



Girls Minnesota High School Bowling Rules and Regulations (2024)

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Words or phrases that are highlighted in yellow indicate a rule change or addition from the previous season.

SECTION 1: DEFINING THE STRUCTURE OF GIRLS MINNESOTA HIGH SCHOOL BOWLING

1.01 Management

The management of Girls Minnesota High School Bowling (GMHSB) shall be vested in the Bowling Proprietors Association of Minnesota (BPAM) and the commissioners of Minnesota High School Bowling. The commissions are a group of three volunteers appointed by the BPAM's Board of Directors to set forth policy and guidelines, and to make decisions regarding matters not covered by these rules. The league's commissioners are Shanna Salzman of Inver Grove Heights; Scott Koecheler of Prior Lake; and Jim O'Reilly of Wabasha. A simple majority of the commissioners will constitute a quorum. Any questions or problems related to Girls Minnesota High School Bowling should be directed to Josh Hodney at the BPAM state office. If no rule or precedence exists, BPAM staff will contact the commissioners to make a ruling. The Bowling Proprietors Association of Minnesota and the commissioner of Girls Minnesota High School Bowling reserve the right to modify any league rule at any time. Conference coordinators and coaches will receive an email notification of any rule changes.

1.02 Captain's Practice

Athletes, at their discretion, may participate in captain's practice. Captain's practice shall be completely voluntary. Players cannot be punished or penalized for not participating in captain's practice. Captains may invite students that are not currently on the team that may be interested in joining the team to participate in captain's practice. No interaction between a coach and player(s) may take place ON OR NEAR THE LANES anytime during captain's practice. No head or assistant coaches shall be on the lanes or in the settee area while captain's practice is taking place, unless a coach is an owner, manager, or employee of a bowling center and their job duties require them to be near the lanes while captain's practice is taking place. Each violation will result in a team forfeiting five games (one match) in the upcoming season. Captain's practice is subject to the terms and conditions of a team's sponsoring bowling center. **If a school district disallows captain's practice, then a team shall abide by those restrictions set forth by its school district.**

1.03 Team Practice and Tryouts

A team may have its first practice or tryouts with coaches present no earlier than the second Monday in December. Coaches are allowed to work with and interact with the team. Each violation will result in a team forfeiting five games (one match) in the upcoming season.

1.04 Regular Season Schedules and Requirements

Each conference will begin its season no earlier than January 1 and complete its regular season schedule by the last Sunday in February. Teams will bowl five (5) game matches, regardless of wins and losses (i.e. if a team wins the first three games the final games shall still be bowled). The sponsoring bowling centers in a conference are responsible for determining the best day(s) of the week (and starting times) to hold competitions. Bowling centers should seek input from the conference coordinator and the coaches in the conference

1.05 Postponements

The host bowling center and the conference coordinator will determine cause to grant postponement. It is the job of the conference coordinator to contact the head coach of all teams affected by the postponement, to verify that all coaches are aware of the schedule change, and to (potentially) reschedule the event in a timely manner.

1.06 Conference Make-Up

A Girls Minnesota High School Bowling conference is made up of at least four teams representing no less than four high schools. One individual known as the conference coordinator will manage each conference. The sponsoring bowling centers and the coaches in each conference are responsible for designating who will be the conference coordinator each year. The conference coordinator shall only be appointed for a term of one season at a time. **Each conference shall hold a meeting prior to the beginning of each bowling season, either in person or via conference call.** It is at this preseason meeting that the conference coordinator for the upcoming season shall be designated.

1.07 Conference Coordinator Duties and Responsibilities

The following is a list of duties and responsibilities for each conference coordinator

- Conduct a preseason coaches meeting and review all the changes and additions to the league rules and format
- Send a conference schedule to the league's executive director
- Report conference activities to the league's executive director
- Ensure that the league's executive director is aware of all school pairings
- Schedule and administer conference meets
- Help with rule interpretations and enforce penalties where applicable, including but not limited to dress code violations.
- Report rule violations and penalties enforced to the league's executive director.
- Organize and run a conference tournament.

- i. Keep statistics for all teams and bowlers, and upload statistics to GoBowlingMinnesota.com within four days of any competition.
- j. Make sure each team's sponsoring bowling center has paid all applicable participation fees by February 1 of the current season.
- k. Arrange for pictures to be taken of the All-Conference team(s) and All-Honors team(s) and have the pictures posted in the league's Facebook group.
- l. Communicate information to all coaches and sponsoring bowling centers in the conference, as well as distribute materials sent by the league administrator
- m. Ensure that rosters and other paperwork have been filled out and turned into the league's executive director by the due dates listed on each form
- n. Report the detailed results of the conference tournament to the league's executive director within 24 hours of completion of the event
- o. Make sure that the teams that earn the right to advance to postseason competition are aware of the uniform requirements for each tournament.
- p. Conduct an end of season meeting with all coaches and graduating seniors with the goal of keeping seniors bowling competitively after they graduate. (The league's executive director is willing to help find a league that suits any and all seniors.)

1.08 Conference Coordinator Compensation

The league administrator will pay each conference coordinator \$50.00 for each team in his/her conference(s), **ONLY IF** they complete the following:

- a. Make sure that all applicable fees for all teams are paid and sent to the league administrator (to be paid by the sponsoring bowling center) no later than February 1st.
- b. Turn **ALL** rosters and other required paperwork into the league administrator by the dates specified on the paperwork
- c. Make sure a quality digital photograph of the conference's All-Conference and All-Honors team is posted in the league's Facebook group.
- d. Statistics are uploaded to GoBowlingMinnesota.com within 4 days of each conference meet.
- e. Submit results of the conference tournament results to the league office.

1.09 Team Coaches/Managers

Coaches or team managers must be at least 18 years of age and out of high school. All coaches that work with bowlers during practices must complete SafeSport training by no later than January 15th of the current season. [SafeSport training is free for any member of the United States Bowling Congress (USBC)]. All coaches must read, understand, and agree to abide by the league's code of conduct policies and shall complete the online agreement at GoBowlingMinnesota.com. Head coaches/managers shall be selected by the owner/manager of a team's sponsoring bowling center. If the bowling center's owner/manager chooses to give up his right to name a head coach/manager then the head coach/manager will be voted in by the parents of the participating bowlers. A family shall get one vote for each child it has participating. A coach/manager can coach more than one team in the conference but **must appoint** another adult to represent one of the teams during competitions. Each team shall have an adult representative at every competition and may be made to forfeit any game in which an adult representative is/was not present. It is recommended that anyone that manages a team during competitions should be added to the team's information tracker. It is highly recommended that all coaches go through bowling coach training offered by the United States Bowling Academy or the United States Bowling Congress.

