holes or indentations may not have more than 3 ounces of difference between any two halves of the ball.
- e. If a bowler does not have a thumb hole and drills a ball to meet the new 3 oz. of imbalance requirement, there must be a scribed or engraved "+" near the center of the palm to indicate the grip orientation. The ball must be delivered in the marked orientation (palm must cover the "+").

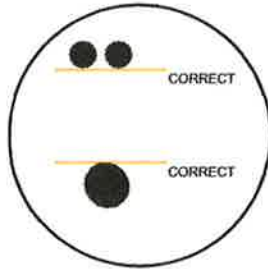
#### **11.5.2 *With a Balance Hole.***

- a. Not more than 3 ounces difference between the top half of the ball (gripping holes side) and the bottom half of the ball (side opposite the gripping holes). Not more than 1-ounce difference between the half of the ball to the left and the half of the ball to the right of the center of grip (side weight).
- b. Not more than 1-ounce difference between the half of the ball toward the thumb hole side of the center of grip and toward the finger holes side of the center of grip (thumb/ finger weight).
- c. A ball used without any gripping holes or indentations may not have more than 1 ounce of difference between any two halves of the ball.

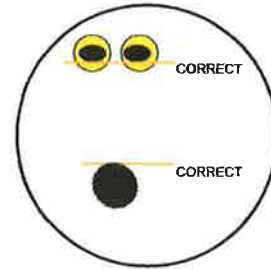
**NOTE: Paragraph 11.5.2 will be eliminated on Aug 1, 2020 when balance holes are no longer allowed.**

**11.5.3 Determining the Grip Center.** The center of grip is determined by measuring from the front edge of each finger hole to the front edge of the thumb hole. If more than two finger holes are used, the center of grip will be determined by averaging the distance between each finger and thumb holes.

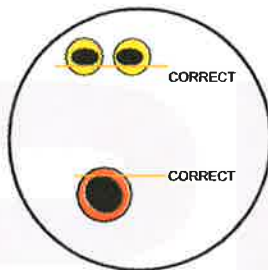
**FIGURE 1**  
**BLACK-Inside Thumb Hole/Finger Holes**



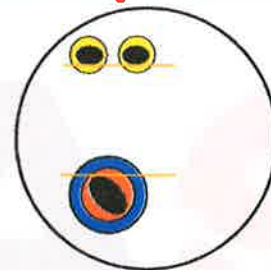
**FIGURE 2**  
**BLACK-Inside Thumb Hole/Finger Holes**



**FIGURE 3**  
**BLACK-Inside Thumb Hole/Finger Grips**  
**ORANGE-Thumb Slug or Sleeve**



**FIGURE 4**  
**BLACK-Inside Thumb Hole/Finger Grips**  
**BLUE-Interchangeable thumb, if present**  
**ORANGE-Interchangeable thumb insert**

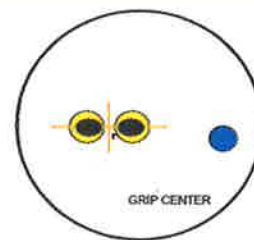


**11.5.4 No Thumb Delivery.** The following example shows specifically how to determine grip center as it relates to bowlers who do not use their thumb.

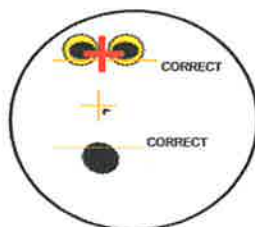
**FIGURE 5**  
**BLACK-Inside Finger Grips**



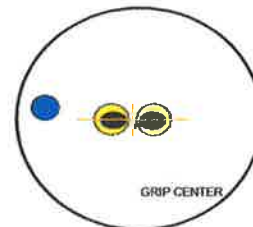
**FIGURE 6**  
**BLACK-Inside Finger Grips**  
**BLUE-Inside Balance Hole**



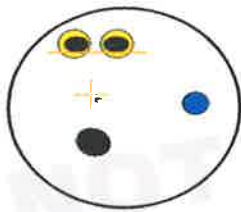
**FIGURE 7**  
**BLACK-Inside Thumb (balance) Hole/Finger Grips**  
**RED CROSSHAIR-Grip Center when bowler does not insert thumb**  
**ORANGE CROSSHAIR-Grip Center when bowler does not insert thumb**



**FIGURE 8**  
**BLACK-Inside Finger Grips**  
**BLUE-Inside balance hole**



**FIGURE 9**  
**BLACK-Inside Thumb (balance) Hole/Finger Grips**  
**BLUE-Inside balance hole**



**FIGURE 10**  
**BLACK-Inside Thumb Finger Grips**  
**GREEN-Inside Thumb (balance) Hole**  
**BLUE-Inside balance hole**



## 11.6 Plug and Designs.

**11.6.1 Ball Plug or Slugs** may be used for re-drilling a ball. When a slug is used, there must be a hole drilled completely through the slug leaving no void at the base.

