



PRIDE SPORTS USA BOWLING

OFFICIAL RULEBOOK

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Introduction

Pride Sports USA is an adult sports organization consisting of all genders, sexualities, and races ranging from 21 to 80 years old.

Bowling is a game consisting of two teams, food/drinks, sweatbands, tube socks, and short shorts :)

For the enjoyment of the game, proper respect and sportsmanship is required of all participants. Fighting is not tolerated and there is zero-tolerance for discrimination against race, religion, gender and gender expression, or sexual orientation.

There is zero-tolerance for unsportsmanlike behavior.

All participants, officials, and spectators must respect our zero-tolerance policies and obey all rules and regulations in the official Pride Sports USA - Bowling Rule Book.

First Rule of Pride Sports USA - Bowling is to HAVE FUN!

1. UNIFORMS / EQUIPMENT

All players must wear their Pride Sports USA uniform from the current season to participate in games. The uniforms provided by Pride Sports USA must be the team's official uniform for all season games.

Failure to do so will result in a forfeit. If a player does not have their uniform, they cannot play and no refunds for missed games will be given.

Only substitute players may play without a uniform, but must wear a solid black shirt with no logos shown. (See Rule 8: Subs)

Accepted Alterations

- The only alterations allowed are cutting the sleeves, neckline (if no sponsors are printed on the sleeve), and belly of the shirt to make it a crop top.
- The Pride Sports USA logo and sponsors/anything printed on the back must not be cut into or altered.
- Players may NOT print on or alter anything else on the uniform.
- If a player prints on their jersey, they must pay to replace it (\$35). PrideSportsUSA.com/store
- Footwear: Bowling shoes must be worn at all times.
- Shoes will be provided by the venue, or players may wear their own shoes if approved for bowling.
- Players may wear protective equipment as long as it does not offer an unfair performance advantage.
- Balls: Players may use balls provided by the venue, or their personal balls at the discretion of the venue manager.

- Personal balls are approved for league play as long as they do not cause mechanical issues with the lane.

2. REFEREES

- There will be no official referee, but the Bowling Coordinator(s) will act in a referee capacity.
- The Bowling Coordinator(s) governs all gameplay, issues all final rulings, and has final authority on equipment issues.
- After each game, the Bowling Coordinator(s) will collect scorecards and report scores to the league manager.
- Teams are encouraged to find common ground and resolve disputes amicably.
- If teams cannot resolve a dispute, the Bowling Coordinator(s) will make a final decision, which must be respected by both teams.

3. PLAYER ELIGIBILITY

- Players must be 21–80 years old on or before the league start date/tournament start date.
- Players must be a paid league member on a current roster with a signed waiver (completed during registration).
- A sub is a player that is not a registered league member for the current season.
- A sub is only eligible to play for the week they registered for at PrideSportsUSA.com/subs. (See Section 8.)

4. TEAMS

- Each game shall have two (2) participating teams.
- Players must be registered team members or approved subs.
- Each team must have a minimum of 6 players and a maximum of 9 players.
- Not all players must play at all times, but there must be at least 3 players bowling for each game to count.
- Teams will be assigned a pair of lanes each week.
- The individual lane your team plays on within those pairs will be first come, first served.
- Each team shall have one Captain responsible for the team.

- Captains may discuss rules with Bowling Coordinators, track scores, confirm scores, and report scores at the end of the night.
- Late-arriving players may join the next game.

5. REGULATION MATCHES

- Regulation matches last 90 minutes of play.
- 90 minutes will be determined by the play clock, not by the advertised match start time.
- If clocks differ between teams, deference will be given to the clock with the most time remaining, unless it results in one team receiving substantially (>4 minutes) more play time.
- If a team experiences technical difficulties with the venue pin setter or ball return resulting in more than 4 minutes of delay, the team may request time be added after approval from the Bowling Coordinator(s).
- Teams may play as many games as they can within the 90 minutes of play.
- Teams may drop players at any point (before, after, or during a game), as long as at least 3 players are bowling at all times.
- Once a game has started, it cannot be ended early until it has been completed by all bowlers.
- A game is completed when all players finish all 10 frames.
- If a game is not finished, the score may still count.

