

BOWLING (5 PIN) RULES

AGE GROUPS

Age	Events	Participants Advancing to Provincial Games
55+	Mixed Teams of 4 (POA)	4 per Zone (2 Men / 2 Women) = (1 team)
70+	Mixed Teams of 4 (POA)	4 per Zone (2 Men / 2 Women) = (1 team)
55+	Women Single (Scratch)	1 female per Zone
55+	Men Single (Scratch)	1 male per Zone
65+	Women Single (Scratch)	1 female per Zone
65+	Men Single (Scratch)	1 male per Zone
75+	Women Single (Scratch)	1 female per Zone
75+	Men Single (Scratch)	1 male per Zone
TOTAL NUMBER OF PARTICIPANTS PER ZONE = 14		

1. The Alberta 55 plus Games and all ALBERTA 55 PLUS sanctioned events will follow the rules as outlined by the **Canadian Five Pin Bowling Association**, as administered by the Bowling Proprietors Association of Alberta. These rules are available by contacting the Bowling Proprietors Association at 780-422-8251 or writing to:
 - i. **Bowling Federation of Alberta**
 - ii. 11759 Groat Road NW
 - iii. Edmonton, AB T5M 3K6

2. A dress code, as indicated by the Canadian Five Pin Bowling Association, will be in effect for all bowlers.

3. Each Zone will determine the number of competitors eligible to compete in the Zone playoffs. A house qualifying round may be necessary to create a more manageable number of participants at the Zone level.

4. **Pins (points) Over Average (POA)**– Bowlers enter house qualifying round as singles. For Zone playoffs, to advance to the Winter Games, each bowler competes against his/her own established average as of November 15th. Bowling averages must be from a recognized league, endorsed by a house official and should be based on at least 12 games. If a bowler does not have sufficient games, the average of the previous year may be used.

Singles Events: Each Zone will determine how many competitors in each category, based on a three game Pins Over Average score, will advance from the House qualifying round to the Zone Finals. The top female and male competitors in each category will advance to the Alberta 55 plus Games.

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Doubles Events: Each Zone will determine how many competitors in each category, based on a three game Pins Over Average score, will advance from the House qualifying round to the Zone finals.

If doubles events are included in the Alberta 55 plus Games, the top doubles in each category will advance.

Team Events: Each Zone will determine how many competitors in each category, based on a three game Pins Over Average score, will advance from the House qualifying round to the Zone finals.

If team events are included in the Alberta 55 plus Games, either the top teams in each category will advance or the top singles will form a team and advance.

5. **Scratch Bowlers (High Gross)** – The top female and male competitors in each age category with the highest gross score after a three game roll off will advance to the Alberta 55 plus Games.
6. **Ties** – In the event of a tie after the required number of games, frames 8, 9 and 10 shall be rebowled by all tied players. Each tied player shall start the tie-break frames with a score of zero.
7. **Dress Code:** This has been summarized from the Alberta Five Pin Bowler's Association and the Canadian Five Pin Bowling Association.
 - a. All Bowler's are asked to adhere to the following Dress Regulations
 - b. Shirts and/or Sweaters:
 - i. Men: Sleeves and Collar or Zone Shirts
 - ii. Ladies: Sleeves and Finished Neckline or Zone Shirts
 - c. Slacks and/or Skirts:
 - i. must have a straight hemmed bottom
 - ii. must be a solid color (no fluorescent colors, no blue jeans)
 - iii. no stirrups, shorts, spandex, leggings, harem, ruggers, or sweat pants of any kind
 - d. **No hats or caps!!** (Unless worn for religious or medical reasons)
 - e. Bowlers disregarding the Dress Code will be asked to change or be subject to disqualification.