1.10 Proprietors fees, duties and responsibilities

Sponsoring bowling centers are required to pay a sponsorship fee for each varsity team it sponsors. Bowling centers that are members (in good standing) with the Bowling Proprietors Association of Minnesota will pay \$225.00 for each team they sponsor. Bowling centers that are not members (in good standing) of the BPAM will pay \$325.00 for each team they sponsor. Checks should be made payable to BPAM and sent to the BPAM state office no later than February 1st. The sponsoring bowling center agrees to provide free practice lineage to the teams it sponsors. In most cases, where time and space permits, a sponsoring bowling center host at least one regular season conference meet during the season. Any team that does not have its sponsorship fees paid by February 15th may be disallowed from competing in any matches. A team that bowls on or after February 15th that has not had its sponsorship fees paid may be forced to forfeit all games/matches. Forfeits are non-reversible. All sponsoring bowling centers must be in the state of Minnesota or be members in good standing of the Bowling Proprietors Association of Minnesota (BPAM). The BPAM reserves the right to disqualify any sponsoring bowling center, and the team(s) it sponsors, if the previously stated conditions are not met. The BPAM reserves the right to relocate a high school bowling team from one sponsoring bowling center to another if the league's Executive Director or commissions determine that the move is what is best for the team or league.

1.11 Athlete Fees

Sponsoring bowling centers have the option to charge each bowler on each of the teams the center sponsors a seasonal participation fee. Sponsoring bowling centers may charge each high school bowler up to \$150.00. **The BPAM reserves the right to suspend any bowler that has not paid their activity fee to their sponsoring bowling center, including when a check has been submitted, but has been returned due to non-sufficient funds (NSF). Teams may be forced to forfeit wins and statistics if a suspended bowler is allowed to compete.**

1.12 Team Rosters

Rosters must be made up of bowlers who are presently attending the school(s) that is sponsored by its sponsoring bowling center. All rosters must be established with at least **four** full-time bowlers. Bowlers who are in grades 7 thru 12 are eligible to compete in competition. Students in other grades (6th, 5th, 4th, etc.) are eligible to practice with 7th to 12th graders. These (younger) students shall be known as JJV bowlers (i.e. Junior junior varsity bowlers). Each conference shall vote to determine if they want to offer competition for JJV bowlers. No JJV competition will be officially recognized by the league. Teams and conferences are encouraged to use caution when allowing students younger than 7th grade to participate with 7th - 12th graders, as some older high school bowlers may not appreciate a large difference in age and maturity.

The league has no limit to the number of students a school may roster, although a sponsoring bowling center or a head coach shall have the right to limit the number of bowlers a school rosters for the season. All bowlers from a single public school must bowl on the same team. In a situation where a bowler is eligible for Girls High School Bowling, but due to abnormal or legal circumstances is not able to bowl in the bowling center that sponsors her Girls High School Bowling team, the commissioners reserve the right to allow a bowler to bowl with a different team. All rosters must be established with at least five full-time bowlers. Each team is limited to a roster of eight bowlers for each match. High school bowlers must not have, or ever had, a USBC adult certification card. A roster may be expanded at any time prior the start of the final regular season match, if written notice to the conference coordinator is made.

Schools (or paired teams) may legally field more than one (varsity) team, but they must get all of their rosters approved by the league office prior to competition beginning. For schools (i.e. teams) that field more than one team, each bowler shall be designated as:

- A. A full-time player who begins the season on a roster and remains on that same roster for the entire season.
- B. A substitute player that can be a part of either/any of a school/team's rosters. Substitute players:
 - 1. Shall have a maximum participation percentage of 25% as part of either/any of their school's rosters.
 - 2. Are not eligible for All-Honors or All-Conference awards.
 - 3. Are not eligible to participate in post season competition, including the conference tournament.

No school may have more than 4 substitute players participating in a single season. **Substitute players may be converted to full time players prior to February 1 of the current season with permission from the conference coordinator and league office.** A zero will be given for each ball thrown by a bowler who in violation of any of these terms.

Teams are not required to be sponsored by or recognized by their high school or school district. All teams that are formed in accordance with the rules here within are welcome to participate in Girls Minnesota High School Bowling, even in instances where a high school or school district chooses not to recognize bowling as a school sponsored activity or club or sport. In such instances, head coaches or team managers are strongly encouraged to email or speak with their school's activities director. It is possible that a school will allow a bowling team to compete in the Girls High School Bowling League if some or all of the following mandates are honored:

- a. The bowling team will not use the full or partial name of the school
- b. The bowling team will not use the school mascot
- c. The bowling team will not wear their normal/current high school bowling jerseys that feature the high school's name. (In this situation, teams will be allowed to bowl in matching polo shirts (i.e. short sleeve collared shirts). The matching polo shirts may be blank with no required information on the front or back.

If a school is not satisfied with a team agreeing to some or all of points a, b, and c above, it will be the league administrator's strongest recommendation that the team not enter a team into the current season of Girls High School Bowling, with the goal being not to damage the relationship a bowling team or club has with its school.

If a bowling team/club is disallowed from using its high school's name, a coach or team manager from that team/club is encouraged to contact the league administrator to determine what name the team/club shall go by for the current season.

1.13a Bowlers that are homeschooled or attending online high school

Bowlers that are homeschooled or are attending an online high school may participate in Minnesota High School Bowling, but they must do so with a team that is in the district where the bowler would attend public high school. If there is no existing team in the district where the homeschooled student resides, then league administrators will identify which existing team it is most appropriate for the student to bowl with. In order to be eligible for competition, homeschooled bowlers shall be at least 12 years old as of August 15 of the current season. The conference coordinator and Triad commission reserve the right to request to see birth certificates for any homeschooled bowlers.

