



# Holland Recreation Adult Bowling League

## Rules and Guidelines

### League Overview

- The league is a 10-week season. Teams will bowl 3 games each week.
- League bowling will begin at 6:30PM.
- Teams will consist of 4 bowlers. There can be any combination of males and/or females per team (ex. Teams can be all males, all females, or a combination of both).
- Each team will receive a pizza and pitcher of soda each week at no additional charge.
- Standings will be kept each week.
- Bowlers will have a handicap that will be established after the first week and will be adjusted throughout the season.
- Handicaps will be based on your average out of 220 pins.
- Prizes will be awarded to the overall winning team at the end of the 10-week season.
- For any cancellations, emails to participants will be sent by 5:00PM the day of the league. Cancellation information will also be available on the Holland Recreation website on the cancellation page
- League standings and schedules will be emailed to participants after each week.

### League Format

- Warm up time will take place from 6:20PM – 6:30PM. Games begin at 6:30PM.
- Head to head Bowling – teams of 4 will compete against another team of 4 each week. Scores will be kept and points will be awarded between the two teams. Teams will compete against a different team each week.
- Cross-Bowling – your team will alternate lanes after each frame (ex. Your team will bowl odd number frames in lane 1 and even number frames in lane 2).
- Under extenuating circumstances, Holland Recreation reserves the right to amend all rules for the best interest and safety of the program.

### **Eligibility**

- All bowlers must be 18 years of age or older by the night of the first games. Bowlers may be 16 or 17 years old and play as long as a parental/guardian signature is given to Holland Recreation.
- Substitution Bowlers – bowlers can find a replacement bowler to bowl for them on a given league night. League bowlers must notify Holland Recreation by 5:00PM of the day they are bowling regarding their sub.
- Pre-Bowling – If a bowler knows they are unable to attend a certain league night, they are able to bowl before that league night to count their score. Bowlers cannot bowl after a league night and have their score count for a previous night they missed. Bowlers must notify Holland Recreation and BAM! to schedule a time to bowl.

### **Sportsmanship**

- Fighting and unsportsmanlike conduct will not be tolerated! Bowlers who are causing issues with staff, bowlers, the facility, etc. may be suspended or forced to leave the league. Verbal abuse will not be tolerated. Such abuse, when deemed inappropriate, will be grounds for potential suspension. Profanity is not allowed in this league, be mindful of your surroundings. BAM! staff, Holland Recreation staff, all bowlers, spectators, and other people using the BAM! facility must be treated with respect at all time.