

Conventional Fitting

- [Anatomy of a Conventional Fit](#)
- [Step-by-step guide](#)

Anatomy of a Conventional Fit

Key principles

1. Fingers are inserted into the second joint
2. Thumb is seeded all the way into the bowling ball, up to the base of the thumb
3. Good beginning grip
4. Lower revolution rate at point of release
5. Ball reaction is smaller and allows the bowler to focus on other aspects of their physical game



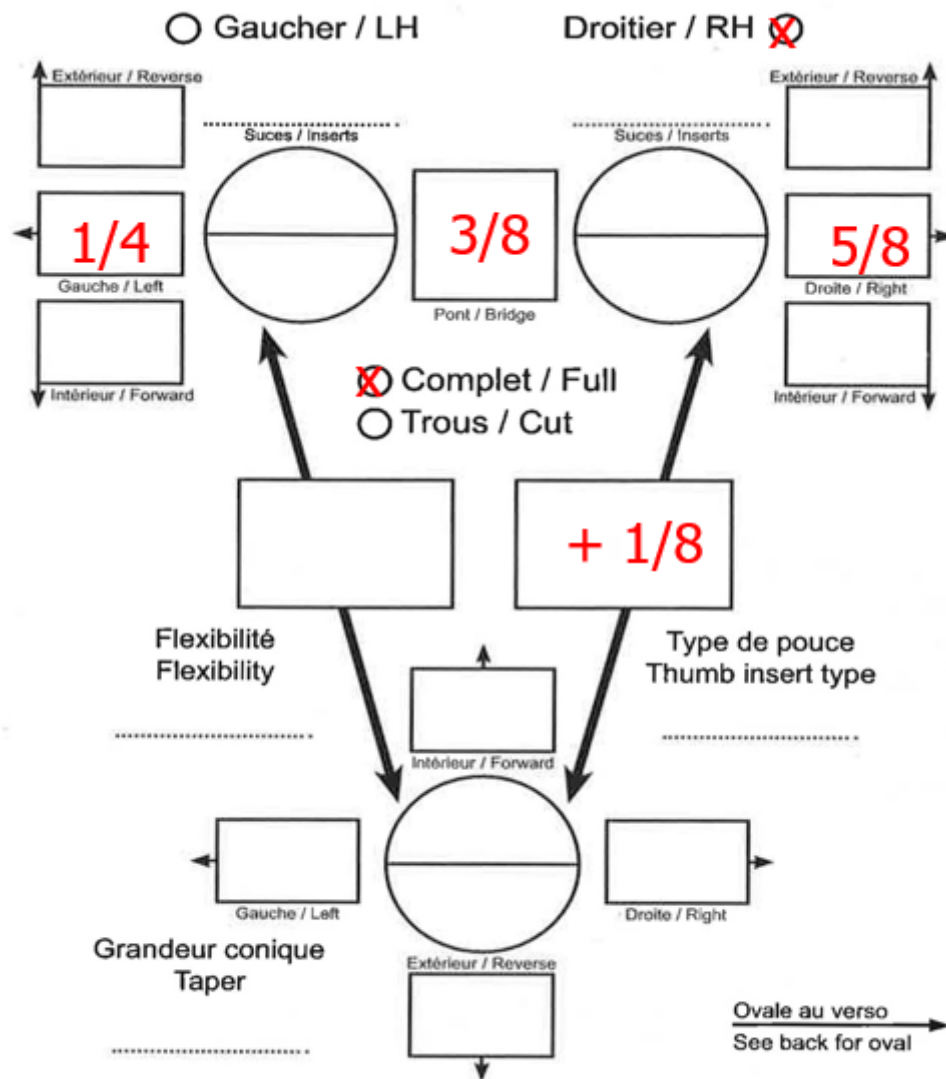
Step-by-step guide

Following these steps will ensure a proper fit

1. Warm up the hand, massage/bowl
 2. Measure the MIDDLE FINGER
 3. Measure the THUMB FLEXIBILITY
 4. Measure FINGER and THUMB hole sizes
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Constants to fill out on the spec sheet

