

2024-2025

SEE THE INS

BOWLING

manual



NSAA Mission and Purpose

The public and non-public high schools of Nebraska voluntarily agreed to form the Nebraska School Activities Association (NSAA) 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 competition;
- 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

Who is the NSAA?

The Other Half of Education

- The NSAA is a non-profit organization, comprised of 309 public and non-public member high schools in the State of Nebraska. Member schools voluntarily agree to conduct NSAA-sanctioned activities consistent with the rules established locally and the rules established collectively as members of the NSAA.
- The NSAA sanctions 24 sports and 5 performing arts activities and directs 28 State Championships for nearly 100,000 student-activity participants annually.
- The NSAA Constitution and Bylaws, Activity Manuals and policies form the governance structure of the organization. These regulations are approved and changed only by member schools and a member-elected Board of Directors through the legislative process initiated and driven by member schools. Unless otherwise noted, NSAA rules and regulations apply to current 9th thru 12th grade students.
- NSAA rules set baselines for participation such as: academic requirements; attendance requirements; transfer eligibility; sportsmanship.
- The primary functions of the NSAA Staff are to: assist member schools with compliance questions related to eligibility, transfers and playing rules; enforce the rules established by the member schools; and administer NSAA State Championship events.
- The NSAA honors and recognizes students, coaches and volunteers for their excellence and achievements through multiple awards programs.
- The NSAA annually registers officials and judges. Member schools are responsible for hiring officials and judges during the regular season.
- When parents, families, students, or community members have questions or concerns related to NSAA-sanctioned activities, those must be directed first to the administration of the member school.
- Staffing, playing time, and team rules are decisions made by the member school, not the NSAA. The NSAA has no authority to interfere with these member school decisions.

This 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.

Jeff Johnson is the NSAA staff member who coordinates Unified Sports, Bowling. If schools have questions regarding this activity, please contact jjohnson@nsahome.org or Cindy Callaway, Office Manager, ccallaway@nsaahome.org.



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.

Authority

Unified Sports, Bowling exists as an activity via authority of paragraph 3.11.14 in the Nebraska School Activities Association Athletic Bylaws, which states:

3.11.14 - *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 bona fide members 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 as set forth in their individual education plans and/or local school eligibility requirements.
- 3.11.14.5** - 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.

Internet Information

The Nebraska School Activities Association (NSAA) website may be accessed at 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.*

2024-25 NSAA Changes

All head and assistant coaches are required to be CPR/AED certified once every two years.

<u>Important Dates</u>	
Date of First Practice	Monday, October 21 st , 2024
Date of First Contest	Monday, October 28 th , 2024
District Entries Due	Friday, November 22 nd , 2024
District Tournaments	Monday-Wednesday, December 2 nd -4 th , 2024
State Championship	Monday, December 9 th , 2024

<u>Future Dates</u>				
Year	First Practice Monday Week 16	First Contest Monday Week 17	District Tournaments Monday-Wednesday Week 22	State Championship Monday Week 23
2025	October 20 th	October 27 th	December 1 st -3 rd	December 8 th
2026	October 19 th	October 26 th	November 30 th -December 2 nd	December 7 th

NSAA BYLAWS AND APPROVED RULINGS GOVERNING UNIFIED SPORTS, BOWLING

For a complete listing of NSAA Bylaws and Approved Rulings, please refer to the [NSAA Constitution & Bylaws](#).

Rules Meetings. The NSAA presents rules meetings in order to inform and educate coaches, officials, and judges about NFHS playing rules and rules changes, NSAA guidelines and approved rulings, and to discuss health and safety issues related to activities participation. All head coaches are required to attend an NSAA Rules Meeting or complete an NSAA Rules Meeting online annually. Online rules meetings are initially offered at no cost to coaches or officials followed by a period with a \$50 “Late” Fee. Failure to complete the rules meeting will result in possible late fees and suspension penalties, as stated below. Additional sanctions and fees are applicable to those coaches who fail to complete the rules meeting by the expiration of the “Late” Fee period, [as detailed in the Constitution & Bylaws](#).

