



Postal Bowling League

League Rules & Info

2016-17



Special Olympics





Dear Clubs,

After the success of the past two years we are delighted to be once again offering your club the opportunity to join our Postal Bowling League (PBL). This document will offer some information on the league and the rules associated with it. Please make sure that you read this document and are clear on all aspects before entering teams into this year's league.

What is a Postal Bowling League?

This is a league which is completed during club time and scores are posted into the Regional office. Results from each round are again posted (or emailed) back to the club.

Why should my club enter the Postal Bowling League?

We have found that Leagues are a great way of keeping Athletes focused and motivated throughout the year. The Postal Bowling League will ensure that your athletes have an additional element of competition introduced to their weekly training sessions. It ensures that consistent scores are recorded at each session and it prepares athletes for upcoming competitions. From an admin point of view, it is relatively simple, it involves clubs keeping track of and submitting scores from bowling training sessions.

I want to enter a Team, what should I do now?

Firstly you must read through this document to ensure you fully understand the league structures and rules. Once you are happy with how the league runs you must now submit a **Team Registration Form** before the **14th of October 2016**. Once you have completed the Registration process you will receive you scorecards and you can begin the league.

Read on for League Information and Rules





League Information

League Schedule

This year's PBL will be run over four rounds. Clubs will have the opportunity to play and submit results for up to 8 games during each round of the league. These games can be played at any time as long as the scorecard is submitted by the submission deadline.

Round	Period	Submission Deadline
Round 1	October – November	December 2 nd 2016
Round 2	January – February	February 27 th 2017
Round 3	March – April	April 6 th 2017
Round 4	April – May	May 26 th 2017

Please note: Teams do not have to play the full 8 games per round. However clubs are advised to play as many games as possible as it will benefit your teams overall result.

Submitting Scores

Scores are recorded at each training session on the official "League Scorecards" for that round. These are retained, along with printouts* from the bowling alley until the submission deadline. Once the round is complete scorecards and printouts are posted/emailed to the Regional Office. Results without evidence of the scores will not be accepted.

**Whereby a bowling alley does not facilitate print-outs a photo of scores on the screen will be accepted*

League Results

Once the "Submission Deadline" for each round has passed, the results will be compiled by the Regional Office. Scores for each team will be compiled and an average score recorded, score will be calculated as;

Sum of Individual Averages/Total Number of Players per Team

For Example:

Athlete	Game 1	Game 2	Game 3	Total	Average	Team Total	Team Average
Mary	45	50	40	135	45	177.66	59.22
John	60	58	63	181	60.33		
Paul	74	74	69	217	72.33		





Once round one has been complete teams will be divisioned based on these scores. At the end of each round results and league standings will be emailed to clubs and posted on the Special Olympics Leinster website. The league standings at the end of the four rounds will determine the final places.

Awards

Medals and ribbons will be presented at the end of the league by Special Olympics Leinster. The team recognition award will also be re-presented to the two teams who stand out most during the 2016-17 league.

What is the Team Recognition Award?

This is an award which recognises the effort and commitment a team puts into the Postal Bowling League. These are not necessarily the teams that come 1st in their division however those that may have stood out for other reasons. In the 2015/16 league one of the teams to win the Team Recognition Award played the highest number of games during the league. This year it could be you.....





League Rules

All games will be conducted in accordance with the Special Olympics Tenpin Bowling Sports Rules [Click Here](#).

Team Size

- A maximum of 6 and a minimum of 4 bowlers may be declared on each team
- A team of 3 players may be accepted on request, but only in special circumstances
- A bowler can only be registered on one team
- Each bowler must be a Registered Special Olympics Athlete
- A bowler who misses three consecutive sessions without exceptional circumstances will be removed from the League
- Teams can be mixed or single gender

Substitutes

- An Additional Bowler can be registered to a team in one of the following situations;
 - If one of the original registered bowlers withdraws
 - Original team does not exceed the maximum number of bowlers (less than 6 bowlers)
- Substitute requests must be made via email to the Leinster Office, with the player only eligible to play after you have received written confirmation
 - *The final date for substitutions to be made is **January 31st 2017***

Ramp Bowlers

- An Athlete who requires the use of a ramp **MUST** have a physical impairment (see Special Olympics Rules)
- An assistant/volunteer may aim the ramp towards the pins, but must at all times have his/her back to the pins and aim based on the direction (either verbally or by physical cues) from the athlete.
- Ramp bowlers must be identified on entry form.

Format

- The League will run over **4 Rounds** with clubs submitting scores on a monthly basis by the stated deadlines.
- Score Sheets must be completed in full, and submitted with results printouts attached.
 - *Whereby a bowling alley does not facilitate print-outs a photo of scores on the screen will be accepted*
- Scores submitted after the submission deadline has passed will not be accepted. Teams will receive a ZERO for that round of the league





Scoring

- Each team must play a minimum of 4 games per round
- Teams will have the opportunity to complete a maximum of 8 games in each round
- Scores are calculated as an average of its four member's individual average scores (see scoring above).
- Where a team has more than 4 players the highest 4 scores will be used.
- Where by a team bowls with less than 4 players for a round, the team average will still be calculated as a team of four

Results & Divisioning

- Teams will be divisioned following round one of the league.
- Final scores and places will be calculated as the sum of the team scores from each round.

