

North Dakota High School Bowling Program

2025 Season Rules and Regulations

Section 1: Defining the structure of the North Dakota High School Bowling Program.

A. Executive Committee

- The management of the North Dakota High School Bowling (NDHSB) Program shall be vested in the North Dakota Bowling Proprietors Association (NDBPA).
- The executive committee shall:
 - Consist of at least four (4) volunteers from the NDBPA, Conference Coordinators and Program Manager.
 - Set forth the policy and guidelines for NDHSB
 - Be contacted to make a ruling on any items/issues not covered by rule or prior precedence.
- 2025 Committee members are:
 - Darin Sundstrom, Bryan Goehring, Jeff Kragh, Nadine Swee
 - Conference Coordinator/Program Manager: Chris Swee
- Three members present shall constitute a quorum at meetings.
- All questions or problems regarding NDHSB should be directed Nadine Swee (701-361-7983)

B. Team Practice and Tryouts.

- A team may have its first practice or tryouts with coaches present no earlier than the third Monday in August.
- Coaches are allowed to attend and interact with the team.
- Practice shall be held at least once per week.

C. Conference Season

- Each conference will begin its season in September and complete its season schedule no later than the end of November.
- Each team in a conference must compete in at least one match with every other team in its conference. Teams will bowl five (5) game matches, regardless of wins and losses (i.e. if a team wins the first three games the last two games must still be bowled).
- The sponsoring bowling centers, the conference coordinator, and the coaches in a conference will determine day and time of matches.
- Each conference must have a preset match schedule to follow each season.
- Each team must compete in 50% of the scheduled matches to compete in the state tournament.

D. All Conference Team

- Bowlers with over 50% of all scheduled Varsity frames to be eligible.
- The team will consist of at least 6 bowlers.
- The team will be determined by statistics from conference play.

E. Postponements

- The host center and the conference coordinator will:
 - Determine cause to grant postponements.
 - Verify that all coaches are aware of the schedule change.
 - Reschedule the event in a timely matter.
- Postponements or cancellations must be made 5 hours in advance of the scheduled start of warm-up for the impacted match.
- If a match cannot be made up/rescheduled, all match points will be forfeited.

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F. Conference Coordinator Compensation

The NDBPA state office will pay each conference coordinator \$50.00 for first team and \$20.00 for each subsequent team in his or her conference if they complete the following:

- Make sure that all applicable fees for all Varsity and Junior Varsity teams are paid and sent to the NDBPA state office. These fees are to be paid by the sponsoring Bowling Center prior to the conference's first meet.
- Return all rosters and other required paperwork to the program manager prior to the first match.
- Make sure a quality picture photograph of each Varsity team is sent to the NDBPA State office.
- Submit the final season conference standings, results and any remarks (pro or con) to the NDBPA state office.

G. Program Manager duties and responsibilities

- Become acquainted with the NDBPA high school program
- Hold meeting(s) with conference coordinators, coaches, bowling center proprietors and other individuals interested in NDHSB
- Draw up meet schedules, etc.
- Review rules, regulations, and procedures
- Plan/supervise final state tournament
- Supervise a Yearbook – Planning, printing, distribution, etc.
- Draw a final “end of season” report – 25 copies
 - Give a report on the high school program (including present season and changes for next season at next NDBPA state meeting
- The salary for the program manager shall be \$500.00.

H. Coaches

- Coaches must be at least 18 years of age and out of high school.
- Coaches can coach more than one team in the conference but must appoint another adult to represent one of the teams at matches.
- Each team must have an adult Representative at every meet.

