

BOWLING

GENERAL RULES

The Official Special Olympics Sports Rules for Bowling shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon Federation Internationale des Quilleurs (FIQ) Rules as well as World Tenpin Bowling Association (WTBA) Rules for bowling found at www.worldtenpinbowling.com. FIQ, WTBA or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Bowling or Article I. In such cases, the Official Special Olympics Sports Rules for Bowling shall apply. The NGB for the United States is the U.S. Bowling College at www.bowl.com.

Rules have been modified based on SOWI Return to Play Protocol. Updated COVID-19 Rules will be enforced until SOWI determines it is safe to move into Phase 4 of the Return to Play Protocol.

OFFICIAL EVENTS OFFERED

****ATHLETES CAN COMPETE IN ONLY ONE EVENT!****

1. Individual Ramp (singles)
2. Individual (singles)
3. Developmental Individual and Individual Ramp *starting 2019, will advance to state
4. Mixed Doubles – Any combination of males and females (no ramps allowed)
5. Mixed Team – Any combination of males and females (no ramps allowed)
6. Unified Sports Mixed Doubles – One athlete and one unified partner
7. Unified Sports Mixed Team – Two athletes and two unified partners
8. Virtual Competition

MEDICAL DEADLINE AND PARTICIPANT ELIGIBILITY

Athletes must have an active Medical Form AND COVID-19 Participant Release Form on file with the Special Olympics State Office. Coaches and Unified Partners must have an active Class A Application AND COVID-19 Participant Release Form on file. The Medical, Class A, and COVID-19 Participant Release Forms will have a rolling deadline for the 2020 Bowling Season. Athletes, Unified Partners, and Coaches are not allowed to attend bowling practice until these forms have been processed by the Special Olympics State Office. Once forms have been approved, participants may resume practicing.

COVID-19 RULE MODIFICATIONS

1. All competition will be **modified league play**. League play will run for 9 weeks from October 19 to December 20, 2020.
 - a. All bowlers will bowl 14 games in the 9 week period. Games can be bowled at any point during that time frame.
 - b. Athletes do not need to submit qualifying scores with registration. The first 2 scores submitted will be used to set a bowler's starting handicap and will not count toward your final season score.

The following 12 scores will count towards a bowler's final season score.

- c. Starting Handicap will be determined from the first 2 scores submitted per athlete. Rolling Handicap will be updated every 2 games for the remaining 12 games of official competition.
 - d. Divisions will be based on the bowler's first 6 scores. Divisions will be announced before the last week of league play, or when all bowlers have submitted 6 scores. Parameters for Divisioning (i.e. region, age group, gender) will be determined at that time.
 - e. All scores must be submitted on official registration form with agency manager/coach signature. Final placement and awards will be based on the average score of an athlete's 12 games of official competition. Scores should be submitted weekly for active agencies. There will be a one week break for score submissions during Thanksgiving.
 - f. Double or team scores will be determined using scores for present team members only. Missing team members' scores will be their average minus ten points. The team or double may receive a place based on this score.
2. Equipment
- a. No equipment should be shared. Each athlete needs their own ball.
 - b. Athlete is responsible for their own equipment including bowling bag, shoes and ball. No other athletes, unified partners or volunteers should touch equipment unless from the same household.
 - c. All balls must be sanitized before practice begins.
 - d. If possible, only two (2) bowlers per lane to adhere to physical distancing requirements.
 - e. While at the bowling alley, ensure athletes practice social distancing as much as possible.
 - f. All coaches, volunteers, athletes, and families should wear masks. Athletes should wear masks for the duration of bowling practice.

SECTION A – GENERAL RULES

1. All competition will be **modified league play**. League play will run for 9 weeks.
2. All bowlers will bowl 14 games in the 9 week period. Games can be bowled at any point during that time frame.
3. Athletes do not need to submit qualifying scores with registration. The first 2 scores submitted will be used to set a bowler's starting handicap and will not count toward the final season score. The following 12 scores will count towards a bowler's final season score.
4. Handicapping is a means of placing bowlers and teams with varying degrees of skill levels on as equitable basis as possible for their competition against each other. In Special Olympics the handicap is based on 100% of the difference of the bowler's average and 200. Example: Player 1's average is 150 and Player 2's average is 100, Player 2 would receive a handicap of 100 i.e. 100 pins per game handicap to be added to their score. Player 1's handicap would be 50 i.e. 50 pins per game handicap to be added to their

