

**2023-24**



**BOWLING MANUAL**



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## A Message from the OHSAA



Thank you for taking the time to review this manual, as one of our resources for the sport of Bowling in the state of Ohio. In addition to the manual, please make sure to familiarize yourself with the [Bowling sport webpage](#).

The USBC 2023-24 Playing Rules and the OHSAA Bowling Sports Regulations will serve as the official rules of Bowling. The *OHSAA may have modified some USBC rules so that they are in alignment with OHSAA sports regulations*. OHSAA regulations take precedence over USBC rules where the rules may differ. The USBC 2023-24 Playing Rules can be found at [www.bowl.com/rules](http://www.bowl.com/rules).

All rules governing OHSAA Bowling stem from the United States Bowling Congress (USBC) *and* the OHSAA. The **USBC Rules** are specific to the playing rules while **OHSAA Sports Regulations (and Bylaws)** govern administrative rules specific to Ohio. No coach or administrator has the authority to modify or set aside these rules.

Additional information regarding the OHSAA Bylaws and Constitution can be found in the current edition of the OHSAA Handbook at [www.ohsaa.org](http://www.ohsaa.org). Please refer to the Handbook or website for information regarding academics, residency, transfers, recruiting and other issues that may affect a student's eligibility for interscholastic athletics beyond what is covered in this manual. Questions regarding a student's eligibility should be referred to the student's athletic administrator.

This is a reminder that our State Rules Meetings remain *mandatory* for Varsity head coaches, which can be accessed on your myOHSAA profile. This is addressed in the early pages of this manual.

We wish each of you a successful Bowling season! We commend you for your time and effort working with the student-athletes in Ohio.

Sincerely,



Emily Mason  
Senior Sport Administrator

## OHSAA MISSION STATEMENT

**The Ohio High School Athletic Association's mission is to serve our member schools and enrich interscholastic opportunities for students.**

## OHSAA Bowling Contact Information

Emily Mason, Senior Sport Administrator

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*Administrates the sport of bowling and oversees the postseason tournament.*

Greg Coulles, Rules Interpreter

[gregc300@gmail.com](mailto:gregc300@gmail.com)

*Serves as Executive Director of the Bowling Coaches Association, a State Rules Interpreter and State Tournament Manager.*

Fran Miller, Rules Interpreter

[franmarkmill@aol.com](mailto:franmarkmill@aol.com)

*Servers as a State Rules Interpreter and State Tournament Manager.*

## Important Bowling Dates

<b>November 3</b>	Coaching & Tryouts Begin
<b>November 17</b>	First Contest Permitted
<b>January 22</b>	Non-Interscholastic Date Tournament Entry Deadline
<b>February 4</b>	Tournament Seed/Draw Date
<b>February 11 – 18</b>	Sectional Tournament (DII)
<b>February 18 – 25</b>	Sectional Tournament (DI) District Tournament (DII)
<b>February 25 – March 3</b>	District Tournament (DI)
<b>March 1 &amp; 2</b>	State Tournament (DII)
<b>March 8 &amp; 9</b>	State Tournament (DI)

## State Rules Meetings

All **State Rules Meetings for coaches will be required online**. This is explained on the following page. Rules meetings go live on Wednesday, October 18, 2023, at 9:00 AM on the myOHSAA State Rules Meeting page. The deadline to view the rules meeting without penalty is **Friday, November 17 at 11:59 PM**. On Saturday, November 18 at 12:00 AM, there will be a \$50 late fee to view the rules meeting. The final deadline will be Monday, January 22, 2024 at 11:59 PM. **On January 23 at 12:00 AM, the Bowling Rules Meeting will no longer be available and penalties will be assessed if not viewed by this date.**

## Important Non-Interscholastic Note

*General Sports Regulation 7* prohibits a member of the bowling school team from participating in any non-interscholastic competition while a member of the school team, during the school season. Bowlers may, however, participate in non-interscholastic **tryouts** and/or **practice** during the school season. Students may participate in two non-interscholastic contest/events, requiring a waiver to participate in these two contests/events. Please remind your student-athletes of this rule, as penalties shall apply if this Regulation is violated.

## Bowling Web Resources

Bowling Coaches Association  
United States Bowling Congress

[www.ohsb.org](http://www.ohsb.org)  
[www.bowl.com](http://www.bowl.com)

## Ohio High School Bowling Coaches Assoc.

Greg Coulles, Executive Director  
Susan Diamond, Treasurer

[gregc300@gmail.com](mailto:gregc300@gmail.com)  
[rsdiamond88@gmail.com](mailto:rsdiamond88@gmail.com)

## The Non-Interscholastic Date

The “Non-Interscholastic Date” is a date that is set prior to the State Bowling Tournament. Any participation in a non-interscholastic contest **on or after this date** for a student who has not yet joined your interscholastic program results in the individual being ineligible for the OHSAA tournament in addition to any other suspensions issued.

For the 2023-24 Bowling season, this date is: **January 22, 2024**

***Please put this date on your calendar and remind the players on your team!***

# Communicating with the OHSAA

It is understandable with over 800 high schools in Ohio and the number of teams in Ohio from grades 7-12, communication to our office is in large volume. Most questions can and should be answered by the athletic administrator at your school. To make our communication as efficient as possible, we ask school administrators to communicate directly with us.

Additionally, every effort is being made to provide useful information on our website. We encourage you to check the website (both the main page and Bowling specific page).

# MANDATORY STATE RULES MEETINGS

**State Rules Meetings are mandatory for all head coaches.** All rules interpretation meetings for coaches will be conducted online through their myOHSAA account.

Playing rules are covered in detail, along with OHSAA Bowling Sports Regulations, General Sport Regulations and Bylaws as they pertain to coaches and players. Though the main purpose is to provide knowledge and advice on the various OHSAA Regulations, this is the educational mechanism to ensure compliance with the various rules and regulations.

## HOW TO COMPLETE STATE RULES MEETING ONLINE

All coaches will access the State Rules Meeting through their myOHSAA account. Once you have logged in (full directions below) and have accessed the Rules Meeting, please follow the prompts to complete the meeting to receive meeting credit.

**Coaches** should login to their myOHSAA account and use the Rules Meeting icon to access the list of meetings. *Coaches should contact their athletic administrator if they do not have an account\**. Please see further directions below if you are a coach and do not have a myOHSAA account. Please note that all screens of the presentation must be viewed for attendance credit to be provided.

## TO ACCESS ONLINE RULES MEETINGS

1. Login to your myOHSAA account (<http://officials.myohsaa.org/Logon>)
2. Click on the "Rules Meeting" icon
3. Click on "Find a State Rules Meeting"
4. Search for the Bowling meeting using the 'Sports' and 'Meeting Type' drop-down menus
5. Click on the 'View Meeting' button once the State Rules Meeting has gone live
6. Once directed to the Rules Meeting, please follow all prompts to complete the meeting and receive credit.

