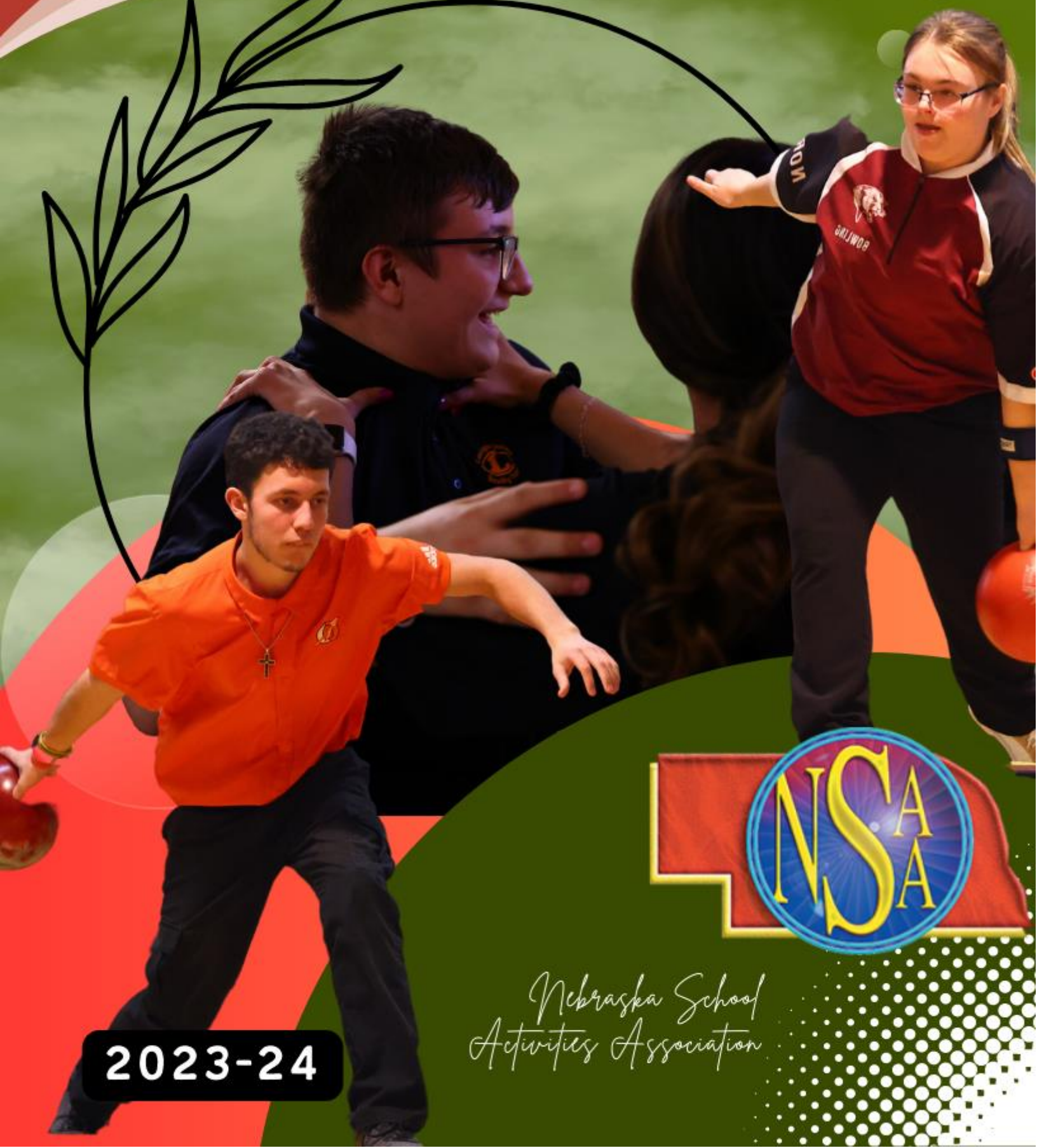


# UNIFIED BOWLING



*Nebraska School  
Activities Association*

**2023-24**

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## NSAA MISSION STATEMENT

**The public and non-public high schools of Nebraska voluntarily agreed to form the Nebraska School Activities Association for the following purposes:**

- To formulate and make policies which will cultivate high ideals of citizenship, fair competition, sportsmanship, and teamwork which will complement the member schools' curriculum programs;
- To foster uniformity of standards in interscholastic activity competitions;
- To organize, develop, direct and regulate an interscholastic activity program which is equitable and will protect and promote the health and physical welfare of all participants.

The 2023 Nebraska School Activities Association Unified Sports, Bowling manual is prepared for school administrators and coaches. All coaches and athletic directors are urged to study this document. A reminder, not every eligibility rule is covered in this Manual. Schools are responsible for knowing the rules covered in the NSAA Constitution and Bylaws. All contests shall be conducted under the United States Bowling Congress rules (link: [USBC](#)) in conjunction with Special Olympics Sports, Bowling rules (link: [Special Olympics, Bowling](#)). Schools are also encouraged to view the Unified Sports® Special Olympics Handbook that may be found here: [Unified Sports® Handbook](#)

### **Purpose of Unified Sports®**

Dedicated to promoting social inclusion through shared sports training and competition experiences, Unified Sports® joins people with and without intellectual disabilities on the same team. It was inspired by a simple principle: training together and playing together is a quick path to friendship and understanding. Having sport in common is just one more way that preconceptions and false ideas are swept away.

