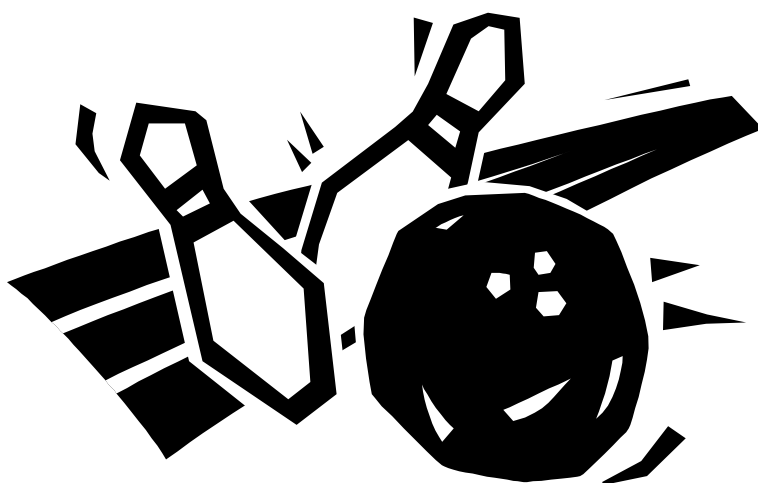


Special Olympics Northern California and Nevada

Bowling



2005 Guidelines and Rules

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SPECIAL OLYMPICS

MISSION STATEMENT

The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with mental retardation, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics Athletes and the community.

Training for Life

SONC / SONV PLAYS BY THE RULES.....

All Special Olympics competitions will be conducted in accordance with the Official Special Olympics Sports Rules and the National Governing Body of Rules for each sport offered in our program. These rules are designed to protect the Athletes, provide equitable conditions of competition and promote uniformity so that no competitor shall obtain an unfair advantage over another.

The International Olympics Committee (IOC) has granted its official recognition to Special Olympics International, Inc., and its accredited programs.

Special Olympics Northern California and Nevada

COACHES' CODE OF CONDUCT

Special Olympics Northern California and Nevada (SONC / SONV) Coaches are models whose behavior should serve as a positive example for their athletes. Their behavior should reflect a concern that the fairest and most positive competitive experience is equally available to every Special Olympic Athlete in a competition.

The Coach has the unique opportunity to influence the development and personal growth of many individuals. For this reason, it is important that the coach adhere to the standards of ethical decision making and teaching. Recognizing this point, it is the position of Special Olympics Northern California that the coach shall:

RESPECT FOR OTHERS

- ❑ I will respect the rights, dignity and worth of athletes, coaches, other volunteers, friends and spectators in Special Olympics.
- ❑ I will treat everyone equally regardless of sex, ethnic origin, religion or ability.
- ❑ I will be a positive role model for the athletes I coach.

ENSURE A POSITIVE EXPERIENCE

- ❑ I will ensure that for each athlete I coach, the time spent with Special Olympics is a positive experience.
- ❑ I will respect the talent, developmental stage and goals of each athlete.
- ❑ I will ensure each athlete competes in events that challenge that athlete's potential and are appropriate to that athlete's ability.
- ❑ I will be fair, considerate and honest with athletes and communicate with athletes using simple, clear language.
- ❑ I will ensure that accurate scores are provided for entry of an athlete into any event.
- ❑ I will instruct each athlete to perform to the best of the athlete's ability at all preliminaries/heats and finals in accordance with the Official Special Olympics Sports Rules.

ACT PROFESSIONALLY AND TAKE RESPONSIBILITY FOR MY ACTIONS

- ❑ My language, manner, punctuality, preparation and presentation will demonstrate high standards.
- ❑ I will display control, respect, dignity and professionalism to all involved in the sport (athletes, coaches, opponents, officials, administrators, parents, spectators, media, etc.).
- ❑ I will encourage athletes to demonstrate the same qualities.
- ❑ I will not drink alcohol, smoke or take illegal drugs while representing Special Olympics at training sessions or during competition.
- ❑ I will refrain from any form of personal abuse towards athletes and others, including verbal, physical and emotional abuse.
- ❑ I will be alert to any form of abuse from other sources directed toward athletes in my care.

QUALITY SERVICE TO THE ATHLETES

- I will seek continual improvement through performance evaluation and ongoing coach education.
- I will be knowledgeable about the Sports Rules and skills of the sport (s) I coach.
- I will provide a planned training program.
- I will keep copies of the medical, training, and competition records for each athlete I coach.
- I will follow the Special Olympics and National Governing Body rules for my sport(s).

HEALTH AND SAFETY OF THE ATHLETES

- I will ensure that the equipment and facilities are safe to use.
- I will ensure that the equipment, rules, training and the environment are appropriate for the age and ability of the athletes.
- I will review each athlete's medical form and be aware of any limitations on that athlete's participation noted on that form.
- I will encourage athletes to seek medical advice when required.
- I will maintain the same interest and support towards sick and injured athletes.
- I will allow further participation in training and competition only when appropriate.