I. Proprietors Fees, Duties, and Responsibilities

- Sponsoring bowling centers are required to pay a sponsorship fee for each Varsity Team and each Junior Varsity team that the bowling center sponsors.
- The sponsorship Fee is \$200.00 for the first team participating (Varsity or Junior Varsity) and \$50.00 for each additional team.
- Checks should be made payable to the North Dakota Bowling Proprietors Association. (NDBPA) and sent to the NDBPA state office prior to the conference's first meet.
- The sponsoring bowling center agrees to provide free practice lineage to the team (s) it sponsors.
- In most cases, where space permits, a sponsoring bowling center will get to host at least one conference meet during the season.
- A non-NDBPA center can participate in the NDHSB Program if they pay an additional fee of \$200 (this fee was waived for the 2011 and 2012 Seasons).

J. Athlete Fees

- Sponsoring bowling centers have the option to charge each bowler on each of the teams it sponsors (both Varsity and Junior Varsity) a maximum participation fee of \$75.00.
- This money shall be used to cover the cost of bowling shirts, lineage, the team sponsor fee, and other expenses associated with sponsoring a high school bowling team.

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K. Team Rosters

- Rosters and eligibility forms are due to the Conference Coordinator prior to the first match.
- Rosters:
 - Must be made up of bowlers who are presently attending the school (s) that is sponsored by its sponsoring bowling center.
 - Shall not have less than five players on it.
 - Are not limited in the number of students.
 - Are not limited in the number of male or female bowlers.
 - May be expanded at any time prior to the last week of the conference schedule if written notice to the conference coordinator is made, this shall be done with the remittance of the eligibility form.
- Bowlers:
 - Must be in grades 7 thru 12 to be eligible.
 - Must not have, or ever had, an USBC adult sanction card.
 - Must compete in 50% of scheduled meets to be eligible for the year end state tournament.
 - Who participate in other high school sports and travel team bowling are eligible to bowl in NDHSB.

L. Sanctioning Of This Program

- All athletes must be sanctioned by USBC and must complete Safe Sport training if over or upon reaching the age of 18
- All adults/coaches associated with ND High School Bowling must complete Safe Sport training and be RVP certified.

Section 2: Miscellaneous Rules of the North Dakota High School Bowling Program.

A. Format

- The baker system shall be used during all North Dakota High School Conference Bowling Contests.
- Conferences matches shall be the best 3 of 5 games.
- 5 games must be bowled, even if a team wins the first three games.

B. Legal Line-up

- Only players from a team's current roster shall count toward a legal line-up.
- A zero (0) will be used for a missing players score if a team does not have five players to participate in a game.
- If the missing player arrives late he / she can bowl in the frame that he or she is ready for.
- Teams will stay on the same lane for the entire game teams will rotate lanes after each game.
- The team on the right starts first.
- It is recommended that all teams' complete rosters be introduced prior to the start of all first - round matches.
- A team may use a pacer to fill their team lineup. When a pacer is used,
 1. The bowler must be a member of another ND High School Bowling team.
 2. The team will receive a "0" for the frames bowled by the pacer.
 3. The pacer may receive credit for their frames in their own individual statistics.
 4. If no bowler in the same class is available for pacing (JV bowler pacing a Varsity Match or vice versa), a bowler from the other class is eligible to pace, but will not receive credit for frames bowled in their own individual statistics.

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C. Bowling Unopposed

- 3 or less teams:
 1. Teams will bowl each on a separate pair of lanes – 5 games total.
 2. High game each game wins.
 3. First to three wins, wins the match.
 4. Total pinfall will break any ties after 5 games.
 5. This will repeat for set total matches.
- 5 teams or more:
 1. The unopposed team must beat the lowest score of remaining teams for each game in order to win point for the game.

D. Substitutions

- Unlimited substitutions are permitted; however, once a bowler has been removed from a game, he/she may not reenter that game.
- Bowlers must bowl a complete frame.
- Bowlers may only bowl in one division during each game.
 1. Example 1: A bowler bowls Match 1, Game 1 for his/her Varsity team; he/she CANNOT bowl Match 1, Game 1 for his/her JV team.
 2. Example 2: A bowler bowls Match 1 Game 1 for his/her Varsity; he/she CAN bowl Match 1, Game 2 for his/her JV team.