6. SCORING

- At the end of regulation play, the top three unique scores across all games will be tallied, verified by the opposing captain, and submitted to the Bowling Coordinator(s).
- Each player may only submit one score for the match, even if they have the top three scores across all games.
- Captains must take photos of scores at the end of the game to track progress and verify results.
- If captains disagree on score accuracy, photos will be used as evidence.
- The team with the highest aggregate score will win the match, and their score will be added to their season running tally.

7. PLAYOFFS

- Normal Pride Sports USA - Bowling Rules apply.
- The teams with the top 4 aggregate scores at the end of the regular season will play in the playoffs.
- All other teams will play in recreational play.

Playoff Bracket:

- Seed 1 plays Seed 4.
- Seed 2 plays Seed 3.
- Winners play for 1st and 2nd.
- Non-winners may play for 3rd and 4th (if time and lane space allows).

Tie-Breakers for 1st–5th Place:

- First tie-breaker: Most head-to-head match wins.
- If still tied: 1-vs-1 roll-off (one player from each team bowls one game). Highest score breaks the tie.
- Tie-breakers occur prior to playoff matches.
- Any issues (time-clock sync, equipment, cheating, scoring, etc.) must be brought to the Bowling Coordinator(s) before the end of the game.
- Bowling Coordinator(s) will make final decisions in the case of disagreements without amicable resolutions.

8. SUBSTITUTIONS (SUBS)

- A sub is a player that is not a registered league member for the current season.
- Teams must have at least one registered player in attendance each week.
- Teams must have no more than 3 subs on any given week.
- If a team has 5 or more registered players show up, no subs are allowed.
- If a team has 4 registered players, 1 sub is allowed.
- If a team has 3 registered players, 2 subs are allowed.
- If a team has 2 registered players, 3 subs are allowed.
- Subs must register, sign a waiver, and pay the registration fee online at PrideSportsUSA.com/subs

- Subs must wear a black t-shirt with no logos and check in with the Bowling Coordinator(s) prior to playing.
- Subs are not allowed for playoff/championship games.

9. EJECTIONS FOR UNSPORTSMANLIKE CONDUCT

Ejections – A player may be removed from the game by the Bowling Coordinator(s), usually for an unsportsmanlike act or conduct, or for continuing to argue after the Bowling Coordinator(s) have decided on an issue.

- A flagrant act will require the player or coach to leave the venue for the remainder of the match.
- Player ejection penalty: A team may NOT continue to play shorthanded.
- If no substitutes are available, the game is a forfeit.
- Let's have fun and be good sports! Be kind to the players, your own team, officials, and directors. Easy as that :)

10. FORFEITS

- Forfeited games will be reported with a score of 0.
- Players can still show up and bowl, but the game will be a forfeit if the team does not have at least 3 bowlers for the game to count.

11. Additional Items

- The spirit of these rules is to ensure a fun environment and participant enjoyment.
- All games are to be played in a sportsmanlike manner.
- These are the official rules that will be referenced if a conflict arises.
- These rules are maintained at PrideSportsUSA.com and are subject to change without notice.

12. National Tournaments

Join the fun at one of our National Tournaments PrideSportsUSA.com/Tournaments

PRIDE SPORTS USA, LLC

CODE OF CONDUCT

1. **Purpose and Values.** For purposes of this Code of Conduct (the “Code”), “Pride Sports” means Pride Sports USA, LLC, and “League” means Pride Sports, together with the recreational sports leagues, divisions, programs, games, events, tournaments, practices, social events, and other activities organized, operated, sponsored, or sanctioned by Pride Sports, whether conducted on a seasonal or one-time basis.

Pride Sports is committed to fostering an athletic and social environment that is inclusive, respectful, safe, and welcoming. The League exists to bring people together through recreation and community, and to affirm the dignity and value of every participant and attendee.

All participants, volunteers, officials, spectators, and guests are expected to conduct themselves in a manner that supports these values. Conduct that undermines the inclusive purpose of the League, even if not intended to cause harm, may be inconsistent with this Code.

