

# BOWLING

The following events will be offered at State level competition. Counties/areas may offer additional events at their competitions.

<b><u>Lead-Up Events</u></b>	Target Bowl
<b><u>Regular Events</u></b>	Ramp Unassisted Singles Bowling Ramp Assisted Singles Bowling Singles Bowling Doubles Bowling Team Bowling Unified Sports® Doubles Bowling Unified Sports® Team Bowling

Athletes may enter one event only.

United States Bowling Congress (USBC) rules with modifications established by SOI (2004 - 2007 Official Special Olympics Summer Rules Book) will be followed for all training and competition. Averages for divisioning at state level events will be based on the total of **fifteen** games bowled or verified league averages based on a minimum of 15 games (documentation must be provided).

**Athletes must have a minimum average of 30 pins after 15 games to be able to compete at the State Fall Classic.**

Federation Internationale des Quilleurs (FIQ)  
1631 Mesa Avenue, Suite A  
Colorado Springs, CO 80904-2921  
(719) 636-2695  
[www.fiq.org](http://www.fiq.org)

United States Bowling Congress (USBC)  
5301 South 76<sup>th</sup> Street  
Greendale, WI 53219  
(414) 421-9000  
[www.bowl.com](http://www.bowl.com)

## **BASIC RULES**

1. Bowling ramps and other assistive devices (but not bumpers) may be used with prior approval of the Bowling Competition Committee.
2. Athletes using ramps may be placed in separate divisions from other Bowlers in Singles Bowling only.
3. Athletes using ramps can compete on bowling teams and will compete in the same divisions with all other athletes in the event.
4. Bowlers may be allowed to bowl up to three frames consecutively.
5. Foul lights will be used for all competitions.
6. In all competitions except Ramp Bowling, athletes will be expected to cross lanes after each frame.
7. Unified Sports® teams must consist of an equal number of Special Olympics athletes and partners.
8. All Bowling teams and doubles teams will be divisioned as mixed (coed) teams.
9. No substitutions for absent team members will be permitted. If a team member is absent for competition, that absent bowlers average, minus 10 pins, shall be used as the score for that player for each game bowled.

### **RAMP BOWLING RULES**

1. For Ramp Unassisted Bowlers, the athlete must aim the ramp into position with no assistance. The athlete then positions the ball on the ramp and independently pushes the ball down the ramp. The athlete may receive assistance in putting the ball onto the ramp.
2. For Ramp Assisted Bowlers, the athlete aims the ramp into position with assistance. An Assistant may aim the ramp toward the pins, but must, at all times, have their back to the pins and aim based on direction (either verbal or by physical cues) from the athlete. If an athlete is incapable of giving directions as noted above, they are potentially better suited to participate in M.A.T.P. events
3. The athlete positions the ball on the ramp with assistance and independently pushes the ball down the ramp. Assistants may not support or assist with the ball's forward movement.

### **TARGET BOWLING RULES**

1. Using tape, bowling lanes are marked at the regulation width (1.06m/3'6").
2. The distance from the foul line to the bowling pins is 9.14m/30'.
3. The bowling surface should be carpeted.
4. USBC rules concerning fouls shall be enforced.
5. Athletes bowl 5 frames using the standard bowling scoring (5<sup>th</sup> frame is scored the same as the 10<sup>th</sup> frame in standard bowling).
6. Regulation bowling pins and 2 lb. Balls will be used.

### **UNIFORMS/APPROPRIATE CLOTHING**

1. There are no specific uniform rules for bowling.
2. Bowlers are encouraged to wear bowling shirts with collars, casual slacks for males and skirts or slacks for females.
3. Team uniforms do not have to carry any team identification.
4. Collared shirts at State level events are suggested.

### **REQUIRED FORMS FOR STATE GAMES ENTRY**

- ◆ Relay & 2-4 Person Team Registration Form (for all doubles & 4-person teams)
- ◆ Bowling 15-Game Scores Form for all bowling athletes  
(Athletes that are bowling in sanctioned leagues may submit league averages as long as they can be verified as including a minimum of 15 games)



# SPECIAL OLYMPICS FLORIDA TARGET BOWLING SCORE SHEET

NAME	GAME	ID #/SCHOOL	1	2	3	4	5	TOTAL	PLACE
	1								
	2								

	1								
	2								

	1								
	2								

	1								
	2								

**RULES:**

- Bowlers are required to bowl from behind the foul line. Violations of the foul line rule will invalidate the attempt.
- A ball will be a gutter ball when it completely crosses the side lines.
- All athletes will bowl five (5) frames. One frame at a time.

**SCORING:**

- Strike** - Ten pins plus a bonus consisting of the number of pins knocked down on the next **two (2)** balls rolled.
- Spare** - Ten pins plus a bonus consisting of the number of pins knocked down on the next **one (1)** ball rolled.
- No strike or spare** - simply add the total pins knocked down on both balls.

**SPECIAL OLYMPICS FLORIDA  
SINGLES BOWLING HEAT SHEET**



**Special Olympics**  
*Florida*

EVENT: \_\_\_\_\_

HEAT: \_\_\_\_\_

ATHLETE NAME	GAME 1	GAME 2	GAME 3	TOTAL	PLACE
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
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_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

**SPECIAL OLYMPICS FLORIDA**  
**DOUBLES/TEAM BOWLING HEAT SHEET**



**Special Olympics**  
*Florida*

EVENT: \_\_\_\_\_

HEAT: \_\_\_\_\_

TEAM MEMBERS	GAME 1	GAME 2	GAME 3	TOTAL	PLACE
_____	_____	_____	_____	_____	_____
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