Unified Bowling Rules

Participation Eligibility

- NJSIAA Unified Bowling is a non-strenuous sport; students may participate in another NJSIAA winter sport.
- Students participating in Unified Bowling may not also participate in Varsity Bowling.
- Students and coaches competing in Unified Cup must have up-to-date paperwork on file with SONJ a minimum of 21 days prior to competition.

General Information

- Unified Cup roster: 8 student-athletes (4 competitors; 4 subs)
- NJSIAA roster: 8 student-athletes (4 competitors; 4 subs)
- Teams should wear matching uniforms that represent them as one team. A Unified Sports logo or reference is strongly encouraged and is required for reimbursement.
- No bumpers are permitted
- The fault line system should be utilized

Competition

- Unified Bowling utilizes a 4-person Baker format. 2 athletes and 2 Unified partners bowl one game together, rotating through the 10 frames according to the team's established four-person bowling order.
- Each game consists of 10 frames. The bowling order must be established before the start of each game.
- Bowler #2 must always be an athlete.
- Coaches may change the bowling order between games, as long as the lineup continues to include two athletes and two Unified partners.
- Failure to maintain the required 2 athlete / 2 Unified partner ratio will result in a forfeit.
- Teams will switch lanes after every three games.

Ramp Usage

- Ramp usage is permitted
    - Assisted: An assistant may position the ramp or ball based on the athlete's cues but must keep their back to the pins, and the athlete must initiate the ball's forward motion
    - Unassisted: The athlete positions the ramp and pushes the ball independently

Score Reporting & Postseason Requirements

- Following interscholastic competition, both teams must report the score to SONJ within 48 hours.
- To be eligible for the NJSIAA postseason, teams must:
    - Complete at least 5 competitions, with 6 strongly preferred
- Challenges or protests must be submitted within 24 hours by emailing UCS@SONJ.org.



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