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USBC RELEASES 2022 BALL HARDNESS REPORT

ARLINGTON, Texas – The United States Bowling Congress (USBC) released a new research report examining how bowling ball hardness changes with use and performance implications of ball hardness.

Key findings of this 2022 report include the following items:

- Urethane bowling balls get naturally softer with use. USBC data shows friction and shear forces along with lane oil exposure are contributing causes. However, this natural softening of bowling balls through use minimally impacts performance, if at all.
- Lower ball hardness at manufacture clearly impacts performance. Testing two versions of the same model urethane ball with different hardness out of the box shows very different performance. The softer ball is stronger.
- Chemically altering bowling balls to make them softer significantly impacts performance. The softer altered balls are stronger.

This 2022 report follows up on previous USBC research demonstrating urethane shell balls drop in hardness after use. Reactive shell balls have less significant changes, showing little to no drop in hardness after use.

USBC equipment specifications are designed to set boundaries on the manufacturing of bowling equipment. Manufactured hardness is a physical property of bowling balls that has clearly been demonstrated to have performance implications. Therefore, it is essential that manufacturing regulation in this area continues to ensure that the performance range allowed for bowling balls is maintained.

The full report can be found at [BOWL.com/Hardness](https://www.bowl.com/Hardness).

United States Bowling Congress

The United States Bowling Congress serves as the national governing body of bowling as recognized by the United States Olympic & Paralympic Committee (USOPC). USBC conducts championship events nationwide including the largest participation sporting events in the world –

the USBC Open and Women's Championships – and professional events such as the USBC Masters and USBC Queens.

Founded in 1895, today USBC and its 1,519 state and local associations proudly serve more than a million members. USBC is headquartered in Arlington, Texas, working toward a future for the sport. The online home for USBC is BOWL.com.

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