



BOWLING RULES

SPECIAL OLYMPICS INDIANA – 40 YEARS YOUNG

MODIFIED EVENTS

Assisted Ramp Competition (Singles)

TRADITIONAL EVENTS

Individual (Singles) Competition

UNIFIED EVENTS

Unified 4-person Team

The Official Special Olympics Sports Rules for Bowling shall govern all Special Olympics competitions. Special Olympics has created these rules based upon American Bowling Congress (ABC) and the Women's International Bowling Congress (WIBC) rules, which shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Bowling.

RULES OF COMPETITION

UNIFORM SPECIFICATIONS

1. Players will dress in a manner which will bring credit to them and the sport of Bowling.
2. Players must wear bowling shoes.
3. Shirts with collars that identify the Special Olympics program are preferred.
4. Prohibited apparel includes:
 - a. Cutoffs, tank tops, sleeveless shirts, or anything with advertisements or inappropriate subject matter.
5. The Bowling Sport Management Team or sport official shall have the authority to bar offenders from competition or until they comply with the rule.

GENERAL RULES

1. The Bowling Sport Management Team shall be the final authority for all rule interpretations and appeals during the tournament.
2. Athletes will bowl the cross-lane method (exception - Assisted Ramp).
3. Bumpers of any type shall NOT be used during competition at the Area or State Tournament.
4. Bowlers will be penalized for stepping over the foul line in all events.
 - a. Foul on the first ball: Reset the pins. The pin fall for the second ball is the score for that frame.
 - b. Foul on the second ball: The bowler receives zero pin fall for the second ball. The score for that frame is the pin fall for the first ball.
5. Blind or Vacancy
 - a. If an athlete arrives after the game has completed four frames, or if he misses a game completely, a blind score will be given for that game and he/she will begin bowling at the start of the next game.
 - b. The blind score is calculated by subtracting 10 pins from the entry score for the tournament.

For example, if the bowler's entry score is 120, the blind score will be 110 (120 minus 10).
6. Illness or Injury
 - a. If an athlete gets sick or injured once the game has started, the following procedure will be used to determine the score for the game.
 - i. For the remaining frames, the bowler will receive 1/10 of his average per frame.
 - ii. Example: If a bowler has an entry score of 100, he will receive 10 pins per frame for the portion of the game that he is unable to bowl.
 - b. If the injury occurs in the first game and he/she is unable to bowl the second or third game, he will receive a blind score for each of those two remaining games.
7. Bowling Etiquette
 - a. If two athletes line up to bowl at the same time on adjacent lanes, the athlete on the right has the priority to bowl first.
 - b. Due to time constraints at the State Tournament, a time limit will be imposed on the slower divisions.
 - i. All AM session bowlers must complete their second game before 11:30am or they will be stopped after the second game.
 - ii. For PM session bowlers, they must complete their second game before 4:00pm or they will be stopped.
 - iii. Similar time constraints may be used at the Area Tournament.

EQUIPMENT

1. Coaches must provide any special equipment for their bowlers (i.e., handle ball, ramp).
2. All special equipment must be approved by the Bowling Sport Management Team.



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GENERAL RULES FOR INDIVIDUAL (SINGLES) COMPETITION

1. Bowlers will be divided by age and ability. Competition will be combined (co-ed).
2. Age groups will be:
 - a. 8-11;
 - b. 12-21;
 - c. 22-29;
 - d. 30 & older
3. Divisions will be divided by the bowler's reported average, handicaps not included.
4. Singles bowling handicaps will be based on 80% of the difference between the bowler's average and 200.
5. Bowlers in the 8-11 age group will bowl a two (2) -game series at the Area and State Tournament.
6. Bowlers in the 12 years and older age groups will bowl a three (3) - game series.
7. Final series scores will be determined by adding the established series handicap to the total pin fall.



GENERAL RULES FOR ASSISTED RAMP COMPETITION

1. County Programs must provide the ramps their athletes will use during the ramp bowling competition.
2. Bowlers in the Assisted Ramp division will bowl a two (2) - game series.
3. Bowlers in the Assisted Ramp division will not use the cross-lane method of bowling.
4. Each ramp bowler will bowl four (4) frames consecutively.
 - a. The format for one game is 4 frames - 4 frames - 2 frames.
 - b. This rule modification is designed to promote the pace of play.
5. County Programs may provide assistants to ramp bowlers.
 - a. Assistants must register with the tournament director prior to the tournament.
 - b. Assistants must be Class A volunteers and must comply with all requirements.
6. Approved assistants may help ram bowlers set their equipment on the lane, while allowing the athlete to do as much as physically possible.
 - a. The assistant may help place the ramp.
 - b. The assistant may set the ball on the ramp.
 - c. The assistant may not give forward impetus to the ball. The athlete must provide the force that pushes the ball down the ramp toward the pins.

GENERAL RULES FOR UNIFIED SPORTS® FOUR-PERSON TEAM COMPETITION

1. Each team shall have four (4) members, two (2) athletes and two (2) partners.
 - a. The team may be all male, all female, or combined.
 - b. No substitutions will be allowed on the day of the Area or State Tournament.
 - c. A blind score will be given to bowlers not in attendance.
2. The age groups for the State Tournament will be 8-21 and 22 & over.
 - a. Age groups may be combined based on the number of teams.
3. The averages of each of the four (4) bowlers will be added together to determine the team's average.
 - a. Teams will be placed in divisions using the sum of the team members' average.
4. The team handicap is based on 80% of the difference between the team average and 800.
5. Teams will bowl a three (3) - game series in the Area and State Tournament.
6. Final series scores will be determined by adding the team's total pin fall and their team handicap.

