

www.soky.org



Bowling Manual

Rules, Regulations & Training Information

All Special Olympics Kentucky bowling events will be run according to the World Tenpin Bowling Association (WTBA) Rules. Any modifications to those rules can be found in this manual.

Revised July 2023

Table of Contents

Special Olympics



Sport Development Team	3
Season Expectations	4
Events Offered	5
Ramp Rules	6
General Rules	7
Unified Sports Rules and Guidelines	7
Baker System Rules	8-9
Late Arrival Policy	10
Dress Code Policy	11
Planning a Training Season	12-14
Teaching the Rules of Bowling	15
Bowling Protocol & Etiquette	16
Index	17
Accommodating for Special Needs	18
Communication Methods	18
How to Properly Fit a Bowling Ball	19
Bowling Practice	20-21
Correct Pin Arrangement	20-21
Scoring	20-21
Bowling Glossary	22
SOI Rules	23

Each SOKY Sport Development Team (SDT) is made up of 4-8 volunteers who come from a wide range of backgrounds, including, but not limited to, high school/college coaches and officials, professionals in the field, instructors, representatives from sport governing bodies and organizations, local program coaches and Special Olympics athletes. Using the guidelines set by Special Olympics International and under the guidance of the state program manager, the group will design policies, restructure rules, and help grow and strengthen our state's program. The goal of this collaborative effort is to make sure our sports programs continue to be the best for our athletes. The primary goals of each SDT are:

- Improve the quality of training and competition for SOKY athletes.
- Assess the needs of the respective sport and help develop and implement strategies to meet those needs.
- Identify and recruit sport-specific resources.

Sport Development Team Members

- Robyn Ballinger
- Cathy Derringer
- Michael Ghant
- Mark McKinney
- Kathy Marshall
- Holly Vincent

SOKY Coach, Athlete, & Unified Partner Expectations

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.

Bowling Events Offered

The official Special Olympics Sports Rules shall govern all Special Olympics Bowling Competitions. The national governing body, the World Tenpin Bowling Association (WTBA), rules shall be employed except when they conflict with the Official Special Olympics Sports Rules. In such cases, the Official Special Olympics Sports Rules shall apply.

The Special Olympics Kentucky Bowling season runs from October through December. Athletes must participate in a sanctioned Area Tournament held within the sports season to qualify for the State Tournament.

The following events can be offered at Special Olympics Kentucky Competitions:

1. Individual

- a. Singles
- b. Ramp Unassisted (no assistance except for help placing the ball on ramp by lane worker)
- c. Ramp Assisted (assistance from forward- or rear-facing assistant as needed)

2. Unified Doubles

(One Special Olympics athlete paired with an individual without an Intellectual disability-The Baker System will be used for all Unified Doubles competition.)

- a. Male
- b. Female
- c. Coed

3. Doubles (State Tournament Only)

(Two Special Olympics athletes paired-total team score)

- a. Male
- b. Female
- c. Coed

The Special Olympics Kentucky Bowling season runs October through December. Athletes **MUST** participate & qualify in a sanctioned Area Tournament held within the sports season to qualify for the State Tournament.

SOKY recognizes and supports those bowlers who train year-round.

RAMP BOWLING RULES

All ramp parts must be behind the foul line. It is considered an extension of the athlete. Please review the Ramp options and choose events for your athletes wisely! Athletes will be removed from ramp events in which they do not qualify.

Each delegation is responsible for providing one assistant for each athlete. An assistant may not help multiple athletes, even if they are on the same lane. **Athletes' must supply their own ramp.**

Modifications

- A. Bowling ramps and other assistance devices may be used with the approval of the Special Olympics Bowling Competition Committee.
- B. Athletes using ramps shall be placed in separate divisions from other bowlers **ONLY** for singles competition.
- C. Within the ramp bowling division, there are two events an athlete may enter:
 - 1) **Ramp Unassisted (Individual)**
 - Athlete aims ramp into position unassisted.
 - Athlete positions ball on the ramp and pushes ball down ramp toward target.
 - Athlete may only receive assistance from the LANE WORKER if he/she needs help getting the ball to or placing the ball on the ramp.
 - Athletes will be divisioned within this event based on averages (for regionals) and regional scores (for state).
 - 2) **Ramp Assisted (Individual)**
 - An assistant **may aim the ramp toward the pins or guide, align or direct the ramp for athletes**
 - An assistant may have the back facing toward the pins OR they may be facing the pins depending on the need of the individual bowler
 - Athlete positions the ball on the ramp with assistance and **INDEPENDENTLY** pushes the ball down the ramp toward the target.
 - An assistant may not support or assist with the ball's forward movement during the athlete's attempt to roll the ball down the ramp. This includes holding onto the athlete's hands or arms during the attempt.
 - The assistant may hold the ramp or weight may be added to the ramp in order to increase the stability of the ramp.
 - Athletes will be divisioned within this event based on averages (for regionals) and regional scores (for state).
- **Athletes who participated in Developmental Ramp (individual) in the past should be registered for Ramp Assisted.**
- **Athletes who participated in Developmental Unified or Developmental Doubles in the past should be registered like all other Unified and Doubles teams (i.e. all male, all female or co-ed).**
- **Ramp bowlers may be allowed to bowl up to three frames consecutively.**

