



***Special  
Olympics***  
*Leinster*

# Bowling

## Training Logbook

## Logbook Guidelines

The information below will assist you in maintaining an accurate logbook for athletes training in your club. A logbook is a valuable piece of information for athletes' that are training for competition as it will give you a clear picture of an athlete's performance. An accurate logbook can also help minimise any issues when submitting times for events and thus giving your athletes the best possible chance of competing.

Should you require any assistance in maintaining this logbook or have any general queries regarding athletics please do not hesitate to contact any of the following;

### Sports Co-ordinator

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### Regional Development Officer – Sport

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## The Game

The game of Bowling consists of ten frames. A player delivers two balls in each of the first nine frames - except when the player makes a "strike". A player who scores a "strike/spare" in the 10th frame will deliver three balls. Every frame must be completed by each player playing consecutively.

## Scoring

A strike is made when all 10 pins are knocked down by the first delivery in a frame. It is marked by an "X". The count for one strike is 10 plus the number of pins knocked down by the player's next two deliveries.

A spare is made when pins left standing by a player's first delivery are knocked down in the second delivery in the frame. It is marked by a "/". The count for a spare is 10 plus the number of pins knocked down by the player's next delivery.

When a player fails to knock down all 10 pins after two deliveries in one frame it is called an open frame.

A foul is committed when part of a player's person crosses the black line at the start of the lane and touches any part of the lane. Any pins knocked by this delivery do not count and the player takes his second shot with a full set of 10 pins. A foul is marked by an "F" or "-".

## Lanes

Bowling venues may cater for pins on strings or mechanical type pin extraction. Coaches should be aware of the difference while training and in competition.

For more detailed information on Special Olympics Aquatics rules, coaching and divisioning please take a look at the link below;

<http://www.specialolympics.ie/WHATWEDO/SPORTS/BOWLING.aspx>