Participation in League activities is a privilege, not a right, and is conditioned on compliance with this Code. Participation in any League activity is at all times revocable and may be suspended, restricted, or terminated by Pride Sports at any time, with or without cause, notice, explanation, or formal process.

Pride Sports reserves the right to refuse registration, admission, or participation to any individual or team, or to remove any person from League activities, at any time and for any lawful reason, in its sole discretion.

2. **Scope of Application.** This Code applies to all League activities and to anyone participating in or attending such activities, including players, volunteers, officials, spectators, and guests. The Code may also apply to off-field or off-event conduct where such conduct has a direct or material connection to the League, including conduct that affects the safety, inclusion, or well-being of participants, interferes with League operations or activities, or undermines the League’s inclusive purpose or community environment. The determination of whether any off-field conduct falls within the scope of this Code shall be made by Pride Sports in its sole discretion.

3. **General Behavioral Expectations.** All individuals covered by this Code must, at all times:

- Treat others with respect, dignity, and courtesy.
- Act in a sportsmanlike and safe manner.
- Follow reasonable directions given by League staff or officials.
- Respect facilities, equipment, and shared spaces.
- Refrain from conduct that disrupts League activities or the experience of others.
- Comply with applicable laws, facility rules and venue policies.

Participants and attendees must comply with the directions and decisions of League staff, officials, and authorized representatives. Failure to follow such directions may result in immediate removal or other disciplinary action.

4. **Prohibited Conduct.** The following conduct is prohibited and may result in disciplinary action. This list is illustrative and not exhaustive.

- a. **Harassment and Discrimination.** Unwelcome conduct directed at an individual or group based on actual or perceived characteristics, including but not limited to race, ethnicity, national origin, religion, sexual orientation, gender identity, gender expression, disability, appearance, or any other protected or personal characteristic, that reasonably undermines another person’s ability to participate in or enjoy League activities.
- b. **Bullying and Intimidation.** Conduct that is hostile, abusive, threatening, or degrading toward another person, whether verbal, physical, or otherwise, and that reasonably interferes with a safe and inclusive League environment.
- c. **Violence and Threats.** Physical violence, attempted violence, or threats of violence toward any person.
- d. **Unsafe or Disruptive Behavior.** Any conduct that creates a safety risk, causes disruption, or interferes with League operations or the experience of others.
- e. **Alcohol and Drugs.** Being intoxicated, engaging in illegal drug use, or otherwise behaving in a manner related to alcohol or drugs that is unsafe, disruptive, or inconsistent with the League’s inclusive and community-focused environment.
- f. **Social Media and Public Conduct.** Harassing, threatening, or disruptive conduct directed at participants, staff, officials, or the League through social media or other public communications that negatively affects the League environment or operations.

5. **Participant Pledge.** As a participant in the League, each individual agrees to the following:

- a. Treat all participants, officials, staff, and spectators with respect at all times.
- b. Cooperate with other participants and officials.
- c. Refrain from profanity, obscene gestures, or abusive language.
- d. Not engage in physical violence or intentionally cause harm to any participant, official, staff member, or spectator.
- e. Follow all reasonable instructions from officials and League staff.
- f. Ask officials, in a calm and respectful manner, to explain any rules I do not understand.
- g. Respect park fields, sports equipment, and facility amenities.
- h. Participate in a sportsmanlike and safe manner at all times.
- i. Read, understand, and comply with all League rules and policies.
- j. Demonstrate good sportsmanship both on and off the field.
- k. Conduct myself in a manner consistent with the League’s values and community standards.

Violation of this Participant Pledge may result in disciplinary action in accordance with this Code, up to and including suspension or expulsion from League activities.

6. **Enforcement and Disciplinary Authority.** Compliance with this Code is a mandatory condition of participation in any League or Activity. Pride Sports reserves the sole, absolute, and final discretion to interpret this Code, determine whether any conduct violates it, and impose any disciplinary, corrective, or preventive action it deems appropriate under the circumstances.

