


## ARTICLE V – BOWLING

The Official Special Olympics Sports Rules shall govern all Special Olympics Bowling competitions. As an international Sports Program, Special Olympics has created these rules based upon the Federation Internationale des Quilleurs (FIQ) Rules (as well as World Tenpin Bowling Association WTBA) for bowling competition. ABC, WIBC or YABA Rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules. In such cases, the Official Special Olympics Sports Rules shall apply.

### SECTION A – OFFICIAL EVENTS

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1. **Individual**
    - a. Singles
    - b. Ramp Unassisted Bowl
    - c. Ramp Assisted Bowl
  2. **Doubles**
    - a. Male
    - b. Female
    - c. Mixed
    - d. Unified Sports Male
    - e. Unified Sports Female
    - f. Unified Sports Mixed
  4. **Team Bowling**
    - a. Male
    - b. Female
    - c. Mixed
    - d. Unified Sports Male
    - e. Unified Sports Female
    - f. Unified Sports Mix

The following events provide meaningful competition for athletes with lower ability levels:

4. **Target Bowl**
5. **Frame Bowl**

### 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:
    - 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 towards target. Assistant may guide, align, or direct ramp and athlete but may not support or assist with the ball's forward movement.

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 over 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 3 frames receive no handicap and a 0 score toward the event score. Bowlers who complete at least three frames and can not continue will receive 1/10th of their average per remaining frame and their full handicap toward the event score.

c. In league play, 80% of the difference of the bowler's average from 200 may be used to determine the athlete's or team's final score (200 minus bowler's average x .80 = handicap).



**SINGLE GAME 80 PERCENT HANDICAP CHART-INDIVIDUAL OR TEAM**

Average Hdcp	Average Hdcp	Average Hdcp	Average Hdcp	Average Hdcp	Average Hdcp
0	40	80	120	160	200
0	40	80	120	160	200
1	41	81	121	161	201
2	42	82	122	162	202
3	43	83	123	163	203
4	44	84	124	164	204
5	45	85	125	165	205
6	46	86	126	166	206
7	47	87	127	167	207
8	48	88	128	168	208
9	49	89	129	169	209
10	50	90	130	170	210
11	51	91	131	171	211
12	52	92	132	172	212
13	53	93	133	173	213
14	54	94	134	174	214
15	55	95	135	175	215
16	56	96	136	176	216
17	57	97	137	177	217
18	58	98	138	178	218
19	59	99	139	179	219
20	60	100	140	180	220
21	61	101	141	181	221
22	62	102	142	182	222
23	63	103	143	183	223
24	64	104	144	184	224
25	65	105	145	185	225
26	66	106	146	186	226
27	67	107	147	187	227
28	68	108	148	188	228
29	69	109	149	189	229
30	70	110	150	190	230
31	71	111	151	191	231
32	72	112	152	192	232
33	73	113	153	193	233
34	74	114	154	194	234
35	75	115	155	195	235
36	76	116	156	196	236
37	77	117	157	197	237
38	78	118	158	198	238
39	79	119	159	199	239



**THREE GAME 80 PERCENT HANDICAP CHART-INDIVIDUAL OR TEAM**

Average Hdcp	Average Hdcp	Average Hdcp	Average Hdcp	Average Hdcp	Average Hdcp
0	120	240	360	480	600
2	122	242	362	482	602
4	124	244	364	484	604
7	127	247	367	487	607
9	129	249	369	489	609
12	132	252	372	492	612
14	134	254	374	494	614
16	136	256	376	496	616
19	139	259	379	499	619
21	141	261	381	501	621
24	144	264	384	504	624
26	146	266	386	506	626
28	148	268	388	508	628
31	151	271	391	511	631
33	153	273	393	513	633
36	156	276	396	516	636
38	158	278	398	518	638
40	160	280	400	520	640
43	163	283	403	523	643
45	165	285	405	525	645
48	168	288	408	528	648
50	170	290	410	530	650
52	172	292	412	532	652
55	175	295	415	535	655
57	177	297	417	537	657
60	180	300	420	540	660
62	182	302	422	542	662
64	184	304	424	544	664
67	187	307	427	547	667
69	189	309	429	549	669
72	192	312	432	552	672
74	194	314	434	554	674
76	196	316	436	556	676
79	199	319	439	559	679
81	201	321	441	561	681
84	204	324	444	564	684
86	206	326	446	566	686
88	208	328	448	568	688
91	211	331	451	571	691
93	213	333	453	573	693
96	216	336	456	576	696
98	218	348	458	578	698
100	220	340	460	580	700
103	223	343	463	583	703
105	225	345	465	585	705
108	228	348	468	588	708
110	230	350	470	590	710
112	232	352	472	592	712
115	235	355	475	595	715
117	237	357	477	594	717



- d. For tournament level play, uniform standards must be followed under FIQ regulations.

NOTE: Under "Average" inset scratch on top line and reduce by one pin on each succeeding line.

EXAMPLE

If scratch is 180 the chart would look like this:

<u>Average</u>	<u>Handicap</u>
180	0
179	0
178	1
177	2

3. **General Rules** – Unified Sports Events
- Unified Sports doubles or teams shall consist of an equal number of Athletes and Partners (1&1 or 2&2).
  - The final score for the Unified Sports team shall be the sum of each competitor's total score (including handicap).
  - 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.
- Equipment:
    - Regulation bowling pins
    - Two-pound bowling ball
    - Tape
    - Carpet
  - Set-up:
    - Using tape, mark bowling lanes which are of regulation width (1.06 meters or 3'6").
    - The distance from the foul line to the bowling pins is 1/2 of the length of a regulation bowling lane (9.14 meters or 30').
    - Lay down carpet or Astroturf to serve as a drag surface. This surface should be laid down on the lanes and on the approach.
  - Rules and scoring:
    - 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.
    - A ball may only be considered a gutter ball if it fully crosses the tape which defines the lane's width.
    - Athletes bowl five frames utilizing the standard scoring system.
5. **Frame Bowl** – This event provides meaningful competition for athletes with lower ability levels.
- Equipment:
    - 30 cm (diameter) plastic playground ball
    - Ten large plastic bowling pins



- b. Set-up:
- 1) Set the pins in the traditional, ten-pin triangular bowling formation.
  - 2) Set the lead pin five meters (16' 5") from the rolling line.
  - 3) Mark a one meter (3'3<sup>1</sup>/<sub>2</sub>") 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 re-set 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.

