



Girls Minnesota High School Bowling Rules and Regulations (2019)

Last updated on January 1, 2019

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Text highlighted in yellow indicates a change 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 Triad commission. The Triad commission is 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 Mendota Heights; and Jim O'Reilly of Wabasha. A simple majority of the Triad 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 Triad to make a ruling.

1.02 Captain's Practice

Athletes, at their discretion, may participate in Captain's Practice. Captain's Practice must 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.

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 Conference Season Schedules and Conference Tournament Requirements

Each conference will begin its conference competition no earlier than January 1 and complete its regular season schedule no later than the Sunday prior to the state tournament. In conferences where there are nine or fewer teams, each team in a conference must compete in at least two matches with every other team in the conference. (**Exceptions are allowed for conferences that split into two divisions**). In conferences where there are ten or more teams, each team must compete in at least one match against every team in the conference. In conferences where there are ten or more teams, schedules shall not be disproportionate (i.e. a team cannot bowl against some teams three times and against other teams only one time). (**Exceptions are allowed for conferences that split into two divisions**). Teams will bowl five (5) game matches, regardless of wins and losses (i.e. if a team wins the first three games the last two must still be bowled). The sponsoring bowling centers in a conference are responsible for determining the best day of the week (and starting times) to hold conference meets. Bowling centers should seek input from the conference coordinator and the coaches in the conference.

1.05 Postponements

The host 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 reschedule the event in a timely manner.

1.06 Conference make-up

A Minnesota High School Bowling conference is made up of at least four varsity teams representing no less than four high schools (or school districts). One individual called 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 must 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

- a. Conduct a preseason meeting and review with all coaches the changes and additions to the league rules and format
- b. Send a conference schedule to the league administrator
- c. Report conference activities to the league administrator
- d. Report to the league administrator if there are any pairings of schools in his/her conference
- e. Schedule and administer conference meets
- f. Organize and run a conference tournament

- g. Keep statistics for all teams and bowlers, and upload statistics to GoBowlingMinnesota.com
- h. Make sure each team's sponsoring bowling center has paid all applicable participation fees by February 1st.
- i. Arrange for pictures to be taken of the All-Conference team and All-Honors Team and have the pictures posted on the league's Facebook page.
- j. Communicate information to all coaches and sponsoring bowling centers in the conference, as well as distribute materials sent by the league administrator
- k. Assure that rosters and other paperwork have been filled out and turned into the league administrator by the due dates listed on each form
- l. Report the detailed results of the conference tournament to the league administrator within 24 hours of completion of the event
- m. Make sure that the teams that earn the right to advance to the state tournament are aware of the uniform requirements for each tournament.

1.08 Conference Coordinator Compensation

The league administrator will pay each conference coordinator \$50.00 for each varsity team in his/her conference(s), 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 emailed into the state office
- 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/Coach/managers

Coach/managers must be at least 18 years of age and out of high school. Head coaches/Managers shall be identified 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 at matches. Each team must have an adult representative at every meet or a team will not be allowed to compete. A team will forfeit a game if an adult representative is not present. Anyone that manages a team, even for a single meet, should be added to the official roster as a head or assistant coach. . It is highly recommended that all coaches go through Bowling Coach Training from the U.S. Bowling Academy, as well as ASEP training (American Sport Education Program - <http://www.asep.com>).

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 \$175.00 for each varsity team they sponsor. Bowling centers that are not members (in good standing) of the BPAM will pay \$275.00 for each varsity team they sponsor. Checks should be made payable to CCM (Community Charities of Minnesota) 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 space permits, a sponsoring bowling center will get the opportunity to host at least one conference meet during the season. Any team that does not have its sponsorship fees paid by February 15th will not be allowed to compete in any matches. A team that bowls on or after February 15th that has not had its sponsorship fees paid will 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 Triad Commission 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 participation fee. This money shall be used to cover the cost of uniforms (that are owned by the bowling center), practice lineage, meet lineage, the team sponsorship fee, and other expenses associated with sponsoring a high school bowling team. Sponsoring bowling centers may charge up to \$125.00 for any high school bowler that is not (or will not) actively participating in any USBC certified youth or youth/adult bowling league during the current bowling season. A sponsoring center may charge up to \$100.00 for any high school bowler that is actively participating (or will actively participate) in any USBC certified youth or youth/adult bowling league during the current bowling season. A sponsoring bowling center is welcome to offer a further discount to any high school bowler that is actively participating in the sponsoring bowling center's youth or youth/adult bowling leagues.

