

2018-2019 MIDDLE SCHOOL EXTRAMURAL ATHLETICS

BOYS AND GIRLS BOWLING RULES AND GUIDELINES

- All teams will practice 1 day a week for 6 weeks with a competition at the end of the six weeks.

COMPETITION

- Teams will consist of two teams comprised of a boys team and girls teams.

GENERAL INFORMATION

- Each athlete must have:
 - Middle School Activities Contract and Eligibility Form, including:
 - Emergency Contact information
 - Signed Concussion and Sudden Cardiac Arrest information form
 - Sport-specific consent form
 - Physical – Each athlete is required to have a current physical (last 13 months)
 - ASB Card Purchased (\$15.00)
- All the ABOVE INFORMATION MUST BE on file with the building athletic director before participation.
- Team uniforms will include school colors colored shirt with school name and comfortable pants for movement.

EQUIPMENT

- All bowlers will need to wear a pair of bowling shoes either their own or the rental shoes provided by the bowling alley. **PLEASE REMEMBER TO WEAR SOCKS!!!**
- Bowlers will have use of the bowling balls provided by the bowling alley or may use their own ball.
- Coaches are required to have a First Aid kit with them at all practices and games
- Coaches are required to have a copy of the emergency medical cards for each student-athlete on their team

RULES CLARIFICATIONS

- Practice times will start at 3:30pm unless otherwise noted.
- Teams will begin practice with instruction and then will keep score for at least two (2) games.
- We would like for the students to complete at least 2 games for score each week.
- Bowlers will keep track of scores and be ranked by their bowling average (average of games).

RULES OF ETIQUETTE

- Stay off the approach area unless it is your turn to bowl.
- Wait for the bowler(s) on the neighboring lanes to bowl if they are up before you.
- Be quiet when someone is getting ready to bowl.

- Be a good sport when you bowl well (and when you do not bowl well).
- Use only your own ball.
- Be ready when it is your turn to bowl.
- Wait for your ball back by the scoring unit...off the approach.
- When you are finished bowling, return your shoes to the front counter and put your ball back on the ball rack.

SAFETY

- Stay off the approach area unless it is your turn to bowl.
- Wait for the bowler(s) on the neighboring lanes to bowl if they are up before you.
- Be quiet when someone is getting ready to bowl.
- Be a good sport when you bowl well (and when you do not bowl well).
- Use only your own ball.
- Be ready when it is your turn to bowl.
- Wait for your ball back by the scoring unit...off the approach.
- When you are finished bowling, return your shoes to the front counter and put your ball back on the ball rack.

CHAMPIONSHIP INFORMATION

- The top five (5) bowlers for boys and girls finishing with the top averages will be invited to participate in all-city championships.
- The championship teams will be presented with a perpetual trophy to be displayed in the school.
- The top eight (8) average scores at the championship will be presented with a ribbon.

RULES - Governed by Washington Interscholastic Activities Association and National Federation 2018 Rules.