

MID-AMERICA HIGH SCHOOL BOWLING
Mid-America High School League Sponsored by the Greater St. Louis BCA
2025-2026 RULES AND REGULATIONS

1. USBC rules are in effect as supplemented within USBC rules, by these rules.
 - 1b. Motions and voting procedures are as follows. Any coach in good standing with the league may make a motion during a scheduled meeting. A motion must be clearly stated and requires a second from another coach in good standing to be considered. Once a motion is seconded, it will be put to a vote. Each school in the league, regardless of number of coaches present, will have one vote. All voting will be conducted by a show of hands unless otherwise specified and agreed upon by the attending members. A coach may cast a proxy vote for another school provided they have written authorization from that school's head coach. The authorization must be submitted to the league before the start of the meeting.
2. This is a USBC certified adult/youth mixed handicap league. All bowlers in these conferences must be USBC sanctioned. USBC fees will be the fees charged by the local area USBC Association. Bowlers who turn 18 before August 1, 2025, must purchase an adult USBC membership. Coaches will collect USBC cards and sanction fees and hand them over to the Conference Director. Coaches will also turn over award forms for processing to the Conference Director who will forward them to their local USBC Association. Bowlers graduating early may complete the current season. The end of the season Team/Scholarship Championship Tournament will be sanctioned under USBC. Bowlers turning 18 before or during the season will need to complete Safe Sport through Bowl.Com, within 30 days of registration or birthdate if after registration.
3. A registration fee of \$22.00 applies for each bowler. Bowlers must be attending high school (grades 8 - 12) regularly to participate. Adult USBC CARD holders NOT attending high school MAY NOT participate. These rules will be Strictly enforced.
4. Bowlers will pay \$10.00 per week. The cost for shoe rental will be at the discretion of the house.
5. Teams will be divided into Conferences made of 10 or more teams with divisions.
6. Playing strength will be 5 bowlers in any combination of boys or girls. Teams may carry up to 10 bowlers. New bowlers MAY NOT be added to the team roster after the 5th week of each half of the schedule; exception, only by a unanimous vote of the coaches in the conferences. Teams may substitute and/or change their line-up after each game. Substitutions may be made during a game only if the player is injured or ill and cannot continue.

7. The vacancy score is 100 plus handicap (96) and may only be used when there haven't been 5 averages established. Once 5 averages have been established an absentee score will be used for a missing bowler.
8. A blind (absentee) score is the missing bowler's average minus 10 pins plus handicap figured on their full average. The bowler with most games will be used for the blind (absentee) score. If 2 bowlers have the same number of games bowled the lowest average will be used. Once a team has 5 bowlers a blind (absentee) score will always be used (even when a bowler quits leaving only 4 bowlers)
9. Each match will be 3 games. 35 points per match; 5 points for each game, plus 1 point for each individual win (leadoff vs. leadoff, etc.). No individual series points. In case a team has a bye or a forfeit, they must bowl within 50 pins scratch of their team average for a game, within 150 pins scratch for the team series and within 10 pins scratch for individual points. A vacant and blind (absentee) bowler may earn team points. Bowling against blind (absentee) score a bowler must beat that score to win their point.
10. If a blind is lined up with the opposing blind, the 2 teams will split the 1 point for that game, $\frac{1}{2}$ a point apiece.
11. Handicap will be 80% from 220. Bowlers with a 220 average and up will bowl scratch. The Conference Director will keep averages for their conference.
12. Practice will be 7.5 minutes per lane per team , ONE ball per bowler, for all members prior to the start of the 1st game. New bowlers coming into the line-up in the 2nd or 3rd game will be allowed to warm up on a separate pair of lanes depending on availability. NOTE: On automatic scoring, the center should be asked how to do this. Once in competition, NO practice is allowed. All others not in the line-up may bowl open play, which must be paid for at house youth rate.
13. When more than 10 balls are being used balls and/or rosin bags may not be left on returns. Bowling equipment must be kept in the designated PADDOCK area. Two balls per bowler may be kept at the lanes. Only team bowlers and coaches are permitted in bowlers' area.
14. Before the start of each game, the teams that are scheduled to bowl on the even numbered lanes will enter their line-up first. No team is to bowl more than one frame ahead of the other. This standard will be used each game. The coach will make up the line-up, make substitutions and be in complete charge of the team.
15. Teams must have 3 bowlers present at a match to have a legal lineup. They will use a blind (absentee) score for bowlers not present. A vacancy score will be used if a team has only 4 bowlers & count as a bowler for a legal lineup. Teams with less than 3 bowlers present will

forfeit each game, excluding individual points, until enough bowlers are in the line-up. Opposing team must bowl all games in a forfeited match. Refer to Rule 5 for point requirements. Pre-bowling is not allowed. Match points earned by a forfeit team become unearned points.