E. Pairing

- A paired team consists of a maximum of 3 high schools joining to become one team.
- A shared school is a school that is paired with more than one team. All shared schools must be pre-approved by the NDHSB Committee.
- Shared school bowlers must compete for the closest team to their residence.

F. Penalties for Misconduct

- Abusive language, harassment of any kind, and un-sportsman like conduct during practices, warm-ups, or competition will not be tolerated and could result in forfeiture of the match.
- Problems with misconduct must be brought to the NDHSB Committee for further action.

G. Amateur Status

- All participants in NDHSB must be amateur bowlers.
- A student may not receive cash or merchandise for participation in any bowling event unless the merchandise was won in a USBC youth certified event.
- A student does not lose their amateur status because of reimbursement for officiating, instructing, teaching, or coaching a sport.

H. Player Jerseys or Shirts

- Player shall wear matching jerseys (polo or sport style)
- The name of the high school(s)(or Town(s)) being represented must appear on the shirt.
- The name of the team's sponsoring bowling center may also appear on either the front or back of the shirt. No other sponsors shall appear on the shirt.
- Uniform Numbers, approximately three inches in size, must appear on the left or right shoulder or in the middle at the neckline on the back of each shirt.
- The bowler's name may also appear on the shirt. If the first name is used, it must be the full first name or a generally accepted shortened version of the first name. Nicknames are not allowed. For example: Baker, Kate Baker, or Katie Baker is acceptable for Kathryn Baker. Kate Bakes is not.

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Section 2 (con't):

I. Player Uniforms during Competition

- During conference competition all bowlers must wear their bowling shirt.
- Any player without a bowling shirt will not be allowed to bowl.
- Slacks are the only leg-wear that a bowler may wear during warm-ups and competition. Slacks shall not be cut-off, ripped, tattered, or torn. Jeans are not allowed.
- No hats or caps can be worn during competition, unless medical or religious needs require.

J. Coaches Dress Code during Competition)

- Head and assistant coaches must wear long pants and a polo or golf styled shirt during competition (No T-shirts).
- The shirt need not be the same shirt that players are wearing and also no hats or caps are to be worn by coaches.

K. Alcohol / Tobacco Use During Play

- No alcohol/tobacco is allowed within the competition area. (Competition area is the lanes being used and the concourse behind these lanes)
- Alcohol/tobacco use by coaches on the premises where the match is being held is prohibited.
- Use or possession of tobacco or alcohol and illegal use or possession of narcotics or habit-forming drugs by bowlers is prohibited.
- Violation of this regulation:
 1. Results in a 6 week suspension for the first offense and an 18 week suspension for any subsequent offense.
 2. Suspension starts the date of the infraction. The use, possession or sale of non-prescriptive anabolic steroids by any student athlete at any time during the school year is prohibited.
- Individual teams may elect enforcement of a more stringent Alcohol, Drug and Tobacco policy.

Section 3: Guidelines, Recommendations & Further Information

A. Conference standings

- Standings will be determined by each team's record. The principal statistic that will determine standings within a conference will be matches won and lost. If two teams have the same number of matches won and lost then the following statistics, in order stated, will be used to determine which team will finish higher in the standings:
 - Games won and lost
 - Total pin fall (through the season)
 - Head to head competition
- Matches can only be won or lost. There shall not be any ties for matches. Total pins for 5 games should be used to determine the winner of a tied match. If two teams have the same total of pin-fall then a 9th and 10th frame roll-off will be bowled.

B. End of season state tournament

- The NDHSB state tournament is open to all Varsity and Junior Varsity teams that desire to enter.
- State tournament shall be held one week prior to Thanksgiving.

C. Matters not covered by these rules

- The general rules of bowling, the use of common sense, the governing executive committee of NDHSB, and the NDBPA board of directors shall govern all matters not covered by the above rules.