

A young woman with dark hair in a ponytail is in the middle of a bowling motion. She is wearing a blue and white patterned bowling shirt with "2000" and "COMPANY" visible, and black pants. She is holding a dark purple bowling ball. In the background, a man in a light blue shirt and khaki pants is sitting in a bleacher, watching. To the left, a white Brunswick bowling ball return is visible. The scene is set in a bowling alley with other lanes and spectators in the background.

HIGH SCHOOL GUIDEBOOK

A **Future** FOR
THE **Sport**

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Mission

To provide benefits, resources and programs that enhance the bowling experience.

USBC High School

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WHAT IS USBC HIGH SCHOOL?

USBC High School serves as a resource program, offering assistance in the creation, development and advancement of high school bowling programs for school administrators, state athletic associations, proprietor organizations and local USBC associations.

USBC High School actively provides guidance to all levels of high school bowling, providing rules assistance, instructional opportunities, membership, awards and industry resources to ensure the success of high school bowling in every community.

USBC High School maintains strong relationships with the National Federation of High School Associations, state athletic associations, the Bowling Proprietors' Association of America and USBC Coaching. High School bowling provides developmental opportunities, such as Junior Gold and collegiate bowling, for all levels of high school competitors.

BENEFITS OF HIGH SCHOOL BOWLING

- Promotes higher grades and lower school dropout rates through participation.
- Offers student-athletes a safe, clean, supervised, alcohol- and tobacco-free environment.
- No age, size, strength or gender limitations.

- Provides an option for schools seeking Title IX compliance.
- Does not compete with other varsity sports for athletes.
- Offers another sport to add to a high school athletic program.
- Minimal start-up expenses
- An excellent non-contact sport
- Gives youth additional opportunities to compete, earn high school varsity letters and college scholarships.

BOWLING: A LIFETIME SPORT

Bowling is for everyone! Bowling has no age, size, strength or gender limitations. Seventy million people, young and old, bowl each year; 18 million Americans age 17 and under bowl each year. Organized programs are available to the youngest of competitors and all skill levels.

Bowling offers student-athletes various opportunities to continue to grow within the sport, whether recreationally or at the sport's highest level. Student-athletes can continue to enjoy the sport at nearly 5,000 bowling centers nationwide, at more than 200 colleges or strive to compete internationally or at the professional level.

Bowling offers many benefits throughout life, including being a great form of exercise. A standard three-game series will engage 134 muscles contributing to the lifting, swinging and delivery of more than 800 pounds of bowling ball weight during the course of up to 60 rolls.

HIGH SCHOOL BOWLING: REACHING A NEW AUDIENCE

Bowling is a sport in which most students can participate, teaching students discipline, teamwork and dedication. Beyond reaching new students, high school bowling doesn't compete for the same athletes as other high school sports, is an excellent non-contact sport and gives student-athletes additional opportunities to earn high school varsity letters and college scholarships.

Adding a high school bowling program to your school/district gives more students the opportunity to participate for their school. For instance, states like Connecticut and Nebraska have created Unified high school bowling programs. The Unified sports format joins people with and without intellectual disabilities on the same team. This format allows schools to engage students who like to volunteer but who may not be engaged enough to participate in sports in the average competitive environment.

Bowling continues to be a sport that encourages a percentage of students that are not actively engaged in sports or other curricular activities. Bowling goes not discriminate based on gender, age, strength or ability, allowing all who wish to compete an equal opportunity at success. High school bowling gives any school the ability to engage ALL students and equally promote participation.

THE LOW COST OF HIGH SCHOOL BOWLING

With school budgets continuing to diminish, starting a high school bowling program in your district provides your school/district the opportunity to equally

engage more students at a fraction of the start-up costs of other sports, including the benefit of no facility maintenance or equipment costs.

A typical budget can include transportation, uniforms, coach's stipend, awards and competition and practice fees. These costs often times can be offset by participation fees and fundraising. Often, bowling centers will offer discounts on lane usage for after-school practice and competition.

Athletes are responsible for providing their own equipment and shoes. Bowling centers have rental shoes and house bowling balls that are available to athletes who do not have their own equipment.

To summarize, offering a high school bowling program in your school benefits students by:

- Providing a low-cost activity
- Equally engaging all students
- Introducing a sport with additional opportunities like scholarships and collegiate bowling

BEGINNING A NEW PROGRAM

- **Determine interest level in the community**
 - Talk to bowling centers, parents, students and others who have expressed interest.
- **Create a task force** – Identify leaders of the program to serve as contacts, meet with schools, create rules, develop playing formats and develop competition schedules.
- **Meet with school officials** – Set up meetings with school athletic directors, principals and superintendents to promote the implementation of an interscholastic bowling program.
- **Outline rules** – USBC does not govern high school bowling. When starting

a high school bowling program, determine the governing entity in your state. In a varsity state, this would be the state athletic association. In a club state, an entity has taken the governance, so you will need to contact them and be sure to find out their rules and format for competition.

- **Form conferences** – Organize the program by forming conferences to assist in scheduling competition and work with area bowling centers to secure competition and practice times.
- **Establish statewide network** – Keep communication lines open statewide to ensure everyone is operating under the same guidelines and for the creation of statewide post-season competition.
- **Getting started** – Identify potential coaches, set up competition season and schedule, advertise to athletes and conduct tryouts.
- **Three main components** – To manage a successful high school bowling program, the three main components are coaching, facilities and equipment.

HIGH SCHOOL TOOLS AND RESOURCES

USBC High School offers several materials to assist those interested in starting high school bowling programs. These materials not only will help in starting a program, but also assist existing programs looking to enhance their development.

USBC High School Coaching Guide

USBC High School and USBC Coaching have teamed up to develop this extensive instructional guide, designed specifically for high school coaches. From bowling fundamentals to team practice drills, this digital guide provides a variety of tools to assist any coach wanting to further develop their team.

