



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA Bowling League Rules

- Teams will consist of four and five team members. Each team will be assigned a volunteer instructor who will manage the team practices and oversee competition.
- All scoring is based on a total pin fall situation. (No handicap)
- All four team members will be assigned a position for the first game. This is called Baker Competition.
  - The first bowler will bowl frames 1, 5 and 9.
  - The second bowler will bowl frames 2, 6 and 10.
  - The third bowler will bowl frames 3 and 7.
  - The fourth bowler will bowl frames 4 and 8.
- . All five team members will be assigned a position for the first game. This is called Baker Competition.
  - The first bowler will bowl frames 1, and 6.
  - The second bowler will bowl frames 2, and 7.
  - The third bowler will bowl frames 3 and 8.
  - The fourth bowler will bowl frames 4 and 9.
  - The fifth bowler will bowl frames 5 and 10.
- The team on the right lane of the schedule will be the Home Team and will start on the right lane. Teams will switch lanes after each game, bowling two games on one lane and on game on the other. Lineups can be changed at the beginning of each game, but the rotation must be the same in the second half of the game as in the first.