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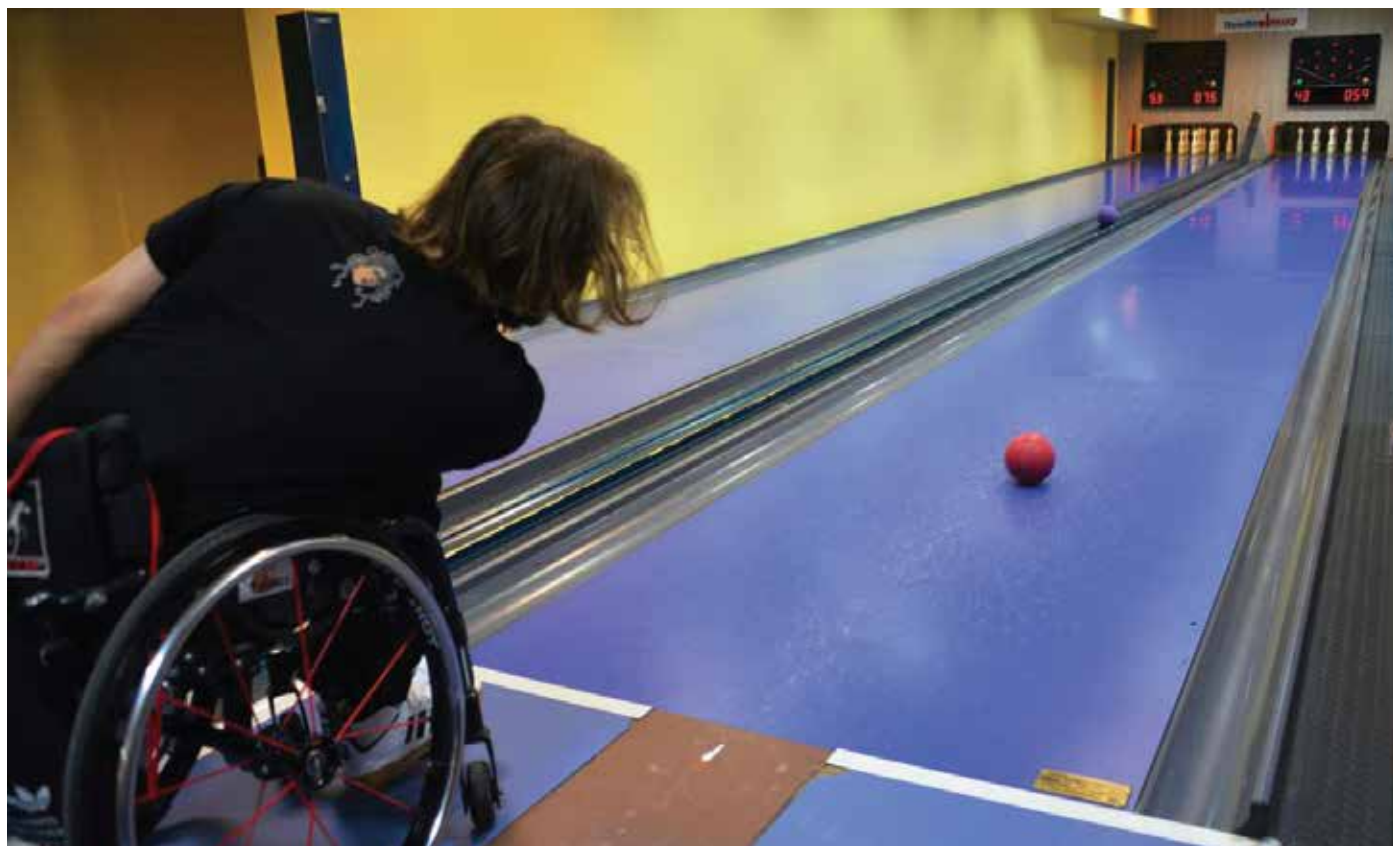
S P O R T P R O J E C T