Take Your Approach to the Next Level Booklet

This on-line resource provides guidance to student-athletes looking to take their bowling talents to the collegiate level. This digital booklet includes a list of universities with USBC bowling programs as well as a detailed section specific to the growing opportunities for female bowlers.

USBC Membership

USBC Youth Membership is available to interscholastic competitors who have not reached their 18th birthday prior to Aug. 1 of each year. Those 18 and over prior to Aug. 1 would need to purchase an adult USBC membership.

As a USBC High School league type, only individuals who wish to participate as USBC members would need to purchase membership. It is not a requirement for all unlike a regular USBC league. This only applies for interscholastic purposes. The \$4 national youth fee provides a high school bowler the following benefits:

- USBC Youth membership card
- USBC official average (minimum of 12 games)
- Eligible to participate in USBC-certified leagues and tournaments
- Access to the Find A Member feature on BOWL.com
- Opportunity to apply for USBC scholarships
- Eligible to purchase USBC Youth high score awards (11 in a Row, 300 game and 800 series)

Membership can be obtained online at BOWL.com/Join, or through your local center and USBC association. A high school league should be created for those who wish to receive USBC credit for eligible interscholastic competitions.

USBC Youth Membership

Frequently Asked Questions:

Q: How will USBC Youth memberships be processed?

A: The first step is to secure a league application and membership applications. Please contact your local USBC association, or call USBC Headquarters at 817-385-8426 for your supplies.

Q: Does the entire high school team have to join for an individual to be a member?

A: No. USBC Youth membership can serve as an individual membership when classified as a high school league and used for interscholastic purposes. The entire team does not have to join. Those who choose to join would complete the application and submit the dues.

BOWLING RULES

NOTE: The following rules are suggested playing rules specific to high school bowling competition, modified from the United States Bowling Congress (USBC) Rulebook.

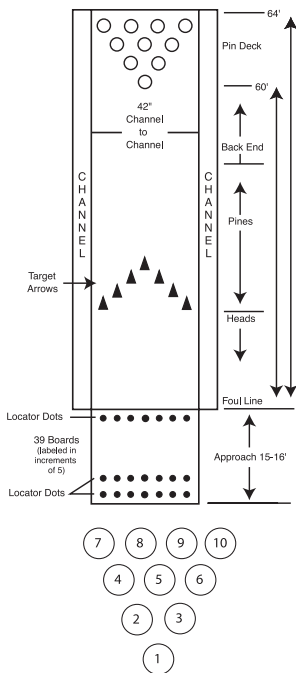
For specific bowling rules and regulations, please refer to the governing organization in your state.

For USBC-certified competitions, please go to BOWL.com for the updated USBC Playing Rules.

Rule 1. LANE AND PIN DIAGRAM

Art. 1 – Lane/Equipment Specifications

Competitions must be scheduled on lanes that are currently USBC certified, and only USBC-approved equipment may be used.



Rule 2. GENERAL PLAYING RULES

Art. 1a – Game – Definition

A game of American tenpins consists of 10 frames. A player delivers two balls in each of the first nine frames unless a strike is scored. In the 10th frame, a player delivers three balls if a strike or spare is scored. Every frame must be completed by each player bowling in regular order.

Art. 1b – Baker System

The Baker System is a modified format consisting of teams of two or more bowlers.

Art. 2a – Strike

A strike is made when the full setup of 10 pins is knocked down with the first delivery in a frame. It is marked by an (x) in the small square in the upper-right corner of the frame where it was made. The count for one strike is 10 plus the number of pins knocked down on the player's next two deliveries.

Art. 2b – Double

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

Art. 2c – Triple or Turkey

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

Art. 2d – Spare

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

Art. 2e – Open

An open is recorded when a player fails to knock down all 10 pins after two deliveries in a frame.

Art. 2f – Split

A split is a setup of pins left standing after the first delivery, provided the head pin is down and at least one pin is down:

- Between two or more standing pins; e.g., 7-9 or 3-10.
- Immediately ahead of two or more standing pins; e.g., 5-6.

Art. 3 – Scoring

Except when a strike is scored, the number of pins knocked down by the player's first delivery is to be marked next to the small square in the upper right-hand corner of that frame, and the number of pins knocked down by the player's second delivery is to be marked inside the small square. If none of the standing pins are knocked down by the second delivery in a frame, the score sheet shall be marked with a (-). The count for the two deliveries in the frame shall be recorded immediately.

A frame-by-frame account on scoring and calculating can be found on the Rules page of BOWL.com.

Art. 4 – Series – How Bowled

Two lanes immediately adjoining each other shall be used in each game of league play. The first game of a series shall start on the lane where the team is scheduled with each succeeding game starting on the lane where the team finished its previous game. At the option of the league, each game may be bowled on a different pair of lanes, but a full game must be bowled on each pair.

Art. 5a – Order of Bowling

Members of competing teams shall successively and in regular order bowl one frame on one lane, and for the next frame alternate and use the other lane until five frames are bowled on each lane of the pair. No changes can be made in the order of players after the start of a game.

Art. 5b – Uneven Number of Teams

In the event a competition has an uneven number of teams participating, the first bowler of a team cannot begin his/her next frame until the last bowler has completed the first ball of the team's previous frames.

Art. 6a – Legal Delivery

A delivery is made when the ball leaves the player's possession and crosses the foul line into playing territory. Every delivery counts unless a dead ball is declared. A delivery must be made entirely by manual means. Each delivery must be made with the same hand with the exception of injury or disability. No device may be incorporated in or affixed to the ball that detaches on delivery or is a moving part during delivery except those approved by USBC. A permanently disabled player may use special equipment to aid in grasping and delivering the ball.

