



Special Olympics Minnesota Bowling Handbook

CONTENTS

Rules.....	3
Events.....	3
Coaches Certification Ratio Tables	4
Competition Information	4
Sportsmanship	5
Divisioning	5

Practice ideas, skill development and bowling rules can be found in the SOI Bowling [Quick Start Guide and SOI Bowling Rules at www.specialolympics.org/sports.aspx](http://www.specialolympics.org/sports.aspx).

RULES

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.worldbowling.org>. Special Olympics Minnesota adheres to Special Olympics Sports Rules for Bowling except in instances highlighted below.

EVENTS

Singles

Traditional (non- ramp)

- Bowlers bowl two games.
- Bowlers will not alternate lanes.
- Lane Assistants – one assistant allowed per athlete. No physical or verbal assistance can be given. A lane assistant for a singles non-ramp bowler is only there for medical, behavioral, etc. assistance. Delegations need to note their athletes that need lane assistance during online registration and an assistant credential/badge must be worn by the lane assistant during the competition. Delegations must provide their own lane assistants.
- Lane assistants need to be Level 1 coaches registered for the competition.

Ramp Events

- Ramp assisted and ramp unassisted bowling events will no longer be differentiated. (For example, athletes previously registered for Singles Ramp Assisted or Singles Ramp Unassisted will now be registered for Singles Ramp)
- Bowlers bowl two games.
- Bowlers will not alternate lanes.
- Lane Assistants – one assistant allowed per athlete. No assistance should be given with forward movement of the ball. A lane assistant can place the ball on the ramp and position the ramp. The athlete must set the ball in motion on their own. Delegations need to note their athletes that need lane assistance during online registration and an assistant credential/badge must be worn by the lane assistant during the competition. Delegations must provide their own lane assistants.
- Lane assistants need to be Level 1 coaches registered for the competition.
- Ramps – if the ramp crosses the foul line then a foul is called.
- Athletes should practice bowling multiple frames instead of one frame at a time. Competition venues may vary but athletes will bowl at least two frames at a time.

Unified Doubles

- Athletes and/or Unified partners can use ramps for Unified competition. The Unified team must be registered as a Unified doubles ramp team. The athlete or Unified partner that does not need to use a ramp will not be required to use a ramp.
- Team members WILL NOT alternate lanes.
- Scoring – team member one final score + team member two final score = Unified doubles team final score.
- Scratches – if one team member scratches then the team is scratched. Individuals can still bowl for participation. No substitutions.

Additional Information

- Delegations must register enough coaches to meet the coach ratios. Unified Partners can count towards the ratios provided the delegation has at least one non-playing Level 2 coach registered.
- Closed competition – coaches are not allowed in the bowling area. Exceptions are made for lane assistants with ramp bowlers or for lane assistants with bowlers for behavioral/medical reasons (must be noted during online registration in advance).
- No coaching allowed during the competition.
- Hats and Clothing – bowling or team shirts are encouraged. No hats allowed. Helmets are allowed for medical purposes.
- Flash photography is not allowed.
- Bumper Bowling – this is not a Special Olympics Minnesota event. Bumpers may be used as a training tool, but the scores obtained with bumpers cannot be used as a qualifying average.
- Special Olympics Minnesota provides opportunities to as many ability levels as possible in all sports. Many adaptations made for other sports are offered to enable athletes to participate in a sport they otherwise could not. This is the reason ramp bowling is offered. Bumper bowling, however, does not change the manner in which someone bowls. It only changes the score a person can achieve.

COACHES CERTIFICATION RATIO TABLES

The updated Coach Certification Ratio Tables can be found in the SOMN Coaches Portal under Policies & Fact Sheets, or by clicking this link: [SOMN Coach Certification Ratio Tables](#)

COMPETITION INFORMATION

State Competitions

Date	Location	City
November 11-13	Bowlero	Brooklyn Park
November 12-13	Bowlero	Blaine
November 12-13	AMF Southtown	Bloomington
November 18-19	Garden Center	Alexandria
November 18-20	Thunder Alley	Grand Rapids
November 19-20	Treasure Island	Welch

For any regional or state competition questions, please contact sports@somn.org.

SPORTSMANSHIP

Good sportsmanship is both the coach's and athlete's commitment to fair play, ethical behavior, and integrity. In perception and practice, sportsmanship is defined as those qualities which are characterized by generosity and genuine concern for others. Below we highlight a few focus points and ideas on how to teach and coach sportsmanship to your athletes. Lead by example.

Competitive Effort

- Put forth maximum effort during each event.
- Practice the skills with the same intensity as you would perform them in competition.
- Always finish a match/event: Never quit.

Fair Play at All Times

- Always comply with the rules.
- Demonstrate sportsmanship and fair play at all times.
- Respect the decision of the officials at all times.

DIVISIONING

Divisioning (3-8 athletes per division)

- Ability – qualifying average (qualifying score)
- Age (approx. 8-15, 16-21, 22-29, and 30 and older).

*****Special Olympics Minnesota will no longer use a bowling handicap*****

Qualifying Average

The qualifying average should be determined by bowling as many games as possible. Coaches are responsible for recording the qualifying average during online registration.

Placement/Scoring

Determined by adding together the scores of the two games the athlete bowls. The total score is used to determine placement within a division. For Unified doubles, the Unified partner and athlete two-game scores are added together to determine the total score.