



Bowling Rules

- The goal is to knock down all ten pins
- Each frame consists of throwing the ball twice to knock down all the pins
- If you knock down all the pins with the first ball, it is called a "strike"
- If you knock down all the pins with the second ball, it is called a "spare"
- Each game consists of ten frames. If you bowl a strike in the tenth frame, you get two more balls. If you throw a spare, you get one more ball.
- Open frames are frames without a strike or spare
- Scoring is based on the number of pins you knock down. However, if you bowl a spare, you get to add the pins in your next ball to that frame. For strikes, you get the next two balls.
- An average of three games is played. You determine a 3 game average by adding all 3 scores and then dividing that number by 3.
- Accurate preliminary scores are essential for fair divisioning.
- Foul line is in effect. If you step over the foul line, any pins knocked down will not count towards your score.
- Ramp Bowling is allowed for those athletes that are not physically capable of rolling a bowling ball. The ramp is for physical disabilities and not to be used to just increase a score.
- Bumpers are not allowed.

LANE ETIQUETTE

- Every bowler must wear bowling shoes, with the exception of Athletes utilizing a wheel chair. Bowling shoes should not be worn outside or into restrooms.
- Bowl on your own lane
- Don't bowl at the same time as someone else on any lane next to you

UNIFORM

- Athletes must be appropriately dressed. One of the most important things a coach can do is have their team in Uniform. Athletes should be dressed in a team shirt, walking shorts or pants. (Jeans are acceptable in bowling).

SOOK offers 3 different Bowling events:

- Traditional Singles Bowling – This is Singles bowling. The Athlete's score is based on a three game average. Add the total of all 3 games together and then divide by three for the three game average. The maximum score is 300.
- Unified Doubles Bowling – The Athlete and Unified Partner bowl as a team. Score is determined by a three game average of both their scores added together. The maximum score is 600.
- Unified Team Bowling – Two Athletes and two partner's team together in a four person team, where all 4 scores are added together and a 3 game average is taken. The maximum score is 1200.