Art. 6b – Changing Delivery

If because of injury or disability a bowler finds it necessary to change delivery from right-handed to left-handed or vice versa, the competition manager may permit the bowler to change delivery. If approval is obtained, the bowler must establish a new average.

Art. 6c – Two-Handed Techniques

When utilizing a two-handed technique, holes or indentations for gripping purposes must be used by the same hand.

1) Two-handed Delivery: Utilizes both hands to impart force on the ball to propel it down the lane; normally done by swinging the ball between one's legs. This style is most commonly used when youth start to learn how to bowl. Individuals who deliver the ball from the chest using both hands would be using a two-handed delivery.

2) Two-handed Approach: Both hands are on the ball throughout the swing until the release with a dominant hand imparting force, determined by the side of the body by which the ball swings.

Art. 7a – Definition of a Foul

A foul occurs when a part of the player's body encroaches on or goes beyond the foul line and touches any part of the lane, equipment or building during or after a delivery. A ball is in play after a delivery until the same or another player is on the approach in position to make a succeeding delivery. When a foul is recorded the delivery counts, but the player is not credited with any pins knocked down by that delivery.

NOTE: The foul line is of infinite length including walls, floors, posts and ball returns. A foul is not committed when foreign objects such as pens, jewelry, coins, cigarettes, etc., drop from a bowler's pocket or fall from a person's body or clothing. (Footwear and clothing are considered part of the body.) A player should request permission to cross the foul line to retrieve any items that have fallen beyond the foul line.

Art. 7b – Deliberate Foul

When a player deliberately fouls to benefit by the calling of a foul, the player shall be credited with zero pinfall for that delivery and not allowed further deliveries in that frame. If questions arise, Article 12, Provisional Ball should be followed.

Art. 7c – Foul Detection

A USBC-approved automatic foul-detecting device must be used if available. When not available, a foul judge must be stationed in a position to have an unobstructed view of the foul line. Should a foul-detecting device become temporarily inoperative, the competition manager may designate an individual(s) to call fouls.

Art. 7d – Apparent Foul

A foul shall be declared and recorded if the automatic foul detecting device

or foul judge fails to call a foul that is apparent to:

Both coaches or one or more members of each of the opposing teams, official scorer, or competition manager. If there is a dispute, refer to Article 12, Provisional Ball.

Art. 8a – Legal Pinfall

Pins to be credited to a player following a legal delivery shall include:

- Pins knocked down or off the pin deck by the ball or another pin.
- Pins knocked down or off the pin deck by a pin rebounding from a side partition or rear cushion.
- Pins knocked down or off the pin deck by a pin rebounding from the sweep bar when it is at rest on the pin deck before sweeping dead wood from the pin deck.
- Pins that lean and touch the kickback or side partition. All such pins are termed dead wood and must be removed before the next delivery.
- No pins may be conceded, and only pins actually knocked down or moved entirely off the playing area of the lane surface as a result of a legal delivery may be counted.
- For string pinsetters, pins knocked over by the string from another pin.

Art. 8b – Illegal Pinfall

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

- A ball leaves the lane before reaching the pins.
- A ball rebounds from the rear cushion.
- A pin rebounds after coming in contact with the body, arms or legs of a human pinsetter.
- A pin is touched by mechanical pinsetting equipment.
- Any pin knocked down when dead

wood is being removed.

- Any pin knocked down by a human pinsetter.
- The player commits a foul.
- A delivery is made with dead wood on the lane or in the gutter, and a pin, after coming into contact with the dead wood, knocks down one or more pins.
- If illegal pinfall occurs and the player is entitled to additional deliveries in the frame, the pin(s) illegally knocked down must be respotted where they originally stood before delivery of the ball.

Art. 9a – Pins – Improperly Set

It is each player's responsibility to determine if a setup is correct. The player shall insist that any pin(s) incorrectly set be respotted before delivering the ball, otherwise the setup is deemed to be acceptable. When bowling at a full setup or to make a spare if it is discovered immediately after the delivery that one or more pins are set improperly but not missing, the delivery and resulting pinfall count. No change can be made in the position of any pin(s) left standing after the bowler's first delivery, unless:

1. The pinsetter moved or misplaced any pin(s), or
2. Any standing pin(s) is/are outside the range of the sweep bar. Any such pin(s) will be respotted where it (they) originally stood before the delivery.

Art. 9b – Pins – Rebounding

Pins that rebound and stand on the lane must be counted as standing pins.

Art. 9c – Pins – Replacement

Should a pin be broken or otherwise badly damaged during the game, it shall be replaced at once by another as nearly

uniform in weight and condition with the set in use. The competition manager shall determine whether pins shall be replaced. A broken pin does not change the score made by the bowler. The pins knocked down are counted, and then the broken pin is replaced.

Art. 10 – Dead Ball

When a dead ball is called, the delivery does not count and the correct pins must be respotted. The player is allowed to rebowl that delivery. A ball shall be declared dead if any of the following occur:

- After a delivery, attention is immediately called to the fact that one or more pins were missing from the setup.
- A human pinsetter interferes with any standing pin before the ball reaches the pins.
- A human pinsetter removes or interferes with any downed pin before it stops rolling.
- A player bowls on the wrong lane or out of turn, or one player from each team on the pair of lanes bowls on the wrong lane.
- A player has physical contact with another person or moving object as the ball is being delivered and before delivery is completed. In such case, the player has the option to accept the resulting pinfall or have a dead ball called.
- Any pin is moved or knocked down as a player delivers the ball but before the ball reaches the pins.
- A delivered ball comes in contact with a foreign obstacle.

Art. 11 – Bowling on Wrong Lane

During competition, a dead ball shall be called and the player or players required to rebowl on the correct lane when:

- One player bowls on the wrong lane.
- One player from each team on the

pair of lanes bowls on the wrong lane.