2024 Unified Sports, Bowling Rules Meeting Schedule **September 30th-October 23 – No Charge to Head Coaches** **October 24th-25th – Late/Penalty \$50 Fee – Head Coaches**

Approved Ruling & Interpretation For 2.1.2 - Medical Personnel at Regular Season Contests

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.

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.

APPROVED RULING 2.12 – Required NFHS Courses for Coaches & CPR/AED Certification

All coaches, activity sponsors, and volunteers are required to complete the NFHS [Concussion in Sports](#), [Heat Illness Prevention](#), and [Sudden Cardiac Arrest Training](#) courses at least once every three years. These courses should be taken prior to any preseason or regular season physical workouts that the respective coach would be present for or involved in administering. Any course taken after May 1 would be considered valid for the following school year. **All first-year coaches are required to complete all three courses prior to the start of the activity season which they are to coach.**

CPR/AED Certification

All head coaches/sponsors and assistant coaches/sponsors are required to be CPR/AED certified once every two years. Certification should be completed prior to any pre-season or regular season physical workouts that the respective coach/sponsor would be present for or involved in administering. All first-year head coaches/sponsors and assistant coaches/sponsors are required to complete certification prior to the start of the activity season which they are to coach. Coaches aides and volunteer coaches are not required to be CPR/AED certified.

3.2.1 – School-Year, Out-of-Season Programs

A member school shall not provide support, hold an organized practice or enter students in any non-high school competition in NSAA sponsored sports outside of the defined NSAA season.

APPROVED RULINGS AND INTERPRETATIONS FOR 3.2.1

Faculty vs. student, alumni vs. student, or parent vs. student contests are not permissible during the season of the sport involved. If such contests are held out-of-season, the organized practice rule must be followed.

3.2.2 – “School-Year, Out-of-Season” Definition

“School-year, out-of-season” is defined as that period of time during the school year in which no organized practice can be conducted. The “school-year, out-of-season” period begins on the first day of fall practice and runs until the first allowable date of practice in that sport, and the period after a team or individual has been eliminated from further competition during the championship series of district and state tournaments/meets through Memorial Day or the end of the school year, whichever is later. For non-varsity competition, “school year, out-of-season” begins the day following the last date of interscholastic competition or the last date of the varsity season, whichever is later.

3.2.3 – “School-Year, Out-of-Season” Participation

Except during the season of the sport involved, a student may be a member of a non-high school team and compete unattached in non-high school competition. Students are prohibited from wearing high school uniforms during non-high school sponsored competitions.

3.2.5 - Conditioning Program

A member school may organize and supervise a “school year, out-of-season” conditioning program to include weight lifting, running, and exercising for its members in accordance with the following provision:

- A) Such a conditioning program shall be general in nature and may include only exercises designed to promote physical fitness.
- B) Sport-specific drills are not allowed, and sport-specific equipment may not be used.
- C) The conditioning session shall be no longer than 60 minutes in length, and no student shall participate in more than one such session per day.
- D) Conditioning programs shall be voluntary. No coach or school representative may directly or by implication direct a student to attend conditioning sessions as a prerequisite for membership or restrict the level of team participation within the high school program.

3.2.6 - Open Gym

It is permissible for students to be involved in NSAA activities of a school’s open gymnasium program during the “school year, out-of-season” period under the following conditions:

- A) The gym is open for all individuals and all activities.
- B) Schools may not designate sport specific times.
- C) Coaching or instruction is not provided.
- D) School employees who are present shall restrict their duties to supervision of the facility.
- E) Open gym shall be voluntary. No coach or school representative may directly or by implication direct a student to attend open gym as a condition for membership or restrict the level of team participation within the high school program.

3.2.7 - Camps & Clinics Definitions:

Camp Definition: Camps include planned physical participation that is of a competitive nature where actual games are played or simulated by camp attendees. Participation shall mean physically taking part in the sport activity in which instruction is offered in the camp or school.

Clinic Definition: A clinic includes planned activities of instruction or demonstration directly related to the teaching of individual skills. There shall be no competition between athletes who are in attendance.