1.13b Bowlers that attend a charter school or private school

If a student attends a charter school or private school and his/her school fields a full bowling team then the student shall bowl for his/her school. If a student attends a charter school or private school and his/her school does not field a full bowling team then the student will bowl with a public school team (or a local charter or private school that fields a full team). The public high school boundary a charter/private school student resides in will determine what public high school a charter/private school student will bowl for. If there is no existing team in the district where a charter/private school student resides, then the MHSB commissioners will determine which existing team it is most appropriate for a charter/private school student to bowl with. Coaches may apply for exemptions if they feel that it is in the best interest of a team or student. Coaches wishing to apply for an exemption must do so by sending an email to the state office prior to the first regular season meet of the current season. Commissioners will review and the league administrator will respond to all requests for exemptions.

1.14 Player age and eligibility

A bowler cannot legally or officially compete in any Girls Minnesota High School Bowling competition until they and a guardian have completed the current season's athlete eligibility form; the league's waiver form; and agreed to the league's code of conduct policies. All of these documents are available online (only) at GoBowlingMinnesota.com. For any bowler that has not completed the online documents, the Executive Director of Minnesota High School Bowling reserves the right to: 1) Suspend a bowler and/or 2) Disqualify a bowler's individual statistics and/or 3) Make a team take a zero for any frame in which a bowler that has not completed the online documents participates in.

An athlete shall be 19 years old or younger as of September 1st of the current school year. A bowler cannot have graduated from high school or have earned her GED. In the case of a bowler who has been held back in school anytime during grades 9 - 12, no bowler shall participate in more than four seasons of Girls High School Bowling while in grades 9 – 12 (e.g. A student participates in 9th and 10th grade and is then required to repeat her 10th grade year. That bowler would only be eligible to bowl in two more seasons). A bowler that does not meet these requirements and bowls will take a zero for every ball she throws.

1.15 Transgender bowlers wishing to compete in Girls Minnesota High School Bowling

This rule is for students who were born as a male and have chosen to identify as a female (i.e. declared that their/her gender is female). A student matching this description may participate in Girls Minnesota High School Bowling if all four of the following qualifications are met with the satisfaction of the league's commissioners:

- a) The athlete must demonstrate that their/her total testosterone level in serum has been below 10 nmol/L for at least 12 months prior to their/her first competition.
- b) The athlete's total testosterone level in serum must remain below 10 nmol/L throughout the period of desired eligibility to compete in Girls Minnesota High School Bowling.
- c) Compliance with these conditions may be monitored by testing. In the event of non-compliance, the athlete's eligibility for Girls Minnesota High School Bowling will be suspended for 12 months.
- d) The student must submit a declaration from a medical doctor stating to a reasonable degree of medical certainty that their/her birth gender does not give them/her a competitive advantage.

1.16 Team Captains

Each team or coach is encouraged to name a team captain (or co-captains). If so desired, the coach may ask for a team vote (using secret written ballots) to elect a captain. Ideally, the team captain should be one of the older bowlers on the roster. The bowler(s) chosen to be team captain need not be one of the most skilled bowlers on the team. More importantly, this individual(s) should be someone of excellent character with leadership capability; a person the majority of the team looks up to and feels comfortable confiding in.

SECTION 2: THE RULES OF THE MINNESOTA HIGH SCHOOL BOWLING PROGRAM

2.01a Competition Format & Legal Line-ups

The baker-system shall be used during all Girls Minnesota High School Bowling contests. A bowler that bowls in frame #1 of a game may only bowl again in frame #6 of the same game. A bowler that bowls in frame #2 of a game may only bowl again in frame #7 of the same game. A bowler that bowls in frame #3 of a game may only bowl again in frame #8 of the same game. A bowler that bowls in frame #4 of a game may only bowl again in frame #9 of the same game. A bowler that bowls in frame #5 of a game may only bowl again in frame #10 of the same game. A ball will be counted as a zero if a bowler bowls in the wrong frame. Teams will bowl an entire game on one lane and will switch to their opponent's lane for the next game. The team on the left (or lower numbered) lane will throw the first ball of each game. Teams shall match each other frame for frame throughout an entire game. Moreover, teams shall remain in the same frame as their opponent at all times (e.g. a team is not allowed to throw a ball in frame #2 if its opponent is still bowling in frame #1). Once both teams have completed a frame then either team can begin bowling in the next frame. A team that bowls in a frame ahead of its opponent at any time can be forced to take a zero for each ball it throws. All regular season matches shall be the best 3 of 5 games (5 games must be bowled, even if a team wins the first three games). No individual or team statistics will count if a regular season match does not last five games. In any frame, if both bowlers refuse to roll first, the bowler on the left (lower number) lane shall roll the first ball. If the bowler on the left refuses, he/she will take a zero for that frame.

During the regular season, a team that can only field a team of four players may bowl with a 4-person line-up (e.g. A, B, C, D, A, B, C, D, A, B), but shall take a 25-point penalty for each game. Individual statistics will only count for the first two frames of each game that a bowler participates in.

During the regular season, a team that can only field a team of three players may bowl with a 3-person line-up (e.g. A, B, C, A, B, C, A, B, C, A), but shall take a 30-point penalty for each game. Individual statistics will only count for the first two frames of each game that a bowler participates in.

For conference tournaments and/or the state tournament, a team that can only field a team of four players will choose before any new game begins whether they will take a zero for frames 1 and 6 or 2 and 7 and they will report this decision to their opponent's head coach. A team that only has three players will take a zero for frames 1, 2, 6, and 7.

Scorekeepers shall indicate on competition match sheets what bowler bowled in each frame by writing the bowler's jersey number or their initials above the appropriate frame. If a scorekeeper fails to write down a jersey number or the initials for a bowler/frame the conference coordinator shall make a reasonable attempt at determining who the unidentified bowler was. If the unidentified bowler cannot be identified then the team will take a zero for that frame and no personal statistics will count for or against any player for that frame. A conference coordinator shall provide each team with at least two warnings when the team fails to write indicate what bowler bowled in any number of frames on a single match sheet. After the second warning, a conference coordinator has the right to assign a team a zero for any frame in which it is not indicated what bowler bowled in a frame.

All GMHSB competition shall take place on recreational oil patterns (commonly referred to as "house shots" or "modified house shots"). Generally, a house shot will feature an oil ratio of 5:1 or higher. No challenge or sport patterns shall be used for GMHSB competition. For more information on lane conditions and ratios please visit www.bowlingball.com/info/lane-conditions.html.