## \*IF YOU ARE A COACH AND DO NOT HAVE A MYOHSAA ACCOUNT

1. Contact your athletic administrator immediately to add you to the school's Staff Management in myOHSAA
2. This will generate an email invitation from [info@myohsaa.org](mailto:info@myohsaa.org) to the coach—*please look for this email in your inbox, junk or spam folders*
3. Once the email is received, click on the link in the email and follow the prompts to create an account and clear any dashboard items. (verify email address and complete your contact information)

**Please do not use a Chromebook device to view the Rules Meetings—this device does not support the capabilities of our presentations. Please know that this is not the same as the Chrome web browser.**

**The Online Rules Meeting will be available on Wednesday, October 18 at 9:00 AM**

The deadline for completion of the Bowling Rules Meeting is **Friday, November 17 at 11:59 PM** or a \$50.00 late fee is charged for access to the Rules Meeting. The final deadline is **Monday, January 22, 2024 at 11:59 PM**. Beginning on Tuesday, January 23 at 12:00 AM, the Bowling Rules Meeting is no longer available and the penalty shall apply.

**PENALTY: *If coaches do not complete the Rules Meeting by January 22 at 11:59 PM, your school will be removed from the post-season tournament.***

## AFTER COMPLETION:

1. Your myOHSAA profile will be updated to reflect your attendance.
2. If you do not see attendance on your myOHSAA profile after completely finishing the Rules Meeting, please contact Emily Mason at [emason@ohsaa.org](mailto:emason@ohsaa.org).

## Mandatory Parent Pre-Season Meeting

Pre-season meetings with parents are mandated by OHSAA Bylaws and will most likely occur at your school along with other winter sport teams. This is determined by each school's athletic administrator **and must be held no later than 2 weeks after the start of the season**. This is the time to cover topics like eligibility requirements, individual school policies, individual sport polices, sportsmanship issues and expectations, travel plans for away contests, etc. We encourage coaches to use this time to their advantage and provide as much education as possible to parents. There are great resources available for coaches to use at these meetings at the *Locker Room*, an NFHS online education center. You can access this directly at: <http://www.nfhslearn.com/LockerRoom.aspx>

## Pupil Activity Permits & Concussion Legislation

As outlined in Ohio Administrative Code, all Coaches of Middle School/Jr. High and High School teams must possess a "Pupil Activity Validation Certificate" to coach in Ohio. This includes paid coaches and volunteer coaches. School administrators are responsible for maintaining records on compliance and most schools provide opportunities for their coaches to obtain the necessary coursework. The actual regulations and the certificate can be downloaded from the OHSAA's Sports' Medicine page or directly at: <http://www.ohsaa.org/medicine>. To obtain the required certificate through the ODE, one must:



- **Have completed a Sports' First Aid Course**
- **Possess a valid CPR Card**
- **Have been approved by their local Board of Education or similar governing body**
- **Complete the NFHS Fundamentals of Coaching course**
- **Complete one of two approved Concussion Recognition courses**
- **Complete the Sudden Cardiac Arrest video & information bulletin**
  - **Lindsay's Law** <http://www.odh.ohio.gov/landing/Lindsays-Law.aspx>

You can look up all requirements in detail on the ODE's website [HERE](#).

### Concussion Legislation Related to Coaching Requirements

Though the entire law is explained later, all coaches today must complete one of two (2) approved Concussion Education programs online upon renewal of their Pupil Activity Permit any time **after April 26, 2013**. Individual student-athletes removed from contests with a suspected concussion are no longer permitted to return to play on the same day of the contest, regardless of the diagnoses. If they are removed by one of the individuals given this authority, they simply cannot return to play the same day. Written authorization is required to return anytime thereafter and must be kept on file with the school athletic administrator indefinitely.

## Lindsay's Law – Sudden Cardiac Arrest

ODE Website: <https://odh.ohio.gov/know-our-programs/Lindsays-Law>

Lindsay's Law, Ohio Revised Code [3313.5310](#), [3707.58](#) and [3707.59](#) became effective on August 1, 2017. In accordance with this law, the Ohio Department of Health, the Ohio Department of Education, the Ohio High School Athletic Association, the Ohio Chapter of the American College of Cardiology and other stakeholders jointly developed guidelines and other relevant materials to inform and educate students and youth athletes participating in or desiring to participate in an athletic activity, their parents, and their coaches about the nature and warning signs of sudden cardiac arrest.

The following resources were developed to implement Lindsay's Law:

For **parents/guardians** and **student-athletes** in grades 7-12 in Ohio schools:

- [Required video](#)
- [Required SCA Informational Handout](#)
- [Required Signature Form](#)

*For coaches:*

If you are a coach for an interscholastic sport and are licensed by the Ohio Department of Education (all paid and volunteer coaches in Ohio), please visit their [website](#) for information about their training requirements around Lindsay’s Law. The required video, informational handout and a post assessment test will be available shortly through the ODE’s website. We will inform you when that component is available. If, however, you want to have your coaches view the video and review the information immediately, you may access those items below. Please be advised that as a school district, your superintendent must be able to verify that coaches have seen this video and read the informational handout if you choose to implement this requirement before it is available through ODE’s LMS.

- [Required video](#)
- [Required SCA Informational Handout](#)

*These educational materials are all free of charge and are the only materials authorized for compliance with this new state law. No other course or training material is acceptable.*

## Coaches Tool Chest

Coaches’ Tool Chest was created to provide an efficient, simple method of ensuring you are compliant with all of your PAP requirements. The Coaches’ Tool Chest houses all requirements and certificates in one location—one certificate covers all PAP requirements, rather than having to go between multiple third-party websites. For more information, please visit their website here: <https://coachestoolchest.com/>

## OHSAA Regulations

### OHSAA GENERAL SPORTS REGULATIONS

Both the General Sports Regulations and Bowling Sport Regulations are available at [www.ohsaa.org](http://www.ohsaa.org) on the Bowling webpage.

### TOURNAMENT REGULATIONS

Tournament Regulations will be available at [www.ohsaa.org](http://www.ohsaa.org) (after approval at the October Board meeting) on the Bowling webpage.

## OHSAA Sports Regulations

### *How do the OHSAA’s Sports Regulations Affect Coaches and Players?*

Regulations governing the sport of Bowling are divided into two basic categories: **General Sport Regulations** and **Bowling Regulations** (sport specific). These are reviewed annually and approved by the OHSAA’s Board of Directors.

The OHSAA’s Sports Regulations must be understood by all coaches.

- **Coaches are expected to know and abide by all General Sports Regulations**
- **Member schools agree to abide and self-enforce the General Sports Regulations**
- **All coaches, whether paid or volunteer, are bound by all General Sports Regulations**

It is the responsibility of the OHSAA to help with the education of these regulations and the schools and coaches to self-enforce them.

## OHSAA GENERAL SPORT REGULATIONS

General Sport Regulations apply to all sports governed by the OHSAA. These are important and *most* areas of concern can be addressed by reading through these Regulations or contacting your Athletic Director. We **strongly encourage** you to take the time to read these to familiarize yourself and your staff with the various rules approved by our Board of Directors that govern all sports.