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. 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 GMHSB conference shall vote to determine if they want to offer competition for JJV bowlers. No JJV competition will be officially recognized by GMHSB. 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 range in age and maturity. There is no limit to the number of students a team may carry on its roster. All bowlers from a single school must bowl on the same team (but necessarily on the same roster - at the discretion of the league's

executive director and commissioners). In a situation where a bowler is eligible for Girls Minnesota High School Bowling, but due to abnormal or legal circumstances is not able to bowl in the bowling center that sponsors her high school bowling team, the commissioners of high school bowling reserve the right to allow a bowler to bowl with a different high school team. Each team is limited to eight (8) bowlers for each match. Bowlers must not have, or ever had, an USBC adult certification card (non-certified bowlers may participate) since entering GMHSB. A roster may be expanded at any time prior to the start of the last week of the conference schedule if written notice (email is acceptable) to the conference coordinator is made. For any game, if a team can only field a roster of four players then that team must take a 0 for the 1st and 6th frames or the 2nd and 7th frames. For any game, if a team can only field a roster of three players then that team must take a 0 for frames 1, 2, 6, and 7.

Schools (or paired teams) may legally field more than one (varsity) team, but 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.

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 September 1, 2018. 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 September 1 of the current season. Commissioners will review and respond to all requests for exemptions.

1.14 Player age and eligibility

An athlete must be less than 20 years of age as of September 1, 2018. 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 high school bowling while in grades 9 - 12 (e.g. a student participates in GMHSB in 9th and 10th grade and is then forced to repeat her 10th grade year. That bowler would only be eligible to bowl in two more seasons of GMHSB). A bowler that does not meet these requirements and bowls will take a zero for every ball she throws. A conference coordinator has the right to declare a bowler as ineligible if she does not have her athlete eligibility form completely filled out and turned into the conference coordinator prior to the first match of the season, or anytime thereafter.

1.15 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

2.01 Format

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 will 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.

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 MHSB competition. For more information on lane conditions and ratios please visit www.bowlingball.com/info/lane-conditions.html.

2.02a Legal Line-ups

Scorekeepers shall indicate on competition match sheets what bowler bowled in each frame by writing the bowler's jersey number above the appropriate frame. If jersey numbers have not yet been determined then initials for the bowler can be used in place of a jersey number (e.g. JJH). If a scorekeeper fails to write down a jersey number for a bowler/frame the conference coordinator shall make a reasonable attempt at determining who the missing bowler was. If the missing 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.

2.02b 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 Substitutions

Unlimited substitutions are permitted; however, once a bowler has been removed from a game he/she may not re-enter that game. Once a bowler's name is listed on the official score sheet, and the game has started, that bowler is officially part of the line-up whether she has thrown a ball or not. 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. A bowler must bowl a complete frame. If a player cannot complete a frame he/she will receive zero for the remaining balls. An opponent's coach and scorekeeper must 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 will 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.

2.04 Pairing

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 form PA-1 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 Triad commission has 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 Triad commission reserves the right to reject any proposed pairing.

2.05a 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 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).

2.05b Bowlers may elect to be honored for their grades

Any bowler who averages a 3.0 ("B") or higher grade point average on any report card during the current school year may send a copy of her report card into the league administrator. Bowlers with averages of 3.0 or higher who send in their grades will be recognized on the Girls Minnesota High School Bowling website at www.girlsmhsb.org. Sending report cards to the BPAM is optional and is the decision of each bowler and her guardian(s).

2.06 The area for coaches/managers/scorekeepers

During MHSB competition, at least one coach, manager, or scorekeeper shall remain within the settee area, behind the touch/keypad on the lane his/her team is bowling on. The maximum number of coaches/managers/scorekeepers that a team shall have in the settee area for any portion of a match is two. 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.

