



Special Olympics

BOWLING COACHING GUIDE

Bowling Rules, Protocol & Etiquette



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Teaching the Rules of Bowling

The best time to teach the rules of bowling is during practice. Please refer to the Official Special Olympics Sports Rules Book for the complete listing of bowling rules.

Athlete Readiness

- Shows an understanding of the game.
- Understands that game consist of 10 frames.
- Knows which lane to bowl on when alternate lanes are being used.
- Knows not to cross the foul line when bowling.
- Knows that pins knocked down when a foul is committed do not count.
- Knows to bowl only one ball in a frame when a strike is scored.
- Knows to bowl no more than two balls per frame, unless in the 10th frame where three ball may be permitted.
- Knows to bowl, only when pins are standing.
- Adheres to the rules of the bowling area.
- Follows official Special Olympics and international bowling federation rules.

Rules for Bowling Competition

1. Explain to athletes that contesting teams or individuals in league or tournament play successively alternate two lanes every frame until each has bowled five (5) times on each lane and the game is completed. Bowling requires that bowlers alternate lanes.
2. Explain to athletes that every sport has its boundary lines, and the foul line and gutters are the boundary lines of bowling.
3. Explain that when a part of the athlete's body steps on or goes beyond the foul line, a foul is committed and if any pins were knocked down they do not count. Demonstrate how the foul light and bell will work when crossing the foul line.
4. Explain to athletes that the only exception to bowling two balls per frame is the 10th frame, when three balls may be bowled if a strike or spare is recorded.
5. Make copies of the bowling area's rules and hand them out to athletes before going to bowl.
6. Read the rules to non-readers and/or show pictures of "do's" and "do not's."
7. Carefully explain the consequences of not adhering to the rules. Emphasize the fact that the whole group may have to leave because of one person's actions.

Key Words

- No food or drink in the bowling area
- Remember to alternate lanes
- Do not cross the foul line

Coaching Tips

- Rules of the bowling area are the rules you make for your program. These would include such things as the following.
 - Bowlers will remain in the pit area ready to bowl.
 - No food or drink in the bowling area.
 - Who can press the reset button.



Special Olympics Unified Sports® Rules

There are few differences in the rules for Unified Sports competition and the rules as stipulated in the official Special Olympics Sports Rules and modifications outlined in the rules book. The additions are highlighted below.

1. A roster consists of a proportionate numbers of athletes and partners. Although the exact distribution of roster spots is not specified, a basketball roster containing eight athletes and two partners does not meet the goals of a Special Olympics Unified Sports program.
2. A line up during the competition consists of half athletes and half partners. Teams that have an odd number of players (e.g. 11-A-Side Football) have one more athlete than partner in the game at all times.
3. Bowling teams are divisioned for competition based primarily on ability. In team sports, division assignment is based on the best players on the roster, not the average ability of all players.
4. Team sports must have an adult, non-playing coach. Player-coaches are not allowed in team sports.

Protest Procedures

Protest procedures are governed by the rules of competition. The role of the competition management team is to enforce the rules. As coach, your duty to your athletes and team is to protest any action or events while your athlete is competing that you think violated Official Bowling Rules. It is extremely important that you do not make protests because you and your athlete did not get your desired outcome of an event. Making protest are serious matters that impact a competition's schedule. Check with the competition team prior to competition to learn the protest procedures for that competition.



Bowling Protocol & Etiquette

The rules of bowling etiquette are simple and can be easily understood. The most important points of bowling etiquette are who bowls first and be ready to bowl.

Who Bowls First

When there are two people in the lanes on either side of your bowler, the general rule is the first bowler up bowls first. If there are any questions as to who bowls first, the bowler to the right bowls first.

Be Ready to Bowl

Once a bowler is lined up in his/her stance and ready to bowl –he/she needs to bowl. Bowlers cannot knock down the pins by staring at them. They have to throw the ball down the lane at them. It is easy for bowlers to get into their stance and take too much time in getting their feet, hands, knees and body in the exact position. Teach your bowlers not to rush into their stance, approach and delivery. However, it is important to teach them to get into their stance and deliver the ball as efficiently as possible. This will keep the game moving and not annoy other bowlers and teammates.