A few of the more common General Sport Regulations that affect coaches and teams are:

## Out of State Travel | *Bylaw 9*

A Bowling team may travel out of state to compete in contests in states or provinces in Canada that are contiguous to Ohio regardless of distance. This would include the states of Indiana, Kentucky, Michigan, Pennsylvania and West Virginia and the province of Ontario in Canada. A team may travel out of state **one-time per season** to a state or province not contiguous to Ohio, with OHSAA approval. Teams may not travel out of state only to practice. **A school must fill out the Travel to a Non-Bordering State Form [HERE](#) on the Bowling webpage to receive approval.**

## Videotaping Regulations | *GSR Media Regulations*

Electronic devices may be used for coaching and scoring purposes only. Complete regulations available within the OHSAA Handbook or through the General Sports Regulations on the web at [HERE](#) under *Section A* of the Media Regulations. A few highlights of this include but are not limited to:

- It is permissible for a school to videotape or photograph regular season contests in which the school team is participating.
- It is permissible for a school to videotape or photograph regular season contests not from one's own school only with the written consent of all schools participating in the contest(s).

## What is Coaching? | *GSR 7.1.5*

Coaching is defined as providing instruction or being present with a team or individual during contests, tryouts, trainings and practices. Specific activities include, but are not limited to, practice or other instructional situations in which the coach conducts specific drills, teaches skills, supervises match/contest or competition-like activities or in any other way supports the instructional environment; contest or competition situations in which the coach is in the direct vicinity of the competition in areas reserved for coaches and/or delivers instruction to athletes while they are competing.

## Coaching Own Student-Athletes on Non-School Teams | *GSR 7.5*

School coaches are permitted to coach their athletes on a non-school team outside of the school season, but athletes shall not be required (i.e., shall not be made mandatory) to attend the coaching instruction outside of the school season.

## Open Bowl | *GSR 10*

A bowling center may open its' facilities for unstructured free play/bowl for a school's student athletes. All activity must be unorganized and attendance *shall not be mandatory*. A school coach, paid or unpaid, shall not require, suggest or in any way imply that that a student's chance to be selected for the school team is contingent upon participation at an open bowl. A school coach and/or employee may supervise the open bowl (and participate in the unstructured free play!) but may not provide any instruction. Please visit *General Sport Regulation 10* for further details.

## Non-Interscholastic Competition | *GSR 7*

Please see section on page 13 for further information.

**CONTINUED ON NEXT PAGE...**



## OHSAA BOWLING SPORT REGULATIONS

The Bowling Sport Regulations provide a more exhaustive review of rules and regulations specific to the sport of Bowling. Coaches shall be responsible for their review of the 2023-24 Bowling Sport Regulations, which can be found [HERE](#). The Bowling Sport Regulations are posted on the Bowling webpage and are also located in the 2023-24 OHSAA Handbook.

### CONTEST LIMITATIONS (*Grades 7-12*)

<b>Maximum Number of Contests Permitted</b>	<b>24 matches</b> permitted during the season
<b>Maximum Number of Scrimmages Permitted</b>	Scrimmages are not permitted in the sport of bowling—any competition must count as a match.
<b>Definition of a Contest</b>	A minimum of two (2) regular games of tenpin regulation scoring followed by a minimum of two (2) Baker games will constitute an official, regular season match. Total combined pins for all games bowled win the match.
<b>All-Baker Tournament Format</b>	In addition to regular season matches, teams may participate in tournaments that utilize an all-Baker format, provided that a minimum of four (4) teams participate in each respective level/division and no fewer than six (6) Baker games are bowled by each participating team. All contests count in the 24-match season limitation.
<b>Regular Season Tournaments</b>	Regular season tournaments with multiple teams count as one match. <i>EXCEPTION: A tournament that runs more than one day shall count as the same number of matches as days of the tournament.</i>
<b>Regular Season Tournaments (head-to-head)</b>	For tournaments that feature only head-to-head competition (rather than field of play) shall count as one match. Each round of only head-to-head match, without a field of play, should count as an individual match towards a school teams match total.
<b>Practicing with Other Schools</b>	Any practice with another school must be counted as one of the team's 24 permitted matches.

### INDIVIDUAL CONTEST LIMITATIONS (*Grades 7-12*)

<b>Contests Permitted</b>	No Individual may participate in more than 24 matches. <i>Note: Bowling a frame or any part of a frame shall constitute participation in a match.</i>
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## TIEBREAKERS

MATCH FORMAT	TIEBREAKER PROCEDURE
<b>TEAM</b>	Ties for team match total pins and the advancement of teams in tournaments and/or the placement of teams on brackets will be broken by a 9th and 10th frame roll-off between one player from each team selected by each respective head coach. This roll-off will be repeated until the tie is broken. For the initial tiebreaker, the winner of a coin toss will select their starting lane and determine who bowls the 9th frame first. Bowlers will rotate lanes for the 10 <sup>th</sup> (and any additional) frame.
<b>INDIVIDUAL</b>	Ties for advancement/awards in contests that provide for individual advancement/awards will be broken based on the highest single game bowled in the series being used to determine advancement/awards. Should this also result in a tie, there will be a 9th and 10th frame roll-off until the tie is broken. For the initial tiebreaker, the winner of a coin toss will select their starting lane. Bowlers will rotate lanes for the 10th (and any additional) frame.
<b>BAKER GAME</b>	No individual Baker Game shall end in a tie in head-to-head Baker game competition that advances teams on brackets or tournaments. In such situations, the tie will be broken by a 9th and 10th frame roll-off between one player from each team selected by each respective head coach. This roll-off will be repeated until the tie is broken. Each team member will bowl a 9th and 10th frame roll-off on the same lane in which the Baker game was bowled. The team member shall continue to bowl on the same lane until the tie is broken. The winner of a coin toss shall determine who bowls first.

## TEAM SPONSORSHIP

*Bylaw 1-6-1* states that teams of the opposite sex shall not compete against each other in any interscholastic athletic contests. However, in the sport of Bowling (*Bowling Regulation 1.24*), competition is permitted between boys bowling teams and girls bowling teams on a case-by-case basis. This is only permitted when the Executive Director’s office issues a waiver prior to the competition occurring.

Please review **Bowling Regulation 3** for further details, but below is a quick synopsis:

- A school that sponsors girls bowling with five (5) or more participating, shall have a separate girls’ team in order to enter the OHSAA Girls Tournament.
- A school that sponsors girls bowling with *less than five (5)* participating may permit the student-athletes to bowl as individuals in the OHSAA Tournament.
  - **Note:** they must be registered as individuals in the OHSAA Tournament.
- A school that sponsors boys bowling with five (5) or more participating, shall have a separate boys’ team in order to enter the OHSAA Boys Tournament.
- A school that sponsors boys bowling with less than five (5) participating may permit the student-athletes to bowl as individuals in the OHSAA Tournament.
  - **Note:** they must be registered as individuals in the OHSAA Tournament.
- No student may bowl on both a boys’ team and a girls’ team during the same school season.
- A girl may bowl on a boys’ team, even if the school has a girls’ bowling team.
  - A girl bowling on the boys’ team must remain on that team for the remainder of the season—they may not switch between the two teams.
- A boy is not permitted to bowl on a girls’ team.
- **Note:** conferences and/or leagues are permitted to establish a maximum number of roster bowlers permitted to participate in a match.

## PRACTICE & OPEN BOWL

School teams are not permitted to practice against each other. School teams may practice in the same facility at the same time, but member schools may not combine teams to practice simultaneously on the same lanes. This scenario would be considered a scrimmage and scrimmages are not permitted in the sport of bowling.

