



**Special Olympics**  
South Dakota



# ATHLETE HANDBOOK

## Bowling

2021

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**Dear Special Olympics Athlete,**

Congratulations on becoming a part of Special Olympics South Dakota (SOSD)!

Through your commitment to Special Olympics and its programs, we challenge you to train and compete in all sports you desire. We also challenge you to find your voice and to help us shape and grow SOSD. There are many exciting ways to be an athlete and a leader, so be sure to ask your coach or the Special Olympics office for more resources.

By participating in sports, physical fitness, and health education programs, you will increase self-confidence and social skills, improve physical and motor skills, and have more opportunities to grow as a person. This handbook is designed to introduce SOSD to you and to provide general information needed as an athlete.

We wish you luck, and can't wait to see you out on the field and in the community!



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## 1. Competition

The state is divided into four Areas. The city in which you live will determine which Area competitions you attend.

Northeast (NE) - Aberdeen, Huron, Watertown, and the surrounding communities

Southeast (SE) - Brookings, Mitchell, Sioux Falls, Yankton, and the surrounding communities

Black Hills (BH) - Custer, Rapid City, Spearfish, and the surrounding communities

Central (C) - Pierre, Mission, Winner, and the surrounding communities. These delegations do not have dedicated Area competitions to attend. In other words, you can choose where you wish to go.

For those who qualify, there are also State competitions held in the following sports:

**State Basketball Tournament** - Team (Traditional & Unified), Cheerleading (Traditional & Unified), and Skills (Individual & Team)

**State Summer Games** - Swimming (Traditional & Unified), Powerlifting, Volleyball, Soccer (Traditional & Unified), Soccer Skills, Racewalking, and Track & Field (Traditional & Unified)

**State Equestrian**

**Fall Classic** - Bocce (Traditional & Unified), Softball (Traditional & Unified), and Softball Skills

**State Traditional Bowling**

**State Unified Bowling**

Eligibility to participate in these events will depend on you meeting all of the training requirements and rules developed by your Delegation or Team.

Please Note: Delegations and Teams may choose to NOT participate in events. There could be many reasons for this, including the availability of coaches, finances, and roster numbers.

## 2. Practices / Training Requirements

The time, place, duration, and content of your practices will be established by your program leadership and can vary rather significantly from program to program. However, rest assured your coaches have completed the required certification course work and have demonstrated competence in coaching their sport. The following are general training expectations set forth by the State Office:

- Bowling: A minimum of five 3-game series or a total of 15 games over a minimum of 8 weeks.
- Winter Games: A minimum of 15 hours over a minimum of 8 weeks.
- Basketball: A minimum of 15 hours over a minimum of 8 weeks.
- Summer Games: A minimum of 15 hours over a minimum of 8 weeks. The number of hours required would be divided among the number of sports in which you are participating; for example 3 sports - 5 hrs per sport / 2 sports - 7.5 hrs per sport / 1 sport - 15 hours.
- Equestrian: A minimum of 15 hours over a minimum of 8 weeks.

- Fall Classic: A minimum of 15 hours over a minimum of 8 weeks. The number of hours required would be divided among the number of sports in which you are participating; for example 2 sports - 7.5 hrs per sport / 1 sport - 15 hours.

### 3. Unified Sports

There are two kinds of teams in Special Olympics, Traditional and Unified. Everyone on a Traditional Team is a Special Olympics Athlete. On a Unified Team, some of the players have a disability and some do not.

### 4. Athletes Code of Conduct

Special Olympics is committed to the highest ideals of sport and expects all athletes to honor sports and Special Olympics. All Special Olympics athletes and Unified Sports Partners are expected to observe the following code:

#### **Sportsmanship**

I will practice good sportsmanship.

I will act in ways that bring respect to me, my coaches, my team, and Special Olympics.

I will not use bad language.

I will not swear or insult other persons.

I will not fight with other athletes, coaches, volunteers, or staff.

#### **Training and Competition**

I will train regularly.

I will learn and follow the rules of my sport.

