NEWFOUNDLAND AND LABRADOR 5 PIN BOWLERS' ASSOCIATION
2025-26 SEASON

Open 5 Pin Bowling Championships

Entry Deadline ..... October 31, 2025
Zone Finals..... to be completed by January 31, 2026
Provincial Championships..... March 11-14, 2026
National Championships ..... June 2-6, 2026

Inter Provincial 5 Pin Bowling Championships

Average Date - Provincial Championships..... See General Rules
Provincial Championships..... on or before March 9, 2026
Average Date - National Championships ..... March 15, 2026
National Championships ..... April 23-25, 2026

Youth Challenge

Entry Deadline ..... November 16, 2025
Zone Finals..... No later than November 16, 2025
Provincial Championship ..... completed by January 31, 2026
National Championship ..... March 25-28, 2026

Meetings/Functions/Special Dates

Annual General Meeting..... No later than September 30, 2026

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Annual Membership - $650

- Participation in less than 3 NL5PBA Tournaments
- Insurance for events, coaches, volunteers, and directors while conducting NL5 business.
- Lottery License – ability to apply for any type of lottery/games license through the Provincial Government.
- First opportunity to register for coaching clinics.
- Access to use NL5 Facebook page for promotion, league results, stats, sponsors, etc.
- Ability to enter any or all NL5 Bowling tournaments throughout the year.
- Invite to Annual Banquet

Annual Membership - $1000

- Participation in all 3 NL5PBA Tournaments
- Insurance for events, coaches, volunteers, and directors while conducting NL5 business.
- Lottery License – ability to apply for any type of lottery/games license through the Provincial Government.
- First opportunity to register for coaching clinics.
- Access to use NL5 Facebook page for promotion, league results, stats, sponsors, etc.
- Ability to enter any or all NL5 Bowling tournaments throughout the year.
- Invite to Annual Banquet

National Assessment Fees

National assessment for all national qualifiers will be decided by the executive and will be determined as costs are determined.

Tournaments

The C5PBA Executive Handbook shall be used for governance, rules, formats, deadlines and instructions of all tournaments unless otherwise listed in this document.

All Provincial and Zone tournaments must be bowled on Certified Lanes.

Each Provincial tournament will have a Tournament / Dispute Committee formed.

Amendments

The Executive Handbook should be updated annually at the AGM. The Members present have the power to change, update, or amend the Executive Handbook while in session. When the a meeting of the Members is not in session, the NL5PBA Board of Directors cannot change, update, or amend any motions passed at the AGM without consultation from the Members.

Hall of Fame

Hall of Fame – NL5PBA will induct a minimum of 1 person every 2nd year into the Provincial Bowling Hall of Fame as decided by a Hall of Fame committee. Nominations can be made to the NL5PBA Executive. The deadline for nominations each year is Jan 31st.

NL5PBA INTER PROVINCIAL 5 PIN BOWLING CHAMPIONSHIP

GENERAL RULES

1. Open to all Canadian 5 Pin Bowlers' Association members nineteen (19) years of age and over as of December 31, 2025, EXCEPT where prohibited by law.
2. Entry fee structure to be established by the Provincial Association.
3. Entrants must have a current league average as of the date of entry, based on a minimum number of 24 games as of December 31, 2025.
4. Qualifying in all rounds shall be based on Pins Over Average. Teams at the Provincial Championship shall consist of four (4) players.
5. Only averages established under official rules of the Canadian 5 Pin Bowlers' Association shall be accepted. Scores and average of all winners in all rounds shall be authenticated and checked thoroughly. Any falsification or misrepresentation of scores or averages knowingly or unknowingly, shall result in automatic disqualification.
6. A replacement **team** must be the next eligible team in order of finish from the preceding round.
7. A replacement **bowler** must be the next highest POA qualifier in order of finish from the previous round. Any bowler who vacates their position on a team for the next level of competition, forfeits their right to return to that team in the current year.
8. Personal bowling balls may be used if facilities permit. House balls must be used if the bowlers' personal bowling balls have not been returned (no delay of game). The use of personal bowling balls is at the bowlers' own risk. The proprietor shall not be liable for any damages to personal bowling balls.
9. Canadian 5 Pin Bowlers' Association rules shall apply in all rounds.
10. The consumption of alcohol, marijuana, chemical depressants or stimulants (performance enhancing drugs) are prohibited during the scheduled competition of play from day start to day end, specific to the competitor's division. Bowlers and/or coaches who are found to be under the influence of such substances will be suspended from the remainder of the competition.
11. No mechanical noisemakers will be allowed in any round of the event.
12. The use of chants, songs, cheers etc. which contain profanity, slanderous remarks or words which are deemed detrimental to the image of 5 Pin Bowling will not be allowed. Use of such illegal chants will result in forfeiture of game and repeated violation of this rule shall lead to suspension from competition.
13. The use of profanity, of any nature, will **NOT** be tolerated! A warning will be given, however, if use is continued, the offender will be suspended from competition.
14. The wearing or use of external electronic devices such as MP3 players, cell phones, etc. is prohibited. This applies while the bowler is on the approach but does not prohibit the bowler from using the device while awaiting his/her turn.
15. Suspended bowlers may NOT be replaced by emergency spares.

16. In case of any dispute, the decision of the Tournament Committee shall be final.
17. In all rounds, scorekeepers will be used only in the event of a malfunction with the scoring system.

ZONE FINALS (Optional)

NL5PBA will not control how Zone levels setup their zone qualifiers and submit their tournament rosters providing they follow all NL5PBA and C5PBA minimum requirement, rules, instructions and are operating within the boundaries of the NL5PBA Constitution.