General Rules

- Foul lights should be in use for all Area and State Tournaments. Please train with the foul lights on!
- To qualify for participation in the State Bowling Tournament, athletes **must participate** in an Area Bowling Tournament
- Athletes, Unified Partners and Coaches are required to wear bowling shirts with collars and casual slacks or pants. Dress shorts are also allowed.
- Hats and headwear are not allowed. Failure to comply will result in a disqualification.
- No food or drinks are allowed on the lanes. Please keep food and drinks off the lanes during practice and competition.
- Only participants (athletes and Unified Partners), ramp assistants, and lane workers/event volunteers are allowed on the bowling floor during competition. Spectators and coaches must stay in the concourse area.
- No headphones for music. Earmuffs to mute sound are permissible.

UNIFIED SPORTS EVENTS

- Unified Sports doubles shall consist of one Special Olympics athlete and one partner.
- All Unified Partners must complete and submit a Class A Volunteer Form and the Unified Sports Partner Application.
- The Baker System will be used for Unified Doubles Bowling. Unified doubles take turns bowling frames within one game.
- The final score will be the total of the Unified Team's two games.
- In the Baker System, the Unified Partner will bowl first and the Athlete will bowl second.

UNIFIED SPORTS

Unified Sports is a program that combines approximately equal numbers of Special Olympics athletes with athletes without intellectual disabilities (partners) on sports teams for training and competition. Age and ability matching of athletes and partners is specifically defined on a sport by sport basis. The purpose of the program is to provide an environment in which all participants can improve sports skills through training and competition.

Unified Sports is an important program because it expands sports opportunities for athletes and partners seeking new challenges. In addition, *Unified Sports* increase inclusion in the community by helping to break down barriers that have historically kept people with and without intellectual disabilities apart. *Unified Sports* was created and developed by Special Olympics to help further the overall mission of Special Olympics.

If you have questions or would like to learn more about *Unified Sports* in general or to find out other sporting opportunities in Kentucky, please contact the SOKY office at 502-695-8222.

Baker System Rules

The Baker System will be used for all Unified Competitions (Area and State level). All unified teams should practice using the Baker System.

The Baker System encourages the spirit of playing unified by placing emphasis on the team effort rather than the individual accomplishments of team members.

Unified Doubles:

- Unified doubles will use the Baker System
- Unified doubles will bowl 2 games using the Baker System
- **Scoring:** Instead of each player having his/her own score, the combined effort of the team constitutes a game
- In the Baker System, unified doubles take turns bowling frames within one game (as opposed to two bowling separate games). Each bowler bowls one frame at a time.
- In the Baker System, the Unified Partner will bowl first and the Athlete will bowl second. Ramp bowlers- see next page.

Unified Doubles	
Frame	Bowler
1	Unified Partner
2	Athlete
3	Unified Partner
4	Athlete
5	Unified Partner
6	Athlete
7	Unified Partner
8	Athlete
9	Unified Partner
10	Athlete

- Unified Partners will bowl all odd frames (1, 3, 5, 7, 9)
 - Athletes will bowl all even frames (2, 4, 6, 8, 10)
-
- If a bowler bowls a strike he/she is done for that frame (unless in the 10th frame)
 - Athletes and Unified Partners must practice in accordance with the Baker System
 - Scores entered on the Area Bowling Tournaments should be Baker System scores (not individual scores). A four (4) game Baker System average will be required to register unified doubles for Area Bowling Tournaments.

