

Bowling Manual



SY26



I. Introduction

Please review the included manual document for key program information, requirements, and rules and regulations as it relates to the season, to the Chicago Public League (CPL), and to the Illinois High School Association (IHSA).

Non-compliance with any of the following information may result in the forfeiture of coaches’ season stipend. All questions can be directed to the Athletic Program Administrator (APA) listed below.

Athletic Program Administrator:

Name: Alan Garcia Pena
Email: agarciapena1@cps.edu
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III. OSA Mission Statement

The Office of Sports Administration oversees the equitable implementation of sports programs across all elementary schools and high schools within the Chicago Public School District (CPS) and Chicago Public League (CPL). Through effective sports policy creation and program management, OSA helps create an environment for schools to provide essential athletic and academic development for each student-athlete. It is the goal of OSA to promote sportsmanship, teamwork, integrity, and a sense of community as we prepare students for the next level in athletics and in life. Our students will be able to learn the importance of Academic, Athletic and Social Awareness as they advance through our program and become leaders in their communities.

IV. League Governance & Key Links

The official rules of the National Federation of High Schools Association shall govern all Public League competitions. Any exceptions to these rules are listed in these Terms and Conditions. *The Chicago Public League is governed by the [Chicago](#)*



The Office of Sports Administration

A DEPARTMENT OF THE OFFICE OF COLLEGE & CAREER SUCCESS



Boys and Girls Bowling | 2025-2026 CPL Manual

[Public Schools Athletics Constitution and By-laws.](#) All coaches must read this document to be informed about CPL policies, procedures and expectations.

Whereas the specific Terms and Conditions are listed in this document, the following links that make up the [General Chicago Public League Rules](#) is an appendix to this document which lists issues of general governance, coach expectations, roster management/vertical movement/eligibility and eligibility certificates, and other issues of league contest management.

The [2025-2026 Boys Bowling Resource Sheet](#) / [2025-2026 Girls Bowling Resource Sheet](#) / [IHSA Girls Bowling](#) / [IHSA Boys Bowling](#) contains other logistical information regarding the season for coaches and athletic directors including the coaches directory.

V. League Calendar

CPS Calendar Regular Season

Event	Date
Coaches Committee Meeting	Boys & Girls: Sept. 17th
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Preseason Coaches + AD Meeting	Boys: Oct. 23 Girls: Nov. 4
Season Starts	Boys: Oct. 27 Girls: Nov. 17
1st Contest May be Held	Boys: Nov. 7 Girls: Nov. 28
All invoice payments due	Boys: Dec. 5 Girls: Dec 19
Crosstown Classic Invitational	Boys: Dec. 13 @ Waveland Girls: Jan. 17 @ Waveland
City Championship	Boys: Jan. 10 @ Skyway Girls: Jan 31 @ Skyway
Regionals (Sat. Week 28)	Boys: Jan. 16 Girls: Feb. 6
Sectionals (Sat. Week 29)	Boys: Jan. 24 Girls: Feb. 14
State Final (Fri.-Sat. Week 30)	Boys: Jan. 30 - Jan 31 Girls: Feb. 20 - Feb. 21
Season Ends (Sat. Week 30)	Boys: Jan 31 Girls: Feb. 21



VI. Team Approvals and Expectations

Team Approval consists of a series of tasks that must be completed by the Athletic Director and Head Coach from each team. Failure to complete the following tasks will result in the resignation of coaching stipends or delayed payments. Anticipated team approval will be reflected in the [Inventory](#). It is the responsibility of the school Athletic Director (assisted by the head coach) to communicate with the appropriate Athletic Program Coordinator regarding the confirmation of team approval.

- Teams must have at least seven student-athletes registered per team and submit a hard copy [Central Office Record Sheet](#) to the Office of Sports Administration by the specified deadline. Teams must have at least five student-athletes to compete on gameday.
- Teams must compete in all CPL sponsored contests, this includes conference games, and the CPL playoffs (2 forfeits in a season result in loss of team approval).
- Teams are expected to compete in the IHSA Series, if signed up. Teams that sign up but do not show up to games will be mandated to pay a \$500 penalty fee paid directly to the IHSA. [Online Entry Process for the IHSA Series](#)
- Teams looking to join the League for the 2025 season must complete the google form, [School Request to Add a Sport/Level](#).