PROVINCIAL CHAMPIONSHIP

1. The Provincial Championship shall be bowled on or before March 9, 2026, in a centre designated by the Provincial Association.
2. A match play format shall be used to determine the qualifiers and champions. Tournament format will be decided by the NL5PBA Board of Directors each year. Each bowler who beats his/her opponent on the opposing team, based on the most pins over average, shall receive one (1)point. Three (3) points shall be awarded to the team with the higher pins over average total for the game, making a total of seven (7) points maximum for the game.

Example:

TEAM "A"					vs.	TEAM "B"				
Name	Ave.	Score	+/-	Pts.		Name	Ave.	Score	+/-	Pts.
Moffat	138	119	-19	0		Landry	184	213	+28	1
Jacobs	187	205	+18	0		Hopkins	160	181	+21	1
Ireland	159	176	+17	1		Jenkins	205	141	-64	0
Innis	197	177	-20	½		Miller	145	125	-20	½
	681	677	-4	3			694	660	-35	0

Results: Team A – 1 ½ + 3 = 4 ½ Points Team B – 2 ½ + 0 = 2 ½ Points

3. All bowlers competing in the Provincial Championship must use their highest league average (if a bowler bowls in more than one (1) league) as of December 31, 2025, based on a minimum of twenty-four (24) games having been bowled.
4. The Provincial Tournament Committee reserves the right to complete the field and all decisions by this committee shall be final.
5. The lane draw is pre-drawn under the auspices of the Provincial Association Tournament Committee.
6. Provincial dress code rules are in effect. The NL5PBA dress code for the Interprovincial Team Challenge shall be a collared shirt and C5PBA dress code approved black bottoms. .
7. Only bowlers competing in the event shall be permitted in the bowlers' enclosure.
8. In the absence of Coaches, the team must select a Team Captain to act as representative of the team.
9. Only a bowler taking their regular turn in the line-up shall be allowed on the approach at any given time. All other bowlers and the coach must remain off the approach to the side or behind the scorestand.

10. The order of bowling (team line-up) may be changed for each game. Once the line-up is entered on the scoresheet at the start of every game, this is the order that must be bowled.
11. Lead off bowlers shall not start the next frame until their anchor bowler has finished. Any ball or balls thrown shall be declared “dead”.
12. Any team that does not have a full complement of bowlers shall bowl only with the bowlers on hand. Late bowlers shall start to bowl and count only from the time of arrival regardless of the reason.
13. For interpretation of any rules or controversy of any kind, stop play on your set of lanes and call the Judge of Play **IMMEDIATELY**.
14. The Judge of Play shall make all rulings and all decisions shall be subject to appeal to the Provincial Tournament Committee.

NATIONAL CHAMPIONSHIP

The National Championship shall be held April 23-25, 2026 at Polo Park Bowl in Winnipeg, Manitoba.

NL5PBA YOUTH CHALLENGE

GENERAL RULES

1. Open to all bowlers twelve (*12*) years of age and not yet nineteen (*19*) years of age as of DECEMBER 31, 2025.
2. ENTRY DEADLINE shall be set by the Provincial 5 Pin Bowlers' Association but shall not be later than JANUARY 31, 2026.
3. ENTRY FEE shall be determined by the Provincial Association.
4. Canadian 5 Pin Bowlers' Association rules and regulations shall apply in all rounds.
5. For Provincial competitions, the Provincial Association Tournament Committee reserves the right to complete the field and all decisions by this committee shall be final.
6. Personal bowling balls may be used if facilities permit. House balls must be used if the bowlers' personal balls have not been returned (*no delay of game*). The use of personal bowling balls is at the bowlers' own risk. The proprietor shall not be liable for any damages to personal bowling balls.
7. Any article falling from a bowler's person on or over the foul line during delivery of the ball is a FOUL. Call the Judge of Play to retrieve any such article.
8. At all levels of competition, there shall be a minimum five (*5*) minute warm-up.
9. The consumption of alcohol, chemical depressants or stimulants (*performance enhancing drugs*) are prohibited during all levels of competition. Bowlers and/or coaches who are found to be under the influence of such substances will be suspended from the remainder of the competition.
10. The use of chants, songs, cheers, etc. which contain profanity, slanderous remarks or words which are deemed detrimental to the image of 5 Pin Bowling will not be allowed. Use of such illegal chants will result in forfeiture of game and repeated violation of this rule shall lead to suspension from competition.
11. The use of profanity, of any nature, will NOT be tolerated! A warning will be given, however, if use is continued, the offender will be suspended from competition.
12. No mechanical noisemakers will be allowed in any round of the event.
13. The wearing or use of external electronic devices such as MP3 players, cell phones, etc. is prohibited. This applies while the bowler is on the approach but does not prohibit the bowler from using the device while awaiting his/her turn.
14. In case of any dispute, the decision of the Provincial Association Tournament Committee shall be final.
15. In all rounds, scorekeepers will be used only in the event of a malfunction with the scoring system.

ZONE FINALS

NL5PBA will not control how Zone levels setup their zone qualifiers and submit their tournament rosters providing they follow all NL5PBA and C5PBA minimum requirement, rules, instructions and are operating within the boundaries of the NL5PBA Constitution.