- Before starting the measurement, you can already write down some data on your spec sheet.
 1. Bowler Hand (Left or Right)
 2. Bridge of $\frac{3}{8}$
 3. Lateral Pitches of $\frac{1}{4}$ (middle) and $\frac{5}{8}$ (ring)
 4. Ring Finger measurement will always be $+\frac{1}{8}$ from the span measured on the next step.
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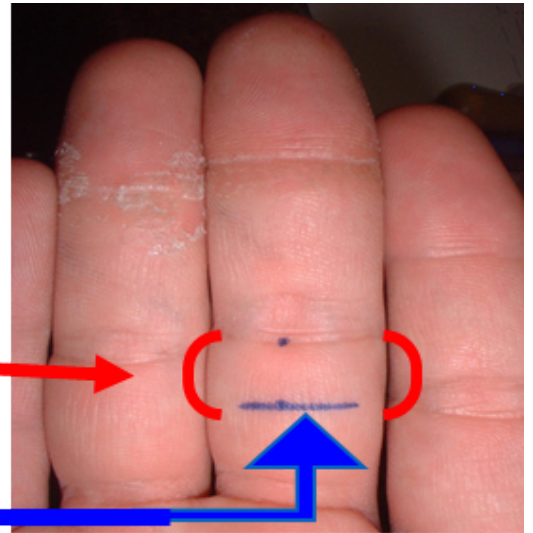
Mark the bowler's hand with a pen

1. Mark the MIDDLE FINGER

- Find and mark the bending point of the SECOND joint.
- Measure 3/8 under the joint, draw a line.
- Use this line for your measurement.

Distance of 3/8

Use this line with your fitting tool



Using the fitting tools

- BT Ball Fitter
- Innovative Fitting Ball

fitter pour montrer where to measure ??

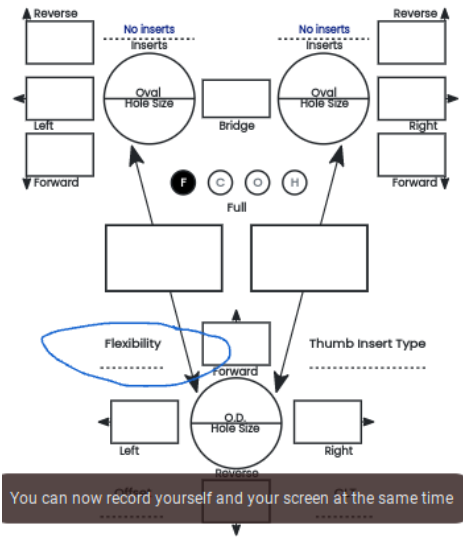
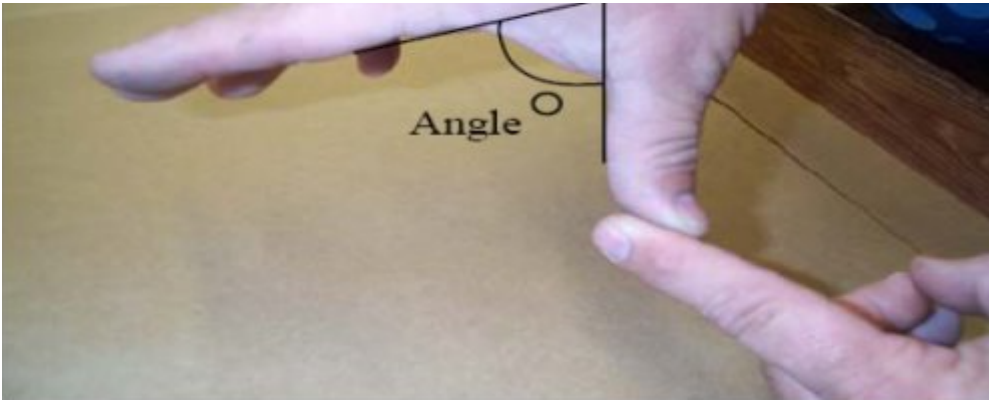
Prendre un photo avec le bal

Evaluate the flexibility of the thumb.

The bowler's hand must be relaxed.

- Pull back on the thumb to measure flexibility.
- Follow the chart provided for the correct pitch based on span/flexibility