VII. Host Arrangements

Chicago Public League Bowling matches and tournaments will be held at the following locations:

- Lawn Lanes** - 6750 S. Pulaski Road, Chicago , IL 60629| 773-582-2525
- Skyway Bowl** - 9915 S. Torrence Ave, Chicago, IL 60617 - 773-731-4535
- Waveland Bowl** - 3700 N. Western Ave, Chicago IL, 60618 - 773-472-5900
- Fireside Bowl** - 2646 W. Fullerton Ave, Chicago IL, 60647 - 773-486-2700

VIII. Coach Expectations

- [Chicago Public League Coaches' Code of Conduct and General Expectations](#)
- The coaching staff is expected to be well versed in the latest edition of the National Federation of High Schools (NFHS) rules and regulations for the sport that they are coaching, the IHSA Constitution and Bylaws, and the Chicago Public Schools Athletics Constitution and Bylaws
- Coaches must complete IHSA and CPS certification requirements before coaching student-athletes.
- [Certifications for all coaches](#)

In order for coaches to receive the stipend, coaches must be formally hired/staffed as level 1 volunteers, complete all certifications and professional development offerings and represent an approved program by the Athletic Program Administrator of basketball.

- Coaches must use the [CPL High School Coaches Registration Link](#) / [CPL Charter High School Coaches Registration Link](#) to register **prior** to acting in a coaching capacity.
- The Chicago Public League requires all its students, officials, coaches, spectators, and school staff to promote sportsmanship before, during, and after every game. Offensive language, including profanity and derogatory or intimidating remarks directed at officials, event staff, student-athletes, coaches, or team representatives, will not be tolerated. For sportsmanship to prevail, all coaches, students, staff, and spectators must display respect and civility to enthusiastically support our student-athletes to create a safe and inclusive environment. [Sportsmanship Guidelines](#).
- The coaching staff is expected to organize and prepare athletes through consistent practice/workouts designed to enhance their performance in basketball games.
- The coaching staff is responsible for the following Game Management for every contest:**



- i. Confirm contest logistics with the opposing coach.
- j. Preparing a printout (preferably laminated) of emergency contact information identified for each student (name and jersey number) for quick reference by medical personnel.
- k. Possessing an ASPEN Generated Eligibility Certificate. *Only students listed on this certificate are eligible for that contest.*
- l. Possessing an accurate numerical roster identifying student-athletes by jersey number.
- m. Specific Bowling Coach Requirements / Expectations:**
 - 1. The coach or faculty representative must be present on game day. If not, the match is subject to forfeit. Substitute coaches/volunteers must identify themselves and have completed the CPS onboarding process.
 - 2. The coach or faculty representative shall be responsible for the conduct of their team and should set the example by following all rules set forth in these regulations.
 - 3. All matches are to be bowled in the spirit of good sportsmanship. If continuous and excessive disruption of the bowler's concentration occurs, the team of the offending school shall be subject to forfeiture. This decision will be made by tournament officials or section coaches.
 - 4. Eligibility sheets should be properly filled in with the official scores and signed by both coaches. The original copies should be deposited with each respective athletic director and kept on file at the school. Copies of the eligibility sheets may be requested by the Office of Sports Administration at any time.
 - 5. Each coach is responsible for directing visitors away from the bowling area. Non-bowling team members should also be directed to sit outside the playing area with the one exception of one non-bowling substitution.
 - 6. Each coach is responsible for prohibiting smoking by team members while participating within the bowling area. Visible smoking within the bowling establishment is not allowed; this includes vaping and E-Cigarettes.
 - 7. Coaches are responsible for prohibiting the wearing of hats, scarves, rollers, etc. on the heads of bowlers while matches are in progress.
 - 8. Individual schools are responsible for entry into the IHSA State series. If a school has registered but cannot participate, withdrawal from the state series is due prior to the line up entry deadline. Coaches should ensure their teams have been entered or withdrawn by the appropriate school official. A financial penalty may be imposed if teams withdraw late or do not show up for a state competition.
 - 9. NO outside food is permitted inside the bowling alley. If you purchase food at the bowling alley, be respectful of other teams' space. Food is NOT allowed on the bowling lanes.
 - 10. All coaches must share the finals scores to the bowling alley chairperson immediately after the game is over. The chairperson is then responsible to upload scores to the resource sheet.
- n. Reaching out to the host school (coach, athletic director) if there are transportation issues which would delay the start of the game.
- o. Reporting the game score to the Office of Sports Administration designated score reporting mechanism within 24 hours of the contest.
 - 1. All scores should be submitted to the score tracker folder:
Boys: All score sheets of games bowled must be submitted to the [Score Tracker - Boys Bowling](#) at the end of each match (and no later than the Wednesday at 12pm following the match). Scores will be entered into the Google Sheet by an OSA representative by Friday of the Week played.
Girls: All score sheets of games bowled must be submitted to the [Score Tracker - Girls Bowling](#) at the end of each match (and no later than the Thursday at 12pm following the match). Scores will be entered into the Google Sheet by an OSA representative by Friday of the Week played.