16. Tardy bowlers must be ready to bowl before the opposing team completes the 5th frame of any game and will be allowed to catch up (no practice). If they are not ready to bowl, the team must take a blind score for that game. (Refer to rule 7)

17. Teams having more than one (1) complete no show per season will cause that team to be dropped from the schedule except upon an emergency hearing. To request an emergency hearing the teams must file a letter with the Greater SLBCA. If there has been good attendance record for one or two of the bowlers on the dropped team who would like to transfer to another team from the same school, this will be permitted. In the event there are no openings on these teams these bowlers will be allowed to bowl in the original team schedule with their individual points counting against opponents for all weeks forfeited, but all team points will be forfeited. These bowlers will be eligible for letters and league awards.

18. The dress code applies during league play to both coaches and bowlers. All bowlers and coaches are to wear slacks or knee length dress shorts that are tan, black or navy blue with a belt. Girls may wear skorts with the fingertip rule. The following will not be allowed: Jeans, denim or anything that looks like jeans or denim or any color; pants with holes or frayed bottoms; wearing apparel that contains suggestive writing; muscle shirts or tank tops; snaps; pants hanging below the waist; hats or visors; sweats; yoga pants; dew rags; or pajamas and electronic devices of any type. Plain sweat bands or ones with school logo will be allowed. If there is a problem go to the opposing coach, if it is not resolved go to the conference director.

19. Uniform is not optional. Back of shirt may have the high school name or bowler's name. The front of the shirt may have the sponsor's name or bowler's name or school name. If school is on front the sponsor may put their name/logo on the sleeve. All shirts must be the same for the entire team this includes all lettering and logo placement. ie (School on back, sponsor on front or bowler name on back, school on front, sponsor on sleeve). Uniforms may be furnished by sponsors or participants. Sweatshirts and hoodies may be worn only during practice if they are the school colors and have the school name printed on them. (Sponsors can only be the bowling center).

20. Teams may have up to three (3) players from another school provided that school does not have a team in the league. A team may have three (3) 8th grade students from a middle school. Proper proof of eligibility must be provided to the MAHS.

21. The home bowling center must be a member of the Greater St. Louis Bowling Centers Association.

22. Adults (19 years of age and over and out of high school) must be with the team at all times during a match and be in charge. The adult may be in charge of more than one (1) team from the same school. Teams without adult supervision will forfeit game(s).
23. In accordance with USBC rules, all coaches must be Registered Volunteer Program (RVP) certified. Any coach working with a bowler(s) must wear their RVP badge at all times.
24. Bowlers using foul language, abusing equipment or any other unsportsmanlike conduct will be removed from the line-up immediately and receive a ZERO for any unfinished frames. They will also be suspended for the next scheduled match. A second offense will cause suspension from the league. If the adult in charge of the team does not remove the bowler; the opposing coach may file a written Protest for action by the Board. This type of conduct will not be tolerated. Unsportsmanlike conduct as listed above, by the coaches will not be tolerated as well, and will be dealt with the same consequences. Bowling center management has the right to protect their equipment and may remove any bowlers and/or coaches from the center for violation of any of the aforementioned.
25. Bowlers must bowl 28 games to be eligible for awards. All conferences will receive high average, high scratch and handicap series, high scratch and handicap game and most improved awards for both male and female. A bowler may win one of the above awards and also win the High Point award also given to each conference. The first place team in each conference will receive \$2500 in scholarship money to be divided evenly among its members
26. At the completion of the schedule, there will be a Team/Scholarship Championship Tournament Qualifier if needed. All members of each team in the league will receive their awards at the tournament.
27. Averages for the 1st week of bowling will be the bowler's 2024-2025 book average. If any bowler does not have a league book average, bowlers will use their highest book average in any USBC sanctioned youth league or USBC sanctioned summer league with at least 21 games bowled. All others will establish an average by bowling a minimum of three (3) games at their home center prior to their first league match. They will use this average until they have bowled at least three (3) games in the high school competition. It will be the responsibility of the coach to keep the scores used on file for possible review. The next week they will use the (3) game average of the high school competition.
28. Disagreements and/or protests must be given to the Conference Director and a copy sent to the Greater St. Louis BCA Board of Directors. They should be sent to 6045 W. Outer Road, Imperial, MO 63052 within 15 days. All decisions of the Board are final.

29. In case of snow or other extreme inclement weather, the host center and the elected Conference Director will decide if the bowling should be postponed by 8:00 a.m. on the day of bowling. If postponed, the Conference Director will notify all coaches and the coaches will notify the bowlers. On the following Monday, the host center will arrange for a make-up date with the Conference Director so that the teams can be notified well in advance of the date.
30. Outside food and drink are not allowed in bowling centers. This will be enforced at each center.
31. Bowlers may not smoke, vape, or use any electronic smoking device anywhere in the bowling center. Coaches may smoke outside of the bowling center.
32. Bowlers may not leave the bowling center during competition without permission from their coach.
33. If a coach is released by a school, that school can bring the situation to the board for review to determine if said coach would be allowed to coach for another school or if said coach will not be allowed to coach in the league. After investigating the situation, the board to make a final decision on the matter.