



1. GOVERNING 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 International Bowling Federation (IBF) for bowling found at <http://bowling.sport/IBF> 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. Refer to Sport Rules Article 1, for more information pertaining to Codes of Conduct, Training Standards, Medical and Safety Requirements, Divisioning, Awards, Criteria for Advancement to Higher Levels of Competition, and Unified Sports. For all other rules please use the [SOI Rule Book](#).

2. OFFICIAL EVENTS

- Singles
- Ramp Bowl – Assisted and unassisted
- Traditional Doubles (two athletes)
- Traditional Team (four athletes)
- Unified Doubles (one athlete and one Unified Partner)
- Unified Team (two athletes and two Unified Partners)

3. AVERAGES/ENTRY SCORE

- Indoor Winter Games - SOPA will be using each participant's most recent 15 games bowled during the current bowling season to determine the participants' entry score.
- Regional Events - Regional Sports Directors will determine whether to use the participants' most recent 12 or 15 games bowled during the current bowling season to determine the participants' entry score.
- Local Events – The local program tournament director will determine whether to use the participants' most recent 6, 12, or 15 games bowled during the current bowling season to determine the participants' entry score.

4. HANDICAP TOURNAMENT RULES

Handicap Tournament Rules. Handicapping is a means of placing bowlers and teams with varying degrees of skill levels on as equitable basis as possible for their competition against each other. In Special Olympics the handicap is normally based on 100 percent of the difference of the bowler's average and **200**.

Example: Player 1's average is 150 and Player 2's average is 100, Player 2 would receive a handicap of 100 i.e. 100 pins per game handicap to be added to their score. Player 1's handicap would be 50 i.e. 50 pins per game handicap to be added to their score. Athletes can then be grouped for a competition.

Singles

200 - 15 Game Scratch Average (GSA) = Handicap per game (200 - 125 = 75)

Doubles & Unified Doubles

400 - the 2 bowlers 15 GSA = handicap for the team per games (400 - 100-125 = 175)

Teams & Unified Teams

800 - the 4 bowlers 15 GSA = handicap for the team per games (800 - 100 - 125 - 100 - 125 = 350)

5. UNIFORM STANDARDS

- Uniforms should consist of neat and clean outfits. No denim items of clothing allowed.
- The tops are to be sleeved (short or long-sleeved) and collared.
- The rest of the attire may consist of long pants (No denim jeans) or dress or walking shorts. Women may also wear knee-length skirts.
- No athletic-type shorts are to be worn for competition.
- All competitors must wear bowling shoes.
- Socks are required.