I will listen to my coaches and the officials and ask questions when I do not understand.

I will always try my best during training, divisioning, and competitions.

I will not “hold back” in preliminary competition just to get into an easier finals division.

#### **Responsibility for My Actions**

I will not make inappropriate or unwanted physical, verbal, or sexual advances on others.

I will not smoke or vape in non-smoking areas.

I will not drink alcohol or use illegal drugs at Special Olympics events.

I will not take drugs for the purpose of improving my performance.

I will obey all laws and Special Olympics rules.

I understand that if I do not obey this Code of Conduct, I will be subject to a range of consequences by my Program or a Games Organizing Committee for a World Games, up to and including not being allowed to participate.

### 5. You Know What I mean?

People often use short-cuts when speaking and writing about Special Olympics.

DQ = Disqualification. An athlete will receive only a participation ribbon when, during competition, a judge determines a rules infraction has occurred.

GOC = Games Organizing Committee. For every State event we host, there is a group of people from the host city who help organize the event.

HA = Healthy Athletes. At our State Summer Games, we provide health screenings to athletes.

HOD = Head of Delegation. This is the person in charge of your delegation/team.

ID = Intellectual Disability. All athletes participating in Special Olympics have an ID.

LETR = Law Enforcement Torch Run. These are people who help raise money for SOSD.

SO or SOI = Special Olympics and Special Olympics, Inc. The preferred name is Special Olympics.

SOSD = Special Olympics South Dakota. SOSD is a state program of Special Olympics. The State Office is located in Sioux Falls.

UP = Unified Partners. These are players on teams who do not have an ID.

YA = Young Athletes. These are future Special Olympics athletes who are ages 2 - 7.

## **6. Application for Participation in Special Olympics South Dakota**

To participate in Special Olympics, you must complete Form A: Application for Participation in Special Olympics South Dakota. This form contains the following components:

- ⇒ Your contact information
- ⇒ Contact information for a parent/guardian
- ⇒ Health insurance information
- ⇒ Physical exam that must be completed by a medical professional every three years
- ⇒ A release signed by either you or a parent/guardian
- ⇒ Once this form is completed, you should give it to your HOD. They will give a copy to the State Office.
- ⇒ If you should get injured or become ill at a Special Olympics event and should require the care of a medical professional, your HOD should bring this document with you.

## **7. Concussions**

### **Defining a Concussion**

A concussion is a type of traumatic brain injury caused when you get hit on the head or from a bunch of smaller blows to the head. Concussions can also occur from a blow to the body that causes the head and brain to move quickly back and forth—causing the brain to bounce around or twist within the skull. Although concussions are usually not life-threatening, their effects can be serious, therefore, proper attention must be paid to individuals suspected of sustaining a concussion.

### **Suspected or Confirmed Concussion**

If a coach or official thinks you have sustained a concussion in a practice, game, or competition, you will be removed

from practice, play, or competition at that time. If a qualified medical professional is available on-site to render an evaluation, that person shall have final authority as to whether or not a concussion is suspected. If applicable, your parent or guardian should be made aware that the participant is suspected of sustaining a concussion.

### **Return to Play**

If you have been removed from practice, play or competition due to a suspected concussion, you may not participate in Special Olympics sports activities until either of the following occurs A) at least seven consecutive days have passed since you were removed from play and a currently licensed, qualified medical professional\* provides written clearance for the participant to return to practice, play and competition or B) a currently licensed, qualified medical professional determines you did not suffer a concussion and provides written clearance for you to return to activities immediately. Written clearance in either of the scenarios above shall become a permanent record.

\*A qualified medical professional is defined as a person who is registered, certified, licensed, or otherwise recognized in law, by the State of South Dakota, to provide medical treatment and is trained and experienced in the evaluation, management, and care of concussions.

## **8. Abuse**

Your health, safety, and well-being are of the highest concern to those in your Special Olympics family (Coaches, chaperones, staff, and volunteers). If you should ever feel unsafe or mistreated, we urge you to seek the assistance of a family member or a trusted member of your Special Olympics family.