2.07 Penalties for misconduct

Abusive language, harassment of any kind, and unsportsmanlike conduct during practices, warm-ups, or competition will result in an infraction. Athletes, coaches, and fans can all be penalized for unsportsmanlike conduct. Conference coordinators shall deal with infractions that take place before, during, or following conference competition. Coaches shall deal with infractions that occur at any other time. A conference coordinator and coach may work together to determine whether a team or an individual is guilty of misconduct. Coaches and conference coordinators are welcome to seek input from a league administrator. Penalties and offenses by individuals can carry over from the most recent winter season of Girls Minnesota High School Bowling to the current fall season of Minnesota High School Bowling if the full length of the penalty did not expire during the winter season of Girls MHSB (due to lack of time). Should the conference coordinator feel that there has been misconduct the penalties for each offense are as follows:

Team offenses

- 1st OFFENSE: Verbal Warning
- 2nd OFFENSE: Team forfeits game
- 3rd OFFENSE: Team forfeits one match
- 4th OFFENSE: Team forfeits two matches

Individual offenses

- 1st OFFENSE: Verbal Warning
- 2nd OFFENSE: Individual is disqualified for the match in progress (if applicable) plus the next three matches. Must total 4.
- 3rd OFFENSE: Individual is expelled for the remainder of the season and all post-season play

NOTE: For post-season play, there are no verbal warnings. All misconduct will be penalized after one offense.

2.08a Penalties for severe misconduct (taunting)

Taunting is aggravation by deriding or mocking or criticizing. A player, coach, or parent that is deemed to be guilty of taunting 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 OFFENSE: Player or coach is suspended for the current match, plus up to four more (consecutive) matches
(The league administrator and commissioners of high school bowling reserve the right to limit the number of matches a player is suspended for.)

2nd OFFENSE: Player or coach is expelled for the remainder of the season and all post-season play

3rd OFFENSE: Player or coach is banned from Minnesota High School Bowling for life. Those who are banned from MHSB have the right to write a letter to the Triad and request reinstatement to the league

2.08b Penalties for severe misconduct (alcohol, tobacco, violent behavior)

At any time during a high school bowler's tenure - regardless of quantity, circumstance, or location - a student shall not: (1) use a beverage containing alcohol; (2) use tobacco; (3) vape any substance or (3) use or consume, have in possession, buy, sell, or give away any other controlled substance. No alcoholic beverages, smoking or chewing tobacco will be permitted by any coaches or spectators on the concourse or within the settee while any conference practices, matches or tournaments are taking place. No verbal warnings will be given to coaches or athletes. Penalties will be incurred and enforced immediately. Penalties and offenses by individuals can carry over from the current season of High School Bowling to the following season – including the fall co-ed season of High School Bowling - if the full length of the penalty did not expire during the current season (due to lack of time). For a coach or athlete found to be guilty of such matters the penalties are as follows:

1st OFFENSE: Player or coach is suspended for the current match, plus up to four more (consecutive) matches
(The league administrator and commissioners of high school bowling reserve the right to limit the number of matches a player is suspended for.)

2nd OFFENSE: Player or coach is expelled for the remainder of the season and all post-season play

3rd OFFENSE: Player or coach is banned from Minnesota High School Bowling indefinitely. Those who are banned from MHSB have the right to write a letter to the Triad and request reinstatement to the league.

2.08c 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.

2.09 Penalties For Post Season Play

For all post season competition, there are no warnings for players for coaches for any kind of misconduct. Misconduct at a post season event will result in an immediate suspension of 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.

2.10 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.

2.11 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 Triad Commission will make rulings regarding malicious behavior.

2.12 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.

2.13a Player uniforms for regular season play

During regular season competition all bowlers must wear their jersey or team (polo) shirt. Any player without a jersey or team (polo) shirt will not be allowed to bowl (unless a bowler is brand new and the jersey or team (polo) shirt that has been ordered for him/her has not yet arrived). Only, jeans, slacks, and skirts may be worn for warm-ups or conference competition. Skirts must be below a bowler's knee cap down to the top of a bowler's shoes. Bowlers are strongly encouraged to wear slacks during regular season play. 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 for regular season play if the coaches in the conference vote in favor of this policy. At a conference coordinator's discretion, uniform leniency may only be given to a brand new high school bowler for his/her first ever High School Bowling competition. Bowlers can be denied the opportunity to compete and/or can be given zeros for dress code violations. During conference matches, the conference coordinator is responsible for deciding which uniforms are acceptable for competition. The MHSB commissioners and the league administrator reserve the right to make judgments and enforce penalties on all matters pertaining to uniforms and proper dress code.