2.01b Substitutions

Unlimited substitutions are permitted. Once a bowler has been removed from a game she may not re-enter that same game. A player's position in the line-up may not change within a game. A substitute bowler cannot enter a game to shoot a spare for any reason (without taking a zero). A bowler must bowl a complete frame. If a player cannot complete a frame she will receive zero for the remaining balls. An opponent's coach and scorekeeper shall be notified of a substitution before a substitute bowler throws her first ball. Failure to notify the opponent's coach and scorekeeper of a substitution can result in a zero pin-fall for those balls thrown by the illegal substitute. Prior to each match, it is the head coach/manager's responsibility to identify who the opponent's scorekeeper is.

2.02 Warm-ups (shadow balls)

When teams are provided the opportunity to throw practice balls before a match begins, a team shall always conclude practice on the lane in which it will begin competition. If a conference coordinator or tournament director offers time to warm-up on both lanes within a pair then time on each lane will be offered equally, with a team beginning warm-ups on the lane its opponent will begin competition on, and then switching to its own starting lane after half the time designated for warm-ups has elapsed. Coaches/managers may designate from their team who will participate in warm-ups and how many balls each player will throw.

2.03 School Pairings

A paired team consists of two or more high schools joining to become one team. The only justification for creating a paired team is that a single high school cannot provide enough bowlers to have its own team (at least 5 players). All teams wishing to be paired must apply for pairing by submitting a written request to the BPAM state office. Teams should use the league's Pairing Request Form to apply for pairing. Even if (the same) two or more schools have been paired in the past a pairing is not legal for the current season until the GMHSB commissions have approved the request. Any team that fails to get league approval for a team pairing may be forced to take losses for all games in which the illegally paired team competed. All pairings should be reported to the conference coordinator and the BPAM state office no less than seven (7) days before the season begins. Schools wishing to pair must make a reasonable attempt to pair with a team in a neighboring community. To preclude a state of "competitive disadvantage" the GMHSB commissioners reserve the right to reject any pairing request.

2.04 Grades and attendance

Students are eligible for participation if enrolled in the high school from the beginning of the semester. Students enrolled after the beginning of the semester will gain eligibility at the start of the third week or on the 15th calendar day after enrollment. Students must be properly registered, attending school and classes regularly, and enrolled in the required number of credits. A bowler/student that is suspended or expelled from school is ineligible to practice or compete in any contest as long as they are not attending school. A student must be meeting his/her school's requirements toward graduation in order to be eligible to participate in Girls Minnesota High School Bowling. Coaches, at their discretion, may request that athletes participate in study groups. Attendance at study groups shall not be required. It is up to each bowler and his/her guardians if they choose to participate in such an activity.

If a player misses more than 50% of a school day, that player is ineligible to participate in any High School Bowling practice or competition that same day. A player that attends a practice after missing 50% or more of the school day shall be suspended for the next match of competition. A player that participates in any High School Bowling competition after missing 50% or of the school day shall be suspended for the next two matches of competition (plus the current match – if applicable).

2.05 The area for coaches/managers/scorekeepers

During GMHSB competition, the maximum number of coaches/managers/scorekeepers that a team shall have in the settee area for any portion of a match is two. A team's coach/manager may also stand or sit on the concourse behind his/her team. Coaches may move in front of the touch/keypad on the lane his/her team is bowling on only in between games and matches (or if a player injury occurs and physical assistance from a coach/manager is required). Only coaches/managers/scorekeepers that are dressed according to the guidelines in rule 2.13b shall be allowed in the settee area (behind the touch/keypad) while a match is taking place. Violations in either position or dress code will result in a team taking a zero for each frame in which a violation occurs.

2.06 Penalties for misconduct

All bowlers, parents, and coaches are required to be aware of, agree to, and abide by Minnesota High School Bowling's Code of Conduct. Anyone found to be in violation of the league's Code of Conduct risks being penalized as outlined below. Abusive language, harassment of any kind, and unsportsmanlike conduct that takes place at any High School Bowling event will result in a bowler, coach, or spectator being penalized. Unsportsmanlike conduct includes, but may not be limited to, throwing bowling equipment; throwing apparel, throwing accessories; kicking or hitting ball returns or keypads; verbally or physically disrespecting teammates, opponents, coaches, bowling center staff, or other individuals. Athletes, coaches, parents, and fans can all be penalized for unsportsmanlike conduct. Conference coordinators shall deal with infractions that take place before, during, or following conference competition and report the details of all incidents to the league administrator as soon as possible. Coaches shall deal with infractions that occur at any other time and report the details of all incidents to the league administrator as soon as possible.. A conference coordinator and coach may work together to determine whether an individual is guilty of misconduct. Coaches and conference coordinators are encouraged to seek input from the league administrator. Penalties for misconduct are as follows:

1st **career** offense: Verbal warning

2nd **career** offense: A. Player or coach is suspended for the current match, plus the next 20 regular season and/or postseason games.
B. Parent/Spectator is disallowed from attending his or her child's next 10 regular season and/or postseason games.

3rd **career** offense: A1: Player or coach is suspended for the current match, plus the next 30 regular season and/or postseason games.
A2: Player is not eligible for ANY of the following during the current season:
- To be named All-Conference
- To participate in the All-Conference Tournament
- To be named to an All-State team
B. Parent/Spectator is disallowed from attending the next 20 games.

4th **career** offense: Individual is banned from Minnesota High School Bowling permanently with no opportunity for appeal.

NOTE A: A parent/spectator that fails to abide by their suspension will result in the team the parent/spectator is affiliated with forfeiting all games that the suspended parent/spectator is present for.

NOTE B: Suspensions can carry over from the current season of High School Bowling to the next season of High School Bowling. For female bowlers, suspensions can carry over from the fall co-ed season of High School Bowling to the winter girls-only season of High School Bowling and vice versa.

NOTE C: For post-season play, there are no verbal warnings.