## **9. Competition Readiness**

To compete at your best you need to be prepared!

1. Proper sports equipment: For example, you will need a softball glove that fits your hand.
2. Uniform or sports clothing: Blue jeans are not appropriate for competition. Your shoelaces should be tied and you should be wearing sports socks.
3. Proper sports shoes: If you wear cowboy boots while competing in basketball, for example, the possibility of injuring an ankle is quite high. Plus, you won't look like a serious athlete.
4. Minimal or no jewelry.
5. Hair is out of your face.
6. Sunscreen on exposed skin.
7. Eat a healthy snack or meal within 2-3 hours of the event.
8. Drink one bottle of water within an hour of the event.
9. Warm-up before the event.

## **10. Year-round Fitness**

Staying fit and healthy should not end when your latest State event is over. It is very important for you to set fitness goals and strive to fulfill them. Here are some ideas:

1. Work out or go for a walk at least 5 times per week.

2. Eat fast food no more than 3 times per week.
3. Get 8 hours of sleep per night.
4. Drink 5 large glasses of water per day.
5. Do not drink soda... even diet soda.
6. Eat 5 fruits and/or vegetables every day.

## 11. Athlete Leadership

Inclusion starts with Athlete Leadership! What does the word “inclusion” mean? Many things, but as it applies to Special Olympics it means:

- A. You should have the opportunity to enjoy the same experiences as people without an ID, and;
- B. You should have the same opportunities to contribute to SO through the sharing of your talents and gifts outside of competition.

The following are roles athletes can and should be filling:

1. Athlete Leadership Council
2. Coaches
3. Committee Members
4. Fund-raisers
5. Games Organizing Committee Members
6. Global Messengers (Giving Speeches)
7. Health Promoters
8. Officials
9. Photographers
10. Reporters
11. SOSD Board of Directors
12. Volunteers

For more information regarding any of these roles, contact the state office at 605.331.4117.

## 12. Fundraising

It takes a lot of money to put on Special Olympics events. You can help your local program as well as the State with this. We strongly encourage you to attend fundraising events in your community and actively help out when applicable.

**For you to perform at your best, you need to know the rules of the game. Look for Athlete Handbooks for all of your sports.**

# Special Olympics South Dakota Sports Rules - Bowling

## Events Offered

### 1. Traditional State Bowling Events:

- ⇒ Singles (Male, Female, and Ramp)
- ⇒ Doubles (Male, Female, Mixed, and Ramp)
- ⇒ Team (Male, Female, Mixed, and Ramp)
- ⇒ Ramp (assisted and unassisted)

### 2. Traditional Area Bowling Events:

- ⇒ Singles only offered (Male, Female, and Ramp)

### 3. Unified State Bowling Events:

- ⇒ Doubles (Male, Female, and Mixed)
- ⇒ Team (Male, Female, and Mixed)

### 4. Unified Area Bowling Events:

- ⇒ Unified Doubles only offered (Male, Female, Mixed)

## General Bowling Rules

1. All bowling rules apply to both traditional and unified bowling events unless noted in this handbook.
2. You must bowl at least 15 games before competition so your Coach can get your bowling average.
3. All bowlers will bowl three games during both area and state competition, time permitting.
4. Bowlers will bowl ten frames, alternating lanes every frame.
5. Foul lines will be on and utilized in all events (Traditional, Ramp, Unified events)
6. Ramp bowlers will bowl three (3) frames in a row with 4 frames on the last rotation of the game, all in the same lane.
7. Handicaps will be used to figure final results. In Special Olympics, the handicap is normally based on 100% of the difference of the bowler's average from 200. (Example: If your average is 100, you would receive a handicap of 100. If your average was 50, your handicap would be 150. When you add these numbers together the total will be 200)
8. No one will be allowed on the lanes other than assigned volunteers and designated coaches. Family members and spectators will not be allowed beyond the ball rack area.
9. **All bowlers must be on their lanes and ready to bowl by the first frame of the first game. If not, you will not be eligible to compete until the first frame of the second game. If you miss the first frame of the second game, you cannot begin to bowl until the third game. Simply – bowlers not present for the first frame of each game will be scratched from that game but may bowl the remaining games. You will receive a zero (0) for missed games.**
10. The third game will not be bowled if it has not begun at least 30 minutes before the scheduled finish time (each session). Tournament officials reserve the right to stop bowling as they see necessary to keep the tournament on schedule. **Results will be determined by complete games only.**