Jeff Johnson is the NSAA staff member who coordinates Unified Sports, Bowling. If schools have questions regarding this activity, please contact [jjohnson@nsahome.org](mailto:jjohnson@nsahome.org) or Cindy Callaway, Administrative Assistant, [ccallaway@nsahome.org](mailto:ccallaway@nsahome.org).

### **Internet Information**

The Nebraska School Activities Association's home page on the internet is found at the following address:  
<http://www.nsaahome.org>

Here are some Unified Sports, Bowling topics on our webpage: resources, current year classifications; district assignments; regular season schedules; district pairings and results; state championship schedule, pairings, and results.

## **NSAA Approved Rule Changes/Points of Emphasis**

- **First-year head coaches must view the NFHS course: *Coaching Unified Sports*, page 10.**
- **ALL coaches must view the NFHS courses once every three years: *Concussion in Sports, Heat Illness Prevention and Sudden Cardiac Arrest*, page 10.**
- **Bowling Ball Ramps & Assistance Devices, Accommodations Form/Hearing, page 13.**
- **Who calls the coin flip in a tiebreaker with NO seeding involved? Page 14**
- **Uniforms, Numbers Required in 2023, page 14.**

### **NSAA ATHLETIC BYLAWS & APPROVED RULINGS GOVERNING UNIFIED SPORTS, BOWLING**

#### 3.11.14 UNIFIED SPORTS

Special Olympics Unified Sports® is an inclusive activities program that combines an approximately equal number of Special Olympics individuals with intellectual disabilities and individuals without intellectual disabilities on teams for competition and inclusive activities fostering an environment of social inclusion.

3.11.14.1 Students must be a bona fide member of an NSAA member school.

3.11.14.2 Students must have a recognized disability defined within 42 U.S.C. Section 12102 (ADA).

3.11.14.3 Students must have the appropriate adapted pre-participation forms completed and on file at the member school of which they are to participate.

3.11.14.4 Students will follow the guidelines set forth in their individual education plans and/or local school eligibility requirements.

3.11.14.5 Classification of unified programs will be placed in A and B

3.11.14.6 Schools from member high schools may be combined for unified programs to field a common participating group with an agreement made jointly by the boards of education of the involved member schools.

#### APPROVED RULING AND INTERPRETATIONS FOR 3.11.14

1. *Unified Sports is an inclusive program that focuses on students with intellectual disabilities partnering with students without intellectual disabilities. The only recognized disability for Unified Sports athletes is intellectual disabilities. All students without intellectual disabilities, even though they may have other disabilities, may participate as partners with the students with intellectual disabilities.*
2. *An age rule exception is extended for non-contact Unified Sports for a student identified under NDE Rule 51 as an individual with intellectual disabilities (See Approved Ruling 2.3.1). Unified Sport athletes who become twenty-one years of age on or after August 1 shall be eligible on the basis of age in non-contact Unified Sports until the end of the current school year. The eight-semester rule shall be waived for such students; however, such students shall not be permitted to participate in more than four seasons of any one activity at the high school level (Bylaw 2.2.3).*

### 2.3 AGE

- 2.3.1 **Age Limitation.** No student shall be eligible for interschool competition who has attained the age of nineteen years except as follows: A student who becomes nineteen years of age on or after August 1 shall be eligible on the basis of age until the end of the current school year.

Exception: If the student is a bona fide student with a disability as defined at 42 U.S.C. Section 12102 (ADA) and the regulations promulgated there under, and the student's specific disability has contributed significantly to the student's inability to meet the requirements of this Bylaw, that student may be declared eligible by the Executive Director if, in the sole discretion of the Executive Director through the hardship application process, on a case-by-case the Executive Director determines that:

- a. The student does not pose a safety risk to himself/herself or others; and
- b. The student does not enjoy any advantages in terms of physical maturity, mental maturity or activity maturity over the other participants; and
- c. The student's participation does not affect the principles of competitive equity; and
- d. There is no evidence of "red-shirting" or other indicia of academic dishonesty. Students granted this exception will be limited to 4 years (8 semesters) of participation at the varsity level. Students granted this exception must adhere to all applicable NSAA Bylaws and Approved rulings.

#### APPROVED RULINGS AND INTERPRETATIONS FOR 2.3.1

1. Students who have become ineligible because of age are ineligible for all interscholastic contests including non-varsity team competitions.
2. The oldest age given on any annual report shall be accepted as the student's age unless a birth certificate certified by the Bureau of Vital Statistics, State Capitol, Lincoln, or the Bureau of Vital Statistics of any other state, can be produced to the contrary.
3. The Age Limitation Bylaw 2.3.1 is an objective standard; a student must meet the age limitation set forth in Bylaw 2.3.1 to be eligible for participation and competition. The only consideration for a waiver of the age eligibility rule shall be to determine if a discrepancy exists in the student's reported Date of Birth that, upon further examination and evidence, would result in the establishment of the correct Date of Birth. [See, *Pottgen v. MSHSAA*, 40 F. 3d. 926 (8th Cir. 1994).]
4. In light of NDE Title 92, Chapter 51, (003.49) (hereinafter "Rule 51") that states, "School age programs shall mean special education programs and related services designed to serve children with verified disabilities from age five through the school year in which the student reaches age twenty-one," an age rule exception is extended for Unified Sports activities and events to students who are identified under Rule 51 competing as students with intellectual disabilities. Unified Sport athletes who become twenty-one years of age on or after August 1 shall be eligible on the basis of age in non-contact Unified Sports until the end of the current school year.