Baker System Rules- Ramp Bowlers

- Ramp Bowlers and their unified partners will be allowed to bowl two (2) consecutive frames using the Bakers System. If the unified doubles team chooses to bowl two consecutive frames they MUST use the below order.
 - This ONLY applies if the athlete is a Ramp Bowler. All other bowlers will follow the order on the previous page.

Unified Doubles	
Frame	Bowler
1	Unified Partner
2	Unified Partner
3	Athlete
4	Athlete
5	Unified Partner
6	Unified Partner
7	Athlete
8	Athlete
9	Unified Partner
10	Athlete

If athlete/Unified Partner arrives late to the tournament, the following procedure will be followed:

- Bowlers may be up to 10 minutes late. They will receive a zero for each frame missed. Once 10 minutes of tournament time has passed, an announcement will be made. Bowlers who are not down on their assigned lane by this time will be scratched.
- Time will begin when the first ball is thrown.
- Tournaments will not start early unless everyone registered is on the lanes.
- AREA: Athletes that arrive late and are scratched will not be eligible to bowl at State unless they participate at another Area tournament.

This policy will be enforced at all SOKY Sanctioned Area & State Tournaments.

DRESS CODE

Dress code is mandatory for all bowlers: Athletes, Unified Partners, Coaches and Head of Delegation who are bowling.

- Casual pants such as khakis (any color), corduroys or a basic dress pants.
- Dress shorts such as khakis (any color), or golf style shorts.
- Collared shirt such as a knit polo or bowling shirt.

Participants who do not comply with the dress code will be disqualified and receive a participation ribbon.

- No collared/bowling shirts that endorse alcoholic beverages.
- No denim of any type or color.
- No cut off pants of any type.
- No warmup pants of any type (nylon, cotton, etc.).
- No athletic leggings of any type (Nike, Adidas, etc.).
- No sweatpants.
- No T-shirts.
- No hats or bandanas of any type.

The Dress Code will be enforced at all SOKY Sanctioned Area & State Tournaments . Participants who do not comply with the dress code will be disqualified and will receive a Participation Ribbon.

As with all sports, the Special Olympics bowling coach develops a coaching philosophy. The coach's philosophy needs to be consistent with the Special Olympics philosophy, which is that quality training and opportunities for fair and equitable competition are guaranteed for each athlete. However, successful coaches believe in having fun along with an athlete's acquiring sport-specific skills and knowledge of the program's objectives.

A season plan provides the road map to aid you in meeting your program's goals and objectives as well as goals for individual athletes. Although the minimum training requirement is eight weeks, serious consideration should be given to establishing a longer program. For example, a year-long bowling program divided into fall, summer, spring and winter seasons. Using the bowling handicap system, it is simple to form teams that provide fair competition.

Preseason Planning

- Improve your knowledge of bowling and of coaching athletes with intellectual disabilities by attending a Special Olympics training school.
- Arrange for a bowling facility that will accommodate your needs throughout season.
- Arrange for equipment and include adapted equipment if necessary.
- Recruit, orient and train volunteer assistant coaches.
- Coordinate transportation needs.
- Ensure that all athletes have been medically approved before the first practice.
- Obtain copies of medical and parental releases.
- Establish goals and develop a plan for the season.
- Consider establishing a bowling league sanctioned by your national bowling association or federation with the season lasting longer than eight weeks.
- Establish and coordinate a seasonal schedule, including league play, training practices, clinics and demonstrations, and confirm any planned dates for local, area, sectional, state, national and Special Olympics Unified Sports® bowling competitions.
- Hold orientation for families, teachers and friends of athletes and include information about the Home Training Program.
- Establish procedures for recognizing each athlete's progress.
- Establish a seasonal budget.

In-Season Planning

- Use skills assessments to identify each athlete's skill level and to record each athlete's progress throughout the season.
- Design an eight-week training program
- Plan and modify each session according to what needs to be accomplished.
- Emphasize conditioning as skill is learned.
- Develop skills by progressively increasing difficulty.

Essential Components of Planning a Bowling Training Session

Special Olympics athletes respond favorably to a simple, well-structured training outline with which they can become familiar. An organized plan, prepared before you get to the bowling center, will help establish such a routine and help make the best use of your limited time. Every practice session needs to contain the following elements:

- Warm-ups
- Previously taught skills
- New skills
- Competition experience
- Feedback on performance

The amount of time spent on each element will vary because of several factors:

1. Time of the season: More skills practice is provided earlier in the season. In comparison, more competition experience is provided later in the season.
2. Skill level: More practice of previously taught skills is needed for lower ability athletes.
3. Number of coaches: The more coaches present and the more quality individual instruction offered, the more improvement seen.
4. Total amount of training time available: More time is spent on new skills in a two-hour session than in a 90-minute session.