PROVINCIAL CHAMPIONSHIPS

1. The Provincial Championships shall be bowled not later than January 31, 2026, in a centre designated by the Provincial Association.
2. Provincial dress code rules are in effect.
3. The Provincial Championship shall consist of 5 games.
4. The lane draw is pre-drawn under the auspices of the Provincial Association Tournament Committee.
5. In each game of the competition, teams shall bowl with five (*5*) players and count the scores of five (*5*) players.
6. The order of bowling may be changed for each game (*unrestricted line-up*).
7. Any team that does not have a full complement of bowlers shall bowl only with the bowlers on hand. Late bowlers shall start to bowl and count only from the time of arrival, regardless of the reason.
8. If a bowler misses a game or games, they shall receive the lowest score from the opposing team for the purpose of determining the total team score. (This shall only apply when the team is bowling another team in the same category {i.e. Men vs. Men, Ladies vs. Ladies, Mixed vs. Mixed} otherwise the team shall receive zero (0) for the missing bowler.) The missing bowler cannot receive an individual match point for winning or tying their match.
9. Only coaches and bowlers competing in the event shall be permitted in the bowlers enclosure.
10. Only a bowler taking their regular turn in the line-up shall be allowed on the approach at any given time. All other bowlers and the coach must remain off the approach to the side or behind the scorestand.
11. For interpretation of any rules or controversy of any kind, stop play on your set of lanes and call the Judge of Play IMMEDIATELY.
12. The Judge of Play shall make all rulings and all decisions shall be subject to appeal to the Provincial Association Tournament Committee.
13. In the event of a tie or ties for first (*1st*) place in any event, a one (*1*) game roll-off shall be required to determine the winner. In the event of a tie for any other position, all available aggregate points shall be divided equally between said teams.
14. The Provincial Aggregate Banner shall be awarded to the Zone Association that finishes with the most aggregate points based on the Contingent's standing in all events: Men's and Ladies' Singles; Men's, Ladies' and Mixed Teams. The Aggregate Point System to be used shall be determined by the Provincial Association.
15. The top three (3) men and top three (3) ladies based on scratch scores bowled at the Provincial Championship will advance to the National Championship.
16. Each Provincial 5 Pin Bowlers' Association must designate a primary and secondary coach for the National Championships. One coach of each gender (*male and female*) must be selected. Both coaches must be fully certified Competitive Coach Certified a minimum of thirty (30) days prior to the Provincial Championship and be a current C5PBA member in good standing. Coaches qualify for selection based on application submitted to the Provincial Association prior to the event. Individual winners are not required from the event for a coach to be selected (anyone holding a Certified

Competition Introduction Coaching Designation in NL is eligible to apply). The Provincial Association will hold the final decision on coaches, once the selection is made it will be final.

NATIONAL CHAMPIONSHIPS

The National Championships shall be held March 25-28, 2026 at Boonie Doon Lanes in Edmonton, Alberta.

COACHES INSTRUCTIONS

1. All coaches assigned to teams in the NL5PBA Youth Challenge Championships must be a current C5PBA affiliated member in good standing and must be registered as having minimum COMPETITION INTRODUCTION COACH CERTIFICATION plus Safe Sport and Making Headway training a minimum of thirty (30) days prior to the Provincial Championships.
2. Coaches are to make sure their team knows at what times and on what lanes they bowl (see Official Program and Coach's Manual).
3. All bowlers are required to be at the lanes twenty (20) minutes prior to bowling. Coaches must contact the Chief Judge of Play or Tournament Official to register their bowlers prior to bowling.
4. Coaches are to make sure their bowlers are on hand for five (5) minute warm-up preceding each block.
5. Coaches should make sure all team members are dressed properly.
6. Coaches are responsible for the conduct of their bowlers for the duration of the event: (event is defined as 'from the time you leave home until the time your return home').
    a. alcoholic beverages may not be consumed during the event
    b. marijuana may not be consumed during an event including byes but excluding medical marijuana. Documentation for the use of medical marijuana must be provided.
    c. chemical depressants or stimulants (performance enhancing drugs) may not be consumed during the event intoxicated bowlers or coaches shall be removed from the competition and may be suspended for the remainder of the tournament
    d. no food or beverages are allowed in the bowlers' enclosure
7. Coaches are responsible for watching the score for errors. After a frame has been completed and the next frame has been bowled, you cannot change the score unless it is an obvious error in addition. The scoresheet is the official score, and it is your responsibility to check it for accuracy. Team score recap forms and scoresheets must be signed by the coach **after each game**. Score sheets filled out improperly or not signed will result in an initial warning. A second offence will result in a final warning being given. For each additional infraction, a one (1) point penalty will be assessed against the team.
8. If there is a dispute regarding pinfall, call the Judge of Play for a ruling.
9. Lane courtesy should be observed at all times but should not be overdone.
10. In all team events, only bowlers competing in the event, coaches, and tournament officials shall be permitted in the bowlers enclosure.
11. Only a bowler taking their regular turn in the line-up shall be allowed on the approach at any given time.

Coaches and all other team members must remain off the approach to the side or behind the scorestand.