11. Bowlers who are missing from Doubles and Teams will receive their average as their score.
12. If a bowler is missing from their lane for an excessive amount of time for such things as using the bathroom or getting concessions, (an excessive amount of time is defined as 3 frames), you will receive a “o” for frames missed. The Games Organizing Committee reserves the right to address this issue on an individual basis.

## **Ramp Bowling Rules**

1. UNASSISTED BOWLER: Coaches/volunteers are ONLY placing the ball onto the ramp. The bowler must independently line up the ramp and push the ball.
2. ASSISTED BOWLER: Coaches/volunteers are providing additional assistance beyond placing the ball onto the ramp (ex: aligning the ramp, pushing the ball, etc.)
3. No distinction will be made between assisted and unassisted when divisioning for ramp doubles and ramp teams. Each bowler will be provided the amount of assistance needed.
4. Ramp bowlers are only eligible to participate in the Traditional area and Traditional state bowling tournaments. They are not eligible to participate in the Unified Area and Unified State Bowling Tournaments.

## **Equipment**

1. You can use your own bowling ball. House bowling balls will be provided on a first come first serve basis.
2. A handle ball may be used by an athlete whose disability makes it difficult for them to grasp a regular bowling ball (not limited to loss of hand/fingers).
3. Bowling shoes must be worn during competition. You can wear your own bowling shoes or you can also get these from the Bowling Alley. You CANNOT bowl in your socks.
4. No street shoes are allowed below the ball rack in the athlete seating area.

## **Uniforms**

1. Your clothes should be neat and clean.
2. Short-sleeved collared shirts or bowling shirts are preferred. You will be allowed to bowl if you wear something other than this.
3. Commercial messages or advertising is not allowed on uniforms.
4. Long pants, skirts, or dress shorts are preferred. You will be allowed to bowl if you wear something other than this.
5. You must wear socks.

## **The Game**

1. A game consists of 10 frames. A player delivers two balls in each of the first nine frames unless a strike is scored. In the tenth frame, a player delivers three balls IF a strike or a spare is scored.
2. A game is played on two lanes immediately adjoining each other. You will alternate lanes. (Except for Ramps)

## **Fouls**

1. A foul occurs if a part of your body goes beyond the foul line.
2. If a foul is recorded, the delivery counts but you do not get credit for any pins knocked down. Pins knocked down by the ball when the foul occurred must be re-spotted if you are entitled to additional deliveries in the frame.
3. A foul shall be declared and recorded if the automatic foul detecting device fails to call a foul that is apparent to

your lane volunteer, an opposing player, or a tournament official.

## **Dead Ball**

A ball shall be declared dead if any of the following occur:

1. After a delivery (and before the next delivery on the same lane) attention is immediately called to the fact that one or more pins were missing from the setup of the pins.
2. A player bowls on the wrong lane or out of turn.
3. Any pin is moved or knocked down as a player delivers the ball but before the ball reaches the pins.
4. A delivered ball comes in contact with a foreign obstacle.

## **Bowling on the Wrong Lane**

If possible, a manual score correction will be made when a player or players bowl on the wrong lane; otherwise, the following protocol will be followed.

1. A dead ball shall be called and the player or players shall re-bowl on the correct lane.
2. If more than one player on the same team bowls on the wrong lane, the game will be completed without adjustment. Any succeeding games must be started on the correct scheduled lane.

## **Illegal Pinfall**

When any of the following occurs the delivery counts but the resulting pinfall does not:

1. A ball leaves the lane before reaching the pins (goes in the gutter and comes back on the lane).
2. A ball rebounds from the rear cushion.
3. A pin is touched by mechanical pin setting equipment.
4. The player commits a foul.
5. A delivery is made with a dead pin on the lane or in the gutter and the ball contacts this pin.