- If more than one player on the same team bowls on the wrong lane in turn, all deliveries stand as bowled. Upon discovery, bowlers shall complete subsequent frames on the correct lanes.
- In singles match-play competition where a player normally bowls two frames each time it is the player's turn to bowl, and the player bowls on the wrong lanes, a dead ball shall be called and the player required to rebowl on the correct lanes, providing the error was discovered before the opposing player has made a delivery. Otherwise, the score stands as bowled, with all subsequent frames in the game bowled on the correct lanes.
- If a player bowls on the wrong lane in a singles tournament where a change of lanes if made, a competition may by rule require the deliver to stand and the player to finish the frame on the incorrect lane when a strike is not recorded. When a strike is made, a dead ball shall be called and the player required to re-bowl on the correct lane.

Art. 12 – Provisional Ball

A provisional ball or frame shall be bowled when a protest involving a foul, legal pinfall or a dead ball is made and cannot be resolved by the two team captains/coaches or a competition official.

For the first ball of any frame, or after the second ball in the 10th frame if the first ball was a strike:

- **Foul:** The player shall complete the frame and then bowl one provisional ball at a full setup of pins.
- **Illegal pinfall:** The player shall complete the frame and then bowl one

provisional ball at the same setup which would have remained standing had the disputed pin(s) not have fallen.

- **Dead ball:** The player shall complete the frame then bowl a complete provisional frame.

On a spare attempt or the third ball of the 10th frame:

- **Foul and illegal pinfall:** No provisional ball is necessary.
- **Dead ball:** A provisional ball shall be bowled at the same setup which was standing when the disputed ball was bowled.

The score sheet and a record of both scores for the frame in which the provisional delivery was made shall be kept. The protest must be referred to the competition manager/games committee for a final decision.

Art. 13a – Scoring

Scores must be recorded in plain view of opposing players. Every frame bowled by each player shall be recorded. The recorded scores are the official record. Correction of clerical errors will be done in accordance with the procedures adopted by each state athletic/activities association.

Art. 13b – Scores – Lost

A game(s) or frame(s) within a game which is irretrievably lost in the scoring process is null and void. The game(s) or frame(s) must be rebowled unless one of the following conditions is met:

- Scores of any players that have been lost can be documented.
- The coaches can completely agree on one or more scores lost. If scores on a pair of lanes can be documented or agreed upon, the game shall be continued from the point of

interruption. If some but not all of the scores can be documented or agreed upon, those bowlers whose scores cannot be substantiated shall rebowl the game to the point of interruption, at which the game shall be continued in regular order.

Art. 14 – Forfeit – Delay of Game

No unreasonable delay in the progress of any game is permitted. If a player or team refuses to proceed with a game after being directed to do so by the competition manager/games committee, the contest shall be declared a forfeit.

Art. 15 – Interrupted Game

If equipment failure on a pair of lanes would delay the progress of a series, an official can:

- Authorize the game and series to be completed on another pair of certified lanes.
- Authorize the game and/or series to be bowled on one lane when another pair of certified lanes is not available. However, when the original pair or another pair of certified lanes becomes available, the team(s) may resume play on a pair of lanes. An interrupted game and series shall be resumed from the point of interruption.

Rule 3. USBC EQUIPMENT SPECIFICATIONS

NOTE: For up-to-date rules and detailed information on revised measurement and material specifications, please go to BOWL.com and review the complete USBC Equipment Specifications Manual.

Art. 1 – Bowling Pins – Markings, Labels And Coatings

Pins used in USBC competition shall only bear the name and trademark of the

original manufacturer or distributor and be marked "USBC Approved." Except for reasonable wear and color, the pins in each set must be uniform in appearance, including finish and labels.

The coating of the pin must be transparent (clear) or solid color with the exception of the neck markings, identifying symbols or name, which must be clearly visible or of a contrasting color.

Standard wood or plastic-coated pins shall bear the same labels and permit numbers and shall not vary more than four ounces in each set.

Synthetic pins shall bear the same labels and permit numbers and shall not vary more than two ounces in each set.

Art. 2 – Bowling Ball – Approved Bowling Balls

Balls used in USBC competition shall: Meet USBC equipment specifications at time of manufacture.

- Be USBC-approved.
- Meet the USBC specifications detailed in Rule 3, Articles 3-8:

Art. 3 – Bowling Ball Material

A bowling ball shall be constructed of solid material (i.e., no liquids), without voids in its interior and conform to the specifications set forth in the USBC Equipment Specification Manual. Any materials added to or included in the coverstock shall be equally distributed throughout the entire coverstock of the ball, except for materials used in logos and other required markings.

Art. 4 – Bowling Ball Weight, Size, Markings and Holes

The ball shall not weigh more than 16 pounds. The surface of a ball must be free of all depressions or grooves of specific pattern, except for holes or indentations

used for gripping the ball, identification letters and numbers, and incidental chipping or marring caused by wear.

Except for House Balls, any bowling ball used in USBC certified competition must be approved and identifiable as a ball listed on the USBC Approved Ball List, located on the Equipment Specifications page on BOWL.com.

For identification purposes, each ball must have the original brand name/logo, original ball name and some form of serial number (the serial number may be re-engraved after approval from USBC). Since all bowling balls manufactured prior to the creation of the USBC Approved Ball List (January 1991) have been previously approved, the acceptance of the ball is at the discretion of the tournament director and/or league official.