2.07a Penalties for severe misconduct (taunting or bullying)

Taunting is aggravation by deriding or mocking or criticizing. A player, coach, or parent that is deemed to be guilty of taunting or bullying a player, coach, or parent during any point of a bowling meet will earn his/her team a zero for the tenth frame of the current game. If the team already has a zero for the tenth frame then the penalty will be allocated to the tenth frame of the next game (regardless of the opponent). Additionally, if the guilty party is a player or coach then the following penalties will also be enforced:

1st **career** offense: A. Player, coach or spectator is suspended for the current match, plus the next 20 regular season or postseason games.
B. Player is not eligible for ANY of the following during the current season:
- To be named All-Conference
- To participate in the All-Conference Tournament
- To be named to an All-State team

2nd **career** offense: A. Player, coach, or spectator is expelled for the remainder of the season and all post-season play OR the next 30 regular season or postseason games, whichever is longer.
B. Player is not eligible for ANY of the following during the current season:
- To be named All-Conference
- To participate in the All-Conference Tournament
- To be named to an All-State team

3rd **career** offense: Player, coach, or spectator is banned from Minnesota High School Bowling permanently with no opportunity for appeal.

NOTE A: A parent/spectator that fails to abide by their suspension will result in the team the parent/spectator is affiliated with forfeiting all games that the suspended parent/spectator is present for.

NOTE B: Suspensions can carry over from the current season of High School Bowling to the next season of High School Bowling. For female bowlers, suspensions can carry over from the fall co-ed season of High School Bowling to the winter girls-only season of High School Bowling and vice versa.

2.07b Penalties for severe misconduct (alcohol, tobacco, vaping, and violent behavior)

At any time during a high school bowler's career - regardless of quantity, circumstance, or location - a student shall not: (1) use a beverage containing alcohol; (2) use tobacco; or (3) use or consume, have in possession, buy, sell, or give away any other controlled substance. No use or possession of alcoholic beverages; vaping of any substance; smoking or chewing tobacco will be permitted at any time or location during a high school bowler's career (even if the bowler is 18 years old or older). Bowlers shall not have possession of a vaping pipe or e-cigarette. Bowlers shall not cause physical harm to other individuals or to any person or entity's property. Violations will result in the following penalties:

1st **career** offense: A. Player or coach is suspended for the current match, plus the next 20 regular season or postseason games.
B. Player is not eligible for ANY of the following during the current season:
- To be named All-Conference
- To participate in the All-Conference Tournament
- To be named to an All-State team

2nd **career** offense: A. Player or coach is expelled for the remainder of the current season and all of post-season play or the next 30 regular season or postseason games, whichever is longer.

B. Player is not eligible for ANY of the following during the current season:

- To be named All-Conference
- To participate in the All-Conference Tournament
- To be named to an All-State team

3rd **career** offense: Player or coach is banned from Minnesota High School Bowling permanently with no opportunity for appeal.

NOTE A: Suspensions can carry over from the current season of High School Bowling to the next season of High School Bowling. For female bowlers, suspensions can carry over from the fall co-ed season of High School Bowling to the winter girls-only season of High School Bowling and vice versa.

2.07c Penalties for severe misconduct (bowling for rewards)

From the day a bowler joins Minnesota High School Bowling until the day (s)he no longer wishes to participate in the league (i.e. if a bowler participates from 7th – 12th grade then it is a period of over 2000 consecutive days) (s)he is not allowed to bowl in any league, tournament or open-event (including, but not limited to, moonlight or cosmic bowling) where cash prizes are awarded. Whether cash prizes are accepted or declined the bowler is guilty of misconduct and will be excused from MHSB indefinitely. Prizes that are won in USBC youth certified events are legal. Cash prizes awarded as scholarships won in adult singles tournament competition is also legal IF the tournament rules state clearly that this is how youth prizes will be awarded and if the bowler signs a USBC Prize Waiver. This form is acceptable only for use in adult singles competitions where cash or bonds are offered and/or any merchandise prizes valued greater than \$500. The USBC Prize Waiver is NOT ACCEPTABLE for use in team (2 or more players) competition including, for example, Adult/Youth team competitions.

2.08 Penalties During Post Season Play

For all post season competition, there are no warnings for players or coaches for any kind of misconduct. Misconduct at a post season event will result in an immediate suspension of at least 8 games. **If a player is suspended for misconduct during a postseason competition, that player's head coach will also be suspended for 8 games.** If there is no assistant coach available to take the place of the suspended head coach then the team will be disqualified from the remainder of the current competition.

2.09 Amateur status

Participants in GMHSB must be an amateur bowler. A student may not receive cash or merchandise for participation in any bowling event, unless the merchandise was won in a youth or youth/adult bowling event. A student does not lose their amateur status because of reimbursement for officiating, instructing, teaching or coaching a sport.

2.10 Malicious behavior

A bowler that commits an especially heinous act could be subject to season or indefinite expulsion from Girls Minnesota High School Bowling. The GMHSB commissioners will make rulings regarding malicious behavior.

2.11 Player jerseys

REQUIRED: Player jerseys shall be shirts with collars (often called "polo" or "golf" shirts) or performance tees or jersey tees. Uniform numbers must be on the back of all jerseys. Uniform numbers may 1) appear on the left or right shoulder, or in the middle under the neck line, and be three or four inches in size or 2) be large and placed on the center of the back of a jersey. Jersey numbers shall only have one or two digits (00 – 99 are acceptable). The name of the high school(s) being represented shall appear on the front of the jersey. The name of the team's sponsoring center shall appear somewhere on the jersey.

NOT PERMITTED: Nicknames on jerseys are not permitted. The names of sponsors (other than sponsoring bowling centers) are not permitted.

OPTIONAL: The name of the high school(s) being represented may appear on the back of the jersey. The name or a picture of a school's mascot may appear on the front of a jersey. The name of the high school or its mascot may appear on the back of the jersey. Jersey numbers may appear on the front of jerseys. The back of jerseys may contain first and/or last names of bowlers. If a conference has a conference logo that logo may appear on the sleeve of a jersey. Team captains may have a "C" on their jersey. The "C" can appear on the bowler's front left side, above her chest and below her left shoulder. A single logo from the business that produced or sold the jerseys may appear on the jersey. This logo shall be no more than two inches wide or two inches tall.

2.12a Player uniforms for regular season play

It is each conference coordinator's duty to monitor and make rulings on uniform and dress code violations during regular season competition and at conference tournaments. A conference coordinator may also choose to assign these duties to another responsible adult or a small group of adults (i.e. a dress code committee) affiliated with their conference. The conference coordinator may name him or herself to the dress code committee.

