

# 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](http://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](http://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 or Class A Forms must be received or postmarked by the registration deadline and remain valid through the results submission window. The COVID-19 Participant Release Form only needs to be completed once and must be received or postmarked by the registration deadline.

### **COVID-19 RULE MODIFICATIONS**

1. All competition will be **modified league play**. League play will run for 7 weeks from October 19 to December 13, 2020.
  - a. Each week, Singles, Doubles, and Team athletes will bowl two (2) games. Developmental and Ramp athletes will bowl only one (1) game each week. If an athlete misses a week, their score for that week will be their average minus ten points.

- b. Athletes do not need to submit qualifying scores with registration. The first week of competition will be Handicap Week. Scores from Handicap Week will only be used to set an athlete's starting handicap for the league and will not count toward your final season score.
  - c. Divisions will be set at the halfway point of the league based on scores from the first 3 weeks of play. Parameters for Divisioning (i.e. region, age group, gender) will be determined at that time.
  - d. Each week, handicaps will updated based on previous week's scores.
  - e. Athletes will submit scores from two games each week. All scores must be submitted on registration form by 11:59pm on Sunday with agency manager/coach signature. Each week, an athlete's final score will be the sum of both games plus the handicap. Final placement and awards will be based on the average score over the 6 weeks of competition.
  - 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 only take masks off when exerting moderate to physical activity.

## **SECTION A – GENERAL RULES**

1. All competition will be done in **modified league play**. League play will run for 7 weeks (starts with Handicap Week, then 6 weeks of competition). Scores must be submitted each week by 11:59pm on Sunday.
2. Each week, Singles, Doubles and Team athletes will bowl two games. If an athlete misses a week, their score for that week will be their average minus ten points.
3. Athletes do not need to submit qualifying scores with registration. The first week of competition will be Handicap Week. Scores from Handicap Week will only be used to set an athlete's starting handicap for the league and will not count toward your 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. Handicap will be determined from the scores submitted during the first week (Handicap Week). Each week, handicap will update based on previous week's scores.
5. Divisions will be set at the halfway point of the league based on scores from the first 3 weeks of play. 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. Each week, athletes will submit scores from two games. All scores must be submitted on registration form with agency manager/coach signature. Each week, an athlete's final score will be the sum of both games plus the handicap. Final placement and awards will be based on the average score over the 6 weeks of competition.
  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.
2. Individual and Ramp athletes will bowl only one (1) game each week.

## **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/Return-To-Play-During-Covid-19](http://www.SpecialOlympicsWisconsin.org/Return-To-Play-During-Covid-19) and click on 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 during the week of December 12 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/Return-To-Play-During-Covid-19](http://www.SpecialOlympicsWisconsin.org/Return-To-Play-During-Covid-19) and click on "Ten Pin Challenge Virtual Competition Submission" to submit. Athletes will receive a participation award and recognition during the Fall Indoor Virtual Celebration.