## NSAA SPORTSMANSHIP BYLAWS & APPROVED RULINGS

### 2.11 Penalties

**2.11.3 Participant Ejections from Athletic Contests.** Any participant ejected from a contest for unsportsmanlike conduct shall be ineligible for the next athletic contest at that level of competition and all other athletic contests at any level during the interim, in addition to the other penalties the NSAA or the school may assess.

#### *APPROVED RULINGS AND INTERPRETATIONS FOR 2.11.3*

*Any participant ejected a second time during a season from a contest for unsportsmanlike conduct shall be ineligible for the next two contests at that level of competition and all other athletic contests at any level during the interim, in addition to other penalties the NSAA or school may assess. Any participant ejected a third time shall be ineligible for the next three contests at that level of competition and all other athletic contests at any level during the interim, in addition to other penalties the NSAA or school may assess. When schools have students or coaches with multiple ejections, the school shall submit to the NSAA a written management plan on how they plan to remediate the problem.*

**2.11.4 Coach Ejections from Athletic Contests.** Any coach ejected from a contest for unsportsmanlike conduct shall be ineligible to coach the next athletic contest at that level of competition and all other athletic contests at any level during the interim, in addition to the other penalties the NSAA or the school may assess.

#### *APPROVED RULINGS AND INTERPRETATIONS FOR 2.11.4*

1. Enforcement of the “sit-out rule” for ejections from high school contests for unsportsmanlike conduct is a responsibility of the member school. Failure to properly enforce this rule could result in other sanctions by the NSAA.
2. Administrators will be expected to promptly file a report with the NSAA whenever a participant or coach from their school has been ejected from any high school contest. Such filing must be done online under the AD login section of the NSAA webpage.
3. A participant or coach ejected from a contest for unsportsmanlike conduct shall be ineligible for the next athletic contest at that level of competition and any other athletic contest at any level during the interim.
4. Enforcement of the “sit-out rule” is expected to begin immediately, regardless of whether it is regular-season or tournament play.
5. Any participant ejected a second time during a season from a contest for unsportsmanlike conduct shall be ineligible for the next two contests at that level of competition and all other athletic contests at any level during the interim, in addition to other penalties the NSAA or school may assess.
6. Any participant ejected a third time during a season from a contest for unsportsmanlike conduct shall be ineligible for the next three contests at that level of competition and all other athletic contests at any level during the interim, in addition to other penalties the NSAA or school may assess.
7. During the time of their “sit-out” suspension, athletes who are ejected for unsportsmanlike conduct may not suit up or participate, but it is the school’s discretion whether such athlete is able to travel with the team or sit on the team bench.
8. Coaches who are ejected for unsportsmanlike conduct may not coach in any contest or be present at the contest site during the time of their “sit-out” suspension. Coaches who are ejected will also be required to successfully complete an NFHS Teaching and Modeling Behavior online course within 10 days of the ejection. Failure to successfully complete the course will result in a suspension from coaching for the remainder of the season. In those situations, in which the ejection of the coach occurs near the end of the season or during the NSAA end-of-season play, the coach will be required to successfully complete the NFHS Teaching and Modeling Behavior online course before being able to coach the following season or year.
9. Coaches who are ejected a second time in a season will be required to sit-out the next two contests at that level, plus all other contests at other levels during the interim. Coaches may not be present at the contest site during the time of their “sit-out” suspension. Any coach ejected a second time will also be required to successfully complete the NFHS Fundamentals of Coaching online coaching course within 10 days of the ejection. Failure to successfully complete the course will result in a suspension from coaching for the remainder of the season. In those situations, in which the ejection of the coach occurs near the end of the season or during the NSAA end-of-season play, the coach will be required to successfully complete the NFHS Teaching and Modeling Behavior online coaching course before being able to coach the following season or year.

10. If the ejection takes place in the final game of the season, the suspension will carry over to the following season of the same sport.
11. When schools have students or coaches with multiple ejections, the school shall submit to the NSAA a written management plan on how they plan to remediate the problem.
12. Officials will be expected to file with the NSAA an ejection report for any ejection of a player or coach from a contest online. Any unusual situation that occurs prior to, during, or after a contest should also be reported.
13. Prompt reporting to the NSAA office by the official is necessary. Officials are asked to submit their electronic report or call the NSAA office by the day following the ejection.
14. Officials are asked to be specific in listing the reason(s) for an ejection.
15. Affiliated officials (officials registered from contiguous states) will also be required to perform this reporting function.
16. There is no appeal process for ejections for unsportsmanlike conduct.
17. The Executive Director shall reserve the right to consider the length of suspension when some levels of competition are scheduled on an irregular basis (e.g., three weeks between regularly scheduled non-varsity contests).

### **3.3 General Regulations Governing Competition**

**3.3.11 Conduct and Sportsmanship.** Member schools shall maintain proper crowd control and enforce the principles of good sportsmanship and ethics during all interscholastic contests. Failure to fulfill this obligation shall subject the school to penalties as provided in Article 2, Section 2.11, NSAA Bylaws Governing All Activities.

**3.3.11.1 Conduct of Coaches and Athletes.** Coaches and athletes shall conduct themselves in accordance with the playing rules of the sport contest and refrain from unsportsmanlike conduct during interscholastic competition. Failure to fulfill this obligation will subject the individual(s) to the penalties as provided in Article 2, Section 2.11, NSAA Bylaws Governing All Activities.

**3.3.11.2 Definition of Unsportsmanlike Conduct.** Unsportsmanlike conduct shall include the following: fighting, verbal abuse or dissent directed toward an official or opponent, racial or ethnic slurs, inappropriate comments or actions that may be construed as sexual harassment, profanity, obscene gestures, flagrant and violent fouls, taunting, trash talk, baiting, cheating, throwing, or abusing equipment, inappropriate posters, physical intimidation or abuse of an official or opponent, and unauthorized leaving of a team bench area.