## **Scorekeeping**

1. All games bowled in a tournament shall be recorded, either manually or using an approved automatic scoring device.
2. When scoring manually, the number of pins knocked down by the player's first delivery is to be marked in the small square in the upper left-hand corner of that frame, and the number of pins knocked down by the player's second delivery is to be marked in the upper right-hand corner.
3. If none of the standing pins are knocked down by the second delivery in the frame, the score sheet shall be marked with a (-).
4. The count for the two deliveries in the frame shall be recorded immediately, when possible.

## **Errors in Scoring**

1. Scoring or calculation errors must be corrected by a responsible tournament official immediately upon the discovery of such error.
2. Questionable errors shall be decided upon by the designated official.

## **Protests**

1. As you are bowling, if you feel an error in scoring has been made and not corrected, you should immediately notify your coach. Your coach will determine if a protest should be filed. The timeline for filing/resolving protests on scoring errors shall be before the awards presentation which immediately follows the completion of the division.
2. Each protest under this rule must be specific in itself and shall not be construed to cover a previous or similar violation.

## **Coaching**

1. Coaching will be allowed as long as the coach remains behind the lanes/the ball racks/off the lanes.
2. Athletes may talk to their coaches but cannot leave the bowling area and no delay of the game may occur.

## **Bowling Terminology**

### **Strike**

1. A strike is made when all ten pins are knocked down with the first delivery in a frame.
2. It is marked by an (X) in the small square in the upper left-hand corner of the frame where the strike was made.
3. The count for one strike is ten (10) plus the number of pins knocked down on the player's next two deliveries.

### **Double**

1. Two consecutive strikes.
2. The count for the first strike is 20 plus the number of pins knocked down with the first delivery following the second strike.

### **Triple or Turkey**

1. Three successive strikes. The count for the first strike is 30.
2. To bowl the maximum score of 300, the player must bowl 12 strikes in succession.

### **Spare**

1. A spare is scored when pins left standing after the first delivery are knocked down with the second delivery in that frame.
2. It is marked with a (/) in the small square in the upper right-hand corner of that frame.
3. The count for a spare is ten (10) plus the number of pins knocked down by the player's next delivery.

### **Absent or Withdrawal of Bowlers**

1. Bowlers who are missing from Doubles and Teams will receive their average as their score. As a result, the rest of the athletes can compete.
2. Bowlers who do not complete a minimum of 3 frames will receive a zero score toward their event score and are not eligible for an award. They may receive a participation ribbon.
3. If a bowler completes a minimum of 3 frames but is unable to finish, they will receive the score bowled and a zero for any games not started.
4. Bowlers who complete a minimum of 3 frames are eligible for awards.

## **Traditional Divisioning Guidelines**

1. Divisions are based on gender, age group, and qualifying score.
2. Divisions may be combined or subdivided according to the number of bowlers. They will contain a minimum of 3 athletes/teams and a maximum of 8.

### **Unified Divisioning Guidelines**

1. Divisions are based on gender, age groups, and qualifying scores.
2. Divisions may be combined or subdivided according to the number of bowlers.
3. Unified doubles MUST BE comprised of 1 athlete and 1 unified partner.
4. Unified teams MUST BE comprised of 2 athletes and 2 unified partners.

### **Awards**

1. Final scores for each athlete are compiled by adding the total of all games bowled plus their handicap score.
2. Area awards include ribbons for 1st - 8th place in each division.
3. State awards include medals for 1st - 3rd place and place ribbons for 4th-8th in each division.
4. All bowlers will receive an award.
5. Awards will be presented on the lanes immediately after the completion of each division.

### **Sportsmanship**

1. Put forth maximum effort during each event.
2. Practice the skills with the same intensity as you would perform them in competition.
3. Always finish a game/event. Never quit.
4. Always comply with the rules.
5. Demonstrate sportsmanship and fair play at all times.
6. Respect the decision of the officials at all times.