**11.6.2 Interior Voids.** In all cases, there shall be no interior voids.

**11.6.3 Plugs and Designs Material** must be made of material like, although not the same as, the original material out of which the ball was made. Plugs and designs must comply with other specifications of a bowling ball.

**11.6.4 Foreign Material.** No foreign material may be placed on the outer surface of the ball or in the balance hole, including but not limited to paint, marker or whiteout.

**11.6.5 Density** must be within a range of 0.9 g/ml and 1.5 g/ml.

**11.7 Weigh-in Violation Penalties.** Penalties for bowling ball specifications noted in Rules 11.1 through Rule 11.5. All weigh-in penalties shall be assessed per season.

**11.7.1 PBA Tour.** Penalties for exceeding the specifications noted in Rules 11.1 through 11.5.

**PENALTY: 1<sup>st</sup> Offense - \$500**

**2<sup>nd</sup> Offense- \$1,000**

**3<sup>rd</sup> Offense -PBA Code of Ethics Violation - Disqualification**

**11.7.2 PBA Regional Tour/PBA50 Tour.** Penalties for exceeding the specifications noted in Rules 11.1 through 11.5.

**PENALTY: 1<sup>st</sup> Offense - \$200**

**2<sup>nd</sup> Offense- \$500**

**3<sup>rd</sup> Offense -PBA Code of Ethics Violation – Disqualification**

## 11.8 Bowling Ball Surface.

**11.8.1 Surface Hardness.** The surface hardness of a ball must not be less than seventy-two (72) as measured on a D scale Durometer with Max readout mounted in an approved stand.

**PENALTY: \$500 (PBA Tour) and the ball is removed from play**

**\$250 (PBA50 and Regional Tour) and the ball is removed from play**

**11.8.2 Altering the Surface of a Ball.** If the surface friction of the ball is altered by sanding or polishing, the entire surface of the ball must be sanded or polished in a uniform manner.

- a. A player may not alter the surface of a ball during any round in which he or she is competing. The position round shall be considered a separate round.

**PENALTY: PBA Code of Ethics Violation - Disqualification**

- b. Each match during a championship round finals shall be considered a separate round.

**11.8.3 Unauthorized Coatings on Ball Surface.** Bowling balls coated with anything other than polishes may not be used in PBA competition.

**PENALTY: PBA Code of Ethics Violation - Disqualification**

**11.8.4 Acetone and Acetone-Based Products.** Acetone and acetone-based products may be used only for the removal of excess glue around the gripping area.

**PENALTY: \$500 (PBA Tour) and the ball is removed from play**  
**\$250 (PBA50 and Regional Tour) and the ball is removed from play**

**11.8.5 Protruding Objects.** No foreign objects may protrude from the surface of a ball. Penalties shall be assessed per season.

**PENALTY: 1<sup>st</sup> Offense - Warning**

**2<sup>nd</sup> Offense - \$250 (PBA Tour)**  
**- \$100 (PBA50 and Regional Tour)**

**3<sup>rd</sup> Offense - PBA Code of Ethics Violation, Disqualification**

**11.8.6 Foreign Material on Ball Surface.** All foreign material (such as rosin, powder or lane conditioner) may not be applied directly to the surface of the ball.

**PENALTY: \$250 (PBA Tour)**  
**\$100 (PBA50 and Regional Tour)**

**NOTE: The Tournament Director may allow a player to remove foreign substances from the bowling ball surface with authorized cleaners on a case-by-case basis.**

**11.9 Plugged Equipment.** Plugging material may be used in accordance with current USBC specifications. No foreign matter may be placed within the plug area and all equipment shall otherwise comply with PBA regulations. Penalties shall be assessed per season.

**PENALTY: 1<sup>st</sup> Offense - \$500 and the ball must be immediately removed from play**

**2<sup>nd</sup> Offense - PBA Code of Ethics Violation, Disqualification**

**11.10 Gripping Devices.**

**11.10.1 Gripping Material.** Material used solely for gripping purposes may be used provided it may readily be removed for spot checks and complies with current Product Registration guidelines.