The following limitations govern drilling holes in a ball:

Drilling Requirements

- Holes
 - Holes or indentations for gripping purposes
 - Shall not exceed five (5) and shall be limited to one (1) for each finger and one (1) for the thumb, all for the same hand.
 - Shall not exceed 1-9/16" diameter and 4-1/2" deep, including holes required to install removeable devices.
 - Must be used on every delivery.
 - Any secondary hole drilled inside of a gripping hole that is not intended for gripping purpose is considered a void and not allowed.
 - No balance holes are allowed.
 - Balls without a thumbhole must have a scribed or engraved crosshair lines ("+") near the center of the palm to indicate the grip orientation. The ball must be

delivered in the marked orientation (i.e. palm must cover the "+").

- One vent hole for each finger and/or thumb hole, not to exceed 1/4 inch in diameter is permitted.
- One mill hole for inspection purposes not to exceed 5/8 inch in diameter and 1/8 inch in depth is permitted.

Art. 5 – Bowling Ball Balance

After drilling, the following tolerances are allowed in the balance of the ball:

For a ball weighing 10.0 or more pounds:

1. Not more than three ounces difference between the top of ball (finger-hole side) and the bottom (solid side opposite finger holes).
2. Not more than three ounces difference between the sides to the right and left of the finger holes or between the sides in front and back of the finger holes.
3. A ball used without any gripping holes or indentations may not have more than three ounces of imbalance between any two halves of the ball.

For a ball weighing 8.0 or more pounds but less than 10.0 pounds:

1. Not more than two ounces difference between the top of the ball and the bottom.
2. Not more than $\frac{3}{4}$ ounce difference between the sides to the right and left or between the front and back of the finger holes.
3. A ball used without any gripping holes or indentations may not have more than $\frac{3}{4}$ ounces of imbalance between any two halves of the ball.

For a ball weighing less than 8.0 pounds:

1. Not more than $\frac{3}{4}$ ounce difference between the top of the ball and the bottom.

2. Not more than $\frac{3}{4}$ ounce difference between the sides to the right and left or between the front and back of the finger holes.
3. A ball used without any gripping holes or indentations may not have more than $\frac{3}{4}$ ounces of imbalance between any two halves of the ball.

Art. 6 – Bowling Ball – Other Requirements

Movable devices are not permitted in a ball except that a device for changing the finger span or the size of finger and thumb holes may be inserted, providing the device is locked in position during delivery and cannot be removed from the ball without destroying the device. Removable devices shall be permitted, provided:

- Such devices are used for changing the span, pitch or the size of the gripping holes.
- Are constructed of a nonmetallic material.
- Are locked in position during delivery.
- No device shall be employed for the purpose of adjusting the static balance of the ball.
- No voids shall be permitted under the device.

All such devices must first be submitted and approved by USBC before being used in USBC competition. Once approved, the device may not be altered and may not be used in conjunction with any other approved device.

Plugs may be inserted for the purpose of redrilling a ball. Designs may be embedded in a ball as guides, or observation or identification purposes, provided the designs are flush with the outer surface of the ball. There shall be no interior voids and the plugs or designs must be of material similar to, although not exactly the same as, the

original material out of which the ball was made; and shall otherwise comply with all bowling ball specifications. No foreign material may be placed on the outer surface of the ball.

Art. 7 – Bowling Ball Surface Hardness

The surface hardness of a ball shall be not less than 73 Durometer “D”. The use of chemicals, solvents or other methods to change the surface hardness of the ball is prohibited.

Art. 8 – Bowling Ball Altering Surface

While bowling in USBC competition, a bowling ball cannot:

- Have the surface altered by the use of an abrasive.
- Be cleaned with any liquid substance or cleaning agent, unless approved by a tournament official.
- Have any foreign material on it including, but not limited to, powder, rosin, marker or paint.

All bowling balls so altered or cleaned must be removed from competition.

Art. 9 – Approaches and Foreign Substance

The application of any foreign substance on any part of the approach that detracts from the possibility of other players having normal conditions is prohibited. This includes, but is not limited to, substances such as talcum powder, pumice and resin on shoes. Soft rubber soles or heels that rub off on the approach also are prohibited.

Rule 4. COMPETITION

Art. 1 – American Tenpins

A game of American tenpins consists of 10 frames. A player delivers two balls in each of the first nine frames unless a strike is scored. In the 10th frame, a

player delivers three balls if a strike or spare is scored. Every frame must be completed by each player bowling in regular order.

Art. 2 – Individual Match-play Format

The scores for the corresponding players in each team's lineup are compared with the higher score being awarded the specified number of points. Teams with less than a full lineup will receive a score of zero for each open position for the purposes of determining the winner of the individual point(s).

Art. 3 – Baker System

Each player in the lineup will complete one frame in successive order until 10 frames have been completed. The player who begins the 10th frame of the game will execute all deliveries for that frame. The scores of the opposing teams are then compared with the higher score being awarded the specified number of points. Teams with less than a full lineup will receive a score of zero for each open position in the rotation for the purposes of determining the team total score.

Art. 4 – Team Match-play Format

The individual scores of the players in the lineup are added together and compared with the score of the opposing team. The team with the higher score for each game is awarded the specified number of points. Teams with less than a full lineup will receive a score of zero for each open position for the purposes of determining the team total score.

Art. 5 – Total Pinfall

The individual scores of the players in the lineup are added and the teams are ranked according to highest total pinfall.

Art. 6 – Ties

The awarding of points or breaking of ties will be done in accordance with the procedures adopted by each state athletic/activities association.

Rule 5. COMPETITION RULES

Art. 1 – Competition Manager/Games Committee

Competition shall be administered by a competition manager. In conjunction with the competition manager, a games committee shall assume responsibility for all aspects of the competition management. The games committee shall make decisions on matters not specifically covered by the rules or on the misapplication of a rule during a competition. The decision of the competition manager and games committee is final.