Practice and open bowling shall be prohibited at the host center on the day of the contest, prior to the official team warm-ups. It is the responsibility of the school coaching staff to enforce this, not the proprietor.

**PENALTY:** The student shall be ineligible to participate in any school contest in that center on that day. If the student participates in a contest(s), the contest(s) shall be forfeited.

**EXCEPTION:** A student enrolled in a physical education class that meets at the bowling center does not violate this regulation, if participating at the center as part of a class requirement.

## OFFICIATING

There are no match officials in the OHSAA sport of Bowling. The home school coach shall serve as referee, enforcing all OHSAA Regulations and USBC Rules. During OHSAA postseason tournaments, the Tournament Manager, or designee selected by the Tournament Manager, shall serve as contest referee, enforcing all OHSAA Regulations and USBC Rules.

## UNIFORM REGULATIONS

*If in doubt about the legality of a uniform and before placing an order, please check with Emily Mason ([emason@ohsaa.org](mailto:emason@ohsaa.org)) or Rules Interpreters, Greg Coules ([gregc300@gmail.com](mailto:gregc300@gmail.com)) or Fran Miller ([franmarkmill@aol.com](mailto:franmarkmill@aol.com)).*

### 1) OHSAA GENERAL SPORT REGULATION 20 - UNIFORMS

- A. Uniforms worn by participants in interscholastic athletic contests must conform to the playing rules adopted by the OHSAA for that sport. Any lettering or emblems (pictures or insignias) on uniforms must pertain to the school name, team nickname (mascot), individual's name, the sport, drug use prevention, sportsmanship, ethics or integrity or be of a patriotic nature.
- B. In accordance with *OHSAA General Sport Regulation 20*, a single partial/whole manufacturer's logo/trademark/reference is permitted on each piece of the uniform provided it is no more than 2 ¼ square inches with no dimension more than 2 ¼ inches.
- C. Note that all uniform rules are combined in ***Bowling Regulation 1.9) Uniforms***.
  1. All participants must wear the same sleeved, bowling shirt.
    - a. At a minimum, the shirt must have the name of the school, school nickname (as identified by the OHSAA), school mascot logo or school initials on the back.
      - i. If it only has the school initials, they must be prominently displayed.
      - ii. **Effective beginning in the 2025-26 season, the uniform (jersey) shall require the school name on the back.**
    - b. The name of the school or school nickname must be at least 1 inch in height.
  2. All participants must wear solid black pants/bottoms. No jeans or cotton sweatpants are permitted.
    - a. Girls are permitted to wear skirts and/or shorts, as long as they are black and are no shorter than the end of the bowler's index finger when standing.
  3. Pants shall be worn at waist level and not sag or touch the floor.
  4. Cargo, yoga pants, jeggings, leggings, zebra/zubaz, warmups and painter pants are *not* permitted.
  5. Headbands may be worn but must be a solid color and bear no markings other than the school name, school nickname or mascot logo.
    - a. Headbands do not need to be the same color for each participant.
  6. Hair ribbons may be worn.
  7. Hats and/or bandanas are *not* permitted.
  8. Bowling center logos are *not* permitted on any part of the uniform.
  9. Manufacturer logos (e.g., Nike, Adidas, etc.) are permitted on uniforms, but not on headbands, not to exceed 2 ¼ square inches.
  10. Uniform numbers are not required.

*Individuals responsible for the purchase of uniforms must clearly communicate this restriction to the agent from whom the uniforms are purchased, and the OHSAA is able to assist you in evaluating uniforms if you will send us a clear picture.*

## LINEUPS

**Bowling Regulation 1.3** – A team will field five (5) players at a time in matches. A minimum of three (3) players must be present to constitute a legal lineup. Absent and/or stary bowlers will receive a score of zero (0) for any missed frames. Missed frames cannot be made up! Any school that fails to field a legal lineup at the time the contest commences shall not be permitted to participate in the match.

While it is permissible for a coach to change his/her team lineup (order of bowling) prior to the start of any match, it is not permissible for a student to participate in a varsity and non-varsity contest at the same time. The match in which the student first competes (*non-varsity or varsity*) must have concluded prior to the student bowling in the next match (*non-varsity or varsity*). Each bowling match in which a student participates shall count as one match toward the regular season match limitation of 24 matches.

## SUBSTITUTIONS

**Bowling Regulation 1.6** – A coach may substitute a player at any time before or during a match. However, once removed from the lineup, the removed player(s) may not re-enter play until the start of the next regular of Baker game. Once removed, a player is considered a substitute bowler and may be used as a substitute in any spot on the team lineup, upon legal return to play. The coach must notify the scorekeeper and the opposing coach at the time of the substitution.

**PENALTY:** An illegal substitute shall be assessed a score of zero (0) for all frames, or part of a frame, bowled.

### 2023-24 Bowling Sport Regulation Update

While there are no specific Bowling Regulation changes, please see the following editorial items and a Bowling Regulation change to take effect beginning in the 2025-26 season:

#### ***BOWLING SPORT REGULATION 1.9 – 2025-26 SEASON UNIFORM CHANGE***

**Effective with the 2025-26 bowling season, uniform tops shall require the school name on the back of the uniform top.**

## OHSAA MODIFICATIONS TO USBC RULES

The *USBC 2023-24 Playing Rules* can be found at [www.bowl.com/rules](http://www.bowl.com/rules). Please see below for a few points of emphasis.

### USE OF FOREIGN SUBSTANCE(S)

The use of foreign substances applied to bowling balls, bowling shoes, towels, or the use of items that are manufactured to emit a foreign substance, including powder, are prohibited. Examples of prohibited foreign substances includes, but is not limited to, rosin bags, E-Z Slide and slide stones.

**EXCEPTION:** Puff balls not manufactured to emit a foreign substance, are permitted.

**Effective August 1, 2019, USBC permits only a dry towel to be used to clean bowling balls during competition. In addition, the OHSAA will also permit isopropyl alcohol to clean bowling bowls.** Competition is defined as when scoring begins.

The product Dry Hands is currently permitted when applied to a bowlers' hands to reduce moisture.

**PENALTY FOR THE USE OF FOREIGN SUBSTANCES:** For each frame bowled, or part of a frame bowled, a score of zero shall be assessed for the frame.

### ALTERING THE BALL SURFACE

A bowling ball surface may not be altered once competition begins and no alterations to the surface can be made for the remainder of the contest. All bowling balls altered once competition has begun (i.e., scoring has started) shall be removed from competition.

**PENALTY FOR THE ALTERING THE BALL SURFACE:** The altered ball shall be removed from competition, and for each frame bowled, or part of a frame bowled, a score of zero shall be assessed for the frame.

### BALANCE HOLES

USBC eliminated the use of balance holes effective August 1, 2020. Balance holes, or weight holes, are no longer permitted by USBC or the OHSAA effective August 1, 2020. With the elimination of balance holes, bowlers may have up to five (5) holes for gripping purposes and **all gripping holes must be used on delivery** (*effective August 1, 2020*). This will affect two handed bowlers.

