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# Alberta 55 plus 5-Pin Bowling Rules

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## General Information

The rules listed in this section shall be the official rules for any **Alberta 55 plus** event. All Alberta 55 plus Rules are located on our web site at: [www.alberta55plus.ca](http://www.alberta55plus.ca). If there is a discrepancy between any printed rules, the version available on our web site shall prevail.

## Entry Procedures

Check with your Zone Activity Director for playoff information and date. Contact information is listed on our website at [www.alberta55plus.ca](http://www.alberta55plus.ca)

## Game Courtesies

Rules are made to be followed by all players to make games happen. But often there are unwritten “rules” or courtesies which will make the game much better with fewer problems for all. Whether the game is a friendly recreational event among friends or part of an important tournament, participants should practice good sportsmanship and respect for their competitors.

Lines ‘thou shalt not step over’ exist to place all players on an even footing. We should have enough line judges to watch each play. Rules of the games indicate who is to lead, mark the score and where players should move to their next turn. Do not make comments or loud noises during play. Shake hands before the game commences, and at the end of the game. Leave judging and score marking to the proper persons.

Rules for many of the activities that 55 plus play are contained in rules books written by provincial, national or international governing bodies. These rules are often referred to but any adaptations to these rules will be listed within each rule.

## Dress Code

Avoid the use of strong perfumes, colognes or shaving lotion to prevent an opponent sneezing, being choked up or coughing at the wrong time.

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## Age Groups / Events

All participants must fall within the age group indicated by December 31 of the Event year. All participants in Zone Playoffs must be Active Members.

Age	Events	Participants Advancing to Provincial Games
55+	Open Teams of 5 (POA)	5 per Zone (Men or Women) = (1 team)
65+	Open Teams of 5 (POA)	5 per Zone (Men or Women) = (1 team)
75+	Open Teams of 5 (POA)	5 per Zone (Men or Women) = (1 team)
85+	Open Teams of 5 (POA)	5 per Zone (Men or 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
85+	Women Single (Scratch)	1 female per Zone
85+	Men Single (Scratch)	1 male per Zone
<b>TOTAL NUMBER OF PARTICIPANTS PER ZONE = 28</b>		

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:

**Bowling Federation of Alberta**  
 11759 Groat Road NW  
 Edmonton, AB T5M 3K6

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

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- e. Bowlers disregarding the Dress Code will be asked to change or be subject to disqualification.
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.

**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.

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 re-bowled by all tied players. Each tied player shall start the tie-break frames with a score of zero.