Art. 2 – Competition Manager

The competition manager or his/her designee will conduct a pre-meet conference with a school representative from each team to review the competition procedures, lane assignments and provide any special instructions. The competition manager is responsible for making decisions on matters not specifically covered by the rules.

Art. 3 – Appeal

Club Level — The decision of the competition manager or games committee is final, unless an appeal is made to the club's governing organization. The organization may utilize USBC High School to assist in a review process, if they wish. If USBC High School is not utilized, it is suggested a process exists that allows for appeals.

Varsity Level — Appeals of on-site decisions will be determined in accordance with the

procedures adopted by each state athletic/activities association.

Art. 4a – Roster/Lineup

No later than the start of the game, a coach shall submit to the competition manager an accurate roster or all eligible players on the team. The coach shall designate the starting lineup prior to the start of the game.

Art. 4b – Legal Lineup

A legal lineup will be determined in accordance with the procedures adopted by each state athletic/activities association.

Art. 5a – Round – How Bowled

Two lanes immediately adjoining each other shall be used in each game of play. The first game of a round shall start on the lane where the team is scheduled with each succeeding game starting on the lane where the team finished its previous game. Each game may be bowled on a different pair of lanes, but a full game must be bowled on each pair.

Art. 5b – Order of Bowling

Members of competing teams shall successively and in regular order bowl one frame on one lane, and for the next frame alternate and use the other lane until five frames are bowled on each lane of the pair. No changes may be made in the order of players after the start of a game. When a team bowls against another team with the same number of bowlers, the next frame may be started prior to completion of the previous frame.

Art. 6 – Substitutes

Substitutes will be allowed in accordance with the procedures adopted by each state athletic/activities association.

Art. 7 – Coach

To participate in a competition, each team is to have a high school coach present at all times. The high school coach will determine the members of the roster and is responsible for the eligibility of the team. The high school coach will determine the players and their order in the lineup for the competition. The high school coach will record the scores following a game, match and/or round.

Rule 6. CONDUCT

Section 1 – Unsportsmanlike Conduct

Art. 1 – Unsportsmanlike conduct includes actions which are unbecoming to an ethical, fair or honorable individual. It consists of acts of deceit, disrespect or vulgarity and includes taunting.

Art. 2 – Taunting includes words or actions intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin.

Art. 3 – Improper tactics in connection with the game of bowling includes, but is not limited to, physical and verbal abuse toward other persons.

Section 2 – Conduct: Players, Coaches, School Representatives

Art. 1 – No player, coach and/or school representatives shall act unsportsmanlike, taunt or engage in improper tactics while on or near the competition before, during or between games.

Art. 2 – A team shall not refuse to play when directed to do so by the tournament manager.

Art. 3 – No official or game personnel

shall use any form of alcohol or tobacco product, beginning with arrival at the competition site, until departure following the completion of the competition.

Section 3 – Penalties

Art. 1 – Penalties for violations of these articles will be determined in accordance with the procedures adopted by each state athletic/activities association.

Rule 7. TERMS AND DEFINITIONS

All terms are listed alphabetically in the definition section.

- A -

Absentee – The score used for a player on the roster who is absent.

Approach – Portion of lane behind foul line used by bowlers to build momentum to delivery.

Arrows – Aiming points embedded in the lanes starting about 15 feet from the foul line.

Award – Prizes given based on merit, pinfall or position standings.

- B -

Baker System – A format consisting of two or more members following each other in order, each bowling a complete frame, until a complete game is bowled. Ten frames are combined to calculate a team game.

Bonus – Used in match-play formats for winning a match. A match can consist of one or more games in a particular match. The amount of the bonus awarded is defined by each competition.

- C -

Certified – Bowling competition conducted in accordance with USBC rules, on equipment manufactured

and installed to the organization's specifications.

Clean game – A game with spares or strikes in every frame.

Coach – An individual who counsels or gives suggestions that influence a player in determining his or her play, the choice of equipment or the method of delivery.

Competitor – Those participating in the competition.

Competition – An event where two or more teams compete.

Competition manager – The person who organizes and conducts a competition. They are responsible for all decisions made at each competition.

Count – Number of pins knocked down on each first ball.

- D -

Delivery – The combination of a bowler's approach and release.

Double – Two consecutive strikes.

Dressing (also oil) – The substance used to coat or dress the lanes, a necessity to protect the lane surface. Usually has a mineral oil base.

Dead wood – Any fallen pins remaining after the execution of any delivery.

Dead ball – Any delivery made not counting for score during competition.

- E -

Equipment – Anything used, worn or carried by or for the player.

Etiquette – The rules of acceptable behavior. If they are followed, all players will gain maximum enjoyment from the game. The overriding principle is that consideration should be shown to others at all times during competition.

- F -

Foul – Touching or going beyond the foul line with any body part at delivery.

Foul line – A solid stripe, usually black, which separates the approach from the lane. The foul line is of infinite length including walls, flooring, posts and ball returns.

Frame – Each game is divided into 10 frames, the first nine allowing a maximum of two shots with a maximum of three shots allowed in the 10th frame.

- G -

Games committee – A committee appointed by the competition manager to assist with the competition.

- H -

Handicap – Pins awarded to individuals or teams in an attempt to equalize the competition.

Headpin – The 1 pin.

- L -

Lineups – The order in which members of a team will compete for the game or match.

Lane conditions – Distribution of lane conditioner on the playing surface.

- M -

Match play – Portion of competition in which bowlers are pitted against each other.

Mixed competition – Organized competition of men and women competing together.

- O -

Open – A frame in which a player fails to knock down all 10 pins after two deliveries is referred to as an open frame.

- P -

Perfect game – Rolling 12 consecutive strikes in one game for a score of 300.

Pin – A pin must weigh between 3 lbs., 6 oz. and 3 lbs., 10 oz. It is 15 inches high and 15 inches in circumference at its broadest point.