GAME 2 - BOWLING

TRADITIONAL AND ADAPTED **GAMES**
FOR SOCIAL INCLUSION AND INTEGRATION OF
PEOPLE WITH DISABILITIES AND ABLE-BODIED

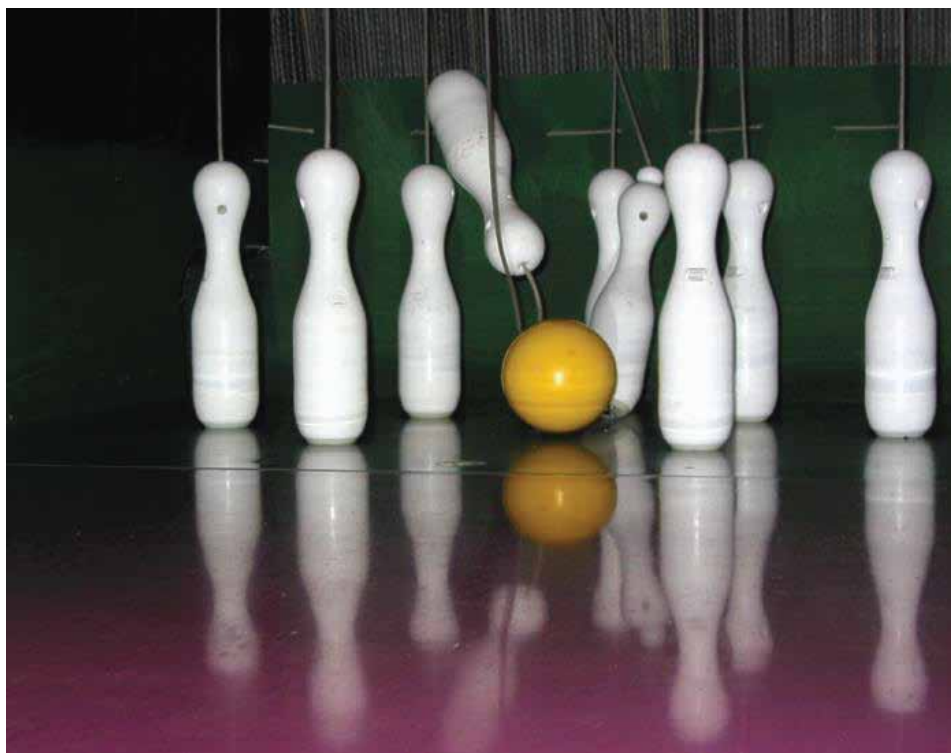
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INTRODUCTION

BOWLING is a target sport and recreational activity in which a player rolls a ball toward pins (in PIN BOWLING) or another target (in target bowling). The term bowling usually refers to pin bowling (most commonly ten-pin bowling). NINE-PIN BOWLING (also known as ninepin bowling, nine-pin, kegel, or kegeln) is a bowling game played primarily in Europe. This game is played by rolling a ball down an alley towards nine pins.

THE NINE PINS are placed in a square shape whose diagonal coincides with the axis of the lane. In modern systems the pins are reset by a pinsetter which lifts up the pins, each connected by a string on top, and lowers them back into the square shape for the next throw.



SCORING

The game is played by taking 120 throws across four lanes. Each player takes 30 throws on each lane. The pins are reset after each throw for the first 15 throws, while the pins are reset on the next 15 throws only after all the pins are knocked down (fallen pins remain out of play until no pins are left). After 30 throws are completed at each lane, players shift to the next lane to the right (except for the player in fourth lane, who moves to the first lane) until the match is over. Pins are added up for each throw.

Matches may be played by individual players, where the overall winner is the player with the most pins after all lanes are played, or in a team format.

Teams are composed of six players, with four players starting the match and two substitutions allowed. Players compete against each other for team points. A player who knocks down more pins on a lane gets one set point (each player gets a half point for a draw). The player with more set points after all four lanes are played gets a team point. If they have two set points each after bowling in each of the four lanes, the player with the higher total number of pins gets the team point. If they have the same number of pins, each team gets one-half team point. Players then rotate which member of the opposing team they play against. The team with more team points after all opponent pairings have been completed wins the match. Matches can end in ties.

PIN BOWLING goal is to knock over pins on a long playing surface known as a lane. Lanes have a wood or synthetic surface onto which protective lubricating oil is applied in different specified oil patterns that affect ball motion. A strike is achieved when all the pins are knocked down on the first roll, and a spare is achieved if all the pins are knocked over on a second roll. Common types of pin bowling include ten-pin, candlepin, duckpin, nine-pin, and five-pin.