Be Considerate

Keep it simple. Teach your bowlers to always be considerate toward their teammates and other bowlers in the lanes on either side and of them and in the bowling area. Once your athletes understand this concept, they will learn to respect their teammates, other bowlers and adapt an attitude of good sportsmanship that will remain with them throughout their bowling days.

Athlete Readiness

- While participating in bowling, the athlete will exhibit sportsmanship and etiquette at all times.
- Demonstrates competitive effort while bowling at all times.
- Takes turns with other team members.
- Selects and uses the same ball throughout the game.
- Waits for bowlers on adjacent lanes (one lane right or left of athlete) to finish before bowling.
- Bowls cooperatively and competitively; cheers fellow teammates.
- Maintains knowledge of own score.
- Helps teammates with their scores.



Demonstrates Etiquette

- Athlete puts forth maximum effort during games.
- Consistently obeys the rules of the game.
- Exhibits appropriate manners while bowling at all times.
- Ready to bowl when it is his/her turn.
- Avoids wasting time, standing on the lane.
- Allows bowler on the right to bowl first, if both bowlers are ready to bowl at the same time.
- Stays in approach area and steps back off the approach area after making the delivery.
- Stays seated until his/her turn to bowl.
- Insures that no bowlers are on the lane on each side before stepping onto approach.
- Uses another player's bowling ball, towel or resin only with permission.
- Controls temper at all times.
- Waits until the pin-setting machine has completed its cycle before rolling the ball.
- Calls for assistance if ball does not return or pin lies on deck.
- Always keeps refreshments out of the pit area.
- Observes common courtesy toward other bowlers at all times.

Coaching Tips

- Sit bowlers in pit area in proper sequence to make it easier for them and coach to know who is up next.
- If automatic scoring is available bowlers should be taught to watch the overhead screen for indication it is their time to bowl; i.e., name appears or is highlighted.
- Discuss bowling etiquette, such as congratulating opponent after each game, win or lose; controlling temper and behavior at all times; waiting for one's turn; and always using your own ball.



Sportsmanship

Good sportsmanship is both the coaches' and athletes' 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 race or 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.

Expectations of Coaches

1. Always set a good example for participants and fans to follow.
2. Instruct participants in proper sportsmanship responsibilities and demand that they make sportsmanship and ethics the top priorities.
3. Respect judgment of contest officials, abide by rules of the event and display no behavior that could incite fans.
4. Treat opposing coaches, directors, participants and fans with respect.
5. Shake hands with officials and the opposing coach in public.
6. Develop and enforce penalties for participants who do not abide by sportsmanship standards.

Expectations of Athletes & Partners in Special Olympics Unified Sports®

1. Treat teammates with respect.
2. Encourage teammates when they make a mistake.
3. Treat opponents with respect: shake hands prior to and after contests.
4. Respect judgment of contest officials, abide by rules of the contest and display no behavior that could incite fans.
5. Cooperate with officials, coaches or directors and fellow participants to conduct a fair contest.
6. Do not retaliate (verbally or physically) if the other team demonstrates poor behavior.
7. Accept seriously the responsibility and privilege of representing Special Olympics.
8. Define winning as doing your personal best.
9. Live up to the high standard of sportsmanship established by your coach.

Coaching Tips

- Discuss bowling etiquette, such as congratulating opponent after all events, win or lose; controlling temper and behavior at all times.
- Give sportsmanship awards or recognition after each meet or practice.
- Always commend athletes when they demonstrate sportsmanship.



Remember

- ♦ Sportsmanship is an attitude that is shown in how you and your athletes act on and off the field of play.
- ♦ Be positive about competing.
- ♦ Respect your opponents and yourself.
- ♦ Always stay under control even if you are feeling mad or angry.