Pin deck – The area where the pins are set. (See Rule 1 Art. 1)

Pit – Open area behind pin deck where pins and balls gather.

Position rounds – Part of competition when teams or players face each other based on their standings. Example, first place meets second, third meets fourth, etc.

- R -

Return – The track on which balls roll from the pit to the ball rack.

Rebowl – Usually done when a dead ball is called or scores are lost.

Respotted – The act of setting a pin back on the pin deck on its proper spot.

- S -

Scorer – Individual responsible for maintaining a record of the competition.

Scratch – Competition calculated by only gross total pinfall.

Settee – The bowlers' area between the approach and concourse.

Spare – Knocking down all 10 pins with two balls.

Spirit of the game – Unlike many sports, bowling is played for the most part without the supervision of a referee or umpire. The game relies on the integrity of the individual to show consideration for other players and to abide by the rules.

Split – A spare leave in which the headpin is down and the remaining combination of pins have a gap in them, ranging from the 4-5 to the 7-10.

Strike – Knocking down all 10 pins on

the first ball.

Substitute – A bowler who replaces another who is scheduled to participate.

- T -

Total pinfall – A competition which is decided by adding the total scores of the team members and ranking the competitors from highest to lowest.

Triple/Turkey – Three consecutive strikes.

- U -

Unsportsmanlike conduct – Includes actions which are unbecoming of an ethical, fair or honorable individual. It consists of acts of deceit, disrespect or vulgarity and includes taunting.

United States Bowling Congress (USBC) – Recognized by the United States Olympic & Paralympic Committee as the national governing body of bowling and the organization responsible for amateur competition in the United States.

- V -

Vacancy – The score used for an open positioning in the lineup of a team with an incomplete roster.

Rule 8. POINTS OF EMPHASIS

Modified Formats

When modified formats are used for tournaments, all rules apply except those directly affecting the modified format.

Baker System

In the Baker Scoring System, each bowler on a five-player team rolls two frames per game. The play is fast-paced and each game takes approximately 10 minutes. The Baker System also is popular for doubles tournament competition. The Baker System places the emphasis on

team effort, rather than the individual accomplishments of team members. When the Baker System is used and teams are comprised of five members, all team members follow each other in regular order to bowl a single game.

Rule 9. AMATEURISM

All high school bowling athletes must comply with their own state high school athletic/activities amateur eligibility rules. It is the responsibility of the student-athlete to understand and abide by all amateur eligibility rules and regulations in order to maintain their individual amateur status.

Rule 10. INSTRUCTIONS FOR THE SCORER

The official scorer should record the names of the starting players of each team in the order that they will compete.

MEMBERSHIP CERTIFICATION FOR HIGH SCHOOL ATHLETES

Bowlers are eligible for USBC Youth membership if they have not turned 18, prior to August 1 of the current bowling season. High school bowlers who are not eligible to hold USBC Youth membership, but still wish to certify as USBC members during their interscholastic season, may do so by purchasing a USBC Adult membership.

USBC Youth membership (National)

The cost is \$4 and provides the following benefits:

- USBC Youth membership card
- USBC official average (minimum

of 12 games; some tournaments may not except averages from high school competitions).*

- Access to the Find A Member feature on BOWL.com
- Eligible to bowl in USBC-certified tournaments
- Eligible to apply for all USBC scholarships applicable to members
- Eligible to apply for the Dexter High School All-American Team
- Eligible to purchase USBC Youth honor scores (300 game, 800 series, 11 in a row).

USBC adult membership (National)

The cost is \$15, plus State dues (maximum of \$5) and Local dues. Adult membership provides the following benefits:

- USBC adult membership card
- USBC official average (minimum of 12 games; some tournaments may not accept averages from high school competitions).*
- Eligible to bowl in USBC-certified tournaments
- Access to the Find A Member feature on BOWL.com
- Eligible to apply for all USBC scholarships applicable to members
- Eligible to apply for the Dexter High School All-American Team
- Opportunity to purchase USBC Youth honor score awards (300 game, 800 series, 11 in a row).

The prices reflected above are only national USBC member dues. Additional local and/or state dues may apply.

To obtain membership, you may contact your local center, local USBC association, or purchase online at BOWL.com/Join.

CERTIFICATION OF HIGH SCHOOL POSTSEASON EVENTS

You can perform a valuable service to your participants and organizations by conducting USBC-certified events. Certification is a free service that provides you and bowlers several benefits from USBC:

- Rules guidance for your particular competition.
- Expert assistance in resolving problems if they arise.
- Special recognition for USBC members for high scores and other achievements (Only entrants who are established USBC members before entering your events are eligible for USBC recognition and eligible to purchase USBC awards).

Opportunities for Certification

Certification can be utilized in several ways for high school events:

- A season can be certified as a USBC High School league.
- This includes all dates of interscholastic competition (events playing for wins & losses, not exhibition/pre-season), through the state competition date.
- This could include as little as one USBC member, an entire high school team, region or the state.
- Only those wishing to be part of USBC need to be added, unlike a regular USBC league where all participants must be USBC members. It is up to the individual if they wish to become a member.
- A competition can be certified as a USBC tournament.

Process to Apply for Certification

Certification can be applied for in several ways. High school events can be certified as a high school league (covers all interscholastic events within the provided season schedule), or as individual tournament events. USBC High School recommends individuals, teams and administrators work with their local centers and local USBC associations to utilize this service.

SCHOLARSHIP AND GRANT OPPORTUNITIES

The bowling industry provides more than \$8 million in scholarships each year. USBC works to provide opportunities to high school and youth bowlers alike.

Dexter High School All-American Team

Any high school bowler that holds a USBC membership is eligible to apply for the prestigious All-American team. High School bowlers can go to BOWL.com/scholarships to apply. Each year, the team selected will be recognized during the Junior Gold Championships in July, and through other electronic and print media.