12. A bowler who wishes to leave the bowlers enclosure must inform the coach.
13. The Coach is responsible for having his/her team line-up submitted on the official scoresheet for each game as quickly as possible.
14. Only Coaches will be allowed to discuss, dispute or protest any point pertaining to the Championships with the Judge of Play. Please inform the bowlers of this ruling in order to save any unnecessary delays.
15. Coaches must not approach a member of the opposing team with a complaint. If you have a dispute of any kind, stop the bowling on both lanes and summon the Judge of Play.
16. Coaches are not allowed to compete in any event.
17. Coaches should make their bowlers aware of all rules as violations may result in penalties being assessed or suspensions from the Championships.
18. The use of chants, songs, cheers etc. which contain profanity, slanderous remarks or words which are deemed detrimental to the image of 5 Pin Bowling will not be allowed. Use of such illegal chants will result in forfeiture of game and repeated violation of this rule shall lead to suspension from competition.
19. The use of profanity, of any nature, will **NOT** be tolerated! A warning will be given, however, if use is continued, the offender will be suspended from competition.
20. The wearing or use of external devices such as MP3 players, cell phones, etc. is prohibited. This applies while the bowler is on the approach but does not prohibit the bowler from using the device while awaiting his/her turn.
21. Official Game Recap Sheet
    - ***Step 1*** – Official Game Recap Sheets will be distributed at the Coaches/Managers meeting.
    - ***Step 2*** – Prior to the start of each match, the **VISITING** team coach must complete his/her lineup position section of the form. Use numerals 1 through 5 and the word SUB only.
    - ***Step 3*** – The **HOME** team coach must then complete his/her lineup portion of the recap sheet.
    - ***Step 4*** – Each coach will enter their lineups (with the assistance of a Judge of Play if required) in the computer scoring system.
    - ***Step 5*** – At the completion of the match enter the scores of the bowlers and the number of frames they bowled.
    - ***Step 6*** –It is important to record both the starting and substitute bowler's scores and frames bowled. If the starting bowler is substituted midway through a frame, the complete score of that frame will be recorded as bowled by the starting bowler.
    - ***Step 7*** – Once the sheets are completed, both **HOME** and **VISITING** coaches must sign both sheets.
    - ***Step 8*** – Signed Game Recap Sheets should be placed on the score-table and left for the Judge of Play or score runners to collect. Remember, once these forms are signed, the scores are

official and only obvious errors in addition will be corrected.

22. This applies only to infractions/complaints not noted in our Tournament Formats to be handled by the Tournament Judges of Play and/or Head Judge of Play.

- **1st Step** – Complaint brought to the Tournament Committee. To be reviewed the complaint must be made by a Team Coach.
- **2nd Step** –Tournament Committee reviews the complaint to determine appropriateness.
- **3rd Step** – If the complaint is not valid the Tournament Committee will advise the Team Coach who made the complaint. The decision of the Tournament Committee is final.
- **4th Step** – If the complaint is valid, the Tournament Committee will discuss the matter with the applicable Team Coach and advise what has to occur to rectify the matter. The decision of the Tournament Committee is final.
- **5th Step** – If the decision is not followed, the Tournament Committee will take one of the following steps:
    i. take a point or points away, if the infraction continues on a Team issue
    ii. call a foul or fouls, if the infraction continues on a Single issue.
    iii. immediately disqualify a competitor
    iv. immediately disqualify a team

NL5PBA OPEN 5 PIN BOWLING CHAMPIONSHIPS

GENERAL RULES

1. Open to all Canadian 5 Pin Bowlers' Association members nineteen (19) years of age and over as of DECEMBER 31, 2025, EXCEPT where prohibited by law.
2. Entry Deadline shall be determined by the Provincial Association.
3. Entry Fee shall be determined by the Provincial Association. Zones are charged $175 per registered bowler, and a team fee depending on total teams. Out of town teams will receive a subsidy for travel to St. John's Metro.
4. If a zone has a minimum of 9 bowlers in a particular gender, they must field the teams in order of men's/women's, mixed, second teams.
5. Zones may enter multiple mixed teams.
6. Zones can enter additional men's/women's teams into the Open Provincials provided the men/women from that zone have been exhausted first.
7. If, in a season, only 1 zone declares that they are fielding an Open team (or multiple teams) in a particular division (i.e., men's, women's, mixed), then a provincial qualifier will be held to form the NL team(s) for the applicable division(s) for that season.
8. In the event of a provincial roll-off, if a zone is left unable to field a team, the affected bowlers will be given the opportunity to change zones.
9. Rosters will not be changed after the provincial deadline unless the replacement bowler rule is used. Replacement Bowler Rule:

    - Rosters will not be changed after the provincial deadline unless the replacement bowler rule is used. Each Zone may name on the Zone team personnel form, a male and female Open event emergency spare. These spares may be used only in the case of an emergency, subject to approval from the Provincial Tournament Committee and NL5PBA Representative. The person replaced shall not re-enter the event for the remainder of the competition.

    - An "Emergency Spare" is defined as an alternate present at the event and must have bowled in the Zone Championships. The Tournament Committee would select the Emergency Spare from the same Zone if there is a declared Emergency spare from said Zone.

    - If an emergency spare is not available to a zone, then the NL5PBA may approve the use of another currently registered NL5PBA member as a replacement, with preference given to bowlers who bowled at a zone round.

    - When filling vacancies, any out-of-zone replacement will be drawn from the next available qualifier who is not named "emergency spare" from each zone by qualifying average. Then the next player from each zone based on average and so forth.

- To fill vacancies, the zone with the vacancy must request a bowler be released from their registered zone through their zone representatives. If zones do not release a bowler, the requestor must maintain their team commitments already submitted to NL5PBA.

- Zones requesting bowlers in order to fill vacancies, will have until January 31st, 2026 to make these requests as final rosters are due to NL5PBA by this date.

10. Bowler Withdrawal

    a. Any bowler who withdraws after having qualified for the Zone or Provincial Contingent shall be suspended by the Provincial Association from any further participation in this event. Any bowler suspended under this rule has the right to appeal to the Provincial Association and may have the suspension repealed if an acceptable reason for the withdrawal is provided in writing.

