



# ***National Veterans Golden Age Games***

## ***BOWLING***

### ***INSTRUCTIONS TO ATHLETES and RULES***

1. Competition numbers must be worn.
2. You may not be assisted or coached in the competition area.
3. The competition area is defined by the Games Committee. This area is restricted to competing athletes only.
4. Bowling balls and shoes will be provided.
5. Athletes may elect to use their own bowling ball and shoes.
6. Athletes will bowl three games.
7. Places will be awarded based on total pin score.
8. Warm up will be allowed prior to competition.
9. Ten Frames will be bowled straight through at one time
10. Ambulatory athletes will utilize league bowling switching lanes.
11. Adaptive bowling categories; wheelchair, wheelchair adaptive (i.e., ramp, stick or handle ball), and visually impaired.
12. Athletes can only compete in one adaptive bowling category.
13. Bowlers will adjust their own ramps with no assistance from volunteers or officials.
14. Adaptive bowling categories (ramp bowlers) will not switch lanes.
15. \*Note –If athletes utilize a scooter they must adhere to the modification of the rules for wheelchair users (i.e. - feet may not touch the floor during competition). No alterations may be made to change the height of the seat.
16. Handrails may be used for those Athletes with visual impairments.
17. Medals will be awarded based on category, age and gender.
18. Medals will be awarded to the first, second, and third place finishers, ribbons will be awarded to 4th-8th place finishers
19. Resolving ties: Athletes who tie will be awarded duplicate medals.