During regular season competition, all bowlers must wear their jersey or a collared shirt. Any player without a jersey or collared shirt will not be allowed to bowl (unless a bowler is brand new and the jersey or collared shirt that has been ordered for her has not yet arrived). Only jeans, slacks, skorts, and skirts may be worn for warm-ups or regular season competition. Skirts must be below a bowler's kneecap down to the top of

a bowler's shoes. Skorts must be below a bowler's longest fingertip when she is standing and her arms are hanging loosely at her side. Pants shall not be cut-off, ripped, tattered or torn. Pants shall come down to the top of a bowler's shoes. Capri pants, cargo pants, and corduroy pants are not allowed. No hats shall be worn. Pants must be worn at a level so that no underwear is visible. Bowlers within a conference may be required to wear casual dress pants (i.e. slacks) for regular season play if the coaches in the conference vote in favor of this policy.

If a bowler's skirt or skort is determined to be too short (e.g. a bowler's skort does not hang below her longest fingertip when she is standing and her arms are hanging loosely at her side) no leniency or second chance will be given and the bowler will NOT be given an opportunity to change into a longer skort, a longer skirt, or into pants. The bowler will be disallowed from competing in ALL conference competition scheduled for that day.

A team's head coach has the right to require that all team members wear pants. The GMHSB commissioners and the league administrator reserve the right to make judgments and enforce penalties on all matters pertaining to uniforms and proper dress code. The commissioners of Minnesota High School reserve the right to revoke a bowler's right to wear a skirt or skort if doing so is deemed to be in the best interest of the bowler's team or conference.

2.12b Coaches' dress code for regular season play

Head and assistant coach/managers must wear slacks and a collared shirt or a bowling jersey that closely resembles what his/her players are wearing. Female coaches/managers may wear skirts or skorts that are below the coach's longest fingertip when she is standing and her arms are hanging loosely at her side. Coaches shall not wear hats during competition. Coaches must wear closed toe shoes at all times. No jeans, sweatpants, cargo pants, or corduroy pants may be worn.

2.12c Player uniforms for state tournaments and all-conference tournaments

During these postseason competitions, players must wear a uniform as defined in 2.12 and 2.13a. Moreover, jeans are not allowed (no blue jeans, black jeans, tan jeans, designer jeans, etc.) and slacks or a proper length skort must be worn. Cargo pants and Corduroy pants are not permitted. Pants shall not be tight around the ankles. Pants shall not be more than 50% cotton. No yoga or spandex style pants shall be allowed. A team's head coach has the right to disallow ALL team members from wearing skorts if the coach prefers that all players wear slacks.

2.12d Coaches' dress code for postseason competition (conference tournament, all-conference, and state)

During post-season competitions, head and assistant coaches must wear slacks and a collared shirt or a bowling jersey that closely resembles what his/her players are wearing. Female coaches/managers may wear skirts or skorts that are below the coach's longest fingertip when she is standing and her arms are hanging loosely at her side. Coaches shall not wear hats during competition. Coaches must wear closed toe shoes at all times. No jeans, sweatpants, cargo pants, or corduroy pants may be worn.

2.12e Sponsors' names on uniforms

A single logo from the business that produced or sold the jerseys may appear on a high school bowling jersey. This logo shall be no more than two inches wide or two inches tall. The names or logos of any other sponsors/supporters are not permitted to appear on any jersey/uniform. Should the BPAM obtain a league wide sponsor(s), the commissioners reserve the right to add the name and/or logo of that sponsor to player jerseys/uniforms anytime during the season.

The logo of a team's sponsoring center can/should appear on all high school bowling jerseys, as well as the official GMHSB logo.

SECTION 3: GUIDELINES, RECOMMENDATIONS & FURTHER INFORMATION

3.01 Conference Standings

Standings will be determined by each team's record. The principal statistic that will determine standings within a conference will be matches won and lost. If two teams have the same number of matches won and loss then the following statistics, in the order stated, will be used to determine which team will finish higher in the standings:

1. Games won and lost
2. Head to head competition
3. Total pin-fall (throughout the season)

Matches can only be won or lost. There shall not be any ties for matches. Total pins for five games should be used to determine the winner of a tied match. If two teams have the same total pin-fall then a 9th and 10th frame will be bowled. If a tie still exists, additional 9th and 10th frame roll-offs will be bowled as many times as necessary to determine a winner. A coach may select any two of his/her eight rostered players to bowl in any 9th and 10th frame roll-off.

3.02 Conference Tournaments

A conference tournament must be completed no later than the Sunday prior to the state tournament. A conference tournament shall only be held in a bowling center that is a member in good standing with the Bowling Proprietors Association of Minnesota (BPAM). Results from a conference tournament that take place in a bowling center that is not a member in good standing with the BPAM will not be considered official

and the winner of that event will not earn a direct entry to the state tournament (unless the conference tournament is made up at a legal location).

All teams participating in a conference tournament will bowl an 8-game qualifier – switching lanes after each game. All teams will draw for their starting lane assignment or a conference can vote to let the conference coordinator determine lane assignments. The four teams with the highest pinfall after the 8-game qualifier will move onto a 4-team single elimination bracket tournament. All other teams will be eliminated. The remaining four teams will be seeded 1 – 4 in a bracket according to their 8-game total pinfall. In the case of a tie after the 8-game qualifier, the team had the highest 8th game score will get the better seed. If both teams had the same 8th game score then the teams' 7th game scores will be used to determine the higher seed, and so on. A team shall not begin the bracket tournament on the same lane as they bowled the 8th game of the 8-game qualifier on. All matches in bracket play will be two games in length.

All matches in bracket play will be two games in length. Both games in a match will be bowled on the same pair of lanes. The team with highest pinfall after the two games will win the match. If there is a tie in two-game total pinfall, a 9th and 10th frame roll-off will be held (and repeated if necessary until a winner is determined). The winners of matches 1 and 2 shall bowl for the conference tournament championship using the same two-game total pinfall format.

3.03a Post Season Tournaments

The commissioners of Girls Minnesota High School Bowling reserve the right to make changes to the rules and guidelines relating to postseason tournaments at any time prior to the start of competition of any postseason tournament.

Two state tournaments will be held - A Division I State Tournament and a Division II State Tournament. Both state tournaments will feature a field of eight to twelve teams. Teams that are eligible for the Division I State Tournament are those that comprised of students from one or two schools (or school districts). Teams that are eligible for the Division II State Tournament are those that comprised of students from three or more schools (or school districts). All teams that win their conference tournament will qualify for a state tournament.