11. In the event a bowler withdraws from the Provincial Championship, everyone in the zone of the affected gender moves up one qualifying place, except in cases less than 7 days out of the tournament, in which case it will be the first unqualified bowler from the zone. The provincial replacement bowler in any team play shall be the highest average of the Open Provincial Championships (in round-robin play) in the affected gender, so long as they have bowled a minimum of 75% of the total frames. If the withdrawn bowler is a member of a team determined from a provincial roll-off, the replacement bowler shall be the next highest qualifier in said provincial roll-off.

12. Any bowler who withdraws for any reason at any level of competition, forfeits the right to return to competition in this event.

13. The Provincial Association Tournament Committee reserves the right to complete the field and all decisions by this committee shall be final.

14. Personal bowling balls may be used if facilities permit. House balls must be used if the bowlers' personal bowling balls have not been returned (no delay of game). The use of personal bowling balls is at the bowlers' own risk. The proprietor shall not be liable for any damages to personal bowling balls.

15. Canadian 5 Pin Bowlers' Association rules shall apply in all rounds.

16. In the case of any dispute, the decision of the Provincial Association Tournament Committee shall be final.

17. The consumption of alcohol, marijuana, chemical depressants or stimulants (performance enhancing drugs) are prohibited during the scheduled competition of play from day start to day end, specific to the competitor's division. Bowlers and/or coaches who are found to be under the influence of such substances will be suspended from the remainder of the competition.

18. The use of chants, songs, cheers, etc. which contain profanity, slanderous remarks or words which are deemed detrimental to the image of 5 Pin Bowling, will not be allowed. Use of such illegal chants will result in forfeiture of game and repeated violation of this rule shall lead to suspension from competition.

19. The use of profanity, of any nature, will NOT be tolerated! A warning will be given, however, if use is continued, the offender will be suspended from the competition.

20. No mechanical noisemakers will be allowed in any round of the event.
21. The wearing or use of external electronic devices such as MP3 players, cell phones, etc. is prohibited. This applies while the bowler is on the approach but does not prohibit the bowler from using the device while awaiting his/her turn.
22. In all rounds, scorekeepers will be used only in the event of a malfunction with the scoring system.

ZONE FINALS

1. The Zone Finals shall be bowled between NOVEMBER 1, 2025 and JANUARY 31, 2026 in centres designated by the Zone Association.
2. The Zone Finals shall consist of a minimum of ten (10) games.
3. The top three (3) men and three (3) ladies shall be the **singles entrants**. The top ceded man or woman (only in the absence of a men's/women's team) qualify for singles. Singles buy in available for $150 for any bowler participating in the NL5PBA Open Provincial Championships. If a zone does not field a division (Men's or Women's), then the first mixed team competitors in the unfielded division(s) are eligible. (Top qualifier seeded, other bowlers eligible to buy-in). Declining singles at the zone level (either ceded or buy-in) does not disqualify you from the Open and the declined spot cannot be passed down to the next qualifier.
4. The next three (3) men and three (3) ladies, along with the singles entrants, shall make up the Men's and Ladies' Teams.
5. The next three (3) men and three (3) ladies will make up the Mixed Team.
6. In the event of a tie for 1st, 3rd, 6th, or final qualifying positions, a one (1) game roll-off shall be held to determine final placing.
7. Coaches shall be selected for each team (Men's, Ladies' and Mixed) at the completion of the Zone Finals. All coaches must have **Competitive Coach Certification** a minimum of thirty (30) days prior to the Provincial Championship and be a current C5PBA affiliated member in good standing. Playing coaches are not allowed to compete in any event.

PROVINCIAL CHAMPIONSHIPS

1. The Provincial Championships shall be bowled on March 11-14, 2026 in a centre designated by the Provincial Association.
2. If a singles qualifier is unable to compete at the Provincial Championships, the fourth (4th) place qualifier shall move up into the third (3rd) place qualifying position as a singles competitor.
3. Seeded or buy-in singles bowlers at the provincial level are required to play unless they have indicated their withdrawal before the deadline. After this time, they cannot withdraw from the singles event, or they will be subject to suspension; however, it can be appealed to the Provincial Association.
4. Singles Qualifying completed on the tournament Wednesday, followed in the evening by the singles stepladder. The singles champion may then choose to pass singles, with no penalty.