3.2.7.1 - "School-Year, Out-of-Season" Camps and Clinics

Athletes and coaches may attend professional or commercial sports camps/clinics sponsored by non-member high schools. During the "school-year, out-of-season" period, the organized practice rule for the sport in which instruction is being given shall apply. No more than the limit permitted for organized practice may attend and receive instruction. Attendance to "school-year, out-of-season" clinics shall be voluntary. No coach or school representative may directly or by implication direct a student to attend a clinic as a condition for membership on the high school team or restrict the level of team participation within the high school program.

APPROVED RULINGS AND INTERPRETATIONS FOR 3.2.7 and 3.2.7.1

The athlete and/or his/her parents shall pay the fees and expenses for attendance to such camps or schools. Team fundraisers may be used to finance summer league and camp/clinic activities. The school may provide transportation for individuals participating in camps/clinics with prior approval from the district's Board of Education.

3.2.8 - Summertime Participation

"Summertime" shall be defined as the Tuesday following Memorial Day to July 31. During the "summertime" there shall be no restrictions on the amount of contact between students and high school coaches. Attendance shall be voluntary, and coaches/school representative may not directly or by implication require a student to attend "summertime" activities as a condition for membership on a high school team or restrict the level of team participation within the high school program.

APPROVED RULINGS AND INTERPRETATIONS 3.2.8

From August 1 through the official start of fall practices, the following shall apply:

- 1) The organized practice rule shall be in effect;
- 2) Conditioning programs may be held;
- 3) Attendance at commercial camps and clinics is permissible, but the organized practice rules shall be in effect for such camps and clinics; and
- 4) No school-sponsored clinics or camps may be held

3.2.8.1 - NSAA Catastrophic Insurance does not cover coaches/students/schools during the summertime period.

3.2.8.2 - Summertime School-Sponsored Camps/Clinics

A school may organize a camp or clinic in any sport from the Tuesday following Memorial Day through July 31. The camp shall be limited to no more than ten days starting with the first date of the camp/clinic.

3.2.8.3 - Summertime Conditioning Program

A member school may organize and supervise a summer conditioning program to include weightlifting, running, and exercising. Conditioning sessions shall be no longer than 75 minutes in length per day or no more than 5 hours per week, and no student shall participate in more than one such session per day.

APPROVED RULINGS AND INTERPRETATIONS FOR 3.2.8.3

Conditioning sessions organized and run by members of the school's coaching staff are subject the 75-minute limitation. Students, for example, who work out on their own at the school facility in weightlifting, general calisthenics, running, or agility-type exercises shall not be considered to be involved in an organized conditioning program.

3.2.8.4 - Summertime Open Gym/Facilities

It is permissible for students to be involved in NSAA activities of a school's open training program during the summertime. Permitting the participation by non-high school students (graduates, adults, or individuals not a member of the school) shall be determined by the district's Board of Education policy.

3.2.8.5 - Summertime Regulations for Athletes and Coaches

From the Tuesday following Memorial Day or final day of school (whichever is later) until July 31, there shall be no restrictions on the contact between students and high school coaches.

3.2.8.6 - Summertime Leagues/Competitions

High school coaches are permitted to coach students from their school in summer league competition and games, provided there is no direct support from the school.

3.2.8.7 - Summertime Use of School Facilities

Member schools may permit the use of their facilities in accordance with the district's Board of Education policy.

3.2.8.8 - Summertime Use of School Equipment

Member schools may permit the use of school equipment, other than school-issued game uniforms in accordance with the district's Board of Education policy.

3.2.9 - Summertime College/Professional/Commercial Team Sport Camps/Clinics

High school coaches are permitted to accompany students from their school to college, professional, or commercial sports specialized team camps/clinics during the summer.

3.2.10 - Summertime Individual Commercial Camps/Clinics

During the summer, students may attend any individual skill/technique camps or clinics.

3.3.7.2 - State Championship Travel

The Executive Director is granted the authority to require schools to alter travel plans to arrive the day prior to the scheduled state contest if weather conditions so warrant.

3.3.10.1 – Supervision

Neither a team nor individual shall be permitted to compete in a sub-district or district tournament, playoff contest nor state contest unless the team or individual(s) is accompanied by the head coach, school administrator, or certificated faculty member.

APPROVED RULINGS AND INTERPRETATIONS FOR 3.5.1

- M) 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.
- N) 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.