**3.5.2 Individual Instruction.** During a season of a sport, a student is permitted to take instruction from a person other than the high school coach at times other than scheduled high school practice sessions, but such instructions shall not interfere with, nor be substituted for the high school coaching, practice sessions, or contests.

#### *APPROVED RULINGS AND INTERPRETATIONS FOR 3.5.2*

*During a season of a sport, a student is permitted to take instruction from a person other than the high school coach. Group instruction, practices with outside teams, and tryouts for outside teams other than as part of a college or university recruiting visit, however, are not permitted.*

### **GENERAL RULES**

#### **Participation:**

The NSAA has one competitive interscholastic division. Participation in the interscholastic program of a high school is limited to students in grades 9-12. Student athletes will follow existing participation bylaws as outlined in Article 2 of the NSAA Bylaws.

#### *APPROVED RULINGS AND INTERPRETATIONS FOR 3.5.1:*

13. *NSAA Bylaw 3.1.1.2 specifies that no student shall participate in more than one sport per season. An exception would be that such dual participation would be approved for students participating in Unified Sports®. Students in NSAA member schools that participate in Unified Sports® may also participate on an interscholastic athletic team during the Unified Sports season. This does NOT apply to other NSAA sports.*

14. *Outside participation is approved for students participating in Unified Sports®. As an example, students in NSAA member schools that participate in Unified Sports® may also participate on their “club” bowling team during the NSAA Unified Sports®, Bowling season. (Exception to Bylaw 3.5.1) This does NOT apply to other NSAA sports.*

NSAA Unified Sports, Bowling teams can compete only with other teams that are registered with the NSAA during the Unified Sports, Bowling season.

### **Team Composition:**

Teams will consist of up to five players, three competing and two substitutions. Team make-up:

- A. The three students competing should be comprised with at least one student (athlete) with an intellectual disability (see “Eligibility” below) and two non-intellectually disabled students (partners). Coaches may play an additional student with an intellectual disability as a partner.

Unified Sports teams may be comprised of boys, girls, or co-ed. A student with a physical disability may participate as a partner.

During regular season competition/event schools will determine the number of teams they’d like to have on their roster. Local facilities, tournament format, and participant numbers on opposing teams may/may not dictate the number of team entries.

NOTE: During district and state championship play, schools will be limited to entering one team from their roster for competition.

### **(Athlete) Eligibility:**

1. To be eligible for participation in Unified Sports, an outgrowth of Special Olympics, a competitor must agree to observe and abide by guidelines and rules set forth by the NSAA.
2. Unified Sports and its parent-arm, Special Olympics, were created and developed to give individuals with intellectual disabilities the opportunity to train and compete in sports activities.
3. Eligibility for participation in Unified Sports:
  - a. General Statement of Eligibility: Every person with intellectual disabilities who meets NSAA eligibility requirements outlined in the Constitution & Bylaws shall be eligible to compete.
  - b. Age Requirements: Students must be in high school and meet the age requirements as shown in Approved Ruling and Interpretations 2.3.1 and 3.11.14
  - c. Degree of Disability: Participation in Unified Sports training and competition is open to all persons with intellectual disabilities who meet the age requirement of this Section regardless of the level or degree of that person’s disability, and whether or not that person also has other mental or physical disabilities, so long as that person registers to participate in Unified Sports as required by these general rules.
  - d. Identifying Persons with Intellectual Disabilities: A person is considered to have intellectual disabilities for purposes to determining his or her eligibility to participate in Unified Sports if that person satisfies any one of the following requirements:
    - i. The person has been appropriately determined by an agency or professional as having intellectual disabilities as determined by such professionals (Individualized Education Program); or



- ii. The person has a cognitive delay, as determined by standardized measure such as intelligent quotient or “IQ” testing or other measures which are generally accepted within the professional community in that Accredited Program’s nation as being a reliable measurement of the existence of a cognitive delay; or
- iii. The person has a closely related developmental disability. A “closely related developmental disability” means having functional limitations in both general learning (such as IQ) and in adaptive skills (such as recreation, work, independent living, self-direction, or self-care). However, persons whose functional limitations are based solely on physical, behavioral, or emotional disability, or a specific learning or sensory disability, are not eligible to participate as athletes, but may be eligible as a partner.

**\*The NSAA does not determine whether a person has an intellectual disability, but determines eligibility based on identification made by an agency, professional, and/or local school. \***

4. NOTIFICATION FROM NEBRASKA DEPARTMENT OF EDUCATION ON SPECIAL EDUCATION SERVICES AND UNIFIED SPORTS®

Unified Sports® and Special Education

The IDEA requires that each child with a disability participate with nondisabled children in programs and activities to the maximum extent appropriate to the needs of that child. Physical education services, specially designed, if necessary, must be made available to every child with a disability receiving a free appropriate public education, unless the school district does not provide physical education to children without disabilities in the same grades. Additionally, each school district must take steps to provide nonacademic and extracurricular services and activities, including athletics, in the manner necessary to afford children with disabilities an equal opportunity for participation in those services and activities. For students served under IDEA, the student’s IEP must include, among other things, a statement of the special education and related services, and supplementary aids, services, and other supports that are needed to meet each child’s unique needs in order for the child to: (1) advance appropriately towards attaining the annual goals; (2) be involved in and make progress in the general education curriculum and to participate in extracurricular and other nonacademic activities; and (3) be educated and participate in such activities with other children with disabilities and nondisabled children.

