

Recreation Coordinator: Alex Krook

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League Website:

<https://www.teamsideline.com/cityofames>

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I. LEAGUE RULES

- a. All league play will take place at the Sixty Forward Center (205 S Walnut Ave, Ames, IA).
- b. Each match will take place during a 55-minute time slot on Wednesdays between 2–6 PM.
- c. All games will consist of 10 frames, following standard duckpin bowling rules unless otherwise specified.
- d. Bowlers receive three rolls per frame to knock down all 10 pins.
- e. If a rules dispute occurs, the league coordinator will make the final decision on site.

II. EQUIPMENT

- a. Players must wear closed-toe athletic shoes (no open-toed shoes).
- b. Gloves are allowed.
- c. House balls and equipment are available for all players.

III. STANDINGS

- a. Standings will be determined by average points scored per game.
- b. Tiebreakers:
 - i. Head-to-Head Results
 - ii. Point Differential in Head-to-Head Matchups
 - iii. Total Average Score
 - iv. Co-Champions

IV. PLAYOFFS

- a. There will be no playoffs. The regular season standings winner is the league champion.

V. PLAYER ELIGIBILITY

- a. Players must be 60 years of age or older to participate.
- b. Teams may consist of 2–3 bowlers, mixed or same gender.
- c. Substitute bowlers are allowed with prior notice to the league coordinator.

VI. FEES & ROSTERS

- a. League fees must be paid prior to the start of the season and follow Ames Parks & Recreation payment policies.
- b. Fees cover lane rental and administrative costs.
- c. Refunds are granted only before the first game.

VII. GENERAL GAME RULES

a. SCORING

- i. A strike (all 10 pins down on the first roll) scores 10 + the next two rolls.
- ii. A spare (all 10 pins within two rolls) scores 10 + the next roll.
- iii. If all 10 pins are not knocked down in three rolls, the total pins knocked down count as the frame score.

b. GAMEPLAY PROCEDURES

- i. Teams must bowl in alternating order as entered on the scoring monitor.
- ii. The team listed first on the schedule bowls first.
- iii. Bowlers must be ready to roll when it is their turn to keep matches on schedule.

c. PIN RESET RULES

- i. If pins do not reset properly, notify the front desk or league coordinator.
- ii. Pins may only be reset before the start of a frame.
- iii. If a pin falls before a bowler's second or third roll, continue the frame with remaining pins as-is.

VIII. PLAYER CONDUCT

- a. All participants and spectators must follow the Ames Parks & Recreation Code of Conduct (see attached).
 - i. Sportsmanship, respectful behavior, and proper lane etiquette are required.
 - ii. Foul language, disruptive behavior, or repeated violations may result in penalties or removal from the league with no refund.

IX. CANCELLATIONS / FORFEITS

- a. Weather-related cancellations will be communicated by Ames Parks & Recreation.
- b. If a bowler is absent and no substitute is available, their score will be recorded as the team average.

X. CONTACTS

- a. For questions or scheduling updates:
- b. Alex Krook – Recreation Coordinator
 - i. alex.krook@cityofames.org
 - ii. 515-239-5358
- c. Sixty Forward Center
 - i. Sixty Forward Center Staff



Ames Parks & Recreation

Code of Conduct

The City of Ames Parks & Recreation Department has adopted a Code of Conduct which applies to all persons participating in any way in any City of Ames Parks & Recreation programs. All participants, volunteers, coaches, patrons, and spectators are expected to know, promote, and adhere to the following standards of conduct.

1. Promote and encourage good sportsmanship by demonstrating positive support for players, coaches, officials, participants, and employees.
2. Treat everyone with respect, regardless of race, color, age, sex, religion, national origin, disability, or skill level. Putting down or demoralizing others is not acceptable.
3. Adhere to the rules of the game/facility (including official's or employee's decisions) and do not attempt to change or manipulate those rules in order to win or for personal benefit.
4. Park rules related to alcoholic beverage use will be enforced. No alcoholic beverages are permitted in the playing area in parks or within any facility. Vaping and tobacco products are not allowed in any city facility or park. Anybody under the influence of alcohol or drugs who presents a danger to themselves or others will be removed from competition.
5. Abuse or harassment of players, volunteers, coaches, officials, spectators, or employees in any form will not be tolerated.
6. Refrain from foul, abusive, profane, or vulgar language. Be mindful of families and children in your vicinity and keep your language appropriate for all participants.
7. Fighting is prohibited. Fighting includes physical (hitting, pushing, touching, "getting in the face of") or verbal (threatening, making fun of, calling names, cursing, arguing).
8. Remember that youth programs are for the kids (to learn fundamentals, techniques, sportsmanship, teamwork, and have fun); they are not for adults! Therefore, all kids deserve a right to fairness at all times.
9. Adult sports leagues are designed to provide competition in a safe setting that allows participants to stay active and build community. Do not allow competitive nature to take away from the experience of your teammates or fellow participants.

Youth Coaches

10. Agree to conduct yourself in a manner that would be an example and a role model.
11. Coaches agree to support and work with assigned team throughout the designated season, and agree to hold regular practices (at least once a week) and show up to scheduled games.
12. Any equipment issued does not become personal property and all equipment must be returned in good condition to the City at determined time.
13. Promote team work, physical conditioning and teaching skills appropriate to the sport. Do not teach, encourage, or allow rough or dirty tactics of play.