3.5.2 – Individual Instruction

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

3.7.1 – Amateur Rule

A student shall be an amateur in all sports sponsored by the Nebraska School Activities Association. A student may be declared ineligible if he/she:

- A) Accepts merchandise, compensation of any nature, or illegal awards for competing in Association-sponsored activities.
- B) Enters into any agreement or contract to compete in professional sports.
- C) Permits, with or without actual endorsement, the use of name, picture, and/or personal appearance as an athlete in the promotion of a commercial or profit-making event, item, plan, or service (this does not prevent a student's picture or name from being included in programs); or,
- D) Receives merchandise or compensation of any nature for coaching any NSAA approved sport during the season of the sport in his/her school.

[APPROVED RULINGS AND INTERPRETATIONS FOR 3.7.1, C – Name, Image & Likeness \(NIL\)](#)

Under Bylaw 3.7.1.c, the term “with or without actual endorsement” requires that the student or the student’s parent(s) or guardian(s) have knowledge that the student’s name, picture, and/or personal appearance are being used by another person or entity. *Note: For commonly asked NIL Questions, [view these NIL Q&A’s](#).*

APPROVED RULING AND INTERPRETATIONS FOR 3.11.14 – Unified Sport

- 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).*

For a complete listing of NSAA Bylaws and Approved Rulings, please refer to the [NSAA Constitution & Bylaws](#).

GENERAL RULES

Classification of Schools

- 1) Schools shall be divided into two classes for Unified Sports, Bowling.
- 2) This classification is based on grades 9-11 enrollment from September of the year which immediately proceeds the classification period. Class A will be classified based on a total enrollment of 850 and above with the total enrollment figures doubled for unisex schools. The remaining schools will be placed in Class B.
- 3) Classifications will be done on a yearly basis using a school's total enrollment.
- 4) If schools are tied in enrollment for the last position or positions of a class, the following tiebreaker will be applied:
 - a. The first tiebreaker will be a three-year average of enrollment which includes the year on which the current year's classification is based and the two previous years. The higher three-year average will be in the larger class.
 - b. If the tie still exists, then the school with the higher immediate previous year's enrollment will be placed in the larger class.
 - c. If a tie still exists, it will be decided by a coin flip in the NSAA office.
- 5) Opting Up – a school may opt up one classification. The deadline for submitting a request to the NSAA is one week from when classifications are released. No team will move up to fill the void made by a school opting up.

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.

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. 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.

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.

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.

Permissible Contests

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. 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).

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

Rescheduled Meets

Cancellations or postponements due to weather must be emailed or called into the NSAA office. All scheduled and postponed regular season varsity contests must be played prior to the start of Sub-District, District, District Final and State competition. Once Sub-District, District, District Final and State competition begins, no regular varsity contests shall be permitted.

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.

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 (2nd tie breaker delivery, if needed), then the second partner (3rd tie breaker delivery, if needed). The pins are cleared and re-set following each tie-breaker delivery.

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.

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.

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 found [HERE](#)

DISTRICT TOURNAMENT INFORMATION

District Dates

December 1, 2, & 3, 2024. Specific dates/times will be communicated as information becomes available.

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 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) 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 22nd.

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.

State Qualifiers/Wildcard Qualifiers

Each district champion qualifies for the state championship (six in each class) based on total pinfall during a 6 game Baker trio game. 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.

Awards

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

Handicapped Accessibility

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

STATE CHAMPIONSHIP INFORMATION

Date & Location

Monday, December 9th, 2024. 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 18th 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).

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 2024 Unified Sports, Bowling season.

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 2024 Unified Sports, Bowling season.

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/>

ADDITIONAL INFORMATION

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 for additional resources.

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 competition. 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.

NSAA SPORTSMANSHIP GUIDELINES AND EJECTIONS

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 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 the NFHS Teaching & 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 & 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 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 Fundamentals of Coaching online 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.
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 suspensions when some levels of competition are scheduled on an irregular basis (e.g., three weeks between regularly scheduled non-varsity contests).

In the realm of good sportsmanship, it is the expectation that all student spectators to wear shirts for all sub-district, district, district final and state events. Each individual school shall be responsible for assuring that student spectators are appropriately attired. Participants must keep their uniforms on while in the competition area.