If you have decided to establish a bowling league, much of your training will revolve around each week's bowling session. Training can take place before, during and after league play. Before league play, you can work on teaching about equipment needed for bowling and have a warm-up period. During league play, you can observe the athlete bowling and make comments regarding what they are not doing correctly, or praise them when they do something correctly. Instructions in scoring, bowling etiquette and sportsmanship can also be accomplished. After league play, you can work on new skills or work with athletes on improving previously learned skills. A recommended training plan is outlined on the next page.

EXAMPLE TRAINING PLAN

Warm Up and Stretch (10-15 minutes)

Every player participates in a warm-up period on the lanes (i.e., shadow bowling). Stretch each muscle group while waiting to practice bowling.

Skills Instruction (15-20 minutes)

1. Quickly review previously taught skills.
2. Introduce the theme of the skills activity.
3. Demonstrate the skills simply and dramatically.
4. Physically assist and prompt lower ability players when necessary.
5. Introduce and practice new skills early in the practice session.

Competition Experience (1, 2, or 3 games)

Players learn a lot by simply bowling. The game is a great teacher. Be on hand to explain rules, address problem areas, and give praise.

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 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.
- Does not eat or drink during game but is always prepared to bowl.
- Follows official Special Olympics and international bowling federation rules.

Rules for Bowling Competition

1. Explain to athletes that in Special Olympics competitions, bowlers DO NOT alternate lanes during play.
2. Explain that handicaps are not applied to bowling scores in SO competitions.
3. Explain the Baker System for Unified Competition.
4. Remind athletes that bumpers are not allowed at any competitions.
5. Explain to athletes that every sport has its boundary lines and the foul line and gutters are the boundary lines of bowling.
6. 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.
7. 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.
8. Make copies of the bowling rules and hand them out to athletes before going to bowl.
9. Read the rules to non-readers and/or show pictures of "do's" and "do not's."
10. 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.
11. Stress the dress code and late policy to athletes, Unified Partners, and parents. Explain the consequences of not adhering to either policy.

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. 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 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.

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.

INDEX

ACCOMMODATING FOR SPECIAL NEEDS

IN COMPETITION, IT IS IMPORTANT THAT THE RULES **NOT** BE CHANGED TO SUIT SEVERAL ATHLETE'S SPECIAL NEEDS. However, there are ways to accommodate for special needs. For example, the weight of the ball may be lowered for Special Olympics athletes with lower extremity weakness. A guideline or the sound of a coach's voice can be used to aid visually impaired athletes.

Successful participation in sports for some handicapped athletes requires EQUIPMENT that has been modified to suit their particular needs. Requests for purchase or construction of equipment may be facilitated through the Individualized Education Program, (IEP).

Ideas For Orthopedic Impairments

- Bowling frame unit for use by bowler who is unable to lift the ball.
- Adapter-Pusher device to aid in pushing the ball down the alley.
- Handlebar Extension Accessory is used with the adapter-pusher device by ambulatory bowlers unable to lift the ball.
- Handle grip bowling ball that snaps back instantly upon release.
- Use preliminary arm swing rather than the traditional walking approach.
- Use a stable guide rail.
- Use lighter bowling balls.
- Have athlete bowl from a chair or wheelchair.
- Modify the approach by reducing the number of steps.

Ideas For Visual Impairments

- Use a guide rail to help the individual locate his/her proper starting point and to assist his/her delivery on the approach.
- Let the athlete feel the swing of your arm.
- Have a sighted assistant tell the athlete which pins are standing.

COMMUNICATION METHODS WILL VARY

Athletes sometimes require communication systems that are specific to their needs. For example, verbally explaining a task may not match up well with some athlete's information processing systems. Information that is more specific might be provided in other ways. For example, the instructor could simply demonstrate the sports skills. Also, an athlete could be permitted to "feel" the skill by holding onto the teacher's arms as the instructor demonstrates a skill such as the pendulum swing. Some athletes may need not only to hear or see a skill, but also to read a description of the skill. This need can be met for poor or non-readers through the use of poster board to which foot placement is attached to show the sequence necessary for a skill like the three-step delivery.

