



BOWLING

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The Official Special Olympics Sports Rules for Bowling shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon Federation Internationale des Quilleurs (FIQ) Rules as well as World Tenpin Bowling Association (WTBA) Rules for bowling found at <http://www.wtba.ws/index.php?topic=statutes&sub=1>. FIQ, WTBA or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Bowling or Article I. In such cases, the Official Special Olympics Sports Rules for Bowling shall apply.

SECTION A — OFFICIAL EVENTS

The following is a list of official events available in Special Olympics.

The range of events is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

1. Target Bowl

2. Frame Bowl

3. Individual

- a. Singles
- b. Ramp Unassisted Bowl
- c. Ramp Assisted Bowl

4. Doubles

- a. Male
- b. Female
- c. Mixed
- d. Unified Sports® Male
- e. Unified Sports Female
- f. Unified Sports Mixed

5. Team Bowling

- a. Male
- b. Female
- c. Mixed
- d. Unified Sports Male
- e. Unified Sports Female
- f. Unified Sports Mixed

SECTION B — RULES OF COMPETITION

1. Modifications

- a. Bowling ramps and other assistance devices may be used with the approval of the Special Olympics Bowling Competition Committee.
- b. Athletes using ramps may be placed in separate divisions from other bowlers only for singles competition. Within the ramp bowling division, there shall be two classifications an athlete may enter:



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1) Ramp Unassisted bowl

a) Rules

- i. Athlete aims ramp into position unassisted.
- ii. Athlete positions ball on the ramp with assistance and pushes ball down ramp toward target.

b) A bowler may be allowed to bowl up to three frames consecutively.

2) Ramp Assisted Bowl

a) Rules

- i. An assistant may aim the ramp toward the pins, but must at all times have his/her back to the pins and aim based on direction (either verbally or by physical cues) from the athlete.
- ii. If an athlete is incapable of giving direction as noted above, he/she is potentially better suited to participate in Motor Activities Training Program (MATP) events.

b) A bowler may be allowed to bowl up to three frames consecutively.

2. General Rules

a. The scratch entry score to determine ability divisions will be based on the following sequence:

Bowlers with established ABC, WIBC, or YABA average(s) will use the highest average from the most recent book. Bowlers with more than 15 games in an established league and no book average will use the league average. Bowlers without book or league averages will use a 15-game average in practice or other non-league play.

b. In doubles and team events, individual handicaps are added together to determine the total handicap for the team. Bowlers who do not start and complete three frames receive no handicap and a zero score toward the event score. Bowlers who complete at least three frames and cannot continue will receive one-tenth of their average per remaining frame and their full handicap toward the event score.

c. The difference of the bowler's average subtracted from 200 may be used to determine the athlete's or team's handicap (200 minus bowler's average equals the handicap per game).

d. For tournament level play, tournament directors may elect to make the tournament a "scratch" tournament or a "handicapped" tournament. In either case, uniform standards must be followed under FIQ regulations.

3. General Rules — Unified Sports Events

a. Unified Sports doubles or teams shall consist of an equal number of athletes and partners (one athlete and one partner, or two athletes and two partners).

b. The final score for the Unified Sports team shall be the sum of each competitor's total score (including handicap).

c. Bowlers on a Unified Sports team may be assigned to bowl in any order.

4. Target Bowl – This event provides meaningful competition for athletes with lower ability levels.

a. Equipment:

- 1) Regulation bowling pins
- 2) Two-pound bowling ball
- 3) Tape
- 4) Carpet



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b. Setup:

- 1) Using tape, mark bowling lanes which are of regulation width (1.06 meters or 3 feet, 6 inches).
- 2) The distance from the foul line to the bowling pins is one-half of the length of a regulation bowling lane (9.14 meters or 30 feet).
- 3) Lay down carpet or AstroTurf to serve as a drag surface. This surface should be laid down on the lanes and on the approach.

c. Rules and scoring:

- 1) Follow the rules set forth by the American Bowling Congress (ABC). Despite the modified length of the lane, bowlers are still required to bowl from behind the foul line. Any violation of the line shall be enforced.
- 2) A ball may only be considered a gutter ball if it fully crosses the tape which defines the lane's width.
- 3) Athletes bowl five frames utilizing the standard scoring system.

5. Frame Bowl — This event provides meaningful competition for athletes with lower ability levels.

a. Equipment:

- 1) 30-centimeter (diameter) plastic playground ball
- 2) Ten large plastic bowling pins

b. Setup:

- 1) Set the pins in the traditional, tenpin triangular bowling formation.
- 2) Set the lead pin 5 meters (16 feet, 5 inches) from the rolling line.
- 3) Mark a 1-meter (3 feet, 3 1/2 inches) long foul line with tape or chalk.

c. Rules:

- 1) Athlete rolls two frames and has two rolls per frame to knock down the most number of pins.
- 2) Pins knocked down will be cleared away between the first and second roll. All pins are reset for each new frame.
- 3) Athlete may sit or stand while rolling the ball and must be behind the foul line upon release of the ball.
- 4) Athlete may use one or two hands to roll the ball.

d. Score:

- 1) Athlete's score will equal the number of pins knocked down in two frames.
- 2) Athlete receives five bonus points when all pins are knocked down by the ball on the first roll of a frame, and two bonus points are received when all remaining pins are knocked down on the second roll of the ball in the frame.