Participation in Unified Sports® may be considered a special education service if the child’s IEP team determined that the activity was necessary to provide the child with a Free Appropriate Public Education (FAPE) and to afford the child with a disability an equal opportunity for participation in extracurricular and other nonacademic activities. If participation in Unified Sports® is included on the child’s IEP, a portion of the costs could be reimbursed to the school district from state and /or federal special education sources. Reimbursable costs may include:

- Salaries for certified instructional staff holding an Adaptive PE Education Endorsement or other special education categorical endorsement as outlined in 92 NAC 51-010.061D;
- Special education transportation costs associated with the activity;
- Any assistive technology device(s) or service(s) as determined appropriate and necessary for the child to participate in the nonacademic setting; and
- Paraprofessional(s) who are appropriately trained and supervised by qualified special education personnel and are assisting in the provision of the service included on the child’s IEP.

## **(Partner) Eligibility:**

Though Unified Sports, Bowling allows for partners with disabilities other than intellectual disabilities, Unified Sports® was developed to provide Special Olympics athletes with the choice of a sports program that brings about meaningful inclusion with their non-disabled peers. The desired objectives of a Unified Sports® experience are best fulfilled when partners on a team are individuals without disabilities. Even though an individual with a disability may make an appropriate partner, schools should focus on forming teams that are not composed solely of people with disabilities.

## **Coaches:**

Unified Sports® coaches will follow the certification standards as outlined in Bylaw 2.12. All coaches and volunteers are required to complete the NFHS *Concussion in Sports, Heat Illness Prevention and Sudden Cardiac Arrest* courses at least once every three years ([www.nfhslearn.com/courses](http://www.nfhslearn.com/courses)). First-year head coaches are required to view the NFHS course: *Coaching Unified Sports*.

All head coaches are required to attend an NSAA Rules Meeting or complete an NSAA Rules Meeting online annually. Failure to do so will result in possible late fees and suspension penalties.

Online rules meetings are initially offered at no cost to coaches, followed by a period with a \$25 “Basic” Fee, followed by a period with a \$50 “Late” Fee. The following sanctions and fees are applicable to those coaches who fail to complete the rules meeting by the expiration of the “Delinquent” Fee period.

***FAILURE TO COMPLETE THE ONLINE RULES MEETING by October 21<sup>st</sup> will result in the following sanctions:***

### ***First Offense in Three-Year Period***

The head coach will be suspended from coaching in any competition in that activity until:

- (1) *The head coach COMPLETES THE NSAA’S ONLINE RULES MEETING OFFERED AT THE LATE FEE of \$100; and*
- (2) *The head coach successfully completes the open book (Part I) test for officials/judges of that activity (70% or higher); and the school’s administration verifies that the coach has read all the supporting NSAA, National Federation, and safety information.*

During this regular season suspension period, the head coach may continue to coach the team at practices.

### ***Second and Subsequent Offenses in Three-Year Period***

The head coach will be suspended from coaching in all NSAA end-of-season play (sub-districts, districts, playoffs, and state competition).

- (1) *The head coach COMPLETES THE NSAA’S ONLINE RULES MEETING OFFERED AT THE LATE FEE of \$200; and*
- (2) *The head coach successfully completes the open book (Part I) test for officials/judges of that activity (70% or higher); and the school’s administration verifies that the coach has read all the supporting NSAA, National Federation, and safety information.*

*During this regular season suspension period, the head coach may continue to coach the team at practices.*

### **Online Unified Sports, Bowling Rules Meetings**

**September 25 to October 18 - No charge**  
**October 19 to October 20 - “Late” Fee of \$50**

Local school districts shall determine their coaching staff needs and any additional training.

## NSAA POLICY ON COMMENTS AND NEGATIVE ACTIONS AGAINST OFFICIALS AND JUDGES

The National Federation of State High School Associations has devised Code of Ethics guidelines for high school coaches. The function of a coach is to educate students through participation in interscholastic competitions. The coach or sponsor shall respect and support contest officials and judges. The coach or sponsor shall not indulge in conduct that would incite players or spectators against the officials. Public criticism of officials, judges or players is unethical.

The Nebraska School Activities Association has embraced that Coaches Code of Ethics and has established policies and standards that will cultivate the ideals of good sportsmanship, professionalism, and conduct. It shall be the responsibility of each member school to ensure that all individuals directly associated with the interscholastic program conduct themselves in a sportsmanlike and professional manner.

The high school coach or director is a representative of the school at interscholastic activity events. It is the responsibility of all coaches and directors to serve as role models for students and the public.

It is the expectation that all coaches, directors, administrators, and student participants shall refrain from negative criticism of NSAA member institutions, officials, adjudicators, judges, etc. in public statements before, during or after interscholastic events. The appropriate public response to media questions at all venues regarding officiating/judging is “per NSAA policy, I am unable to comment.” Any other response is a violation of this board policy and is subject to penalty.

It would be considered a violation of this NSAA policy to include, but are not limited to the following:

- a. Making degrading and/or critical remarks about officials or adjudicators or the officiating or judging before, during or after an event either on or off-site, via social media, or through any public means.
- b. Detaining the officials/adjudicators/judges during or following the event to request a ruling or explanation of actions or evaluation by the official(s)/adjudicator(s)/judges.
- c. Entering the officials’ dressing area following the contest.

Negative actions by an individual directly associated with the program shall be reported to the NSAA office by the school and/or by the head contest official, adjudicator, judge, or manager. The school shall document the results of their investigation and actions taken, where necessary and appropriate. The NSAA Executive Director shall determine the appropriate penalties for violation of this board policy.