- Candlepin balls are the smallest, but candlepins are tallest and thinnest.
- Duckpins are the shortest, and duckpin balls are barely larger than candlepin balls.
- Ten-pin balls and pins are the heaviest.



SCORING

A standard game of ten-pin bowling consists of 10 frames, with a maximum of two rolls in each of the first nine frames and three in the tenth. A strike occurs when the bowler knocks down all 10 pins on the first roll; if this occurs in any of the first nine frames, the frame ends immediately without a second roll being taken. A spare occurs if the bowler leaves any pins standing after the first roll, then knocks them all down on the second. In any given frame, the bowler scores one point for every pin knocked down; a spare or strike awards one extra point for each pin knocked down on the next one or two rolls, respectively.[73] In the tenth frame, the bowler gets one extra roll for making a spare, or two for a strike. The highest possible score for a single game is 300, achieved by rolling 12 consecutive strikes (a "perfect game").

INTEGRATION VALUES

Bowling is recognised as one of the most accessible and integrated sports, and it can be played by almost anyone, with or without a disability.

Specialist equipment is available for bowlers with a disability, ranging from specially designed wheelchairs and bowling arms used to propel the bowls up the green, as well as various aids to assist visually impaired participants.



Here are some tips and adaptations to make the game enjoyable for people with disabilities including wheelchair users and able bodied:

1. USE OF RAMPS:

Bowling Ramps: These are designed to assist wheelchair users. The ramp is placed at the foul line, and the player can position the ball at the top and push it down the ramp to direct it towards the pins. The ramp can be adjusted to change the direction of the ball.

2. LIGHTER BOWLING BALLS:

Lightweight Balls: Using lighter balls can make it easier for wheelchair users to handle and control the ball. Most bowling alleys have a range of ball weights to choose from.

3. AUTOMATIC BUMPERS:

Bumpers: Requesting bumpers for the lane can help prevent the ball from going into the gutters, making the game more enjoyable and ensuring more pin action.

4. ADAPTIVE EQUIPMENT:

Ball Pushers: A ball pusher is a tool that can help wheelchair users push the ball down the lane with more control. It's a long stick with a forked end that holds the ball. Bowling Gloves: Special gloves can improve grip and control, especially for those who might have difficulty holding the ball.

5. ASSISTANCE FROM PARTNERS:

Helpers: Able-bodied players can assist by setting up the ramp or ball pusher and helping to position the ball. This teamwork can enhance the social aspect of the game. 6. Inclusive Game Rules: Adapted Rules: Modify the rules slightly to ensure everyone has a fair chance to enjoy the game. For example, to even the odds, all players throw from a stopped position, without running.

By implementing these adaptations and focusing on inclusivity, people with disabilities and able-bodied individuals can enjoy bowling together, fostering a sense of community and shared enjoyment.





The ramp for bowling players with motion disabilities

BOWLING ADAPTED FOR PEOPLE WHO ARE BLIND OR VISUALLY IMPAIRED

While people who can see rely on their vision to keep the ball on the lane, blind bowlers need to be oriented either by a sighted person or by a guide rail. The guide rails are generally made of aluminum, but can be made of a light wood, are hip height, and they are in line with the left gutter. Like sighted bowlers, blind bowlers have different throwing styles and approaches; the placement and the design of the guide rail allows for the different throwing styles and approaches. Some blind people can tell which pins they hit just by sound, but most rely on sighted individuals to tell them which pins are still standing so that they know where to roll the ball. Often sighted and blind bowlers bowl on teams together; a team needs at least three blind bowlers to qualify as a blind bowling team.



A man bowls while wearing a blindfold. Photo by: International Blind Sports Federation.

Adaptations for blind bowling include tactile marking of bowling balls, having a person who is sighted serve as a pin caller, and the use of a blind bowling rail. Since many bowlers own their own bowling balls, bowlers may mark their bowling balls with tactile tape or with specific nicks and scratches. Their ball can then be identified when it shows up on the ball return. Another adaptation is a pin caller. To assist the bowler who is blind or visually impaired, it is necessary for a person who is sighted to call where the ball hit, how many pins were knocked down and what pins remain. A blind bowling rail is placed behind the foul line and extends backward along the approach, guiding the bowler towards the lane. The bowler who is blind or visually impaired follows the rail up to the foul line and stands parallel to it. When they throw the ball, they are usually lined up to aim for pin 1.



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