Bowling Glossary

Term	Definition
Alley, or Bowling Lane	Playing surface on which the ball is rolled and where the pins are located. Also known as a lane. In its plural form, can mean a bowling center.
Anchor	Last bowler in a team's lineup.
Approach	Area behind the foul line on which the bowler takes his/her steps prior to delivering the ball. Known, too, as the runway. Also, the entire delivery process, from push away to release.
Back End	The two-part, rearmost part of a lane – the hook area and the pin deck.
Back swing	Path of the arm behind the body during the next to last step in the delivery.
Backup	A ball that curves left to right for a right-hander and right to left for a left-hander.
Ball Rack	Equipment used to store house balls.
Ball Return	Usually an under-the-lane track on which the ball is returned to the bowler from the pit. Also, where the ball rests before and after all shots.
Blind	Score given to a team when a member is absent. Although based on the missing player's past performances, the score given is usually lower than the average for that bowler, thus penalizing him for the absence.
Boards	Strips of wood that make up a lane.
Bowling Area	The area behind the lane where bowlers wait to bowl. This is sometimes referred to as the settee area.
Bowling Center	A bowling establishment.
Bridge	Distance between finger holes on the ball.
Concourse	Area behind the lane where spectators sit.
Control Desk	The bowling center area where you make the arrangements and receive the equipment needed to bowl.
Convert	When you successfully make your spare.
Count	Number of pins knocked down on the first ball.
Curve	A ball that is rolled toward the outside of the lane and then curves back toward the center of the lane.
Delivery	Rolling of the ball.
Double	Two consecutive strikes.
Error	Failure to convert a spare. Also called a blow, miss or open.
Fill	Number of pins knocked down by the first ball after a spare. So called because those pins finish the scoring for the previous frame.
Foul	Touching or going beyond the foul line when delivering the ball.
Foul Line	A black line on the alley which separates the approach from the lane.



Term	Definition
Frame	One-tenth of a game. Each large box on a score sheet indicates a frame. A player's turn during a game. A game consists of 10 frames.
Gutter Ball	A ball rolled in the gutter.
Gutter or Channel	Drop off area on each side of the lane. Also called the channel.
Handicap	Pins added to a bowler's score to equalize competition. The lower a bowler's average, the higher the handicap so that he/she will have a better opportunity to defeat a bowler with a higher average.
Headpin	The number one pin.
Hook	A ball that breaks sharply to the left for a right-hander, to the right for a left-hander.
House Ball	A ball that is owned by the bowling center and can be used by anyone.
Lane	Name usually associated with the 60-foot wooden surface extending from the foul line to the end of the pin deck.
Lead Off	First bowler in a team's lineup.
Leave	Pins that remain standing after the first ball delivery.
Lift	Upward motion applied to the ball by the fingers at the point of release.
Line	A game of 10 frames—one full game. Also refers to the path a ball travels.
Lofting	Tossing the ball far out beyond the foul line. Normally caused by a late release.
Mark	A strike or a spare.
Miss	When no pins are knocked down on a single shot.
Open	A frame without a strike or a spare, pins are left standing after two shots.
Perfect Game	A 300 score. Strikes in all 10 frames. Twelve consecutive strikes.
Pin	Object which the bowler is trying to knock down.
Pin Bowler	A bowler who aims visually at the pin when delivering the ball.
Pin Deck	Area where the pins are placed.
Pit	Area below the far end of the lane into which the pins fall.
Pocket	Between the 1 and 2 pins for left-handers; between the 1 and 3 pins for right-handers. The ideal place for the ball to hit the pins in an effort to obtain a strike.
Push away	Moving the ball into motion, out and down during the first step of the delivery.
Return	Track or rails on which the ball rolls back to a player.
Sanctioned	Any bowling competition conducted in accordance with the rules set down by your national or international bowling federation.
Scratch	A bowler's actual score. Non-handicap bowling.
Series	Usually three games or more in a league or tournament.



Term	Definition
Settee Area	Also referred to as bowling area.
Soft Pocket Hit	The action a ball makes as it enters the pin triangle when its rotation has reduced because the ball is too slow.
Span	The distance between the thumbhole and the finger holes on a ball.
Spare	Knocking down all 10 pins with two shots within the same frame. Indicated on the score sheet with an (/).
Split	A spare leave in which the headpin is down and the remaining pins have another pin down immediately ahead of or between them so that the gap is greater than the width of the ball.
Spot	Target on the lane at which a bowler aims.
Spot Bowler	A bowler who uses the finders or spots as their primary target. Opposite of pin bowler.
Steps	Number of steps bowler takes when delivering the ball.
Strike	Knocking down all 10 pins with the first shot of a frame. Indicated on the score sheet with an (X).
Target Arrows	A series of seven triangular darts (spots) placed in front of the foul line out on the lane. Used as sighting targets to help a player align the starting position on the approach with the ball path to the pocket.
Turkey	Three consecutive strikes.

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