5. Provincial dress code rules are in effect. In the absence of a Provincial dress code, please refer to National Championship Rule #4. Zone approved alternate shirts will be allowed to be worn during singles
6. The lane draw is pre-drawn under the auspices of the Provincial Association Tournament Committee.
7. There shall be a five (5) minute warm-up preceding each block.
8. All games shall start when the Judge of Play gives the starting signal. Any bowler who throws a ball prior to the starting signal shall be assessed a fifteen (15) pin penalty. If the bowler is a non-starter, the fifteen (15) pin penalty shall be assessed against the team. Any ball or balls so thrown shall be declared a dead ball.
9. All singles competitors (men and ladies) shall bowl a qualifying round consisting of 10 games. At the conclusion of the qualifying round the top five (5) men and five (5) ladies based on total pinfall shall advance to a stepladder match play final.
10. In the event of a tie in the singles competition for any of the five (5) stepladder positions, a one (1) game roll-off shall decide the higher placing.
11. In the event of a tie in the singles competition during the stepladder finals, an extra game or games shall be bowled to determine the winner.
12. A singles competitor may select a coach to accompany them in the bowler's enclosure. The selected coach must be dressed in a zone uniform and if not part of a zone contingent, the bowler will be responsible for any additional costs. The selected coach MUST have **full Competitive Coach Certification** a minimum of thirty (30) days prior to the Provincial Championship and be a current C5PBA member in good standing.
13. Each team shall bowl a maximum of four (4) games against each opponent and a minimum of eight (8) games in all. Provinces with an excess number of Zones may separate into divisions as determined by the Provincial Association.
14. In all team events, bowl five (5) and count five (5).
15. Lead-off bowlers shall not start the next frame until their anchor bowler has finished. A penalty of fifteen (15) pins shall be assessed said bowler for violating this rule and any ball or balls so thrown shall be declared "dead".
16. In all team events, only bowlers competing in the event, coaches, and tournament officials shall be permitted in the bowler’s enclosure.
17. Only a bowler taking their regular turn in the line-up shall be allowed on the approach at any given time. All other bowlers on the team and the coach must remain off the approach to the side or behind the scorestand.
18. Only non-playing coaches shall be allowed to coach. “Coach" designation shall appear on the shirt or blouse.
19. In each game, the team assigned by lane draw to the **RIGHT-HAND LANE** shall be the **"HOME"** team and the team on the **LEFT-HAND** lane shall be the **"AWAY"** team. The Coach for the "AWAY" team is obliged to submit the line-up for a game **before** the line-up for the "HOME" team is submitted.
20. The starting line-up for the first (1st) game only of any team event must not include a replacement bowler -- i.e.: the line-up must be five (5) original qualifiers from the Zone Finals.

21. Any team that does not have a full complement of bowlers shall bowl only with the bowlers on hand. Late bowlers shall start to bowl and count only from the time of arrival, regardless of the reason. This rule also applies to singles competitors.
22. In all team events the order of bowling may be changed for each game (unrestricted line-up and substitution) with a **maximum** of five (5) bowlers bowling.
23. Substitutions may be made at any time, but the bowler being substituted may not bowl again in the same game.
24. NL5PBA will follow the C5PBA 10th frame rule
    - At the beginning of the 10th frame, the Home team has the advantage to bowl first or allow the Away team to bowl first, then ball for ball to complete the frame. The next bowler in the line-up for the Home team will have the same advantage, and so on.
    - The above will apply for all 5 positions in the 10th frame.
    - If a bowler does not follow this rule, the opposing coach has the right to accept the thrown ball as is, or to declare it a dead ball.
25. Bowlers who wish to leave the bowlers enclosure should inform their coach.
26. No food or beverage of any kind shall be permitted in bowlers' enclosure. Bowlers or coaches violating this rule may be removed from the tournament by the Judge of Play.
27. For interpretation of any rules or controversy of any kind, stop play on your set of lanes and call the Judge of Play **IMMEDIATELY**.
28. Flagrant violation of any rules may result in penalties being assessed by the Provincial Association Tournament Committee.
29. The Judge of Play shall make all rulings and decisions shall be subject to appeal to the Provincial Association Tournament Committee.
30. At the completion of each game, teams shall remain at their respective lanes. When instructed to do so, they shall move to their next lanes as per the lane draw. The lead-off bowler shall await the starting signal.
31. Team Recap forms must be signed by the Coach after **each game**. Recap forms filled out improperly or not signed may result in a penalty of one (1) point being assessed the team.
32. A match play format shall be used to determine the Champions in all team events. Each bowler who beats their opponent on the opposing team shall receive one (1) point. Three (3) points shall be awarded to the team that has a higher pinfall for the game, making a total of eight (8) points maximum for the game.

EXAMPLE:

TEAM "A"		TEAM "B"	
FREELAND	232	CHAFE	227
HONG	219	POST	258
HENDERSON	305	O'BRIEN	212
LAMARCHE	276	TRUDEL	281
BRUNEAU	243	MCMULLAN	241
	1275		1219

RESULTS: Team A - 3 plus 3 = 6 points Team B - 2 plus 0 = 2 points

33. In the event of a tie between teams or individuals in any game during match play in the team events, all available points shall be divided equally between the tied teams or individuals.

34. In the event of a tie or ties in total points for any positions after completion of match play, the ties shall be broken by reverting back to the games bowled between said teams and, on a points won or lost basis, the higher placing shall be decided. If a tie still exists, the team with the most pinfall for the games bowled between the said teams shall receive the higher placing.

35. The Provincial Aggregate Banner shall be awarded to the Zone Association that finishes with the most aggregate points based on the Contingent's standing in all events: Men's and Ladies' Singles; Men's, Ladies' and Mixed teams. Replicas of this banner shall be awarded to all members of the contingent.

36. Teams must participate in the Provincial Event to qualify for aggregate points.

37. Only the first set of teams will qualify for aggregate points (i.e.: 2nd men's, 2nd mixed, and 2nd women's team will not qualify).

38. Single buy-ins do not qualify for aggregate points, only the ceded bowlers.

39. Aggregate points are not passed down or skipped due to a non-qualifying team/singles. (i.e.: If a 2nd mixed team finished 3rd, those points are considered as a 0, the 4th place team does not get 3rd place aggregate points)

40. The Aggregate Point System to be used shall be as follows:

    AGGREGATE POINT SYSTEM

FINAL POSITION IN ALL EVENTS	MEDAL	POINTS
1	GOLD	11
2	SILVER	8
3	BRONZE	6
4		5
5		4
6		3
7		2
8		1
		40 points – total

41. All Contingents shall be composed of the winners from the Provincial Championships. Only singles qualifiers or teams declared as Provincial Champions shall be eligible to participate in the National Championships.