- p. Refraining from using tobacco products, drinking alcoholic beverages, or being under the influence of alcoholic beverages or any illegal substance at any time while performing their coaching duties.

IX. Playing / League Regulations

Contest Limitations	25
Minimum Contests for Team Approval	7
Length/Time of Contests	N/A
Maximum Students on the Roster	N/A
Minimum Students on Roster	7
Minimum Students Needed on Game Day	5

a. Equipment and Uniforms

1. Every Bowler participating in CPS competitions should have a bowling polo or bowling jersey, not a t-shirt or dri-fit shirt.
2. The name, mascot or logo of the school is to be clearly identified on the front and back of the uniform. The name of the school will measure no less than 5 centimeters (2 inches) in length on the back of the uniform.
 - a. A player's last name is permissible on a team jersey provided that the letters are no larger than one (1) inch and have not exceed the dimensions of the institutional name, logo or mascot.
 - b. Players' jerseys shall be marked with whole numbers (from 00 to 99) not less than 5 centimeters (2 inches) in height on the back or sleeve.
 - c. Rolling or taping the sleeves in such a way that the number is not clearly visible is prohibited. Uniform jerseys worn by teammates shall display numbers of the same color and size. Duplicate numbers are not to be worn.
 - d. The logo or trademark is to be contained within a four-sided geometrical figure (that is, rectangle, square, parallelogram) that does not exceed 14.6 sq. centimeters (2 1/4 sq. inches).
 - e. Commemorative insignia and patches may be worn as long as all teammates' uniforms are identical, and no safety hazard is created. The commemorative insignia shall not obstruct the players' numbers, and if a numeral is part of the commemorative insignia; the number is not to exceed 2.54 centimeters (1 inch).

b. Rescheduling / Cancellation Policy

1. All games are to be played as scheduled. Games may not be canceled or changed without impunity for any reason without the authorization of the Office of Sports Administration. The Athletic Program Administrator of Bowling must approve all rescheduled games.
2. Contact the Bowling Athletic Program Administrator or Bowling Alley Chairperson and Opposing Team and APA 24 Hours before the game.

c. Start Times

All matches are scheduled to begin at 4:30pm CT unless otherwise noted.

d. Bowling Ball Regulations

USBC Approved



e. Playing Rules

1. The rules and regulations shall be governed by the constitution and by-laws of the Chicago Public High Schools Athletic Association.
2. All other situations shall be governed by the rules and regulations of the United States Bowling Congress.
3. All games shall be bowled head-to-head. League bowling contests will be scheduled on the following days: (Monday, Tuesday, Wednesday, or Saturday).
4. A team consists of five (5) bowlers. However, a team consisting of less than five bowlers may bowl a match, but there must be a minimum of four (4) bowlers present. If the remaining bowler(s) arrives before the end of the fifth (5th) frame, he/she shall be allowed to bowl in the game, but that score shall count beginning with the fifth frame. Any bowler(s) arriving after the fifth (5th) frame has been completed shall not be allowed to bowl in the game. "Zeros are to be entered for all missed frames"
5. Substitutions may be made after a series has started. The coach can replace any player with a qualified substitute at the end of any frame. No changes can be made in the order of the players until the game is completed. A player removed during a game cannot return to bowl in that game. The score of the game is credited to the starting player. Scores bowled through the efforts of more than one individual player do not qualify for USBC awards, tournament individual awards, other than position standings prizes, nor can the scores be included in the all-events singles placement totals.
6. Each team will play one match per week. If necessary, more than one (1) match may be bowled in one week, but only one week ahead, and the schedule must be followed.
7. While a member of a school team, a player shall not be allowed to represent any other organization in that sport. This rule does not include membership on a school intramural team.
8. Competitors and coaches are prohibited from playing music with or without headphones, using cell phones, electronic devices or any usual equipment at any time including during warm-ups. Only the participating bowlers will be allowed in the playing area. Coaches are ONLY allowed to use electronics for statistical purposes.
9. No team shall practice on any lanes in the bowling center to be used on Playoff or Championship days. The penalty for violation of this rule by one or more players from the eligibility sheet will be the elimination of the team from the playoffs or the championship series.