## PIT AREA

Only team members and certified coaches are permitted in the pit area. Spectators are not permitted in the bowling pit area, where team members are seated (or standing). Spectators are not permitted to converse with participants during once pre-match official practice begins. Conversely, team members are not permitted to converse with spectators while in the bowling competition area.

Coaches are responsible for the conduct of their bowlers. Coaches should caution those spectators who follow their respective team of this regulation.

Spectators and bowlers may not communicate during match practice or competition. The team coach is required to enforce this policy.

## Out of Season Regulations

For explanation purposes, the out-of-season period is defined as the period:

- **Outside the defined season of play (official start date to team's last contest)**

### COACHES

1. All OHSAA sponsored sports have a defined start and end date for each sport season.
2. *Sports Regulation 7* defines all activities that can be conducted by coaches and participated in by players outside of the season.
3. Outside of the season school Bowling coaches are permitted to coach individuals that played for their school team in team play on a non-interscholastic team.
4. Volunteer coaches and paid coaches must comply with all regulations.  
**COMMENT:** All individuals in the state of Ohio that work with student-athletes as part of a school program whether paid or volunteer, are required to be approved by their respective Boards of Education (or governing body). Therefore, there is no distinction regarding off-season regulations whether a coach is paid or not and must comply. All must comply.
5. Coaches that indicate they will not return to coach the team the next season are still under the out of season regulations for the school they coached at the previous season.
6. There is no regulation that would prohibit a school coach from coaching individuals in team play from other schools.
7. There is no regulation that would prohibit a school coach from coaching individuals in team play that played for a non-member school.
8. School administrators are expected and required to monitor compliance as a condition of membership in the OHSAA.
9. Attendance at any activity outside of the season cannot be made mandatory nor considered to be criteria for team selection in the coming year.

### PLAYERS

1. Individuals that played for a school sponsored team the previous season are governed by the out-of-season regulations.
2. Individuals that played for a school sponsored team the previous season are permitted to receive individual instruction anytime during the season or out-of-season. They may receive this instruction individually OR in a group but the instruction must be *individual* instruction.

## Non-Interscholastic Competition

A student-athlete becomes a member of the bowling team as soon as they compete in a contest for the school team. Per *General Sport Regulation 7*, as soon as this occurs, the student-athletes are no longer permitted to participate in non-interscholastic bowling during the school season. See exception below:

### Non-Interscholastic Waiver

*After a student-athlete has participated in a contest for the school team, they are permitted to bowl in up to two non-interscholastic events (e.g., charity events, school fundraiser, Pepsi Challenge) provided that the pre-approved*

waiver is obtained from the OHSAA office. The waiver can be found on the Bowling webpage [HERE](#). The following conditions apply:

- The waiver must be submitted by the school Athletic Director to Emily Mason at [emason@ohsaa.org](mailto:emason@ohsaa.org)
  - Waivers submitted by coaches, student-athletes and/or parents will not be considered.
- **Approval must be obtained prior to the student-athletes participation in the non-interscholastic event(s).**
- Each contest/event shall have a clearly defined start and end date, not to exceed one week (7 days) for each respective contest/event.
- No waiver shall be granted for events that occur on or after January 22, 2024.

No waivers shall be granted for a non-interscholastic event occurring after **January 22, 2024**, should the student-athlete wish to remain eligible for the postseason tournament. January 22, 2024 is the non-interscholastic date for the 2023-24 Bowling season.

**A student-athlete who bowls on or after the non-interscholastic date of January 22, 2024, shall be ineligible to participate in the 2023-24 OHSAA Bowling Tournament.**

**Penalties shall apply to any student-athlete who violates *General Sport Regulation 7!***

## During the Season – Q & A's

**Q: *When can we begin practice?***

**A:** November 3, 2023.

**Q: *Though practice does begin on November 3, when are we permitted to have tryouts?***

**A:** Tryouts and practice are one in the same—you may begin those on **November 3, 2023**.

**Q: *How many days do I have to give before making cuts or team selections?***

**A:** The OHSAA does not regulate this. We recommend you ask your athletic administrator prior to making any cuts or team selections.

**Q: *Can we practice or compete on Sunday?***

**A:** This is a local school decision. The OHSAA has no restriction prohibiting Sunday practice or contests, like many regulations, we leave it up to the individual school district.

**Q: *Can kids from a middle school travel team practice or train with us?***

**A:** No. OHSAA Regulations do not permit 7-8 graders to practice or train with 9-12 graders anytime during the defined Bowling season (*November 3 – until the last contest*).

**Q: *Can I, as the school coach, coach a non-interscholastic team/program during my school season?***

**A:** Yes. There are no regulations that prohibit this.

**Q: *There continues to be a reference to non-interscholastic Bowling. What is considered non-interscholastic Bowling?***

**A:** Anything that is not the school sponsored team. This includes but is not limited to bowling leagues, recreational/professional teams, etc. They may practice or tryout with non-interscholastic programs during the school season.

**Q: *Can an individual continue to bowl on a non-interscholastic team during the school season?***

**A:** No, a member of a school team cannot continue to participate in any non-interscholastic competition (e.g., bowling league, charity event). However, with an approved waiver a student may bowl in a charity, scholarship, USBC or special event for a maximum of two events per season. The school administrator must fill out the Non-Interscholastic Waiver Form [HERE](#) and send to Emily Mason ([emason@ohsaa.org](mailto:emason@ohsaa.org)) to receive approval prior to the bowler's participation in the event. This may only occur prior to January 22 to be eligible for the postseason tournament.

Pre-bowling is also not permitted, such as showing up prior to league play to bowl, no is "pacing" alongside a league.

**Q: *Does a volunteer helping just 1 day a week need a Pupil Activity Permit?***

**A:** Yes. Ohio Administrative Code requires all coaches, whether paid or volunteer, to possess the PAP before doing any coaching.

**Q: *Can my high school "club" team be permitted to participate in the OHSAA post-season tournament?***

**A:** This is all dependent on how the Athletic Director defines their sport and entering their school year participation and/or tournament participation in myOHSAA.

**Q: *Can my high school team compete against a non-interscholastic team or a team that is not an OHSAA member school?***

**A:** Yes. The OHSAA does not determine who a team may compete against.

## Out of Season - Q & A's

**Q: Can I coach athletes from my school team in the off-season?**

**A:** Yes, school coaches are permitted to coach their own athletes on non-interscholastic bowling teams outside of the season.

**Q: Can I coach athletes from other schools in the off-season?**

**A:** Yes. There is no regulation that would prohibit you from coaching athletes at any level from another school.

**Q: How many players from our school are permitted to be on the same non-interscholastic team?**

**A:** There is no player limitation in the sport of bowling.

**Q: When are players from our school team permitted to play for their non-interscholastic team/league?**

**A:** As soon as their season is complete.

**Q: If the boys' bowling team has been defeated in the postseason tournament, do they have to wait until the girls' bowling team is out of the OHSAA Tournament before participating in non-interscholastic bowling?**

**A:** No, they may begin participating with the non-interscholastic bowling program as soon as their season ends.

## Team Sponsorship - Q & A's

**Q: I have a female bowler that wants to participate on both the boys and girls bowling teams during the season—is this permitted?**

**A:** No. *Bowling Regulation 3* prohibits students from bowling as a member of both a boys and a girls team during a season.

