BOWLING COMPETITION RULES

Competition Format

- Each frame consists of up to **two attempts** to knock down all the pins.
- If all 10 pins are knocked down with the first ball, it is called a **strike**.
- If all 10 pins are knocked down with the second ball, it is called a **spare**.
- A game consists of **10 frames**.
    - If a bowler rolls a strike in the 10th frame, they receive **two additional balls**.
    - If a bowler rolls a spare in the 10th frame, they receive **one additional ball**.
- An **open frame** is a frame in which neither a strike nor a spare is scored.

Scoring

- Bowling scores are based on the total number of pins knocked down.
- For a **spare**, the score for that frame includes the pins knocked down on the next ball rolled.
- For a **strike**, the score for that frame includes the pins knocked down on the next two balls rolled.
- Competition scores are based on a **three-game average**:
  Add the scores from all three games. Then divide the total by three.

Competition Rules

- The **foul line is in effect**. Stepping over the foul line results in a score of zero for that ball.
- **Ramp bowling** is allowed only for athletes who are physically unable to roll a bowling ball independently.
- **Bumpers are not allowed.**

Lane Etiquette

- Bowlers must wear **bowling shoes**, except athletes using wheelchairs.
- Bowling shoes should not be worn outside the facility or in restrooms.
- Bowl only on your assigned lane.
- Allow bowlers on adjacent lanes to complete their delivery before bowling.

Uniform Requirements

Athletes should wear:

- Team shirt
- Walking shorts or pants
- Jeans are acceptable for bowling competitions.

Bowling Events

Traditional Singles Bowling

- Individual competition
- Score based on a three-game average, Maximum score: **300**

Unified Doubles Bowling

- One athlete and one Unified Partner compete together
- Combined three-game average, Maximum score: **600**

Unified Team Bowling

- Two athletes and two Unified Partners compete as a four-person team
- Combined team scores averaged over three games, Maximum score: **1,200**