Requirements for selection include:

- Minimum 3.0 GPA on 4.0 scale (or equivalent)
- A recommendation letter from a coach or athletic director
- At least one additional letter of recommendation
- A resume outlining bowling accomplishments, academic

achievements and extracurricular/
community involvement

- An essay containing at least 500 words answering the provided question
- A headshot (head and shoulders yearbook-style photo)

USBC National Scholarships

USBC awards several scholarships each year to eligible members. All USBC members who are Juniors and Seniors in High School during the application period are eligible for the following scholarships:

- Chuck Hall Star of Tomorrow (male USBC youth member)
- Alberta E. Crowe Star of Tomorrow (female USBC youth member)
- Earl Anthony Memorial Scholarship
- Annual Zeb Scholarship
- Gift for Life Scholarship
- Youth Ambassador award

The following scholarship(s) are available to all High School students grades 9-12 during the application period:

- Gift for Life

For additional requirements and access to apply through the online scholarship portal, please visit the Scholarship page of BOWL.com.



S.E.T.S. Equipment Grant

Partners from across the bowling community are committed to making bowling available to all by providing high school bowling teams with quality

bowling equipment. S.E.T.S. (Students Equipped TO Strike) awards quality bowling equipment to applicants based on financial eligibility and other requirements. Awarded equipment is distributed to recipients of the grant on a first-come, first-serve basis. A maximum of five (5) bowling balls per bowling team; ten (10) per school (men's team & women's team) may be awarded.

OPPORTUNITIES FOR ATHLETE ADVANCEMENT

Besides the excitement and pride to compete for one's high school, student-athletes will find there are several USBC programs available for those looking to compete and excel on the lanes.

Junior Gold Program

The Junior Gold program consists of the top youth bowlers in the United States. The program's objective is to help youth bowlers maintain an interest in bowling through an emphasis on advanced training, coaching and sport bowling so they may continue to progress and excel in the sport collegiately, and professionally.

Dedicated youth bowlers may participate in the Junior Gold program for several reasons. Reasons like learning the nuances of the game, earning college scholarships, preparation and recruitment for collegiate bowling, or advancement to international and professional play makes Junior Gold a premier event attended by thousands of bowlers each July.

Junior Gold members have the opportunity to win thousands of dollars in scholarships and earn a spot on

USBC Junior Team USA by competing at the Junior Gold Championships. Junior Team USA members compete internationally against youth from around the world, while also having the opportunity to refine their game with assistance from elite coaches. For more information, visit BOWL.com/JuniorGold.

Junior Team USA

For a USBC member, one of the most prestigious goals is the opportunity to earn a berth on Junior Team USA. Junior Team USA members are selected based on performance at Junior Gold, and other qualifying events throughout the bowling season.

Members of Junior Team USA are the future stars in the sport of bowling. They compete in events such as the World Tenpin Bowling Association, World Youth Championships, Pan American Bowling Confederation Youth Championships, and Tournament of the Americas, among others.

It is an honor to represent your country and your sport, providing athletes access to world-class facilities, coaching, and a lifetime of memories.

USBC Collegiate

USBC Collegiate, the sport's national intercollegiate governing body, is dedicated to providing collegiate bowling opportunities to enhance a students' academic, athletic and personal development.

USBC Collegiate maintains the eligibility and integrity of club and varsity bowling by providing certification and regulation of the sport at the collegiate level. The National Collegiate Athletic Association,

National Junior College Athletic Association and National Association of Intercollegiate Athletics recognize USBC Collegiate as bowling's national intercollegiate governing body.

USBC Collegiate conducts the Intercollegiate Team Championships (ITC) and Intercollegiate Singles Championships (ISC), crowning National Champions each April. The program works with the National Collegiate Bowling Coaches Association (NCBCA) to determine All-American and Academic All-American recognition, Rookie of the Year and the Collegiate Bowler of the Year honors.

Team USA

USBC's commitment to top-flight level amateur competition is visible on a global scale. For those who make Team USA, the thrill of representing the United States in international competition can be an experience of a lifetime.

Most members of Team USA are among the most visible ambassadors for the sport. They compete in such events as the Pan American Games, World Tenpin Bowling Association World and Pan American Bowling Confederation Championships, and the Tournament of the Americas, among others.

It should be the aspiration of every competitive USBC member to earn their spot on this elite team, representing the United States globally on the lanes and beyond.

DEXTER HIGH SCHOOL ALL-AMERICAN TEAM

Five male and five female high school members are selected annually for the Dexter High School All-American team. Each student-athlete selected to the team receives a \$1,000 scholarship. Additionally, one male and one female of the ten team members are selected to receive the Bud Clapsaddle Award, being named Team Captain of their respective team. The recipients of the Bud Clapsaddle Award earn an additional \$500.



Any USBC member that participates on a recognized interscholastic high school team (varsity or club classification) is eligible to apply.

As a high school bowler, your selection to the Dexter High School All-American team is based on your bowling accomplishments, academic achievement, letters of recommendation and extracurricular/community involvement.

Requirements for selection include:

- At least a 3.0 GPA on a 4.0 scale
- A recommendation letter from a coach or athletic director
- At least one additional letter of recommendation
- A resume outlining bowling accomplishments, academic achievement and extracurricular/community involvement
- An essay containing at least 500 words, responding to a predetermined prompt
- At least one photo (headshot)

All-American team awards are presented during the Junior Gold Championships festivities. To apply, student-athletes should go to ibc.smapply.net.



DEXTER HIGH SCHOOL ALL-AMERICAN TEAMS 2018-2025



2024-2025



2023-2024



2022-2023



2021-2022



2020-2021



2018-2019

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