**Q: My school does not have a girls' bowling team but has a girl that participated on the boys' team during the season. Is she able to enter the OHSAA Tournament?**

**A:** Yes, and she would need to enter as a member of the boys' team in the OHSAA Boys Tournament.

**Q: I have a bowler that is a boy, but we do not have a boys' bowling. Are they permitted to play on our girls' team?**

**A:** No, boys are not permitted to play on girls' teams due to Ohio state law. However, he would be able to enter the OHSAA Boys Tournament as an individual if the school sponsors boys' bowling as an interscholastic sport.

# Sportsmanship

## NFHS Sporting Conduct Mission Statement

Good sportsmanship is viewed by the National Federation of State High School Associations (NFHS) as a commitment to fair play, ethical behavior and integrity. In perception and practice, sportsmanship is defined as those qualities which are characterized by generosity and genuine concern for others. The ideals of sportsmanship apply equally to all activity disciplines. Individuals, regardless of their role in activities, are expected to be aware of their influence on the behavior of others and model good sportsmanship.

Sportsmanship is everyone's job and we are all partners in this endeavor.

## Special Bowling Coaches' Note on Sporting Conduct

Expectations need to be placed on team members relative to sporting behavior. I urge coaches to be at the forefront of setting examples of behavior and translating that into expectations for their student-athletes. It is good for the game and will allow the continued growth of Bowling.



## The OHSAA & Sportsmanship

As we prepare for the upcoming seasons, the Ohio High School Athletic Association (OHSAA) wishes to emphasize to each of you the importance of your leadership role in the promotion of sportsmanship, ethics and integrity. The professional manner in which participants and coaches conduct themselves prior to, during and following a contest unquestionably impacts the behavior of others who may be involved.

The OHSAA has joined the National Federation of State High School Associations (NFHS) in its quest to improve sportsmanship, ethics and integrity. We are involved in an ongoing campaign in every sport to do just that. Printed below is the mission statement of the NFHS concerning sportsmanship, ethics, and integrity. Please take the time to read and digest this statement and then carefully consider your impact upon students, officials, coaches, and fans. Thank you and have a great season!

The Ohio High School Athletic Association challenges all of us in the Bowling community to take positive steps toward the goal of attaining the high ideal of good sportsmanship. It is the responsibility of each of us to serve as a positive role model and set high expectations for others.

### ADMINISTRATORS

Athletic Departments are comprehensive, pre-eminent teaching departments with a subject matter all their own: self-confidence, leadership, teamwork, discipline, perseverance, respect for others, strategic thinking, dedication, the importance of rules, and sportsmanship. These are true life lessons and participation in athletics provides another forum for learning. Coaches are responsible for promoting sportsmanship and positive behavior in the facility. Administrators, we need your continued assistance in promoting sportsmanship and controlling fan behavior in the stands! Let the parents and fans know what you expect!

### COACHES

Your athletes will demonstrate the attitudes and behaviors they have learned from you, either through direct instruction or through observation of your actions. ***Never underestimate the influence you have on your players!*** You must:

- Abide by and teach the rules of the game in letter and in spirit.
- Set a good example for players and spectators to follow.
- Respect the bowling facility proprietors. Treating them with respect will serve to create a positive impression of you and your team.
- Display modesty in victory and graciousness in defeat.
- Develop a program that rewards participants and spectators for displaying proper sportsmanship and enforces penalties on those who do not abide by sportsmanship standards.



## STUDENT-ATHLETES

You serve as a role model for your younger siblings, young fans in the stands, your teammates, and your classmates. Set high expectations for everyone and help them follow-through! You must:

- Accept and understand the seriousness of your responsibility, and the privilege of representing your school and the community.
- Live up to the standards of sportsmanship established by the school administration and the coaching staff.
- Learn the rules of the game thoroughly and discuss them with others. This will assist everyone in the achievement of a better understanding and appreciation of the game.
- Treat opponents as you would like to be treated—with respect.
- Respect the bowling facility proprietors. Treating them with respect will serve to create a positive impression of you and your team.

## Sportsmanship Resources

On the OHSAA's *Respect the Game* webpage ([HERE](#)) you will find **Fair Play Codes** for athletes, coaches, and fans, as well as additional information regarding **parents' role in interscholastic athletics**. Please feel free to contact us with any additional questions. Please take time to visit this from the OHSAA's website along with many helpful items previously mentioned on the NFHS Learn website at [www.nfhslearn.com](http://www.nfhslearn.com).

### ONLINE RESOURCES

On our website, click on "Respect the Game" on the right side of the screen) you will find **Fair Play Codes** for athletes, coaches, and fans, as well as additional information regarding **parents' role in interscholastic athletics**. Please feel free to contact us with any additional questions. A direct link can be found [HERE](#).

## IMPORTANT SPORTS MEDICINE INFORMATION

The safety of our student-athletes is of utmost concern at all times. Information regarding the following important topics can be found at the OHSAA's "Healthy Lifestyles and Sports Medicine" webpage at <http://www.ohsaa.org/medicine>. Additional information relative to various equipment and rules relative to medical issues can be found throughout this manual as well.

- Heat Stress and Athletic Participation
- Recommendations for Hydration to Prevent Heat Illness
- Suggested Guidelines for Management of Head Trauma in Sports
- Communicable Disease Procedures (can also be found on at the end of the NFHS 2013-14 Rules Book)
- Links to the following sites:
  - Joint Advisory Committee on Sports Medicine
  - Ohio Athletic Trainers Association
  - American Medical Society for Sports Medicine
  - Ohio Parents for Drug Free Youth
  - National Athletic Trainers Association (NATA)
  - Gatorade Sports Science Institute News

**NOTE:** Should you have a student-athlete that requires a medical device that may alter the sport of bowling, a request for a medical waiver may be submitted to the OHSAA for them to wear said device during play. You may send this request, along with a doctor's note, to Emily Mason at [emason@ohsaa.org](mailto:emason@ohsaa.org).

# Concussion Management

## Implementation of State Law and NFHS Playing Rules Related to Concussion and Concussed Athletes and Return to Play Protocol

It is important for all individuals involved in interscholastic athletics to recognize the potential for catastrophic injury and even death from concussions. Thus, it is extremely important that each coach, administrator, contest official and medical support personnel review their responsibilities in protecting students. Further both students and parents have responsibilities in this area as well.

**Note:** It has always been the ultimate responsibility of the coaching staff, in all sports, to ensure that students are only put into practice or contests if they are physically capable of performing. However, all individuals involved in the conduct of interscholastic competition have responsibilities in this endeavor.

In January 2011, the OHSAA Board of Directors adopted a sports regulation which incorporated the National Federation of State High School Associations (NFHS) playing rules related to concussion recognition and management. On April 26, 2013, legislation adopted by Ohio's General Assembly on concussion and head injuries in youth sports became effective. On February 14, 2013, the OHSAA Board of Directors mandated that these regulations become effective on April 26, 2013, for the remainder of the spring sports season and thereafter. This OHSAA regulation, as amended to incorporate this recent legislation, now reads:

*Any student, while practicing for or competing in an interscholastic contest, who exhibits signs, symptoms or behaviors consistent with having sustained a concussion or head injury (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the practice or contest by either of the following:*

- 1) The individual who is serving as the student's coach during that practice or competition.
- 2) An individual who is serving as a contest official or referee during that practice or competition.

