

## **BOWLING GUIDELINES**

### **SECTION I. SEASON LIMITATIONS**

- A. Opening dates - same as IHSA guidelines.
- B. Length of season - ending with State Meet.
- C. Other limitations - according to IHSA Guidelines.

### **SECTION II. SCHEDULE**

- A. Number of Contests -eighteen (18) dates exclusive of State Series.
- B. Single round with two (2) position nights.
- C. Make-up procedures:
  - 1. Contest may be postponed due to weather, transportation, or other emergency situations.
  - 2. In case of cancellation, the opponent will be called by 2:00 p.m., or as soon as possible
  - 3. The Athletic Directors will do rescheduling as soon as possible.

### **SECTION III. LEVELS OF COMPETITION**

- A. Varsity – six (6) bowlers, 3 on 3 on two (2) pairs of lanes, count the best five (5) scores for each game point, add each game total for series point.
- B. JV1 – flexible format, depending on number of available competitors. Option 1 – six (6) bowlers, 3 on 3 on two (2) pairs of lane, count the best five (5) scores. Option 2 – three (3) bowlers, 3 on 3 on one (1) pair of lanes, count all scores.
- C. JV2 – Same as JV1
- D. Conference rule: No player may participate at two (2) levels on the same day.
- E. Scores of meet must be faxed or e-mailed ASAP to League Secretary after each meet.
- F. Rosters must be faxed or e-mailed to League Secretary one (1) week prior to League competition.

### **SECTION IV. GAMES/CONTEST MANAGEMENT**

- A. A meet consists of a three (3) game series. Each meet will be conducted according to the ABC/WIBC Bowling Guidelines and the State Guidelines.
- B. Starting Time - Meets will start at 4:00 p.m. or a time designated by the Host School. Bowlers may warm-up for five (5) minutes on each lane.
- C. Uniforms - All players will appear in a school issued or approved team top of uniform and regulation bowling shoes (cost of rental shoes will be paid by the host school)
- D. Approved equipment -Visitors may use bowling balls of the bowling center if they desire.
- E. Order of events - All teams will bowl at the same time.
- F. General Rules
  - 1. Bowlers will alternate alleys and use foul lights.

2. Substitutes are allowed after the completion of each game. However, no bowler may bowl on more than one level on the same day. (Conference rule)
  3. No refreshments in the bowling seating area.
  4. Each team will select a captain. The captain or qualified alternate will keep score for the opposing team, sign the score sheet, and have it verified by the opposing captain.
  5. After a game has started, no change shall be made in the order of players except when a player may be removed because of disability, injury, or emergency. If a bowler is removed, a substitute may take her place immediately. If a substitute is not available, then the bowler's conference average minus ten (10) pins prorated per frame will be used for the remaining frames. A player, once removed from a game, may not return. After the first conference match, the absent score will be the bowler's current conference average minus ten (10) pins. (ABC/WIBC guidelines)
  6. Any Varsity, JV1, or JV2 team having less than half of the team's bowlers present and competing must forfeit. (ABC/WIBC guidelines)
  7. Tardy player's -A bowler who arrives late may enter the game provided four (4) frames have not been completed. The score of the tardy player will be the ten (10) pins less than her conference average if she arrives after the fourth frame.
  8. Use of unsportsmanlike conduct or profanity will not be tolerated. Repeated occurrences will result in removal from the meet by the bowlers coach. If a bowler is removed, a substitute may replace the ejected bowler for the remaining frames. If a substitute is not available, then one-tenth of her average will be used for each of the remaining frames.
  9. Each bowler may have only one (1) ball on the rack at a given time.
- G. Position nights
1. There will be two (2) position nights for Varsity and JV1 teams.
  2. At each position night, 1<sup>st</sup> place vs. 2<sup>nd</sup> place, 3<sup>rd</sup> place vs. 4<sup>th</sup> place, 5<sup>th</sup> place vs. 6<sup>th</sup> place, 7<sup>th</sup> place vs. 8<sup>th</sup> place, 9<sup>th</sup> place vs. conference team average.
  3. There will be six (6) bowlers, 3 on 3 on two (2) pairs of lanes, count the best five (5) scores for each game point, add each game total for series point.
  4. Substitutes are allowed after the completion of each game.
  5. Ties for position in standings are broken by 1<sup>st</sup> – head to head competition, 2<sup>nd</sup> – conference team average and finally – a coin flip.
  6. Position night points count in standings.
  7. Position nights will alternate between schools able to host meet. There will be one in the south and one in the north half of the area.

