



BOWLING

INSTRUCTIONS TO ATHLETES

1. Competition numbers must be worn. (Front and Back)
2. You may not be assisted or coached in the competition area.
3. Bowling balls and shoes will be provided.
4. Competitors may elect to use their own bowling ball and shoes.
5. Competitors will be allowed to bowl two games.
6. Places will be awarded based on total pin score.
7. Warm up will be allowed prior to competition.
8. Ten Frames will be bowled straight though at one time
9. Ambulatory competitors will utilize league bowling switching lanes.
10. Adaptive bowling categories; wheelchair, wheelchair adaptive (i.e., ramp, stick or handle ball), and visually impaired.
11. Competitors can only compete in one adaptive bowling category.
12. Bowlers will adjust their own ramps with no assistance from volunteers or officials.
13. Adaptive bowling categories will not switch lanes.
14. Handrails may be used for those competitors with visual impairments.
15. Medals will be awarded based on category, age and gender
16. Resolving ties: competitors who tie will be awarded duplicate medals.