



Bowling

Special Olympics Iowa



Registration Entries

Entry forms are available online at www.soiowa.org

- ▶ Website: Competitions tab > click on Participation Forms
- ▶ Entry score for the athlete should be their best effort time/score
- ▶ Entry scores for the athlete will need to include an average of 10 games (minimum)

Area Competition Entries

- ▶ emailed or mailed to your local Area Director.
 - ▶ Website: Area Competitions tab > click on your area
- ▶ Each area has a different deadline for registration so pay attention to that.

State Competition Entries

- ▶ Entries can be emailed to: registrations@soiowa.org

~OR~

- ▶ Mailed to Tanner Nissen at the State Office (551 SE Dovetail Road, PO Box 620, Grimes, Iowa)
- ▶ After your entries have been put into GMS you will be sent a Delegation Report.
 - ▶ Review the report and return to the State Office with any corrections.



Events

- ▶ An athlete may compete in ONE event.
 - ▶ The oldest person on a team will dictate the age group for competition.
- ▶ **Ramp Assisted (RA) singles**
- ▶ **Ramp Unassisted (RU) singles**
- ▶ **Singles**
- ▶ **Doubles – 2 athletes**
- ▶ **Unified Doubles – 1 athlete and 1 Unified Sport Partner**
- ▶ **Team- 4 athletes**
- ▶ **Unified Team- 2 athletes and 2 Unified Sport partners**

*Ramp bowlers in doubles or team-

- all bowlers must use ramp to be considered a ramp division



Ball Fit/Weight

- ▶ Appropriate Fit:
 - ▶ Fingers and thumb should fit relaxed and loose inside the holes and also touch the inside of the ball all the way around
 - ▶ Well-balanced swings indicate the ball weight is correct
- ▶ Appropriate Weight:
 - ▶ Rule of thumb: take approximately 1/10 of the athletes weight
 - ▶ Sign of too light of a ball:
 - ▶ The athlete lofts the ball onto the lane
 - ▶ Signs of too heavy of a ball include:
 - ▶ Athletes shoulder will dip and pull the body off balance
 - ▶ Decrease in ball speed
 - ▶ Lowering scores during the progression of frames



Coaching Athletes

- ▶ Athletes should be aware of the following:
 - ▶ Where to locate shoes and balls
 - ▶ Know their correct shoe size
 - ▶ Know the appropriate weight of the bowling ball
- ▶ Athletes should know the procedure for alternating lanes:
 - ▶ Follow the same person when bowling
 - ▶ Look for his/her name on the computer screen
 - ▶ Look for an arrow next to his/her name on the computer screen
- ▶ Beginning Bowlers:
 - ▶ Put a mat with footprints on it by the foul line
 - ▶ Have the athlete hold the ball at his/her side
 - ▶ Start bowlers at the foul line using the pendulum swing:
 - ▶ Ball swings forward
 - ▶ Ball swings back
 - ▶ Ball swings forward and is released down the lane



Rules



- ▶ All athletes and Unified Sport Partners will play 2 games.
- ▶ Athletes will alternate lanes except for ramp assisted and unassisted
- ▶ Athletes are responsible for providing a ramp for practice and competition; however, the state office will provide ramps for state competition
- ▶ A ramp bowler will bowl five frames consecutively on one lane and will not alternate lanes
- ▶ If the athlete or Unified Sport Partner arrives after the first game has begun, they will have to sit out and receive a zero for the first game. They will be allowed to bowl the second game
- ▶ If an athlete or Unified Sport Partner leaves before the end of the game, their score is what they have at the time they leave and a participation ribbon is given
- ▶ If an athlete on a double or team scratches, the double or team is still allowed to participate
 - ▶ The handicap of the person that scratches will be used to calculate the final score
- ▶ Score is calculated by adding game one, game two and pre-score handicap doubled



Competition



- ▶ Bowling competition will be an Area Competition with the winners advancing to the State Bowling Tournament to be held in Cedar Rapids, Des Moines and Sioux City, typically in November
 - ▶ East, East Central, Southeast and Northeast Areas will bowl in Cedar Rapids
 - ▶ Central, North Central, North, and West Central Areas will bowl in Des Moines
 - ▶ South Central, Northwest and Southwest Areas will bowl in Council Bluffs
- ▶ Athletes may compete against other athletes on different lanes due to divisioning
- ▶ Parents and coaches are NOT allowed to enter the lane area and/or assist the bowlers



Ramp Assisted (RA)

- ▶ A volunteer may place the bowling ball on the ramp and may help position the ramp
- ▶ Volunteers can adjust the ramp for the athletes
- ▶ If absolute necessary, volunteers can help the athletes guide the ball down the ramp
- ▶ Two games will be played
- ▶ Ramp bowlers will bowl 2 games at the state tournament
 - ▶ Will not alternate lanes
 - ▶ Will bowl 5 consecutive frames
 - ▶ Will be split between ramp assisted and ramp unassisted



Ramp Unassisted (RU)

- ▶ A volunteer may place the bowling ball on the ramp but may NOT help position the ramp
- ▶ The athlete will position the ramp on his/her own
- ▶ Two games will be played
- ▶ Ramp bowlers will bowl 2 games at the state tournament
 - ▶ Will not alternate lanes
 - ▶ Will bowl 5 consecutive frames
 - ▶ Will be split between ramp assisted and ramp unassisted



Ramp Bowling Suggestions

- ▶ When placing the ball, put the ball hole side up and to the left or right
- ▶ Adjust the ramp from side to side using the back portion of the ramp
 - ▶ Do not move the front portion of the ramp at the foul line when changing ball direction
- ▶ Use heavy weight balls:
 - ▶ Tend to pick up speed
 - ▶ Move straighter



Foul Lines

- ▶ Foul lines will be turned on during competition
 - ▶ Athletes will receive a zero for the ball and the pins will all be reset for the second ball
 - ▶ The total score for that frame will be the pins knocked down from the second ball
 - ▶ If all 10 pins are knocked down from the second ball, the athlete will receive a spare
 - ▶ Many automatic scoring machines will not correct the score. The volunteer will have to make the change
 - ▶ Advanced Bowlers
 - ▶ Start at the foul line and walk the opposite direction of the pins 1,2,3, or 4 steps
 - ▶ This is the starting point for the athletes march to the foul line


Bowling Scoring

- ▶ Handicaps are used to determine final score
- ▶ **Single Scoring:**
 - ▶ Example: Bill Game 1 = 119 + Game 2 = 100 + Handicap doubled = 160
 - ▶ **The total single score is 379**
- ▶ **Doubles Scoring:**
 - ▶ Example: Tom Game 1 = 80 + Game 2 = 85 + Handicap doubled = 126
 - ▶ Jim Game 1 = 62 + Game 2 = 73 + Handicap doubled = 140
 - ▶ **The total double score is 291 + 275 = 566**
- ▶ **Team Scoring:**
 - ▶ Example: Mary Game 1 = 77 + Game 2 = 80 + Handicap doubled = 206
 - ▶ Ann Game 1 = 68 + Game 2 = 59 + Handicap doubled = 124
 - ▶ Lisa Game 1 = 72 + Game 2 = 71 + Handicap doubled = 130
 - ▶ Sue Game 1 = 76 + Game 2 = 83 + Handicap doubled = 200
 - ▶ **The total team score is 363 + 251 + 273 + 359 = 1246**



Bowling Resources

- ▶ [Warm Up Bowling Drill](#)
- ▶ [Proper Bowling Arm Swing](#)
- ▶ [Bowling Footwork](#)



Quiz

Click the link to take
the quiz:

▶ [Bowling Quiz](#)