### RETURN TO PLAY PROTOCOL

If a student is removed from practice or competition due to a suspected concussion or head injury, the coach or referee who removes the student shall not permit the student, **on the same day the athlete is removed**, to return to that practice or competition or to participate in any other practice or competition for which the coach or contest official is responsible. Thereafter, which means no earlier than the next day, the coach or contest officials shall not permit the student to return to practice or competition until both of the following conditions are satisfied:

- 1) The student's condition is assessed by either of the following:
  - a. A physician, who is a person authorized under Chapter 4731 of the Ohio Revised Code (OCR) to practice medicine and surgery or osteopathic medicine or surgery (M.D. or D.O.)
  - b. Any other licensed health care provider that the school district board of education or other governing authority of a chartered or non-chartered nonpublic school, authorizes to assess the student who has been removed from practice or competition.
- 2) The student receives **written authorization** that it is safe for the student to return to practice or competition from a physician or other licensed health care provider authorized to grant the clearance. Click here <http://www.ohsaa.org/Portals/0/Sports-Medicine/AuthorizationToReenter.pdf> to retrieve the OHSAA's Medical Authorization to Return to Play (RTP) form.

A school district board of education or governing authority of a chartered or non-chartered nonpublic school may authorize a licensed health care provider who is NOT a PHYSICIAN to make an assessment and grant authorization for a student to return to participation only if the provider is acting in accordance with one of the following as applicable to the provider's authority to practice in Ohio:

- 1) In consultation with a physician;
- 2) Pursuant to the referral of a physician;
- 3) In collaboration with a physician, or
- 4) Under the supervision of a physician.

**Note:** A physician or other licensed health care provider who makes an assessment or grants clearance for a student to return to participation may be a volunteer.

### COACHES REQUIREMENTS

All coaches, paid and volunteer, must possess a current Department of Education-issued Pupil Activity Program/Coaching Permit. When renewing this permit, the coach will be required to complete an online concussion education course as stipulated in the section entitled **Approved Online Concussion Education Course**. This course is valid for three years and expires at the time the Pupil Activity Program/Coaching Permit expires.

### CONTEST OFFICIALS REQUIREMENTS

New legislation signed into law by the Governor provides that no school "shall permit" an individual to referee interscholastic athletic contests unless the individual holds a Pupil Activity Program/Coaching Permit or has successfully completed within the last three years a training program in concussion recognition. Therefore, all OHSAA licensed officials shall possess either a current Department of Education-issued Pupil Activity Program/Coaching Permit or show evidence of completing an approved online concussion education course as stipulated in the section entitled Approved Online Concussion Education Courses. This course is valid for three years from the date of completion.

## **STUDENT AND PARENT REQUIREMENTS**

All students and their parents or legal guardians shall review and sign the "Concussion Information Sheet" which has been developed by the Ohio Department of Health and which shall be distributed by OHSAA member schools to all students and their parents prior to each sports season. Students and parents shall review and sign this form each year and should keep a copy of the form. In addition, parents and students are encouraged to complete an approved concussion education course. The Concussion Information Sheet can be found here: <http://www.healthyohioprogram.org/~media/HealthyOhio/ASSETS/Files/injury%20prevention/concussion/Interscholastic%20Concussion%20Form%20-%20ODH%20Revised%202.ashx>

## **NFHS SUGGESTED MEDICAL CLEARANCE RETURN TO PLAY PROTOCOL**

1. No exertional activity until asymptomatic.
2. When the athlete appears clear, begin low-impact activity such as walking, stationary bike, etc.
3. Initiate aerobic activity fundamental to specific sport such as running and may also begin progressive strength training activities.
4. Begin non-contact skill drills specific to sport such as serving, hitting, setting, etc.
5. Full contact in practice setting.
6. Game play/competition.
  - Athlete must remain asymptomatic to progress to the next level. (It is often suggested that an athlete not be allowed to progress more than one level per day.)
  - If symptoms recur, athlete must return to previous level and should be reevaluated by an appropriate health care professional.
  - Medical check should occur before contact. (Final written clearance from the medical professional shall be obtained before the athlete engages in any unrestricted or full contact activity.)

## **QUICK LINKS FROM THE OHIO DEPARTMENT OF HEALTH**

Ohio Department of Health Concussion Information Sheet: [CLICK HERE](#)

Online Concussion Management Training: [CLICK HERE](#)

Ohio's Return to Play Law: Frequently Asked Questions: [CLICK HERE](#)

Ohio's Return to Play Law: What Coaches and Referees Need to Know: [CLICK HERE](#)

Ohio's Return to Play Law: What Parents/Guardians Need to Know: [CLICK HERE](#)

## **ADDITIONAL CONCUSSION RESOURCES**

Ohio Department of Health, Violence and Injury Prevention Program - Sports/Recreation Traumatic Brain Injuries: [CLICK HERE](#)

CDC Heads Up: Concussion in Youth Sports\_Nationwide Children's Hospital – Concussion Information Toolkit: [CLICK HERE](#)

CDC Materials on Returning to School for Parents, School Nurses and Educators: [CLICK HERE](#)

Brain Injury Association of Ohio: [CLICK HERE](#)

# Concussion Report

Ohio High School Athletic Association  
4080 Roselea Place  
Columbus, Ohio 43214  
[ohsaa.org](http://ohsaa.org)

## OHSAA CONCUSSION REPORT

State Law, NFHS Rules and OHSAA policy require a student who exhibits signs, symptoms or behaviors associated with concussion to be removed from a contest and not permitted to reenter competition that same day. This form shall serve to document that a student has been removed from a contest in accordance with State Law, NFHS and OHSAA rules due to exhibiting signs, symptoms and/or behaviors consistent with a concussion. The contest official must complete this form and forward it to the OHSAA within 48 hours after the conclusion of the contest. It is recommended that the official keep a copy of this report. In addition, if required by NFHS rule, an appropriate entry shall be made in the scorebook or other document as prescribed.

Student's Name \_\_\_\_\_ Date \_\_\_\_\_

School Name \_\_\_\_\_

Sport \_\_\_\_\_

Level of Contest (Circle One)    7<sup>th</sup>                      8<sup>th</sup>                      9<sup>th</sup>                      JV                      Varsity

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please forward to the Molly Downard ([mardownard@ohsaa.org](mailto:mardownard@ohsaa.org)) within 48 hours.

# Return to Play Form for Schools

## MEDICAL AUTHORIZATION TO RETURN TO PLAY WHEN A STUDENT HAS BEEN REMOVED DUE TO A SUSPECTED CONCUSSION – MANDATORY FORM

Ohio State Law as well as NFHS rules and OHSAA policy require a student who exhibits signs, symptoms or behaviors associated with concussion to be removed from and/or prevented from participating or continuing to participate in any practice or contest (sports activity) and not permitted to participate in or reenter practice or competition on the same day as the removal. After these symptoms are identified, written medical authorization from a physician (M.D. or D.O.) or another qualified licensed medical provider, who works in consultation with, collaboration with or under the supervision of an M.D. or D.O. or who is working pursuant to the referral by an M.D. or D.O., AND is authorized by the Board of Education or other governing board, is required to grant clearance for the student to return to participation. This form shall serve as the authorization that the physician or licensed medical professional has examined the student, and has cleared the student to return to participation. The physician or licensed medical professional must complete this form and submit to a school administrator prior to the student's resumption of participation in practice and/or a contest. To reiterate, this student is not permitted to reenter practice or competition on the same day as the removal.

