

NORTH SUBURBAN CONFERENCE GUIDELINES

GIRLS' BOWLING

I. SEASON LIMITATIONS

Practice may begin Monday of week 19 of the I.H.S.A. standardized calendar. The first contest may be no earlier than Monday of week 21. The season shall end no later than Saturday of week 32.

II. CONTEST LIMITATIONS

20 contests excluding State Tournament Series.

III. LEVELS OF COMPETITION

There will be one recognized level of competition.

A. Varsity - five (5) girls

Other levels which may be competed:

B. J.V. I - five (5) girls

C. J.V. II - five (5) girls

IV. COACHES' MEETINGS

A preseason meeting will be held the Tuesday before the start of the season.

An end-of-season meeting will be held on the day of the Conference tournament and in conjunction with the pre-tournament meeting.

V. DIVISIONAL CHAMPIONS

Divisional Championships will be determined by total points earned during divisional dual meets. In the event that there is a tie within the division, duplicate plaques will be awarded.

VI. CONFERENCE CHAMPIONSHIP

A. The Conference Championship will be determined by total pin fall at the Conference meet. In the event of a tie, duplicate awards will be handed out.

VII. CONDUCT OF DUAL MEETS

A. Conference dual meets are scheduled for 4:30 p.m. or earlier weekdays.

B. A match will consist of three (3) games with five (5) scored bowlers on each team

C. For all rules other than those stated below, the official rules will be determined by the association rules followed by the IHSA Terms and Conditions.

D. A squad of five (5) bowlers plus any number of substitutes shall constitute a Varsity team. "Substitutes" may not be participants in that day's competition at any lower (JV, JVII, etc.) level. A team may not substitute a bowler between levels during a match.

- E. This will be scratch league. There will be a 15 minute warm-up period given prior to the beginning of the match; each team will be given 7 ½ minutes on each lane to prepare. No other practice is permitted.
- F. Bowlers will alternate lanes and foul lights will be used.
- G. Only team members and coaches may be in the competition area.
- H. Substitutions may be made at the conclusion of a frame; the substitute does not get any practice balls. If the substitution is due to illness or injury, the bowler is ineligible to return to that day's competition.
- I. Coaches will be responsible for checking the accuracy of bowlers' scores. If a mistake is made and a correction is necessary, the opposing coach should be informed before any score changes. At the end of each game, a coach will record the individual bowlers' scores and the team's total pin fall. The opposing coach will initial the score sheet. Once the score sheets are initialed, scores are final.
- J. In the event it becomes necessary at conference meets due to time restrictions on lane availability, at the discretion of the host school, the varsity match will split from 2 lanes to 4 lanes. The junior varsity match will stop after game 2 with no further points awarded. If the total JV pin fall is tied after the second game, each team will be awarded 1 ½ points.
- K. During dual meets teams may earn up to 9 points. At the end of each game, the team with the higher scratch pin fall will earn 2 points; if the teams have the same pin fall, each team will earn 1 point. At the end of the match, the team with the higher series pin fall will earn 3 points. If the teams are tied after 3 games, teams will have a 2 frame roll off, beginning with the 9th frame and concluding with the 10th frame. This process will continue until a winner is determined.

VIII. HOST SCHOOL RESPONSIBILITIES

- A. The host school shall make all arrangements for the proper number of lanes and will notify the visiting school of the location of the bowling establishment.
- B. The host school shall send the meet results (including pin fall and points earned by game) to the NSC resource athletic director, who will keep the Divisional standings. These will be compiled and periodically shared with the member schools and coaches.
- C. The host school shall absorb the cost of the bowling fees and shoe rental for the dual meet contests - not to exceed fifteen (15) bowlers.

IX. THE CONFERENCE TOURNAMENT

- A. Each school shall pay the host school's Bowling establishment their respective lane fees. Varsity – five (5) bowlers.
- B. At the coaches' meeting, the Varsity coach must designate his/her varsity roster which may include up to 8 bowlers. Refer to Article IX of the N.S.C. Constitution regarding eligibility and substitutions.
- C. Lane assignments and rotations will follow the procedures outlined in the IHSA Terms and Conditions.
- D. There will be two (2) rounds of competition. Each round consists of a three (3) game series. Competitors will alternate lanes each frame. All teams will bowl both rounds.
- E. Bowlers and coaches are prohibited from bowling on the lanes prior to the start of the day's competition. At the beginning of each round, there will be a 15 minute warm-up period; each team will be given 7 ½ minutes on each lane to prepare. No other practice is permitted.
- F. Bowlers will alternate lanes and foul lights will be used.

- G. Electronic scoring is used, and scores are compiled by the host school. Coaches will be responsible for checking the accuracy of bowlers' scores. If a mistake is made and a correction is necessary, the opposing coach should be informed before any score changes. At the end of each game, a coach will record the individual bowlers' scores and the team's total pin fall. The opposing coach will initial the score sheet. Once the score sheets are initialed, scores are final.
- H. Substitutions may be made at the conclusion of a frame; the substitute does not get any practice balls. If the substitution is due to illness or injury, the bowler is ineligible to return to that day's competition.
- I. Only team members that are bowling and coaches may sit in the competition area on the lanes. Substitute bowlers must remain in the area behind the competition area but in front of the spectator area.
- J. Time between rounds will be at least 30 minutes and no more than one hour before the 15 minute warm up period.
- K. The conference championship will be based solely on the scores bowled at the conference meet.

X. AWARDS

- A. One team trophy will be awarded to the Conference champion. In the case of a tie, duplicate trophies will be awarded.
- B. Divisional plaques will be awarded to the two divisional champions.
- C. Medals will be awarded to the top nineteen (19) place finishers in the Conference tournament.

Selected Highlights from the NSC Constitution

From Article VIII: The Resource Athletic Director for each respective Varsity sport shall be responsible for compiling and distributing Conference Varsity standings and scores on a weekly basis. Each school shall be responsible for reporting Varsity scores to the Resource Athletic Director each week. The North Suburban Conference only recognizes championships at the Varsity level.

From Article IX: A player may participate at only one recognized level of competition on any given playing date or round of play against a Conference opponent, except where noted in individual sport Guidelines. In sports where there is a Conference tournament at the Varsity level, if a Conference school also hosts a Prairie-Lake (under-level) Invitational in that sport, an athlete is prohibited from competing at more than one level. Only freshmen may compete at the freshman level in any sport or contest. Member schools are required to field teams in recognized levels from the top down.

From Article X: It is agreed by all member schools that the use of video equipment for the purpose of scouting is allowed unless prohibited by individual NSC sport Guidelines or NFHS rules.