42. A bowler who qualifies for both the singles competition and team event in the National Championships may compete in both events (schedule permitting). If that bowler chooses to compete in the singles event only, the team roster must be filled in accordance with National Rule #3. If that bowler chooses to compete in the team event only, the singles qualifier shall be in accordance with National Rule #2.

NATIONAL CHAMPIONSHIPS

The National Championships shall be bowled from June 3-6 at Plaza Bowl in St. John's, Newfoundland and Labrador.

COACHES INSTRUCTIONS

1. All coaches assigned to teams in the 2026 C5PBA Open 5 Pin Bowling Championships must be a current C5PBA affiliated member in good standing and must be registered as having COMPETITIVE COACH CERFTIFICATION plus Safe Sport and Making Headway training a minimum of thirty (30) days prior to the Provincial Championship.
2. Coaches are responsible for providing each team member with his/her lane pass (if required).
3. Coaches are to make sure their team knows at what times and on what lanes they bowl (see Official Program and Coach's Manual).
4. All bowlers are required to be at the lanes twenty (20) minutes prior to bowling. Coaches must contact the Chief Judge of Play or Tournament Official to register their bowlers prior to bowling.
5. Coaches are to make sure their bowlers are on hand for five (5) minute warm-up preceding each block.
6. Coaches should make sure all team members are dressed properly.
7. Coaches are responsible for the conduct of their bowlers:
    a. alcoholic beverages may not be consumed during competition (includes 'Byes')
    b. marijuana may not be consumed during an event including byes but excluding medical marijuana. Documentation for the use of medical marijuana must be provided.
    c. chemical depressants or stimulants (performance enhancing drugs) may not be consumed during the competition
    d. intoxicated bowlers or coaches shall be removed from the competition and may be suspended for the remainder of the tournament
    e. no food or beverages are allowed in the bowlers' enclosure
8. Coaches are responsible for watching the score for errors. After a frame has been completed and the next frame has been bowled, you cannot change the score unless it is an obvious error in addition. The scorepad is the official score and it is your responsibility to check it for accuracy. Team score recap forms and scoresheets must be signed by the coach **after each game**. Score sheets filled out improperly or not signed will result in an initial warning. A second offence will result in a final warning being given. For each additional infraction, a one (1) point penalty will be assessed against

the team.

9. If there is a dispute regarding pinfall, call the Judge of Play for a ruling.
10. Lane courtesy should be observed at all times but should not be overdone.
11. Substitutions must be reported to the opposing coach when they are made
12. In all team events, only bowlers competing in the event, coaches, and tournament officials shall be permitted in the bowlers' enclosure.
13. Only a bowler taking their regular turn in the line-up shall be allowed on the approach at any given time. Coaches and all other team members must remain off the approach to the side or behind the scorestand.
14. A bowler who wishes to leave the bowlers enclosure must inform the coach.
15. The Coach is responsible for having his/her team line-up submitted on the official scoresheet for each game as quickly as possible.
16. Only Coaches will be allowed to discuss, dispute or protest any point pertaining to the Championships with the Judge of Play. Please inform the bowlers of this ruling in order to save any unnecessary delays.
17. Coaches must not approach a member of the opposing team with a complaint. If you have a dispute of any kind, summon the Judge of Play.
18. Coaches are not allowed to compete in any event.
19. Coaches are responsible for having all bowlers arrive **on time** and **in uniform** at the Victory Banquet.
20. Coaches should make their bowlers aware of all rules as violations may result in penalties being assessed or suspensions from the Championships.
21. The use of chants, songs, cheers etc. which contain profanity, slanderous remarks or words which are deemed detrimental to the image of 5 Pin Bowling will not be allowed. Use of such illegal chants will result in forfeiture of game and repeated violation of this rule shall lead to suspension from competition.
22. The use of profanity, of any nature, will **NOT** be tolerated! A warning will be given, however, if use is continued, the offender will be suspended from competition.
23. The wearing or use of external electronic devices such as MP3 players, cell phones, etc. is prohibited. This applied while the bowler is on the approach but does not prohibit the bowler from using the device while awaiting his/her turn.
24. Official Game Recap Sheet
    - ***Step 1*** – Official Game Recap Sheets will be distributed at the Coaches/Managers meeting.
    - ***Step 2*** – Prior to the start of each match, the **VISITING** team coach must complete his/her lineup position section of the form. Use numerals 1 through 5 and the word SUB only.
    - ***Step 3*** – The **HOME** team coach must then complete his/her lineup portion of the recap sheet.
    - ***Step 4*** – Each coach will enter their lineups (with the assistance of a Judge of Play if required) in the computer scoring system.

- ***Step 5*** – When bowlers are substituted, record the score of the starting bowler and the frame they were substituted. To assist the coach with assigning points at the completion of the match, make a note of the status of the match at the time of substitution.
- ***Step 6*** – At the completion of the match enter the scores of the bowlers and the number of frames they bowled. It is important to record both the starting and substitute bowler's scores and frames bowled. If the starting bowler is substituted midway through a frame, the complete score of that frame will be recorded as bowled by the starting bowler.
- ***Step 7*** – Under the points column each individual match is one point. You would place **"1"** for a **WIN**, **"0"** for a **LOSS** and **"0.5"** for a **TIE**. The team with the highest team pin fall would receive **"3"** for a **WIN**, **"0"** for a **LOSS** and **"1.5"** for a **TIE**. A total of 8 points will be awarded for the match. In the event a substitution is made, points will be awarded based on the following:
    - Starting bowler leading match at time of substitution, position wins match, point to starting bowler.
    - Starting bowler leading match at time of substitution, position loses match, loss to substitution bowler.
    - Starting bowler losing match at time of substitution, position loses match, loss to starting bowler.
    - Starting bowler losing match at time of substitution, position wins match, point to substitute bowler.
- ***Step 8*** – Once the sheets are completed, both **HOME** and **VISITING** coaches must sign both sheets.
- ***Step 9*** – Signed Game Recap Sheets should be placed on the score-table and left for the Judge of Play or score runners to collect. Remember, once these forms are signed, the scores are official and only obvious errors in addition will be corrected.