I, \_\_\_\_\_, M.D., D.O. or \_\_\_\_\_ (other qualified licensed medical provider) have examined the following  
(Print name of MD, DO or Other)  
student, \_\_\_\_\_ from \_\_\_\_\_ High School/7-8<sup>th</sup> grade school  
(Name of Student),  
who was removed from and/or prevented from participating or continuing to participate in a \_\_\_\_\_ (sport) contest at the \_\_\_\_\_ level (V, JV, 9<sup>th</sup>, 7-8<sup>th</sup>) due to exhibition of signs/symptoms/behaviors consistent with a concussion or who is known to have suffered a concussion. I have examined this student, and determined that the student is cleared to resume participation upon the completion of the directions provided below.

### PLEASE INDICATE YOUR DIRECTIONS BELOW

- \_\_\_ Return to play protocol for concussion as outlined in Zurich Consensus Statement 2012 or as attached.
- \_\_\_ Return to play protocol for concussion required under direction of Licensed Athletic Trainer or other qualified licensed medical provider as approved in above directive
- \_\_\_ Return to play protocol for concussion not required, and the student may return to participation in practice and competition on this date \_\_\_\_\_
- \_\_\_ Other: (explain): \_\_\_\_\_

### VALID ONLY WITH ALL INFORMATION COMPLETED Signature of Medical Professional

\_\_\_\_\_  
(MD, DO or other qualified Licensed Medical Provider as Approved in the Above Directive)

Date: \_\_\_\_\_

Contact Information:

\_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Return to play is also subject to clarification of this document, as deemed necessary, by Licensed Athletic Trainer, other qualified Licensed medical providers authorized by Board of Education or other governing body, or school district administration. Return to play decisions are also subject to recognized principles of conditioning, skill development, mental preparedness, etc. Parent(s)/Guardian and student are reminded that the initial signature document of awareness of signs and symptoms of concussion and need/requirement to report are still in effect. Parent(s)/Guardian and student have a responsibility to report any further signs or symptoms of a concussion or head injury to coaches, administrators and the student- athlete's doctor. Information regarding signs and symptoms are available from school district personnel or OHSAA website.

### PRESENT THIS FORM TO THE SCHOOL ADMINISTRATOR

Note: The school must retain this mandatory form indefinitely as a part of the student's permanent record. Medical Providers should retain a copy for their own records.

## Communicable Disease Procedures

Though most schools have a Certified Athletic Trainer present at Varsity contests **and** all coaches are required to maintain a valid Pupil Activity Certificate through the Ohio Department of Education that includes a Sports' First Aid component, it is important to keep up to date on the remote risk that blood borne infectious diseases can be transmitted during bowling practice and contests. For example, Hepatitis B can be present in blood as well as other bodily fluids. Procedures for reducing the potential transmission of these infectious diseases should include, but should not be limited to the following:

1. The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform, it must be changed before the athlete may participate.
2. Routine use of gloves or other precautions to prevent skin and mucous-membrane exposure when contact with blood and other body fluids is anticipated.
3. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
4. Clean all contaminated surfaces and equipment with an appropriate disinfectant before competition resumes.
5. Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.
6. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
7. Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.
8. Contaminated towels should be properly disposed of/disinfected.
9. Follow acceptable guidelines in the immediate control of bleeding and when handling dressings, mouthguards and other articles containing body fluids.

You are encouraged to log on to the OHSAA's website at [www.ohsaa.org](http://www.ohsaa.org) and refer to the Sports' Medicine dropdown menu for additional information.

## H1N1 Influenza Policy

The OHSAA's Board of Directors approved the following policy with advice from the Ohio Department of Health and shall observe this policy at tournament time in the event of an H1N1 Influenza outbreak.

1. The Ohio Department of Health has advised that it will be the decision of each local health authority in Ohio as to whether or not to close a school or university due to an influenza outbreak; however, at this time the Centers for Disease Control are not recommending closures except in extreme circumstances.
2. In the event schools remain open, competitors and teams shall be expected to play tournament contests on the dates scheduled.
3. In the event schools are closed, the OHSAA, in conjunction with our District Athletic Boards and tournament personnel, shall reschedule the tournament contest for the schools thus affected.
4. Please watch the OHSAA web site home page at [www.ohsaa.org](http://www.ohsaa.org) and the specific sport page on the web site for more information.



**OHIO HIGH SCHOOL ATHLETIC ASSOCIATION**  
 4080 Roselea Place, Columbus, Ohio 43214  
 (614) 267-2502  
[www.ohsaa.org](http://www.ohsaa.org)

**2023-24 WAIVER REQUEST**  
**Bowling Non-Interscholastic Rule\***  
 Please complete and return to Emily Mason at [emason@ohsaa.org](mailto:emason@ohsaa.org) no later than 5 days prior to the event.

OHSAA Regulations permit schools to request a waiver of *General Sports Regulation 7.2.2 – Participating on Non-School Teams*. The waiver, permitting non-interscholastic participation during the school season once a student has participated on the school team, may be granted up to two times per school season. Each waiver is good for one event. To be considered one event all play in the event must have an established start and end date not to exceed 7 consecutive days.

No waivers will be granted for events taking place on or after January 22, 2024. This waiver request must be submitted by a school administrator. No waivers from a coach, student, or student’s parent(s) will be acknowledged. Students may not request a waiver in order to participate in a bowling league. While the waiver is intended for single/ individual (not team) bowling events, waivers will be considered for dual bowling events such as father- daughter, mother-son events.

Name of Member School Making Request: \_\_\_\_\_

Name of Student Making Request: \_\_\_\_\_ Grade: \_\_\_\_\_

1<sup>st</sup> Request \_\_\_\_ 2<sup>nd</sup> Request \_\_\_\_ (check one)

Name of Non-Interscholastic Event: \_\_\_\_\_

Location of Event (City, State): \_\_\_\_\_

Date(s) of Event: \_\_\_\_\_

Head Coach’s Name: \_\_\_\_\_ Email: \_\_\_\_\_

Athletic Director’s Name: \_\_\_\_\_ Email: \_\_\_\_\_

Athletic Director’s Signature: \_\_\_\_\_

Email request to [emason@ohsaa.org](mailto:emason@ohsaa.org) or fax to 614-267-1677 Attn: Emily Mason

**Office Use Only:**

Approval By: \_\_\_\_\_ Date: \_\_\_\_\_

*Signature of OHSAA Administrator*

\*This request does not waive Bowling Regulation 2, which prohibits a student from participating in the OHSAA Bowling Tournament if that student continues to participate on or after the established non-interscholastic date (January 22, 2024) prior to participating on the school team. **Any participation on or after the non-interscholastic date, in the absence of receiving an approved waiver, shall prohibit the student from participation in the OHSAA Bowling Tournament(s).**

**HAVE A GREAT SEASON!**