### Season:

The length of the Unified Sports, Bowling season shall be 8 weeks and run-in accordance to existing schedules. The number of practices, practice times, contest specifics, and other details will be decided locally by the school district.

	<b><u>Future Dates check!!</u></b>			
<b>Year</b>	<b>First Practice</b>	<b>First Contest</b>	<b>District Tournaments</b>	<b>State Championships</b>
2023	October 16	October 23	Nov. 27, 28, 29	December 4
2024	October 21	October 28	Dec. 2, 3, 4	December 9
<b>2025</b>	<b>October 20</b>	<b>October 27</b>	<b>Dec. 1, 2, 3</b>	<b>December 8</b>

The season starts on the first day of practice. The first date for practice is Monday of Week 16 of the NFHS Standardized Calendar. The first date for a contest is Monday of Week 17 of the Standardized Calendar. The season ends with the state tournament.

### Meet Limitations:

Each school may schedule a maximum of 6 meets during the regular season. Multiple, area schools may bowl at one site, similar to a track/cross country meet. This should limit travel time/expenses.

## Permissible Meets:

Teams playing Unified Sports, Bowling shall be allowed to schedule the following meets:

- Single Meet - two schools playing 6 games in one day.
- Doubleheader - two schools playing 12 games in one day.
- Triangular - three schools playing two pre-determined meets in one day.
- Tournament - 4 or more schools where winners continue to advance or compete until a champion is determined (straight bracket or pool play with championship criteria).

## Rescheduled Meets:

Rescheduling regular meets after district or state competition begins is prohibited.

## Format:

The Baker format is an exciting and truly team-based method of bowling. A Baker Game is when multiple bowlers bowl one game. Team members alternate frames of one game; meaning the same bowler never bowls back-to-back frames.

### Three Player/Trio Baker Game Format

Athlete	Partner	Partner	A	P	P	A	P	P	A
1	2	3	4	5	6	7	8	9	10
8-	5/	35	81	71	X	9/	X	X	8/6
8	21	29	38	46	66	86	114	134	150

Order: The bowling order (bowler 1, bowler 2, bowler 3) for Baker is set each game (1 game = 10 frames). Coaches may change their order from one game to another. However, the athlete must always be bowler 1 and bowl four frames in each game (frames 1, 4, 7, 10).

Substitutions: A coach may substitute players at any time (frame) during the game. Once a player has been substituted for, he/she may not re-enter the current game. Substitutions must keep the original team composition in place (Athlete/Athlete, Partner/Partner). See “Team Composition”

Games/Winner: Each Trio team will bowl 6 Baker games within each meet. The winner of the meet will be decided by total pinfall. This means that the total score from all 6 games for each team is added together and the team with the most pins wins the event.

Lanes: All team members bowl on the same lane, bumpers are NOT used. After three games, teams shall switch lanes with one another for equal competition. To stay on the same schedule, teams shall not start a new game until their opponent has finished their current game.

Score Sheets/Information: Coaches/Administration shall pre-communicate their team information including team composition and substitutions, bowling order, and shoe orders. All scoring discrepancies should be reported to the score monitor or the event administrator.

Official: The administrator in charge during regular season events and district competition will serve as the head official regarding any disputes. During state competition, the NSAA will have personnel in place.

Coaching: All coaches should remain outside of the lane area unless assistance with accommodations is needed. There are no restrictions on when a coach may communicate and coach participants.

The Baker Trio format gives equal playing time for each member; creating meaningful participation that is essential to the Unified Sports® model.

## **Accommodations for Students with Disabilities:**

Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances. In order to determine if the NSAA can authorize such an accommodation, the school administration should contact the NSAA to request an accommodation hearing ([Request for Accommodation](#)).

## **Bowling Ball Ramps & Other Assistance Devices:**

Ramps may be used when an athlete does not have the physical ability to roll a ball with their hand or hands. If a participant uses a ramp to bowl, it is the responsibility of that program to bring the ramp to competition.

Ramps are a two-piece metal unit, one stand and one sloped piece. The stand is commonly 24-28 inches high. **\*The measurements for height should be within 4 inches of the dimensions shown\*** The stand width should not exceed 36 inches. The sloped piece, from connecting point to stand to first bend should be no longer than 16 inches and from first bend to bottom of sloped piece no longer than 54 inches.

Ramp Bowling: The athlete may be unassisted or assisted when aiming the ramp or positioning and releasing the bowling ball. If assisted, the assistant should have his/her back to the pins the entire time and receive direction from the athlete through verbal or physical cues.

Other Assistance Devices: If you have a participant(s) that would benefit from other assistance devices, approval must be granted, prior to usage, from the NSAA office.

**\*All ramps and assistance devices need formal approval from the NSAA office via the "Request for Accommodation" form located [HERE](#)\***

## **Supervision:**

The superintendent, principal or an authorized representative of the faculty shall accompany and supervise the team for its competition. NSAA Bylaw 3.3.10 pertains to all competitions during the season, as well as throughout the entire district and state championship series.

## **Administrative Responsibility, Bylaw 2.1.2:**

The superintendent or his/her designate of each member school shall be responsible for the activities program of the school and accountable to the Association for the conduct of such programs. It shall be the duty of this person to administer and enforce all eligibility rules. Included in these responsibilities are the following:

- a. To administer and enforce all eligibility rules.
- b. Educate and guide the school's staff who are associated with activities and the students who participate in activities in the rules of eligibility which govern members of the Association.
- c. For the failure to discharge such responsibilities, member schools shall be subject to penalties as set out in Paragraph 2.11 of the NSAA Bylaws.