An all-conference tournament will be held if the league's executive director determines the league is large enough to hold one. At the all-conference tournament, there will be a player participation fee of \$15.00 per player.

3.03b Post Season Tournaments - Rosters

No more than eight players are allowed in the settee area during any part of competition. Rules for substituting are the same as for regular season play. Each post season tournament will have its own rules regarding the number of players from a team's roster that are eligible for competition at specified times.

3.03c Post Season Tournaments – Ties in bracket play

If a head-to-head bracket play match ends in a tie, there will be a 5th to 10th frame roll-off. A coach may select any five rostered bowlers to participate and put them in an order of the coach's choosing. If there is a tie after the 5th to 10th frame roll-off then a 9th and 10th frame roll-off will be held with coaches selecting two bowlers in an order of their choice.

3.04 Transfer Students, Residency, and Foreign Exchange Students

A transfer student is eligible for varsity competition provided the student was in good standing on the date of withdrawal from the last school the student attended and one of the following provisions is met:

A. 9th Grade Option: the student is enrolling in 9th grade for the first time.

B. Family Residence Change: the student transfers from one public school district attendance area to another public school district attendance area at any time during the calendar year in which there is a change of residence and occupancy in Minnesota by the student's parents. If the student's parents move from one public school district attendance area to another public school district attendance area, the student will be eligible in the new public school attendance area or a non-public school if the student transfers at the same time the student's parents move. If the parents move from one public school district attendance area to another, the student shall continue to be fully eligible if the student continues enrollment in the prior school for the balance of the current marking period or for the balance of the academic school year. If the student elects either of the current enrollment options above, the student will be fully eligible upon transfer to the new school. A student who elects not to transfer upon a parent's change in residence shall continue to be eligible at the school in which the student is currently enrolled.

If neither of the provisions above are met, the student is ineligible for varsity competition for a period of one (1) calendar year beginning with the first day of attendance at the new school.

Foreign exchange students shall be limited to one calendar year of MHSB participation commencing with their first day of attendance.

DEFINITIONS: Transfer Student: A transfer student is one who discontinues enrollment and attendance in any high school, public or non-public, located in a public school district attendance area and enrolls and attends classes in any high school in Minnesota, or outside of MN. Essentially, a transfer occurs anytime the school of record changes. Residence: For purposes of eligibility, a student may only have one residence. To determine residence for eligibility purposes, the public school district attendance area in which the home last occupied by both parents is located shall be considered as the family's residence. Change of Residence: A change of residence is the actual physical relocation by the parents or guardians of a student with the intent to reside indefinitely at a new residence in Minnesota and terminate all occupancy of a

previous residence. The change in residence must be bona fide, include other minor siblings and involve a transfer from one school district attendance area to another school district attendance area.

3.05 All-Conference Teams

The six bowlers with highest fill percentage at the end of the regular season will be named to each conference's all-conference team (or teams). A minimum of sixty percent of all possible frames during regular season (in-conference) competition must have been bowled for a player to be eligible for an all-conference team. A bowler must have a regular season participation percentage of 70% or higher in order to be eligible to be named conference most outstanding player (MOP). If a bowler finishes with the highest fill percentage in their conference, but does not have a participation percentage of 70% or higher then the next bowler in line that does have a participation percentage of 70% or higher will be named conference MOP. Bowlers that are named all-conference will receive a plaque from the league office. If a GMHSB coach has reason to believe that a (potential) all-conference member is not worthy of the honor, a complaint (kept anonymous unless permission is granted otherwise) may be filed with the league office. The Triad will make a decision on all complaints as quickly as possible. League officials reserve the right to revoke a bowler's All-Conference status any time prior to the conclusion of the all-conference tournament if an All-Conference bowler is found guilty of misconduct or severe misconduct. If a bowler's All-Conference status is revoked then the bowler with the next highest fill percentage during the regular season shall be named to the conference's All-Conference team.

3.05b All-Honors Team

Each conference shall select an all-honors team. One out every six bowlers from each school (or paired schools) can be named all-honors. Conference coordinators or coaches may round up when there is a minor or major fraction. At least one bowler from each school/team shall be named to the all-honors team. Each conference may determine its own system for selecting their all-honors team. Coaches can name or nominate bowlers from their team for exemplifying any/all of the following characteristics of leadership and/or sportsmanship and/or dedication during the current season or their high school bowling career. A bowler may earn all-conference and all-honors honors in the same season.

Conference coordinators may choose to present certificates to all-honors award winners. The league administrator will print out these certificates at the request of any conference coordinator. Conference coordinators should post a picture and names of all-honors award winners in the league's Facebook group.

3.05c All-State Teams

The top 18 bowlers in the state, according to fill percentage, will be named First, Second, and Third Team All-State. From this group of eighteen bowlers, the six bowlers with the highest strike percentage during the regular season will be named First Team All-State; the six bowlers who rank 7th – 12th in strike percentage during the regular season will be named Second Team All-State; and the six bowlers who rank 13th – 18th in strike percentage during the regular season will be named Third Team All-State. A bowler must have a regular season **participation** percentage of 70% or higher to be eligible for all-state recognition. Players that have missed any amount of competition during the regular season or the conference tournament due to misconduct will not be eligible to be named All-State for the season in which the misconduct took place.

3.06 Bowling Blinds

When a conference has an odd number of teams, the team that does not have an assigned opponent (i.e. the team bowling against the blind) will bowl a five game *match* against the conference field. In order to earn a game win, a team bowling the blind must outscore the conference's average score for the day. To win a match, a team bowling the blind must outscore the conference's average score for the day three out of five times/games. The team with an unassigned opponent will bowl unopposed, but shall pace itself with teams on the lanes to its right or left. Unused players from any team shall not be used to pace the team. Individual and team statistics will count when bowling a blind.

3.07 Use of electronic devices during bowling

The use of CD players, MP3 players, and cellular phones by bowlers or coaches is not allowed during warm-ups or competition.