X. Student Eligibility

- a. A student is eligible to participate in a contest when listed as "Eligible" on an ASPEN-generated Eligibility certificate (or otherwise documented, pertaining to Charter Schools).
 - 1) [Student-Athlete Eligibility](#)
 - 2) [Home School Student Eligibility](#)
 - 3) [Newcomer Student Eligibility](#)
 - 4) Students who have transferred to your school since the end of the previous season are ineligible for interscholastic competition without a ruling from the Office of Sports Administration or the IHSA.
- b. An official eligibility sheet must be submitted for each match. Names of the players bowling in the match must appear on the eligibility list.
- c. Eligibility lists must be computer generated. Each eligibility sheet must be signed by the school principal, athletic director, coach or faculty sponsor. Signatures must be original, not xerox copies. Eligibility sheets are to be exchanged by the coaches. If an eligibility sheet is not exchanged, the match is subject to forfeiture.
- d. A school participant may not compete in an adult league or tournament and/or where there are monetary prizes.
- e. 5. Developmental teams will NOT be eligible for the team championship playoffs during their first year of competition. All matches they are required to complete during their first (developmental) year of competition will be



considered exhibition matches. Coaches will receive one-half of the bowling coach's salary for the developmental season. During the second year of competition schools will become full-fledged members of the conference, and will also be eligible for the team championship playoffs.

- f. Contest results can be protested according to [Article XI – Infractions and Protests of the Chicago Public Schools Athletics Bylaws](#) if there is some irregularity or infraction of the rules occurring during the contest.

XI. League Structure and Conference Standings

[Boys League Alignment](#)

[Girls League Alignment](#)

The final standings shall be based on the total number of points accumulated, as per Rule 4 and Rule 7. The schedule shall be played on a single round robin basis.

- a. The league shall be conducted head-to-head and each eligibility sheet with official scores listed shall be signed by the opposing coach.
- b. Tournament scoring is mandatory. All scores of games bowled must be submitted to the Bowling Google Sheet
- c. No more than six (6) bowlers may be in the seating area. Coaches may not keep score and make corrections. If scoring corrections are needed, please notify the Bowling Alley Coordinator. Two (2) coaches may coach from the area behind the score table.
- d. Seven (7) points shall be scored for each match, two (2) for each game won and one (1) point for the team with the highest total pins. In tie situations, (games and pins) points are divided. Teams shall rank in order according to points accumulated throughout the league season. If there is a tie in tournament style competitions, each team will bowl an additional frame. This frame is to be bowled by each team on the lane where it bowled the final frame of the last game and is scored like the tenth frame. If the tie is still unbroken, the teams involved alternate lanes for the additional tenth frame needed to break the tie. This frame stands alone to determine the winner and is not added to the previous. The tie breaker for the season positions will be total pin count.
- e. Forfeits:
 - 1. All games must be bowled. If a team is not present and ready to bowl 15 minutes after the scheduled start of match, the first game is then forfeited. If the team that forfeited arrives within the next 15 minutes, that team shall be allowed to bowl games 2 and 3 of that match. If a coach is going to be late and the team is present, call the bowling center to notify the section chairperson. The Bowling Alley Coordinator shall decide whether or not the team will be allowed to start the match. **Failure of the coach to show may result in a forfeiture of the match.** If game 1 is forfeited, game 2 shall begin any time within 30 minutes from the original start time. After 1 hour from the original start time, the entire match is forfeited. Score of a Forfeit is 7 Points
 - 2. If an ineligible bowler participates in a game, that game will be considered a forfeit. The entire series will not be forfeited.
 - 3. Any team forfeiting two or more matches due to lack of attendance by team members shall be eliminated from the championship roll-offs as well as the league, and the team will not be approved for participation in the next year. Which will include forfeiture of the coaches stipend.
- f. Tie Breaker
 - 1. Should two teams competing for playoff positions tie in the final standings, a **roll-off match of three (3) games** between/among the teams tied shall be conducted.



2. Should three (3) teams tie for a playoff position, a roll-off match of three games among the three (3) teams involved shall be conducted – in this case total pins shall determine the position winner.
- g. Promotion / Relegation:
1. Boys:
Promotion: Top team in points from each First, Second and Third conference will be promoted. **Premier is the highest division, therefore there is no promotion.
Relegation: Bottom team in points from each Premier, First and Second North will be relegated. **Third North and Second South are the lowest division, therefore there is no relegation.
 2. Girls:
Promotion: Top team in points from each First, and Second conference will be promoted. **Premier is the highest division, therefore there is no promotion.
Relegation: Bottom team in points from each Premier and First conference will be relegated. **Second division is the lowest division, therefore there is no relegation.

