



## Tenpin Modifications mean bowling really is for EVERY body!

We already know bowling has been around since the Stone Age (see: The Flintstones) so it's no surprise the sport has remained pretty much unchanged since then – right?

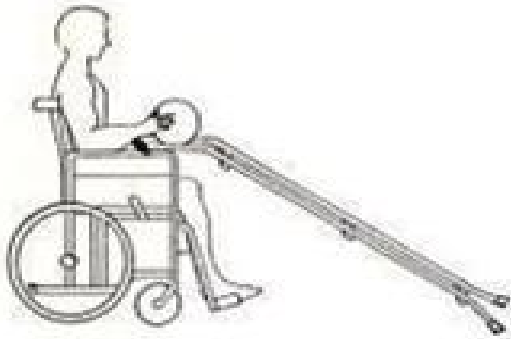


Well, maybe not, whilst humanity has evolved – so has tenpin bowling. With a growing number of adaptive equipment available, it's never been easier to adapt the sport for all abilities.



- **Shorter lanes** allow closeness to pins, easier to aim and hit targets.
- **Plastics pins** can be left empty or filled with water for weight, making pins slightly more difficult to knock down.
- **Rubber balls**, much lighter and easy to handle, have varying finger hole sizes.
- **Tunnels** assist with aim and direction as bowlers attempt to get ball through the tunnel in the first instance.
- **Backboards** used behind pins means the ball knocks down a few more pins than usual (ball usually goes through to catcher)

- **Metal or soft ramps** which are stand-alone or can be placed on the end of a wheelchair or bowler's lap gives bowlers the opportunity to control the timing and release effort of the ball.
- **Wedge** soft wedges as opposed to a ramp can be used to help bowlers who might struggle with gripping the ball.



Ramp



Ball pusher

Of course there are plenty of other modifications bowlers themselves adapt; two handed bowling, stationary bowling, a gripping handle or ball pusher.

Tenpin Bowling offers programs for special needs through the funded Sporting Schools program [www.sportingschools.gov.au](http://www.sportingschools.gov.au) or via Bowl Patrol [www.bowlpatrol.com.au](http://www.bowlpatrol.com.au) – the nation's junior sport participation program turning ordinary children into striking machines!

Bowl Patrol is proving to be particularly popular for children with Autism or who prefer to play a more individual-style of game. Being a low-impact sport, tenpin is a great sport for introducing play in a safe environment, participants can learn at their own pace often leading to a greater enjoyment of the game.

Do you know of other bowling modifications? Share them with us, email [tenpin.bowling@tenpin.org.au](mailto:tenpin.bowling@tenpin.org.au)

Want to get your child in to a Bowl Patrol program? Let us know their age and your location via [bowlpatrol@tenpin.org.au](mailto:bowlpatrol@tenpin.org.au)

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