

# Bowling

First Day of Organized Practice ..... November 2, 2009    First Playing Date..... .....November 16, 2009  
State Championship ..... January 28, 2010

## **RULES OF COMPETITION:**

Playing Rules. USBC High School General Playing Rules, as modified by the SCISA, are the official rules.

### **Practice:**

1. Practice is allowed for ten (10) days in the Spring. Spring practice should not conflict with other spring sports. Practice sessions shall be limited to no more than one and one-half hours.
2. Teams are allowed 12 work-outs from May 31 - July 24, 2010 with the following Closed Periods (July 4-10, July 16 & 17). Sessions are limited to 1 1/2 hours, no more than two times weekly. Camps during the "Open Period" are the exception to the weekly restrictions but each day count against the total number of work-outs.
3. Conditioning and Weight Programs: conditioning and weight programs are legal throughout the year.
4. See Organized practice rule in Article VII, Section V. See out-of-school, out-of-season coaching restriction.

### **TEAM ELIGIBILITY:**

- Varsity Teams: Eligible students in grades 6-12 may participate in varsity bowling.
- Mixed Competition - Teams may be made-up of any combination of male and/or female bowlers.
- Teams shall be comprised of 5 bowlers.
- 2009-10: SCISA plans to crown a Boys and a Girls State Champion.
- State Championship: Invitational format. A school may enter a maximum of one team in the boys division and one team in the girls division. A "co-ed" team participates in the boys division.

### **DRESS CODE:**

Competitors shall appear in appropriate clothing. Matching tops or a collared coaches/polo shirts may be worn with appropriate bottoms, slacks or khakis. Jeans, shorts, and/or T-Shirts are not permitted. No hats or caps are allowed. Appropriate shoes must be worn.

### **SPORTSMANSHIP:**

All participants must adhere to the principles of good sportsmanship and the SCISA Code of Conduct.

### **GAME INFORMATION:**

**FORMAT OF PLAY: THE BAKER SYSTEM.** The Baker System places the emphasis on team effort, rather than the individual accomplishments of team members. When the Baker System is used and teams are comprised of five (5) members, all team members follow each other in regular order to bowl a single game. In the Baker System scoring, each bowler rolls two frames per game. The play is fast paced and each game takes approximately 10-15 minutes.

**SUBSTITUTION:** Substitutions may be made between games. In the event a bowler is replaced due to injury or illness, he/she shall not be eligible to return to competition for the remainder of the day.

**BOWLING BALLS:** All bowling balls must adhere to USBC rules for weight and hardness. A coach permitting a player to use an illegal ball will be subject to fines, suspension and probation. Bowlers are limited to a maximum of three (3) bowling balls.

**WARM-UPS:** A 15-minute warm-up period will be allowed for practice balls prior to a competition - 7 1/2 minutes in one lane and 7 1/2 minutes on the other lane.

**COURTESY AND PACE OF PLAY:** To maintain the pace of bowling it is proper etiquette to observe two-lane courtesy and deliver the bowling ball within a reasonable amount of time. If a bowler/team does not adhere to this rule, that bowler will receive a warning. There is a maximum of two warnings. Subsequent violations will result with a zero for that frame.

## **CONDUCT, SETTEE AREA, AND APPROACH:**

Only one coach, the team and one scorer (if used) may be in the settee area. Coaches must remain in or behind the settee area. No person except the bowlers who are bowling shall be permitted on the approach. 1st Offense: 10-pin deduction. 2nd Offense-50 Pin Deduction. 3rd Offense-Disqualification.

## **MATCH:**

- Each Team shall bowl a block of three (3) games. The TOTAL Pin Count will determine the winner. (**Cumulative score** of all three games).
- Teams must submit their line-ups to the opposing coach prior to each Baker game.
- Each team may be granted not more than **two**, 30-second time-outs, during a match to permit the coach to confer with a player or players in the settee area.
- **Round - How Bowled.** Two lanes adjoining each other shall be used in each game of play.
- **Spirit of the Game** - Bowling is played for the most part without the supervision of a referee or umpire. The game relies on the integrity of the individual to show consideration for other players and to abide by the rules. Coaches will assist in the “*Spirit of the Game*”.
- Coaches are responsible for verifying his/her team’s score.
- Each Team is allowed only one re-rack per Baker Game. Only by agreement of both coaches, may additional re-racks be granted.
- Baker System: Lead-off bowler rolls the first and sixth frames, the second bowler rolls the second and seventh frames, the third player rolls the third and eighth frames, the fourth player rolls the fourth and ninth frames, and the fifth player rolls the fifth and tenth frames including any extra deliveries in the tenth frame.

## **REGULAR SEASON PLAY:**

The regular season will be played much as Cross Country, Track and swimming. School shall establish dates at their local bowling ally and notify other schools and SCISA of the date or dates. Matches may be two or more teams competing. Results will be filed with SCISA.

## **STATE CHAMPIONSHIP:**

An “Open” Championship event will be scheduled and hosted by SCISA. All teams will be allowed to participate if they have played in at least two matches during the season.

## **Coaching Notes:**

1. Sportsmanship: What you permit, you promote! Coaches must emphasize and promote good sportsmanship and fair play according to the rules.
2. Coaching requirement: the head coach must be CPR certified.