



# Bowling

Special Olympics Iowa



# \*Sports Rule Change\*

## ➤ Scoring

- Handicaps are no longer used. Effective for 2018 Competitions.
- Games are determined by adding Game 1 and Game 2.
- See Page 13 for Bowling Scoring

## ➤ Unified Doubles or Teams

- If an athlete on a Doubles (traditional) scratches, the other athlete is still allowed to participate. Score will be determined by the athlete that bowls.
- For a Unified Double, if the athlete scratches, the Unified Sports Partner will have to scratch
  - If athlete qualifies for state competition, the doubles athlete will be moved to singles.
- If an athlete on a team scratches, the team will be allowed to participate as a team of three (3).
  - Score will be determined by the athletes that bowl
  - If team qualifies for state competition, only those that bowled will advance.
  - If team qualifies for state competition and only two athletes participated, they will be moved to doubles
- See Page 7 for Rules



# Registration Entries

Entry forms are available online at [www.soioowa.org](http://www.soioowa.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@soioowa.org](mailto:registrations@soioowa.org)

~OR~

- ▶ Mailed to Tanner Nissen at the State Office (551 SE Dovesetail 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 ramp unassisted.
- ▶ If an athlete or Unified Sport Partner arrives after the first game has begun, they will have to sit out and receive a zero for first game. The athlete or Unified Sport Partner will be allowed to play the second game ☐
- ▶ If an athlete or Unified Sport Partner leaves before the end of the game, the score is what the athlete or Unified Sport Partner has at the time he/she leaves and a participation ribbon is given
- ▶ **If an athlete on a doubles (traditional) scratches, the other athlete is still allowed to participate.**
  - ▶ **Score will be determined by the athlete that bowls**
- ▶ **For a unified double, if the athlete scratches, the Unified Sports Partner will have to scratch**
  - ▶ **If athlete qualifies for state competition, the doubles athlete will be moved to singles**
- ▶ **If an athlete on a team scratches, the team will be allowed to participate as a team of three (3)**
  - ▶ **Score will be determined by the athletes that bowl**
  - ▶ **If team qualifies for state competition, only those that bowled will advance**
  - ▶ **If team qualifies for state competition and only two athletes participated, they will be moved to doubles**



# 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)

- ▶ Athletes are responsible for providing a ramp for practice and competition; however, the state office will provide ramps for state competition
- ▶ 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)

- ▶ Athletes are responsible for providing a ramp for practice and competition; however, the state office will provide ramps for state competition
- ▶ 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 **NOT** used to determine final score. Effective for 2018 competitions.
- ▶ **Single Scoring:**
  - ▶ Example: Bill Game 1 = 119 + Game 2 = 100
    - ▶ The total single score is 219
- ▶ **Doubles Scoring:**
  - ▶ Example: Tom Game 1 = 80 + Game 2 = 85
    - ▶ Jim Game 1 = 62 + Game 2 = 73 **The total double score is 165 + 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](#)