Bowling
Special Olympics Iowa
Registration Entries

- Bowling area registration forms should be emailed and/or mailed to your local Area Director.
  - Each area has a different deadline for their area bowling registration so pay close attention to your areas deadline.
- Entries can be mailed to Tanner Nissen at the State Office at 551 SE Dovetail Road, PO Box 620, Grimes, Iowa.
  - State Bowling registration forms only
- They can also be emailed to: registrations@soiowa.org
  - State Bowling registration forms only
- Entry forms are available online at www.soiowa.org
  - Competitions tab
  - Then click on Participation Forms
Tips For Registration Entries

- 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)
Bowling 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 Doubles
    - Both athletes use a ramp
  - Traditional Doubles
    - One athlete uses a ramp
  - Ramp Team
    - All four athletes use a ramp
  - Traditional Team
    - Team may have up to three of the four athletes use a ramp
Bowling Events

- Ramp Unassisted (RU)
  - Singles
  - Ramp Doubles
    - Both athletes use a ramp
  - Traditional Doubles
    - One athlete uses a ramp
  - Ramp Team
    - All four athletes use a ramp
  - Traditional Team
    - Team may have up to three of the four athletes use a ramp
Bowling Events

- Singles
- Doubles (2 person team)
- Unified Sports Doubles (1 athlete & 1 Unified Sports Partner)
- Team (4 person team)
- Unified Sports Team (2 athletes and 2 Unified Sports partners)
SOIA Bowling Rules

- Athletes will alternate lanes except for ramp assisted and unassisted.
- Athletes are responsible for providing a ramp for practice and competition.
- A ramp bowler will bowl five frames consecutively on one lane and will not alternate lanes.
- If the athlete 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 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.
Bowling 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, South Central and West Central Areas will bowl in Des Moines
  - North, Northwest and Southwest Areas will bowl in Sioux City
- No smoking will be allowed at the competition sites
- No coach or parent will be allowed on the lane to help their athlete
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
Bowling Scoring

- **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
Bowling Scoring

- **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**
SOIA Bowling Reminders

- Regular bowlers will bowl 2 full games
  - Will alternate lanes at the state tournament
- Athletes may compete against other athletes on different lanes
- Handicaps are used when figuring the final score
- Parents and coaches are NOT allowed to assist the bowlers
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
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
Appropriate 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
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
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
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 Resources

- Warm Up Bowling Drill
- Proper Bowling Arm Swing
- Bowling Footwork
Quiz

Click the link to take the quiz:

- Bowling Quiz