### ***Approved Ruling 2.1.2 (Medical Personnel at Regular Season Games)***

*Severe injuries, sudden illnesses and other critical incidents do not often occur during school activities, but it is important for every school to have an emergency action plan (EAP) for administrators, faculty, coaches and staff members to follow should emergencies occur. Due to lack of universal availability of medical coverage and other logistical reasons, NSAA does not require that schools have a physician, trainer or ambulance on-site at regular season activities; however, each school should have a plan in place should there be an emergency involving athletes, coaches, officials or spectators requiring medical attention.*

## **Playing Rules:**

All contests shall be conducted under the official bowling rules of the United States Bowling Congress (USBC) in conjunction with the Official Special Olympics Sports Rules for Bowling. In such case, the Official Special Olympics Sports Rules for Bowling shall apply or those approved by that organization with modifications approved by the Nebraska School Activities Association.

## **Bowling Out of Order:**

During Baker competition, the athlete-partner lineup order is determined in frames 1, 2 and 3. The athlete must bowl frames 1, 4, 7 and 10. If the athlete bowls out of turn, the athlete score/frame is a dead ball(s), and the frame must be re-bowled in the correct order, with no penalty. If the partner bowls out of order, and it is discovered before the start of the next frame, the score/frame is thrown out, the correct bowler must bowl, with no penalty. If the partner bowls out of order and it is not discovered until after the frame is complete but would require the same partner to bowl successive frames (including with a substitution), the partner(sub) will bowl in the correct frame, however the previous frame will be declared a penalty, with a score of zero awarded in the previous frame that partner bowled. If two successive frames have been completed since the bowling out of order infraction occurred, or if the game has been completed and the out of order infraction was not discovered during the game, the game score will be considered official with no penalty.

*The only time that there is a zero awarded is if a partner bowling out of order would cause them to bowl "back-to-back" frames, that a zero is given in the incorrect frame. Any protests involving a player bowling out of order after the game has been completed are not allowed.*

## **Tie-Breaking Procedure:**

Sudden death. In a bracket setting, the higher seed gets the choice of lane and whether to bowl first or second. In other meet formats, a coin flip will determine who decides on lane and order (The team that bowled the highest previous game (if a tie occurred in game 6, use game 5; etc.) will "call" the coin flip).

Each team gets one delivery. The higher pinfall wins the tie breaker. The bowler and order are determined by the last game, including substitutions. The same rotation must be used during a tie breaker. For example, the athlete from the final game will bowl the first tie breaker delivery, followed by the first partner (2<sup>nd</sup> tie breaker delivery, if needed), then the second partner (3<sup>rd</sup> tie breaker delivery, if needed). The pins are cleared and re-set following each tie-breaker delivery.

## **Uniforms:**

It is required that players wear school uniforms during play. The following shall apply during all competitions:

All bowlers' uniforms should be the same color and style. A number should be placed on the back of the shirt – 6", centered (enforced in 2023). Bowlers should wear slacks, skirts or skorts. These slacks/skirts/skorts may be of any color as long as they are similar to that of the rest of the team and do not have any tears or holes in them. Bowlers may NOT wear shorts, jeans, leggings/yoga pants or hats. Bowlers out of uniform will not be allowed to bowl until they are able to comply with the rules. Proper shoes are required.

Participants must keep their uniforms on while in the competition area. Coaches should wear either a team uniform or appropriate coaching apparel in school colors or the colors of black, white, gray or khaki.

## **Bowling Balls:**

Participants should keep no more than one bowling ball at any one time on the ball return. All bowling balls must adhere to USBC Chapter 8 and be in compliance with the terms and conditions regarding ball material, weight, size, markings, holes, balance, and hardness.

NOTE: A bowling ball with an offensive brand name will not be permitted for use by a high school bowler in NSAA interscholastic regular season and post-season events. There are a multitude of bowling balls for use by our high school bowlers that do not have offensive language printed on them.

**Lane Conditions:**

The NSAA will not require the use of specific lane patterns during regular season competition. During district and/or state competition, the NSAA Bowling technical advisor will determine what specific lane patterns will be used and when it will be communicated. As a condition of hosting a district or state event, the host centers will be required to keep the lane patterns confidential per the NSAA instructions.

**Mobile/Electronic Devices:**

The use of all mobile/electronic devices by athletes during competition is prohibited. This includes cell phone, tablet, laptop, iPod, and any electronic device of any kind.

**Suspended Game Policy:**

A regular season game called for any reason where a winner cannot be determined, or any game called at any time for mechanical failure (i.e., lights, electrical issues, etc.) prior to becoming an official game will be treated as a suspended game. If the game is to be completed it will be continued from the point of suspension with the lineup and order of each team exactly the same as the lineup and order at the moment of suspension and subject to the rules of the game. Both schools involved in the game must agree to the suspension.

**Last Date for Playing Regular Season Games:**

All scheduled and postponed regular season meets must be played prior to the start of district competition. Once district competition begins, no regular season meets shall be permitted.

**Music Licenses:**

Generally, music used for contests (warm-up, half-time, “walk-up” music, etc.) needs to be licensed. Some music may be in public domain; however, most music is not and will require a license. This season, take the necessary time to verify your music is licensed through the proper entities. Visit [www.nfhslearn.com](http://www.nfhslearn.com) for additional resources.

**MEDIA-RADIO, TELEVISION & PHOTOGRAPHY**

All media operations (admission, access, and accommodations) for regular season contests are at the Host School discretion.