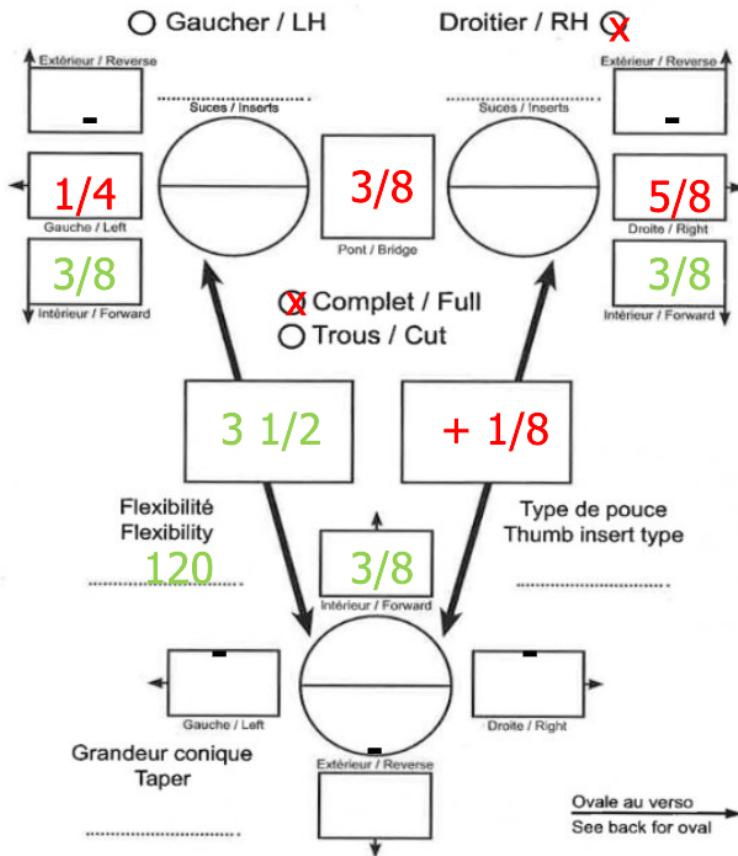
give a link to the chart ??



Complete your Fitting Sheet

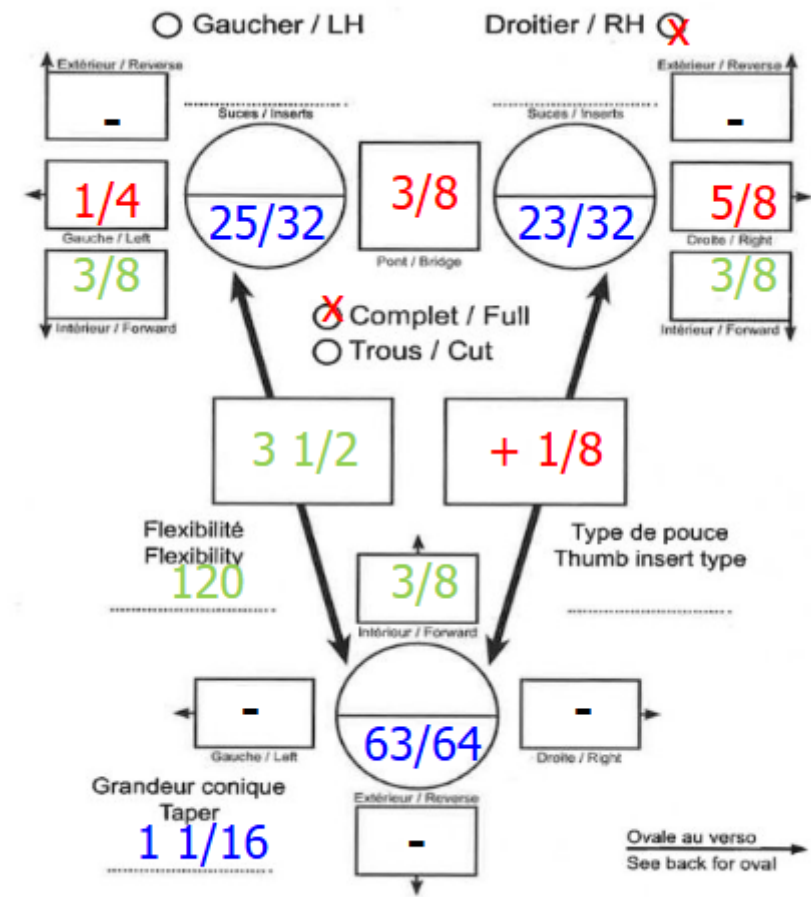
- **Finger Pitches**

1. Use the same pitches as what's in the thumb. **Ex: Span: $3 \frac{1}{2}$, flexibility: $120^\circ = 3/8$ forward**



• Hole Sizes

- Select a hole size that... Fingers easily passes through up to but not including second joint
même chose pour le pouce ?



Not sure ? When in doubt, reduce the hole by 1-64 inch. You can always enlarge the holes.