3.08 Switching hands during competition

A bowler is not allowed to switch bowling hands in the middle of a frame or game, even if injured. A bowler may switch from a single handed throwing style to a two-handed approach, or vice versa, as long as the ball is released with the same dominant hand throughout a game. A two-handed **delivery** is different than a two-handed **approach**. A two-handed **delivery** is only used when equal-force from two hands are used at the point of release (such as when a ball is thrown underhand, between the legs). Any time two hands are on the ball and one hand is used to put more force on the ball than the other hand, this constitutes a two-handed **approach**. The first ball a bowler throws in a game will determine the hand that bowler must use for the duration of that game. A bowler that throws a ball with a different hand during a game will take a zero for the illegal ball(s) thrown.

3.09 Changing the surface of the ball

Once competition begins, a bowling ball's surface cannot be altered with chemicals or sanding pads (without permission from the competition's director). A bowler can alter the surface of a ball with chemicals or sanding pads before match scoring begins and/or in between matches. A bowler may not alter the surface of the ball during or between games (within a match). Wiping a ball off with a dry towel or shammy pad is allowed at any time. Violation of these rules may result in a ball being removed from competition.

3.10 Timeouts

There are no timeouts in Girls Minnesota High School Bowling. A stoppage in play should only occur when a player is injured and cannot leave the approach by her own power, or when a coach believes that a mistake or foul has been committed.

3.11 All matters not covered by these rules

The state laws in Minnesota, the general rules of bowling, the use of common sense, the commissioners of Girls Minnesota High School Bowling, and the BPAM's Board of Directors shall govern all matters not covered by these rules.

3.12 Whistleblower Protection

No bowler or guardian of any bowler shall be punished (by a coach, a conference coordinator, or a league administrator) for making a valid verbal or written complaint about a coach; a conference coordinator; league administrator; teammate; guardian of a teammate; or family member of a teammate. No bowlers shall be harassed or suspended or expelled or see a significant decrease in playing time due to whistleblowing. Any person(s) in a position of authority that is found to be in violation of this rule will be suspended for a minimum of eight weeks of the season for both practices and competitions. Suspensions may carry over to future seasons of High School Bowling. The league's commissioners reserve the right to extend a suspension past eight weeks if the violation is found to be overly egregious. Anyone who intentionally makes a false verbal or written complaint risks suspension or expulsion from the league.

3.13 Minnesota High School Bowling's Code of Conduct & Social Media Policy

The board of directors of the Bowling Proprietors Association of Minnesota (BPAM) and the commissioners of Minnesota High School Bowling (MHSB) believe that all students and their guardians should consider participation in MHSB as both a privilege and a responsibility.

The privilege is the opportunity to take part in the league provided by the BPAM and its participating bowling centers. This privilege may be revoked when a student, coach, guardian, or spectator fails or refuses to comply with league rules or when it is clear, according to common sense, that an individual is causing unnecessary disruption or stress to coaches, teammates, opponents, bowling center employees, and others.

The responsibility involves maintaining high standards of citizenship and sportsmanship at all times. Respect for and compliance with the league's rules and code of conduct is expected and required of every student who participates; every coach that coaches; and every spectator.

All individuals involved with MHSB, including, but not limited to, athletes, guardians and coaches must understand that if the commissioners of MHSB determine that any person(s) has abused their privilege or not acted responsibly, that person(s) can be suspended or dismissed from any and all MHSB events, including practices and competitions. Failure by a guardian to abide by a suspension or dismissal will likely result in the guardian's bowler being suspended or dismissed from MHSB practices and/or competitions.

Grievance Procedure: The grievance process is intended to be a process whereby concerns of alleged unfair treatment of any individual can be addressed in a timely manner. The list below of legitimate and non-legitimate grievances is intended to be a guideline, not an all inclusive list.

Legitimate grievances:

- Failure to provide due process in disciplinary action
- Mistreatment of any individual
- Any violation of an adopted code: ethics, conduct, and expectations

Non-legitimate grievances:

- Athlete not given enough playing time
- Athlete not playing the right position
- Strategies used by the coach
- Win/Loss record of the team or coach

Legitimate grievances should be addressed first with the coach at a scheduled time (not before, during, after practice or contests). If this meeting does not bring about a satisfactory resolution, the league's executive director should be contacted (preferably by email).

Social Media Policy:

Athletes, guardians, and coaches are responsible for good behavior on the Internet just as they are in a school building or in a bowling center. If an individual's use of the Internet creates a disruption to a school, bowling team, or bowling center, the individual will be held responsible and will face consequences as determined by the commissioners of MHSB, including but not limited to:

- Suspension from the team or team events
- Dismissal from the team or team events

3.14 Statistics

Each conference coordinator will upload his/her conference and statistics to the league's website. A bowler / team either fills a frame or leaves it open. Strikes and spares are worth equal amounts (except for all-state team placement when strike percentage will be a determining factor of which all-state team an all-state bowler will make). You will see in Chart 3.12A a bowler's fill percentage (column F) is established by adding a bowler's strikes and spares (columns B & C) and dividing the sum of those columns by the total number of frames the bowler has bowled (column E).

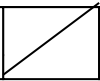
Chart 3.14A

A	B	C	D	E	F
Team XYZ	X	/	O	Total	Fill %
Julie Smith	28	31	20	79	74.68%
Beth Smith	20	20	38	78	51.28%
Emily Johnson	25	23	42	90	53.33%
Sara Johnson	42	31	50	123	59.34%
Beth Franklin	23	39	43	105	59.04%

The tenth frame shall count as one frame (in terms of statistics), even if a bowler achieves two or three marks in that frame. For further clarification, please refer to Chart 3.13B. Results from 9th and 10th frame roll-offs shall not count toward official statistics for any bowler or team.

Chart 3.14B

9	10	Details on the tenth frame
7	2 X X X	The bowler gets credit for bowling 1 strike (i.e. one fill). (fill percentage of 100% for the 10 th frame)

9	10	Details on the tenth frame
7	2 8  X	The bowler gets credit for bowling 1 spare (i.e. one fill). (fill percentage of 100% for the 10 th frame)

9	10	Details on the tenth frame
7	2 X 8 1	The bowler gets credit for bowling 1 strike (i.e. one fill). (fill percentage of 100% for the 10 th frame)

9	10	Details on the tenth frame
7	2 X X 8	The bowler gets credit for bowling 1 strike (i.e. one fill). (fill percentage of 100% for the 10 th frame)

9	10	Details on the tenth frame
7	2 9 -	The bowler gets credit for bowling 1 open frame. (fill percentage of 0% for the 10 th frame)