

Bowling

Revised 2025

Special Olympics
Iowa



Registration Entries



Entry forms are available online at www.soiowa.org

- Website: Competitions tab > click on Participation Forms > scroll to Bowling
 - Can be completed via the online form or the pdf form and emailed to registrations@soiowa.org
- Entry score for the athlete should be an average of 10 games minimum

State Competition Entries

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

- **Ramp Assisted (RA) singles**
 - **Ramp Unassisted (RU) singles**
 - **Singles**
 - **Doubles – two athletes**
 - **Unified Doubles – one athlete and one Unified Partner**
 - **Team- four athletes**
 - **Unified Team- two athletes and two Unified Partners**
- * The oldest person on a team will dictate the age group for competition
- * 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 will not alternate lanes.

- Follow the same person when bowling
- Look for 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 Partners will play two games.

Athletes will not alternate lanes.

If an athlete or Unified Partner arrives after the first game has begun, they will sit out and receive a zero for first game. The athlete or Unified Partner will be allowed to play the second game.

If an athlete or Unified Partner leaves before the end of the game, the score is what the athlete or Unified Partner has at the time he/she leaves and a participation ribbon is given.

If an athlete on a doubles 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

Rules Continued



If an athlete on a team scratches, the team will be allowed to participate as a team of three

- Score will be determined by the athletes that bowl
- If team qualifies for state competition, only those that bowled at the area tournament will advance

If team qualifies for state competition and only two athletes participated, they will be moved to doubles

Competition



Area competition required to qualify for state competition.

State Bowling Tournament to be held in Cedar Rapids, Des Moines, Omaha and Waterloo, typically in November

- Cedar Rapids: East, East Central and Southeast Areas
- Des Moines: Central, South Central and West Central Areas
- Omaha: Northwest and Southwest Areas
- Waterloo: North, North Central and Northeast Areas

Athletes may compete against other athletes on different lanes due to divisions.

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
- A volunteer may place the bowling ball on the ramp and may help position the ramp
- Volunteers may adjust the ramp for the athletes
- If absolute necessary, volunteers may provide hand-over-hand assistance, but the athlete must ultimately push the ball
- Two games will be played
- Ramp bowlers will bowl two games at the state tournament
 - Will not alternate lanes
 - Will bowl five consecutive frames
 - Will be split between ramp assisted and ramp unassisted

Ramp Unassisted (RU)



- Athletes are responsible for providing a ramp for practice
- 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 two games at the state tournament
 - Will not alternate lanes
 - Will bowl five 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
- Tend to roll straighter

Bowling Scoring



Handicaps are NOT used to determine final score.

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 + 135 = 300**

Team Scoring:

- Example: Mary Game 1 = 77 + Game 2 = 80
- Ann Game 1 = 68 + Game 2 = 59
- Lisa Game 1 = 72 + Game 2 = 71
- Sue Game 1 = 76 + Game 2 = 83
 - **The total team score is 157 + 127 + 143 + 159 = 586**

Bowling Resources



[Warm Up Bowling Drill](#)

[Proper Bowling Arm Swing](#)

[Bowling Footwork](#)

Quiz



Click the link to take the quiz:

[Bowling Quiz](#)