Should the behaviors and/or abilities of any coach or other faction of your school/organization be contrary to these principles or to the philosophies of Special Olympics, then one or more of the following steps may be taken by Special Olympics Northern California:

1. The coach may be notified by official warning of the undesirable behavior and be requested to remedy the situation for continued participation.
2. The coach may be requested to withdraw personally or with his/her team from the remainder of the event or tournament.

In the event of extreme or repeated behavior contrary to the best interests of SONC / SONV Athletes or SONC / SONV Program, Special Olympics Northern California and Nevada may:

1. Ban the coach or organization from participation in any or all Special Olympics events for a specified period of time.
2. Ban the coach or organization from participation in SONC / SONV indefinitely

Special Olympics Northern California and Nevada

ATHLETE'S CODE OF CONDUCT

Special Olympics Northern California and Nevada (SONC / SONV) is committed to the highest ideals of sport and expects all athletes to honor sports and Special Olympics. All SONC / SONV Athletes and Unified Partners agree to 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 official 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 competition division.

RESPONSIBILITY FOR MY ACTIONS

- I will not make inappropriate or unwanted physical, verbal, or sexual advances on others.
- I will not smoke in non-smoking areas.
- I will not drink alcohol or use illegal drugs at Special Olympics venues
- I will not take drugs for the purpose of improving my performance.
- I will obey all laws and Special Olympics rules, the International Federation and the National Federation/Governing Body rules for my sport(s).

I agree to obey this code and I understand that if I do not obey this Code of Conduct, I will be subject to a range of consequences by SONC / SONV program up to and including not being allowed to participate.

SONC / SONV BOWLING RULES AND REGULATIONS

The Official Special Olympics Rules shall govern all Special Olympics Bowling competitions. As an international sports program, Special Olympics has created these rules based upon the American Bowling Congress (ABC) and the Women's International Bowling Congress (WIBC). ABC or WIBC rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules. In such cases, the Official Special Olympics Sports Rules shall apply.

SECTION A - GENERAL RULES

1. EACH SPECIAL OLYMPICS ATHLETE IS REQUIRED TO HAVE AN **APPLICATION FOR PARTICIPATION AND A RELEASE FORM** FILLED OUT AND SIGNED BY A CERTIFIED PHYSICIAN IN ORDER TO PARTICIPATE. ALSO, EACH UNIFIED PARTNER MUST FILL OUT A **UNIFIED® PARTNER RELEASE FORM** IN ORDER TO PARTICIPATE. THIS IS IN ACCORDANCE WITH SPECIAL OLYMPICS GENERAL RULES.

SECTION B - OFFICIAL EVENTS

1. Singles
2. Doubles
 - a. Traditional and Unified® Male
 - b. Traditional and Unified® Female
 - c. Traditional and Unified® Mixed

SECTION C - DIVISIONS

Competitors in bowling will compete in one of four age groups:

- a) Junior: ages 15 and under
- b) Senior: ages 16-21
- c) Masters: ages 22 and over
- d) Open Age Group: reserved for combining age groups to meet the required minimum number of competitors or teams in a division.

SECTION D - UNIFORMS

In instances of uniform violations, ABC rules will be enforced

No Jeans! SONC / SONV requires a polo shirt; casual slacks for males and skirts or slacks for females. Team Shirts are not required.

SECTION E - EQUIPMENT

Athletes should provide their own shoes and bowling ball. However, most bowling alleys do provide these, but keep in mind their equipment is limited.

SECTION F - COACHES AND THEIR RESPONSIBILITIES

1. Coaches shall remain off the alleys while competition is taking place. The only allowable exception is any coach assisting athletes requiring ramps.
2. Coaches are responsible for knowing and understanding the rules of the game, not only the modified rules in this manual, but also the International Rules of the game. The National Governing Body of Rules for Special Olympics Bowling is the American Bowling Congress or the Women's International Bowling Congress. To acquire your own **ABC** Rules Book, write to:

American Bowling Congress
5301 S. 76th Street
Greendale, WI 53129
(414) 421-6400

SECTION G - RULES OF COMPETITION

1. 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. Within the ramp bowling division, there shall be two classifications an athlete may enter.

Ramp unassisted bowl

a) Rules

- i. Athlete aims ramp into position unassisted.
- ii. Athlete positions ball on the ramp and pushes ball down ramp towards target.

Ramp assisted bowl

a) Rules

- i. Athlete aims ramp into position with assistance.
- ii. Athlete positions ball on the ramp with assistance and pushes ball down ramp towards target. Assistant may guide, align or direct ramp and athlete but may not support or assist with the ball's forward movement.

- c. A ramp bowler may be allowed to bowl up to three frames consecutively.

2. General Rules

- a. The scratch entry score to determine ability divisions will be based on the following sequence:

Bowlers with established ABC or WIBC book average(s) will use the highest average from the most recent book.

Bowlers with over 15 games in an established league will use the league average.

Bowlers without book or league averages will use a 12-game average in practice or other non-league play.

- b. Bowlers are encouraged to wear bowling shirts with collars; casual slacks for males and skirts or slacks for females.

3. General Rules - Unified Sports® Events

- a. Unified Sports® doubles or teams shall consist of an equal number of Athletes and Partners (1&1).
- b. The final score for the Unified Sports® team shall be the sum of each competitor's total score
- c. Bowlers on a Unified Sports® team may be assigned to bowl in any order.