

2026 District One/Two 4A Bowling

January 28 , 2026

Bowlero (Soon to be Lucky Strike)

Lynnwood, WA

Tournament & Games Committee

Dani Mundell Tournament Manager

Bowling Alley-Personnel

Don Beazizo- NW District One Director

SCHEDULE

Check-in/Coaches Meeting 12:05 p.m. / Warm-Up 12:15 p.m. / Start 12:30 p.m.

Roster & Team Information Submission

[SUBMIT ENTRIES HERE](#)-Type in your entries next to your school's name. Include First and Last name with correct spelling. Grade level using 12, 11, 10, or 9. And Bowling Average.

Submit by **January 19, 2026**. Print the form for your records, and email a team picture to dmundell2@everettsd.org

TOURNAMENT RULES

- **Warm-up** Fifteen (15) minutes allowed prior to the start of Round One (1).
- **Uniform:** All players and coaches shall appear in appropriate matching tops and bottoms for their school bowling uniform. All team members must be similarly dressed. Slacks, hemmed shorts, skirts and collared sport shirts with a commercially lettered school name and logo on the back are acceptable team apparel. ***Athletes may not compete in jeans or yoga pants.*** Individual names allowed on the front of the shirt only. No Hats allowed. **Conduct of Coaches and Players:** The head coach shall be the official team representative for all communications with tournament officials. Only two coaches and qualified team members are allowed in the team seating or lane playing area (or one coach and scorekeeper). The total number shall not exceed seven per team.
- **Tie Procedure:** If two or more individuals/teams tie for eliminating position, they will bowl 9th and 10th frame roll-off. In the event of a tie for an individual alternate, the bowler with the higher league average will win the tie. **Must be present for the roll-off frame or will forfeit the position.**
- **Open Substitutions:** Open substitutions allowed at any time during a regular game. If a substitute enters in the middle of a game, the substitute must assume the score of the competitor she is replacing. The score will not be assigned to anyone and the original competitor cannot re enter that game. All substitutions must be noted on the scorecard. The same substitution rule applies to the Baker games.
- Official school banners (made of cloth or vinyl) will be the only sign permitted.
- Loud cheering and chanting should be kept at a minimum
- Artificial noise-makers or balloons are prohibited
- Cheerleader or student/parent led chants not allowed
- Electronic devices **NOT** allowed in the bowling area
- No outside food or drink allowed in the facility- water bottles are ok
- **Ball Information:**
 - Removing the ball from the establishment during the competition is prohibited.

- o Use of abrasives between Round One (1) and Round Two (2) prohibited.
- o Cleaning agents are not allowed. Towels are allowed.
- o Coaches are responsible to ensure that all team member's balls will conform to USBC specifications.

TOURNAMENT FORMAT

Round 1-4: Five girls bowl four (4) games of total pins. Teams will rotate lanes after each game. Individual State qualifying scores require the individual to bowl **the entire game in round 1.**

Rotation: 4 Teams (A, B, C, D) will bowl on 4 lanes (1-4)

As an example:

- Game 1: A & B on Lanes 1 & 2, C & D on Lanes 3 & 4
- Game 2: B & C on Lanes 1 & 2, A & D on Lanes 3 & 4
- and so on...

OFFICIAL SCORE: The head coach is responsible for verifying and submitting the official score sheet. Only coaches or official scorekeepers are allowed in the official scoring area.

TEAMS and INDIVIDUALS QUALIFYING FOR STATE

Team Entries to State: 2

Individual Entries to State: 4*

***Individuals are from non-qualifying teams**

Pin total after the Four (4) games to determine the top team qualifying to state. It will also determine the individuals from the non-qualifying team.

Tie Procedure: Round One (1): A coin flip will determine lane placement after Round One (1) of the bowl off. If two or more teams tie for the last qualifying place for state, the teams involved will bowl a 9 through 10 frame bowl off.

The team and individuals that qualify need to make sure pictures are submitted through MyWIAA. Work with your school athletic directors.

SPECTATORS

No Admission being charged. Spectators welcomed.

AWARDS

Team Trophy- 1st Place

Individual Awards -1st Place Medal; 2nd Place and 3rd Place-Ribbon;