XII. Chicago Public League Championship Tournaments

- a. One day tournament/playoffs//championships scheduled to be played on January 11th, 2025 at Waveland (boys) and February 1st, 2025 at Waveland (girls).
- b. Top 8 teams from North and South after week 7 of play will participate in the CPL Championship Tournament (Division doesn't matter just pin count).
- c. Additionally, the top 10 individual bowlers, that are not on a qualifying team, will be invited to compete for individual standings at the CPL Championship Tournament.
- d. The customary City Championship shield will be awarded to the team winning the championship. The customary runner-up shield will be awarded to the team finishing second.
- e. The top two (2) teams in the City Championship round will receive a ribbon and medallions for each team member and coaches listed on the eligibility roster. The total number of awards shall not exceed twelve (12), one for the maximum number allowed. Awards for the two (2) coaches, the principal and athletic director shall not exceed a total of sixteen (16) medallions and ribbons awarded for each of the first two (2) teams.
- f. The top 10 individual bowlers (whether attached to a team or competing as an individual) will receive a medal.

XIII. Media and Social Media Expectations

The Chicago Public League (CPL) is proud to offer in-depth coverage of all of our student-athletes across each sports season.

- a. **To continue to tell these stories, the CPL Sports Communications team asks the following of all participating coaches and student-athletes:**
 - 1) Ensure all student media consent forms are signed via the standard CPS enrollment packet.
 - 2) Make coaches/players available as requested for pre- and post-game interviews.
 - 3) Share accomplishments and milestones with the CPS Sports Communications Team so they can highlight your school.



- 4) Interact and follow all CPL athletics content via our website, CPSAthletics.com, or Twitter [@CPLAthletcs](https://twitter.com/CPLAthletcs).

CPS Sports Communications Team:

- 1) Communications Manager - Joey Gelman - jdgelman@cps.edu
- 2) Communications Specialist- Dominic Scianna - dscianna@cps.edu
- 3) Communications Specialist - Michael Wojtychiw - mmwojtichiw@cps.edu

b. Digital Citizenship Expectations

Being a good digital citizen means that athletic staff and student-athletes are positively contributing to the digital space, respecting other people's views even if in disagreement, and reporting issues that disrupt a positive digital environment.

A digital footprint and reputation is left online when videos and pictures are uploaded, and when posts and comments are made on websites and social media. Athletic staff and student-athletes must consider the temporary and/or permanent effect actions online can have for themselves and their community both in the digital space and in person.

That is why the Chicago Public League asks all athletic staff, coaches, and student-athletes to engage in respectful and positive social media interaction. Should there be any inappropriate social media being created or shared in your community, please report it to CPS administration within your school building so the situation can be properly assessed and appropriate action can be taken as necessary to ensure a safe environment for all those involved.

XIV. Misc Sports Information

A) Accessing Sport Schedules

There are a number of ways to access the schedules of the various levels.

1. Your GoFan School site: [District Managed Schools / Charter Schools](#)
2. The [CPS athletics site](#) - Choose the sport/level
3. The Rschooltoday mobile app - download this app, change the settings to access different levels
4. The AD can go directly to the AS and print it for you or he can set you up with an administrative log in so that you can enter your team scores.
5. cpsathletics.info - go to school athletic calendar, choose your school and then the sport

B) Protocol for Handling Fights on the Floor

Make sure to review this Guidance: [Protocol for Handling Fights](#).

Additionally we believe that it is important to provide you with guidance toward proactive preparation for these activities hoping to promote the safety of the student-athletes and likewise protect you in these situations.

1. The only person that should run onto the court to stop a fight is the Head Coach.
2. Assistant coaches **must** work to control the bench and keep players from running onto the floor in order to keep them from potential danger.



3. Build your culture and instruct your players that the rules of engagement in regards to interscholastic competition requires absolute sportsmanship and **that all fighting is unacceptable.**
4. **Retaliatory actions also have consequences.**
Instruct/train your players to respond in the moment that are not involved in an/the altercation to turn, back away and return to their bench area **rather than run toward** the altercation.

Coaches may face disciplinary action if there are on the court altercations involving multiple students as well as if students leave the bench to join in and contribute to a melee.