**11.10.2 Removable Devices.** Removable devices may be used provided such devices are:

- a. In compliance with current Product Registration guidelines.
- b. Used for changing the span, pitch or size of the gripping holes.
- b. Constructed of a non-metallic material.
- c. Locked in position during delivery.
- e. Not used to alter the static balance of the ball.

**11.10.3 Penalties for Non-Compliance of Gripping Devices Rule.**

**PENALTY: \$500 (PBA Tour) and the ball is removed from play  
\$250 (PBA50 and Regional Tour) and the ball is removed from play**

**11.11 Damaged Equipment.**

**11.11.1 Ball Damage During Competition.** If a bowling ball is damaged during tournament play in such a fashion that it does not meet PBA specifications, the player must immediately notify the Tournament Director.

**PENALTY: \$250 (PBA Tour)  
\$100 (PBA50 and Regional Tour)**

**11.11.2 Removing Damaged Ball from Competition.** The Tournament Director has the option to remove a ball from competition if determined that the ball could adversely affect the lane surface.

**RULE 12 - EQUIPMENT REGISTRATION AND WEIGH-IN**

**12.1 Bowling Ball Serial Number.** Each ball must have a serial number clearly engraved on the surface of the ball. Penalties shall be assessed per season.

**NOTE: The ball must be removed from competition until a four (4) digit serial number is permanently engraved.**

**PENALTY: 1<sup>st</sup> Offense - Warning**

**2<sup>nd</sup> Offense - \$100**

**12.2 Weigh-in Procedures for Bowling Balls Used in Competition.** Competitors in specified finishing positions after qualifying and/or match play may be required to produce all bowling balls documented on their score sheets for an official weigh-in beginning one-half (1/2) hour prior to the roll call for the next round. Weigh-in penalties will be assessed per season.

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**12.2.1 PBA Tour.** Equipment weigh-in may be conducted at the discretion of the Tournament Director. In all cases, entrants are responsible for ensuring that their equipment complies with all rules and specifications for competition. The Tournament Director also reserves the right to spot check equipment at any time prior to, during or after competition.

**NOTE: Official scales and D-Scale Durometer will be provided by Player Services for any entrant to verify correct bowling ball balance and/or hardness.**

- a. **PBA PTQ.** A minimum of five (5) bowlers advancing from the PBA Pro Tournament Qualifier (PTQ) may be required to weigh-in. When required, the high qualifier, the low qualifier and three (3) qualifiers in-between must weigh-in all equipment listed on their score sheet.
- b. **Elimination Match Play Round.** When a cut is made to match play, five (5) competitors may be required to weigh-in based on the following qualifying positions: #1, #8, #16, #24 and #32 (including all ties).
- c. **Championship Round.** All bowlers advancing to any PBA Tour Championship Round may be required to weigh-in all equipment that may be used on the telecast one (1) hour prior to air time/tape time.
- d. **Cash Round.** When a cut is made to a cashers' round, such as the US Open, five (5) competitors from the previous round may be required to weigh-in; the high qualifier, the low qualifier and three (3) qualifiers in-between.
- e. **Round Robin Match Play.** When a cut is made to Round Robin Match Play, positions one (1), followed by increments of eight places may be required to weigh in:

**EXAMPLE: 1 - 8 - 16 - 24, etc.**

**PENALTY: 1st Offense - \$250**

**2nd Offense - \$500**

**Additional Offenses - Disqualification**

**12.2.2 PBA50 Tour and PBA Regional Tour.** Equipment weigh in may be conducted at the discretion of the Tournament Director. In all cases, entrants are responsible for ensuring that their equipment complies with all rules and specifications for competition. Additionally, the Tournament Director reserves the right to spot check equipment at any time prior to, during or after competition.

- a. When a cut is made to the top sixteen (16), positions one (1), four (4), eight (8), twelve (12) and sixteen (16) may be required to weigh-in.
- b. When a cut is made to the top twenty-four (24), positions one (1), six (6), twelve (12), eighteen (18) and twenty-four (24) may be required to weigh-in.
- c. When a cut is made to the top thirty-two (32), positions one (1), eight (8), sixteen (16), twenty-four (24) and thirty-two (32) may be required to weigh-in.
- d. When a cut is made to the top sixty-four (64), positions one (1), sixteen (16), thirty-two (32), forty-eight (48) and sixty-four (64) may be required to weigh-in.