



About Bowling: Tenpin Bowling or more commonly called "Bowling", is a competitive sport in which a player (the "bowler") rolls a bowling ball down a wooden or synthetic lane with the objective of scoring points by knocking down as many pins as possible. Bowling is considered to be among the most popular sport in the Special Olympics programme. It is a particularly beneficial sport to people with intellectual disabilities, irrespective of their age or sports abilities, since it ensures physical exercise and at the same time participation and social integration.

Established: Bowling was first introduced to Special Olympics in 1984 in preparation for the 1985 Special Olympics European Games held in Dublin.

Differences of Special Olympics Bowling: Special Olympics Bowling allows for the use of bowling ball ramps by athletes who do not have the physical ability to roll a ball with their hand or hands.

By The Numbers:

- In 2014, there were 2,813 Special Olympics Ireland athletes that participated in Bowling
- A perfect game in bowling is a score of 300 in which the bowler must knock down all 10 pins on each of his/her 12 rolls.
- The largest bowling centre in the world is located in Japan and it contains 116 bowling lanes!

Events for Competition:

- Individual – Singles, Ramp Unassisted Bowl, Ramp Assisted Bowl
- Doubles – Male, Female, Mixed
- Team Bowling – Male, Female, Mixed

Associations/Federations/Supporters:

Irish Tenpin Bowling Association

<http://www.tenpinbowling.ie/>

Divisioning at Special Olympics: Athletes in every sport and event are grouped by age, gender, and ability, giving everyone a reasonable chance to win. At Special Olympics there are no World Records because each athlete, whether in the fastest or the slowest division is valued and recognized equally. In every division, all athletes receive an award, from gold, silver, and bronze medals, to fourth through eighth place ribbons. This idea of equal ability groupings is the foundation for competition in Special Olympics and can be witnessed at all events, whether it's athletics, aquatics, table tennis, football, skiing, or gymnastics. All athletes are given an equal chance to participate, perform, and be recognized for doing their best by their teammates, family, friends, and fans.