2.13b Coaches' dress code for regular season play

Head and assistant coach/managers must wear slacks (no jeans or sweatpants or cargo pants or corduroy pants) and a collared shirt (or a bowling jersey that closely resembles what his/her players are wearing) during regular season competition. Female coaches/managers may wear knee-length to ankle-length skirts. If a coach is required to wear a dress at work on the same day of a meet then she may wear a dress while coaching that same day. Coaches shall not wear hats during competition. Coaches must wear closed toe shoes at all times.

2.13c Player uniforms for postseason competition (conference tournament, all-conference, MQT, and state)

During postseason competition, 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 must be worn. Cargo pants and Corduroy pants are not permitted. Females may wear skirts that are knee to ankle-length.

2.13d Coaches' dress code for postseason competition (conference tournament, all-conference, MQT, and state)

During post-season competitions, head and assistant coaches must wear slacks (no jeans or sweatpants or cargo pants or corduroy pants) and a collared shirt (or a bowling jersey that closely resembles what his/her players are wearing) during competition. Female coaches/managers may wear knee-length to ankle-length skirts. Coaches shall not wear hats during competition.

2.13e Sponsors' names on uniforms

Other than the logo of the high school being represented, only one other logo may appear on jerseys/uniforms - 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. 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 Triad commission reserves the right to add the name and/or logo of that sponsor to player jerseys/uniforms anytime during the season.

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. Total pin-fall (throughout the season)
3. Head to head competition

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.**

3.02a Post Season Tournaments – 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 in the conference will bowl an 8-game qualifier – moving 2+ lanes after each game. All teams will draw for their starting lane assignment. The four teams with the highest pin-fall after the 8-game qualifier will move onto a 4-team single elimination bracket tournament. All other teams will be eliminated. Teams will be seed 1 – 4 in the bracket according to their 8-game total pin-fall. In the case of a tie, the team that finished higher in the regular season standings will get the better seed. A team shall not begin the bracket tournament on the same lane as they bowled the 8th game of the 8-game qualifier. 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. Each team will bowl one game on the odd lane and one game on the even lane (within the same pair of lanes). The team with highest pin-fall after the two games will win the match. If there is a tie in two-game total pin-fall, a 9th and 10th frame roll-off will be held. The winners of matches 1 and 2 shall bowl for the conference tournament championship using the same two-game total pin-fall format.

3.02b Post Season Tournaments

Prior to **March 15 of the current season**, a state tournament and all-conference tournament will be held. The commissioners and league Executive Director will identify a format for each tournament.

3.03 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.

3.04 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. A minimum of seventy percent of all possible frames during regular season (in-conference) competition must have been bowled for a player to be eligible for the All-Conference team. Bowlers that are named to the All-Conference team will receive a plaque from the league office. Players that have missed any amount of competition during the regular season or the conference tournament for reasons relating to misconduct as defined by rules 2.08 and 2.09 **may not be eligible to be named All-State for the season in which the misconduct took place (at the discretion of the commissioners of Minnesota High School Bowling).** If a MHSB coach has reason to believe that a (potential) All-Conference member should not be named to the team, 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 will select an All-Honors Team. 1.5 bowlers for every varsity team in the conference will make the All-Honors Team (e.g. there are 6 teams in a conference. $6 \times 1.5 = 9$. Nine bowlers will make that conference's All-Honors Team. Round up when there is a fraction, thus 10.5 will become 11). **At least one bowler from each team must be named to the All-Honors Team.** Coaches can nominate bowlers from their team for exemplifying any/all of the following characteristics during the season or their career: Leadership; Sportsmanship; and Dedication. The characteristic(s) for which the bowler is being nominated for **should** be noted by coaches when a player is nominated. A bowler **may** be named to both the All-Conference Team and the All-Honors Team in the same year. Each conference's All-Honors team(s) will be listed on the league website at girlsmhsb.org. At a conference's preseason meeting, the conference coordinator and coaches may establish an agreed upon system for picking their All-Honors team. Or a conference may go with the following system instead:

- a. With 1 – 2 weeks remaining in the regular season, each head coach should nominate 1 - 3 bowlers to be eligible for all-honors recognition. Each coach should write up 1 – 2 sentences about each bowler he/she is nominating.
- b. The conference coordinator (or other volunteer) will create a written ballot (or ballots).
- c. All head coaches will then get to vote for "X" number of bowlers, with each coach ranking their vote 1 – X with X being the most valuable and 1 being the least valuable. Coaches should not vote for players on his/her own team.
- d. The conference coordinator in conjunction with one or two witnesses can tally up the point totals.
- e. If there is a tie for the final spot on the all-honors team then the conference can use a pre-determined tie-breaker to eliminate one nominee or both bowlers can be named to the all-honors team.

3.05c All-State Teams

The top 15 bowlers in the state (according to fill percentage) will be named First, Second, and Third Team All-State. Out of this group of fifteen bowlers, the five bowlers with the highest strike percentage during the regular season will be named First Team All-State; the five bowlers who rank 6th – 10th in strike percentage during the regular season will be named Second Team All-State; and the five bowlers who rank 11th – 15th in strike percentage during the regular season will be named Third Team All-State. A bowler must have a regular season participation percentage of 85% 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 (for reasons relating to misconduct as defined by rules 2.08 and 2.09) may not be eligible to be named All-State for the season in which the misconduct took place (at the discretion of the commissioners of Minnesota High School Bowling).**

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 the team must outscore the conference's average score for the day. To win a match a team 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 a ball has been put into competition its surface cannot be altered. A bowler can alter the surface of a ball (using steel wool, sandpaper, or rubbing alcohol) before a match begins or in between matches. A bowler may not alter the surface of the ball during or between games. Wiping a ball with a dry towel is allowed at any time. A ball that is rolled that has been altered during a match will be counted as a 0.

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 Triad commission of Girls Minnesota High School Bowling, and the BPAM's Board of Directors shall govern all matters not covered by these rules.

3.12 Statistics

Girls Minnesota High School Bowling recognizes only one way of keeping statistics for regular season play. A bowler / team either fills a frame or leaves it open. Strikes and spares are worth equal amounts. Although a coach may wish to keep track of such statistics as "strike percentage" or "spare percentage," during the regular season, league officials are only concerned with "fill percentage" and total pin-fall. Strike percentage will be considered when determining the league's All-State teams. 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 3.12A

A	B	C	D	E	F
Team XYZ	X	I	O	Total	Fill %
Alice Smith	28	31	20	79	74.68%
Jane Smith	20	20	38	78	51.28%
Melissa Johnson	25	23	42	90	53.33%
Nora Johnson	42	31	50	123	59.34%
Lisa Frank	23	39	43	105	59.04%

The tenth frame could be counted as 1, 2 or 3 frames (in terms of statistics), depending on what occurs in that frame. In order for the chance to be counted as a frame (and a chance to *achieve* a fill) a bowler must have the opportunity to fill the frame. If a bowler knocks down seven pins, but does not have the opportunity to pick up the spare because that was his/her third ball then the 7-pin knockdown will not go into the books as a frame and the bowler will not be penalized (for not *achieving* a fill). For further clarification, please refer to Chart 3.12B. Results from 9th and 10th frame roll-offs shall not count toward official statistics for any bowler or team.

Chart 3.12B

9		10			Details on the tenth frame	
7	2	X	X	X	The bowler gets credit for bowling 3 frames and three fills (fill percentage of 100% for the 10 th frame)	
9		10			Details on the tenth frame	
7	2	8		9	Bowler gets credit for bowling 1 frame and 1 fill (fill percentage of 100% for the 10 th frame)	
9		10			Details on the tenth frame	
7	2	X	8	1	Bowler gets credit for bowling 2 frames and 1 fill (fill percentage of 50% for the 10 th frame)	
9		10			Details on the tenth frame	
7	2	X	X	8	Bowler gets credit for bowling 2 frames and 2 fills (fill percentage of 100% for the 10 th frame)	