- score. Starting Handicap will be determined from the first 2 scores submitted per athlete. Rolling Handicap will be updated every 2 games for the remaining 12 games.
5. Divisions will be based on the bowler's first 6 scores. Divisions will be announced before the last week of league play, or when all bowlers have submitted 6 scores. Parameters for Divisioning (i.e. region, age group, gender) will be determined at that time.
 6. **Athletes will not alternate lanes after each frame.**
 7. From the approach, athletes have 45 seconds to deliver the ball. If the athlete fails to release the ball after 45 seconds, a zero is recorded for that ball.
 8. Ramp bowlers may be allowed to bowl three or more consecutive frames (at discretion of event manager).
 9. All scores must be submitted on registration form with agency manager/coach signature. Final placement and awards will be based on the average score of an athlete's 12 games of official competition. Scores should be submitted weekly for active agencies.
 10. All athletes must use a ball no less than 8 lbs.
 11. Legal line up for doubles and team competition:
 - a. A team must register four players to be eligible. However, if a team is short-handed, a legal line-up shall consist of three or more eligible players on a four-player team.
 - b. A team must have one eligible player on a two-player doubles team.
 12. Double or team scores will be determined using scores for present team members only. Missing team members' scores will be their average minus ten points. The team or double may receive a place based on this score.
 13. Once an athlete has started to bowl, the athlete must complete all remaining frames of all games; otherwise, a participation ribbon will be given.
 14. If a lane must be moved due to equipment malfunction (at the discretion of the venue manager), athletes will start in the frame they left off on.
 15. No coaching will be allowed once the athlete is on the approach and until completing the frame.
 16. Athletes and volunteers are not allowed to smoke, eat food or drink during competition. Water will be provided for hydration. (The only other exception is for athletes with a medical condition requiring a regular intake of food or beverage. A Special Needs Form is required for such circumstances).
 17. Athletes, coaches, volunteers or any other Special Olympics supporters are not allowed to drink alcoholic beverages or smoke at the competition site.
 18. Athletes and volunteers are not allowed use electronic devices during competition. The only exception is for athletes with a behavioral need, a Special Needs Form is required for such circumstances.
 19. Athletes must be neat in their dress and wear proper bowling uniform/clothing. No cut off shorts or shirts with advertising are allowed. Team and doubles bowlers must wear identical shirts.
 20. See Special Olympics, Inc. rules regarding official bowling balls, ramps and special equipment. Bowling shoes must be worn.

SECTION B – RAMP BOWLING

1. Ramp bowlers include those athletes in wheelchairs, the visually impaired, and only those ambulatory athletes with severe CP or other conditions too severe to allow for sufficient balance. Ambulatory athletes who are unable to bowl correctly due to lack of strength are ineligible for ramp bowling.
2. **Ramp bowlers will compete only against other ramp bowlers in singles competition.** Ramp bowlers may not be part of a doubles or a team.
3. Athletes using ramps shall be placed in separate divisions from other bowlers. **NOTE:** SOWI only offers one ramp bowling event in which all athletes using a ramp will compete. For athletes who need physical assistance setting the ramp, the volunteer will stand with his/her back to the pins and aim the ramp according to the athlete's verbal or physical cues, or if no cue is given, the ramp will be set to center of the lane.
4. Athletes must initiate the forward motion of the ball with his/her hand touching the ball.
5. A volunteer can hold the ramp in order to stabilize it (the specific information must be written on the Special Needs Form). A rubber mat can be placed under the ramp in order to keep the ramp from moving.
6. All parts of the ramp must be behind the foul line; it is considered an extension of the bowler.

SECTION C – DEVELOPMENTAL BOWLING

1. This transitional event is intended for use by those athletes who are not ready or are no-longer capable of participating fully in the competition experience. Athletes registered in these transitional events are ineligible to register and participate in any other event or sport during the season.

SECTION D – FOULS

1. A foul occurs when a part of the player encroaches on, or goes beyond, the foul line and touches any part of the lane, equipment or building during or after a delivery. A ball is in play after a delivery until the same or another player is on the approach in position to make a succeeding delivery.
2. Foul lights shall be used for all bowlers (individual, mixed doubles, team and ramp).
3. When a foul occurs on the first ball of a frame, an "F" should be placed in the box (pins down will not count) and the pins will be re-racked. The number of pins knocked down on the second ball will be scored.
4. When a foul occurs on the second ball of a frame, an "F" should be placed in the box and the pins knocked down will not be scored for that ball.
5. If all pins are knocked down on the second ball, after a foul with the first, it is scored as a spare.

SECTION E – VIRTUAL COMPETITION

1. **The Ten Pin Challenge:** All bowlers have the option to complete the Ten Pin Challenge at home! Whether you are competing from the safety of your home, or hope to improve your bowling skills on the lanes, the Ten Pin Challenge is open to all Special Olympics Wisconsin Athletes and Unified Partners! The Ten Pin Challenge is a bowling fitness challenge based on personal improvement. Here's how you can participate:
 - a. Visit www.SpecialOlympicsWisconsin.org/Sports/Bowling.
 - b. Download the Ten Pin Worksheet and watch the videos that explain how to complete each exercise.

- c. Complete all 10 exercises and record your preliminary scores on the Ten Pin Worksheet. Don't forget to record the date!
 - d. Spend the next one to six weeks practicing and building strength.
 - e. Complete the 10 exercises again and record your final scores. Don't forget to record the date!
 - f. Submit your scores on the Special Olympics Wisconsin Virtual Bowling Webpage, and notice how much you improved! All athletes that complete preliminary and final rounds will receive a participation award.
 - g. Participate in the Fall Indoor Sports Virtual Celebration in December to celebrate your achievements!
2. All athletes that participate in Virtual Individual Skills Competition must submit their scores and complete the SOWI Waiver for Online Activities. Visit www.SpecialOlympicsWisconsin.org/Sports/Bowling to submit. Athletes will receive a participation award and recognition during the Fall Indoor Virtual Celebration.