25. This applies only to infractions/complaints not noted in our Tournament Formats to be handled by the Tournament Judges of Play and/or Head Judge of Play.

- **1st Step** – Complaint brought to the Tournament Committee. To be reviewed the complaint must be made by a Team Coach.
- **2nd Step** – Tournament Committee reviews the complaint to determine appropriateness.
- **3rd Step** – If the complaint is not valid the Tournament Committee will advise the Team Coach who made the complaint. The decision of the Tournament Committee is final.
- **4th Step** – If the complaint is valid, the Tournament Committee will discuss the matter with the applicable Team Coach and advise what has to occur to rectify the matter. The decision of the Tournament Committee is final.
- **5th Step** – If the decision is not followed, the Tournament Committee will take one of the following steps:
    a. take a point or points away, if the infraction continues on a Team issue
    b. call a foul or fouls, if the infraction continues on a Single issue.
    c. immediately disqualify a competitor

d. immediately disqualify a team

NL5PBA OF THE YEAR AWARD SELECTION

The Annual NL5PBA Awards are chosen to recognize the successes and outstanding achievements over the previous bowling season. The winners of each award will be announced at the NL5PBA AGM each year, with the winner's receiving their award formally at the NL5PBA Open Banquet & Awards Ceremony. The Award Selection Committee will review the previous bowling season's results/statistics and select a winner of each group based on the criteria below. Their selections will be approved by the NL5PBA Executive.

GENERAL RULES

All bowlers/coaches that are members of NL5 in good standing are eligible to receive an annual award.

The Award Committee will include a member of both the NL5PBA Board and the MBANL Board. If these criteria cannot be met, the Committee Chair has the right to replace with a member of their choosing pending approval from the NL5PBA Executive.

The Committee Chair has the ability to replace or add members as required, pending approval from the NL5PBA Executive

Winners will be decided on their performance in the Primary Criteria, the Secondary Criteria can be used when there is no clear winner based on the primary category information.

Elite Male & Female Bowler of the Year

Primary Criteria:

- Performance in National Open Singles or National Masters Tournament Singles
- Performance in Provincial Open Singles
- Performance in National Open and National Masters Tournament Team Event
- Individual Achievements at National events (All-star, high scores, etc.)

Secondary Criteria:

- Performance in Provincial Open Team Event
- Individual Achievements at Provincial events (All-star, high scores, etc.)
- Performance in Newfoundland Bowling Tour Events
- Performance in League play
- Individual Achievements throughout the year (high scores, high triples, etc.)

Elite Male & Female Youth Bowler of the Year

Primary Criteria:

- Performance in Youth Challenge Nationals
- Performance in YBC Nationals Singles
- Individual Achievements at National events (All-star, high scores, secondary events, etc.)

Secondary Criteria:

- Performance in Provincial Youth Challenge
- Performance in Provincial YBC
- Performance in Newfoundland Bowling Tour Events
- Individual Achievements throughout the year (high scores, high triples, etc.)

POA Male & Female Bowler of the Year

Primary Criteria:

- Performance in National Masters Teaching and Seniors Singles
- Performance in National Masters Teaching and Seniors Teams
- Performance in National Inter-Provincial Event
- Individual Achievements at National Events (+POA, match play results, etc.)

Secondary Criteria:

- Performance in Provincial Inter-Provincial Event
- Performance during MBANL Qualifying
- Performance in POA Events by the NBT

Coach of the Year

Primary Criteria:

- Performance at any of the C5PBA National Events
- Performance at the MBAC Nationals

Secondary Criteria:

- Performance at Provincial Open
- Performance at Provincial Youth Challenge
- Performance at Nationals YBC
- Performance at Provincial YBC

Rookie of the Year

Primary Criteria

- Performance at any of the C5PBA or MBAC Nationals
- Performance at Provincial Open event

  Note: In the event of no qualified rookie participants, no winner would be awarded

Team of the Year

Primary Criteria

- Performance at any of the C5PBA National Events or MBAC Nationals
- Team Achievements at National Events (record scores, high win percentage, etc.)

Secondary Criteria:

- Performance at NL5PBA Provincial Open
- Team Achievements at Provincial Open (record scores, high win percentage, etc.)

Volunteer of the Year

A volunteer for either NL5PBA, MBANL, NBT, YBC or any other association that goes above and beyond to ensure the success of the sport. (Examples include but not limited to; Executive members, Committee members, local zone volunteers, event volunteers, Zone/Provincial/National hosting teams, fundraising volunteers, etc.)

Outstanding Achievement of the Year

An Individual performance, score, record, or any other notable statistic that took place at a National Event, Provincial Event, NBT Event, or local zone event. That wasn't already awarded in another NL5 Annual Award.

Note: This award may or may not be awarded an annual winner, based on the discretion of the Awards Committee.