### **VARSIITY**

1. Each team has 6 bowlers
2. The top 5 scores of each team are added for the team game total.
3. The 3 game totals are added for the series total.
4. All individual scores count for conference averages.
5. Substitutions allowed between each game.

6. Anyone bowling in varsity position night is not eligible for JV1 position night.
7. All team points will be based on series total only.
8. Each team will get one win point for each team with a lower series total and one loss point for each team with a higher series total (the team with the highest series total will earn 8 win points and 0 loss points, 2<sup>nd</sup> highest team series will earn 7 win points and 1 loss point, 3<sup>rd</sup> highest team series will earn 6 win points and 2 loss points, etc.). Ties will earn ½ points.

#### **JUNIOR VARSITY**

1. Each team has 6 bowlers.
  2. The top 5 scores of each team are added for the team game total.
  3. The 3 game totals are added for the series total.
  4. Substitutions allowed between each game.
  5. All team points will be based on series total only.
  6. Each team will get one win point for each team with a lower series total and one loss point for each team with a higher series total ( the team with the highest series total will earn 8 win points and 0 loss points, 2<sup>nd</sup> highest team series will earn 7 win points and 1 loss point, 3<sup>rd</sup> highest team series will earn 6 win points and 2 loss points, etc.). Ties will earn ½ points.
- H. Coaching – **A bowler may not be coached by a spectator/parent during the meet.** (IHSA tournament rule) Team members and coaches are the only ones who may sit on the benches by the lanes.
- I. It is strongly suggested that visiting school contact home school with their total number of bowlers by noon of the day of competition.

#### **SECTION V. CHAMPIONSHIP DETERMINATION**

- A. Team scoring will be based on a four- (4) point system. One (1) point will be given for each of three games and one (1) point for total pins. (ABC/WIBV Guidelines)
- B. A tie game will count one-half point for each team.
- C. The Conference Championship will be determined on the basis of total points in conference meets.

#### **SECTION VI. CONFERENCE TOURNAMENT – Not applicable**

#### **SECTION VII. COACHES MEETING**

- A. Two (2) mandatory coaches' meetings
  1. Pre-season – to go over season and answer question about upcoming season.
  2. Post-season – to certify Standing/All Conference, review finished season and make proposals for the next season.
- B. Chairperson of each coach's meeting will be the Athletic Director from Lake Park High School.

### **SECTION VIII. SPECTATOR CONTROL**

Spectator control is the responsibility of the host school. Spectators must remain in the designated spectator area and may not coach participants during the meet. At all IHSA and Conference meets the use of tobacco and alcohol in the area of the meet is prohibited.

### **SECTION IX. REPORTING SCORES**

- A. After each meet, the Host School will make a composite of the games and send (e-mail or fax) a copy to the Bowling Secretary.
- B. Bring your win/loss record and individual scores to the Post-season Coaches' Meeting.

### **UPSTATE EIGHT ALL-CONFERENCE BOWLING SELECTIONS**

- A. The Upstate Eight All-Conference Team will consist of eleven (11) bowlers with the highest averages in conference matches. They must have bowled in 75% of the conference games at the varsity level in order to be considered.
- B. Honorable Mention – All bowlers that average 160 or more in at least 50% of the conference games will receive Honorable Mention Awards.
- E. The All-Conference and Honorable Mention selections must be recommended by their coach.
- F. If a tie in averages should occur, the bowler with the greatest number of total pins in conference competition will be the selection. If a tie still remains, all of those tied will become All-Conference selections.