Pride Sports may take action at any time, with or without investigation, and based on any information it considers relevant, whether obtained firsthand or from third parties. Pride Sports' determinations may be based solely on its judgment and are not required to meet any evidentiary or procedural standard. Pride Sports may take disciplinary or participation action based on any information it considers relevant, including reports, observations, complaints, or other sources, and is not required to rely on formal complaints, witness statements, or physical evidence.

Disciplinary action may include, without limitation:

- Verbal or written warnings.
- Removal from a game, event, or facility.
- Temporary suspension from League activities.
- Expulsion from the League or Activity.
- Temporary or permanent restriction from future participation.
- Denial of registration or team placement.
- Any other action Pride Sports deems appropriate.

Certain conduct, including but not limited to violence, threats, harassment, discrimination, unsafe behavior, or conduct inconsistent with the League's values or community standards, may result in immediate removal, suspension, or expulsion at Pride Sports' sole discretion.

Pride Sports may also take disciplinary or exclusionary action for any conduct, whether or not expressly described in this Code, that Pride Sports determines is inconsistent with the League's values, operations, or community environment.

Pride Sports is not required to provide prior notice, warnings, investigations, hearings, explanations, or opportunities to appeal before taking disciplinary action. Disciplinary decisions may be communicated orally or by any other method, and Pride Sports is not required to provide written notice, documentation, or justification. All decisions made by Pride Sports under this Code are final and binding.

Participants acknowledge and agree that they have no right or entitlement to participate in any League or Activity, and that participation may be revoked at any time at Pride Sports' sole discretion.

To the fullest extent permitted by law, participants waive any claim, cause of action, or demand against Pride Sports arising out of or related to any disciplinary, eligibility, or participation decision.

Any disciplinary action, including suspension, removal, or expulsion, shall not entitle the participant or team to any refund, credit, or other compensation.

Pride Sports reserves the right to impose disciplinary action on an entire team, group, or organization where the conduct of one or more members creates disruption, safety concerns, or repeated violations of this Code. Pride Sports reserves the right to suspend or terminate any game, event, or activity, or remove any individual, when it determines that safety, order, or the League environment requires such action.

Pride Sports is not required to enforce this Code uniformly or to take action in every instance of misconduct, and the failure to discipline any individual or team shall not limit Pride Sports' authority to discipline others.

- 7. Complaints and Reports.** Pride Sports encourages participants, volunteers, officials, and attendees to report conduct that they believe may violate this Code or otherwise undermine the safety, inclusion, or operation of the League. Complaints or reports may be submitted to Pride Sports through any method designated by the League, including in person, by email, or by any other communication channel provided by Pride Sports.

Pride Sports reserves the sole discretion to determine whether and how to review, investigate, or act upon any complaint or report. Submission of a complaint does not guarantee any particular action or result. All disciplinary and participation decisions remain subject to Pride Sports' sole and final discretion in accordance with this Code.

- 8. Anti-Retaliation.** Pride Sports prohibits retaliation against any individual who, in good faith, reports a concern, submits a complaint, participates in a review, or provides information related to a potential violation of this Code. Retaliation includes any adverse action, threat, intimidation, harassment, exclusion, or other conduct that would discourage a reasonable person from reporting a concern or participating in the complaint process.

Any individual who engages in retaliation may be subject to disciplinary action, up to and including suspension, expulsion, or permanent restriction from League activities, at Pride Sports' sole discretion.

- 9. Relationship to Other Policies.** This Code is separate from, and in addition to, any release, waiver, or assumption-of-risk agreement required for participation in League activities. Pride Sports reserves the right to adopt, modify, or enforce additional rules, policies, or procedures at any time as it deems necessary for safety, operations, or the community environment.

- 10. Severability.** If any portion of this Code is found to be invalid or unenforceable, the remaining provisions shall remain in full force and effect.

- 11. Acknowledgement.** By participating in or attending League activities, individuals acknowledge that they have read, understood, and agree to comply with this Code.

I understand that Pride Sports may revise this Code of Conduct at any time, and it is my responsibility to stay informed of any updates. I also acknowledge that failure to comply with Code may result in suspension or termination of my participation in the League without refund.