The NSAA Media Manual outlines policies for Media Credentials, Student Media, Broadcasting Policies, and other specifics surrounding NSAA post-season contests. Post-season contests include Districts, Sub-Districts, Sub-State, Playoffs and State Championships.

The Media Manual is posted on the NSAA website’s Media Page. <http://nsaahome.org/media-info/>

**DISTRICT & STATE CHAMPIONSHIPS****Classification of Schools:**

Schools with a combined enrollment of 850 or above will be placed in Class A (NSAA Approved Ruling 2.13.2) with the remaining schools placed in Class B.

**District Assignment Procedure:**

Classes A and B will have six districts. District assignments in each class will be based on geographic location starting west and moving east with consideration also given to north and south to reduce travel.

Each school may register one trio team for district competition. Each team will bowl 6 games at districts, highest total pinfall will determine the district champion.

## DISTRICT CHAMPIONSHIP INFORMATION

### District Championships:

The district championship winning teams will advance based on total pinfall during a 6 game Baker trio game. The district winner qualifies for the state championship. The championship director and the Executive Director of the NSAA will make any decisions regarding a change in format, schedule, or dates if necessary.

### Handicapped Accessibility:

Facilities used as a district site must provide reasonable accommodation for special needs.

### District Dates:

November 27, 28, & 29, 2023. Specific dates/times will be communicated as information becomes available.

### District Entry Deadline:

NSAA entry forms are now accessed and submitted online. The athletic/activities director will give the certified coach the login to this activity. Go to the NSAA web site ([www.nsaahome.org](http://www.nsaahome.org)) and click on "School Login." Select your school, enter your login, and then choose "View/Edit Your Form" to complete your entry form (detailed instructions can be obtained from the web site). You will need to print this form when it is completed and e-mail a copy to the district director. You do **NOT** need to fax it to the NSAA. You may make changes to this form up until the due date. After that, you will need to contact the NSAA. This entry form is due: Friday, November 17<sup>th</sup>.

### Eligible Player:

Players listed on the district entry form will be eligible to play in district or state tournament games. No more than two substitutes can be listed on the entry form. If changes are needed to the entry form, inform your district director as soon as possible. Anyone substituted must be eligible according to all NSAA rules. School administrators will need to verify the substitution. Once the tournament begins no substitution may be made unless an athlete is injured or ill, which a physician must verify.

### Awards:

The winner of each district tournament will receive a district champion plaque. The runner-up will receive a district runner-up plaque.

### State Qualifiers/Wildcard Qualifiers:

Each district champion qualifies for the state championship (six in each class). The top two teams (total pinfall during district competition) that did not win their district qualify for state as wildcard qualifiers.

In the event of a tie when determining the wildcard qualifiers, the highest game scored during the 6 game Baker district competition will be used to break the tie. If the tie still exists, the second highest game scored will be used. Etc.

## STATE CHAMPIONSHIP INFORMATION

### Date:

Monday, December 4<sup>th</sup>, 2023. Sun Valley Lanes, Lincoln, NE

### Seeding:

Teams in the state championship will be seeded according to their total pinfall during the "pre-tournament" seeding round. Each of the eight state qualifiers will bowl six games during this round with the highest total pinfall seeded #1, next highest #2, #3, etc.



**Format:**

Once seeds are determined an eight-team bracket will be made. Teams will bowl a best-of-five Baker game against their opponent. The first team to win three Baker games in their bracket advances to the next round, single elimination. Tie-breaking procedures apply.

**Suspension of Play:**

Should play during the State Championships be suspended, play will resume where it was when it stopped.

**Postponement of Play:**

Should inclement weather threaten the Championship, the decision to postpone play will be made by the Championship Directors. The revised schedule will be worked out and the coaches will be notified during a meeting with Championship officials.

**Team Pass Gate:**

No player or coaches' passes will be issued for this year's state championship. Players and coaches must enter through the team pass gate. Only players and coaches listed on the official team roster, as submitted to the NSAA on November 18<sup>th</sup> will be allowed access to the state championship site free of charge through the team pass gate. Each team shall be allowed no more than 8 individuals (5 players, 3 individuals made of coaches & bench personnel).

**Awards:**

The winner and runner-up in the state championships will receive trophies. Members of the state championship team will receive gold medals and the championship team's coach will receive a special award. Members of the state runner-up team will receive silver medals.

**Expected Behaviors at Awards Ceremonies:**

Education-based activities give students the ability to train, participate and compete in a structured setting. With that, students often learn lessons that are sometimes not taught in the traditional academic classroom. Some of those lessons include learning to win and lose with dignity and grace. As such, the following guidelines have been developed for awards ceremonies at the conclusion of sub-district, district, and state contests.

Only one team can win a district or state championship, yet the NSAA provides trophies, plaques, and medals to the losing teams in many of the postseason activities. It shall be the expectation that both teams shall accept their medals and trophies in a sporting and willing manner. Some losing teams have been reluctant to step forward and accept their awards, and coaches and administrators need to assure sporting behaviors for their student athletes. It is natural to be disappointed in losing the contest but stepping forward at this time of disappointment is a life lesson that helps mold proper and sporting behaviors. It is the expectation!

The executive director or the NSAA Board of Directors shall determine the type and severity of sanctions to schools that do not comply with these expectations.

**Additional Championship Information & Reimbursements:**

Schools qualifying for the state championships will receive their tournament information packet through email.

There will be no reimbursements for the State Championships during the 2023 Unified Sports, Bowling season.