How to Properly Fit a Bowling Ball

A bowler must use a ball that properly fits the hand to attain any degree of enjoyment and success. Fitting of the ball includes correct finger span, proper thumb and finger hole sizes, and a comfortable weight. If a bowler constantly drops the ball at the foul line, the ball is too heavy. If the ball is lofted onto the lane, or speed is too great, the athlete probably is using a lighter ball than necessary. After bowling two good games if the next game score is markedly lower, then the chances are the ball is too heavy. Find out what is comfortable for each athlete. Don't use a ball too heavy to handle and don't use one so light that it becomes too easy to handle.

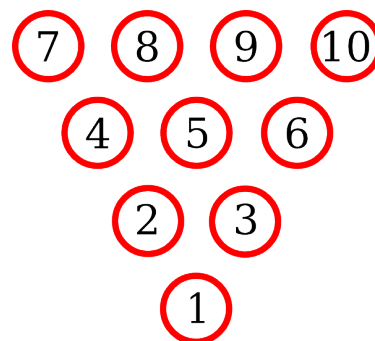
A Special Olympics athlete may need a lighter ball. The selection of a ball is a matter of personal choice and comfort. A properly fitted ball, no matter what grip, will help increase accuracy and begin to raise scores.

BOWLING PRACTICE

- a. Adhere to WTBA rules.
- b. Understand game consists of 10 frames.
- c. Do not step over foul line when bowling.
- d. Bowl only two balls per frame unless in 10th frame.
- e. Discuss rules infringement.

Athletes and Coaches should:

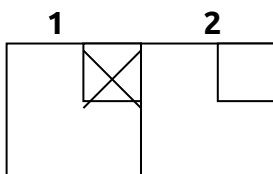
- a. Recognize bowling symbols.
- b. Understand scoring terminology
(e.g., spare, strike, open, miss).
- c. Identify correct pin arrangement.
- d. Understand basic scoring procedures.



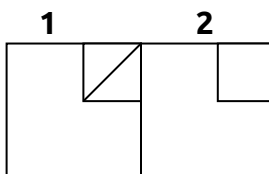
CORRECT PIN ARRANGEMENT

SCORING

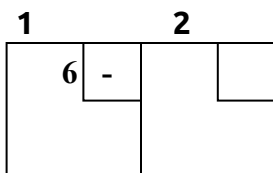
STRIKE



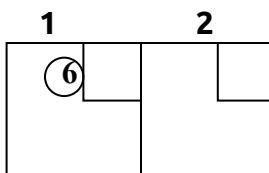
SPARE



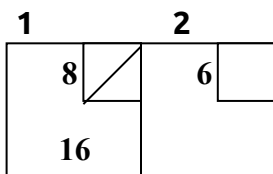
MISS



SPLIT

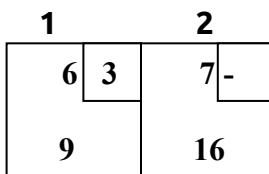


SPARE



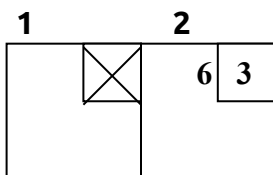
10 bonus + 6 pins on 1st ball of 2nd frame = 16 pins in first frame

MISS



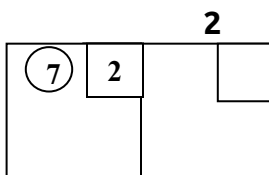
9 pins for 1st (6 + 3) + 7 pins in 2nd frame = 16 pins in second

STRIKE



10 Bonus + a total of 9 Pins (6-1st ball and 3 2nd ball) of 2nd frame = 19 pins in first frame

SPLIT



7 pins on 1st ball and 2 pins on the 2nd b 2nd ball in the first frame

OPEN

1	2
6 3	

6 pins on 1st ball and 3 pins on 2nd ball (No bonus points) = 9 pins in first frame.

GAME SCORING

7 2	9 -	X	7 2	3	X	7 -	9	9 -	X X X
9	18	37	46	66	83	90	109	118	148

SCORING EXERCISES

The following are game summaries of a bowler. You need to determine the final score for each game.

1	2	3	4	5	6	7	8	9	10
7 2	- 6	4	2 3	X	5	2 7	6 -	X	5 2

1	2	3	4	5	6	7	8	9	10
5	6 2	X	9	8	3 6	X	-	X X X	9

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 i.e., when 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.

The following pages contain the official Special Olympics International Sports Rules for Bowling. These rules can also be found at www.specialolympics.org. Modifications to these rules for the bowling program in Kentucky can be found on the preceding pages.