



ICARE2 Bowling League 2026

Planet Bowl @ Civil Service Club, 60 Tessensohn Road, Singapore 217664

1.0 Name of League

1.1 This League shall be called ICARE2 Bowling League 2026.

2.0 Eligibility

2.1 This League is open to all bowlers in ICA.

3.0 Playing Rules

3.1 This League will play all games in accordance with the Rules & Regulations of the Singapore Tenpin Bowling Congress.

4.0 Objective

This League aims to promote the sport of Tenpin Bowling and to foster and maintain the good fellowship and sportsmanship among ICA officers.

5.0 Rules and Regulations

5.1 This is a trios League with a maximum of 08 players to a team. No new players can be added or changed to a team after the 4th week of bowling. All players must play a minimum of 3 games and establish their handicap by the 4th week, failing which they will not be allowed to continue in the League.

6.0 Starting Time

6.1 All scheduled matches will be held every Monday (except Public Holidays and on the eve of Public Holidays) promptly at **7:30pm**. The League will commence on **29 Jun 2026**.

7.0 Format of Play

7.1 The league comprises of a **maximum** of 10 teams and shall run for 9 (total number of teams minus one) weeks on a 1-Round system.

7.2 The League will run on a 20 point system:

1 point for each game won by bowler with handicap; 9 games (9 points)

1 point for the bowlers' series with handicap; 3 games (3 points)

2 points for the team's game with handicap; 3 games (6 points)

2 points for the team's total series with handicap (2 points)

7.3 The final placing for this League shall be based on the total points accumulated at the end of the league.

8.0 Game Fees

8.1 Game fees fully sponsored by ICARE2 for the league game.

9.0 Minimum Number of Games

9.1 In order to be eligible for the Individual Award(s), a bowler shall bowl a minimum of 9 games. There will, however, not be any minimum number of games required for Team Award(s).

10.0 Handicap

- 10.1 All bowlers will start on a fresh handicap. Handicap will be calculated on the formula based on Men (180 – average x 50%) and Ladies (180 – average x 67%). Handicap shall be capped at 25 pin falls for Men and 35 pin falls for Ladies.
- 10.2 Bowler's handicap will be calculated into their scores based on their tabulated competition results.

11.0 Team Line-Up

- 11.1 Bowlers with the highest handicap will be placed 1st followed by the next bowler with a lower handicap in descending order. This rule shall also apply for latecomers bowling from the first game.
- 11.2 There will not be any shuffling of bowlers during the first week of the League match. The initial placement of bowlers for the first match will remain unchanged.
- 11.3 No replacement of player(s) is permitted even if the registered player has withdrawn from the team.
- 11.4 No new players are allowed to register with another team if their team has withdrawn.

12.0 Blind Score

- 12.1 A team which is required to bowl with less than the number of players required for a full line-up, but having the required number of players to constitute a team, shall be permitted to use a "Blind" score for each absence. The blind score shall be 120 pin falls scratch.
- 12.2 Only one blind per team is allowed during the League match. Blind scores will automatically be placed as the 1st bowler in the team's line-up throughout the match. A team must have at least 2 players to start a match.

13.0 Tardy Players

- 13.1 A bowler who arrives after his team has started bowling shall be permitted to begin bowling from the 1st frame, provided the last bowler of the opposing team has not completed the 3rd frame. No player can join in after the 3rd frame and a blind score will be declared. The player, however, is allowed to continue with the remaining games.

14.0 Roll-Offs

- 14.1 A maximum of 4 roll-offs per round are allowed throughout the whole season.
- 14.2 Team captains are to inform the Bowling Alley for reservation of lanes and all roll-offs must be done before the actual League day.
- 14.3 Team captain must inform the Convenor **3 days** before they plan to roll-off. The Convenor will then inform the team captain of the opposing team of the roll-off.

15.0 Protests

- 15.1 All protests resulting from the League competition must be filed immediately and thereafter to the League Committee. Protests regarding League results must be brought up before commencement of the next League match. No protests will be entertained thereafter.

16.0 Walkover Fee

17.0 Teams Bowling With Walkover Opponent

- 17.1 The team whose opponent does not turn up for bowling shall bowl 300 pin falls with their handicap per game and a total of 900 pin falls with handicap for the 3-game series.
- 17.2 Subsequently, the overall series shall be added to the team's overall pin falls and will be eligible for awards recognition.

18.0 Tie-In Position

- 18.1 Total points shall decide the winner but if the points are tied, the teams will be declared joint winners.

19.0 Withdrawal of Team

- 19.1 Should there be a team withdrawal during the first 4 weeks of the League season; all points won/lost against the withdrawn team shall be given 20 points. After which, all points won/lost shall stay.
- 19.2 Unmatched teams against the withdrawn team shall bowl the minimum pin falls to win the respective points.

21.0 Conduct of Bowling

- 21.1 Disciplinary action will be taken against any player found guilty of deliberately committing foul throws in order to “sandbag” their scores.
- 21.2 Players found guilty of cheating will be disqualified from the League and all awards won by them will be forfeited.

22.0 Dress Code

- 22.1 It shall be the duty of each player to dress appropriately. For the League, only long pants for male bowlers are allowed. Female bowlers are allowed to wear skirts, shorts or dress shorts. Denim pants or slacks are allowed.

23.0 Awards

- 23.1 Prizes will be awarded to the top 3 teams in the tournament for Team Championships, Team High Series & Team High Game.
- 23.2 Top 3 men and 3 women for Individual high series
- 23.3 Top 3 men and 3 women for Individual high game

24.0 Any Matters Not Provided For

- 24.1 Any matters not provided for in these Rules and Regulations shall be ruled upon by the League Committee. Such action will be governed by a majority vote. ICA Bowling Convener’s decision on ICARE Bowling League’s matters shall be final.