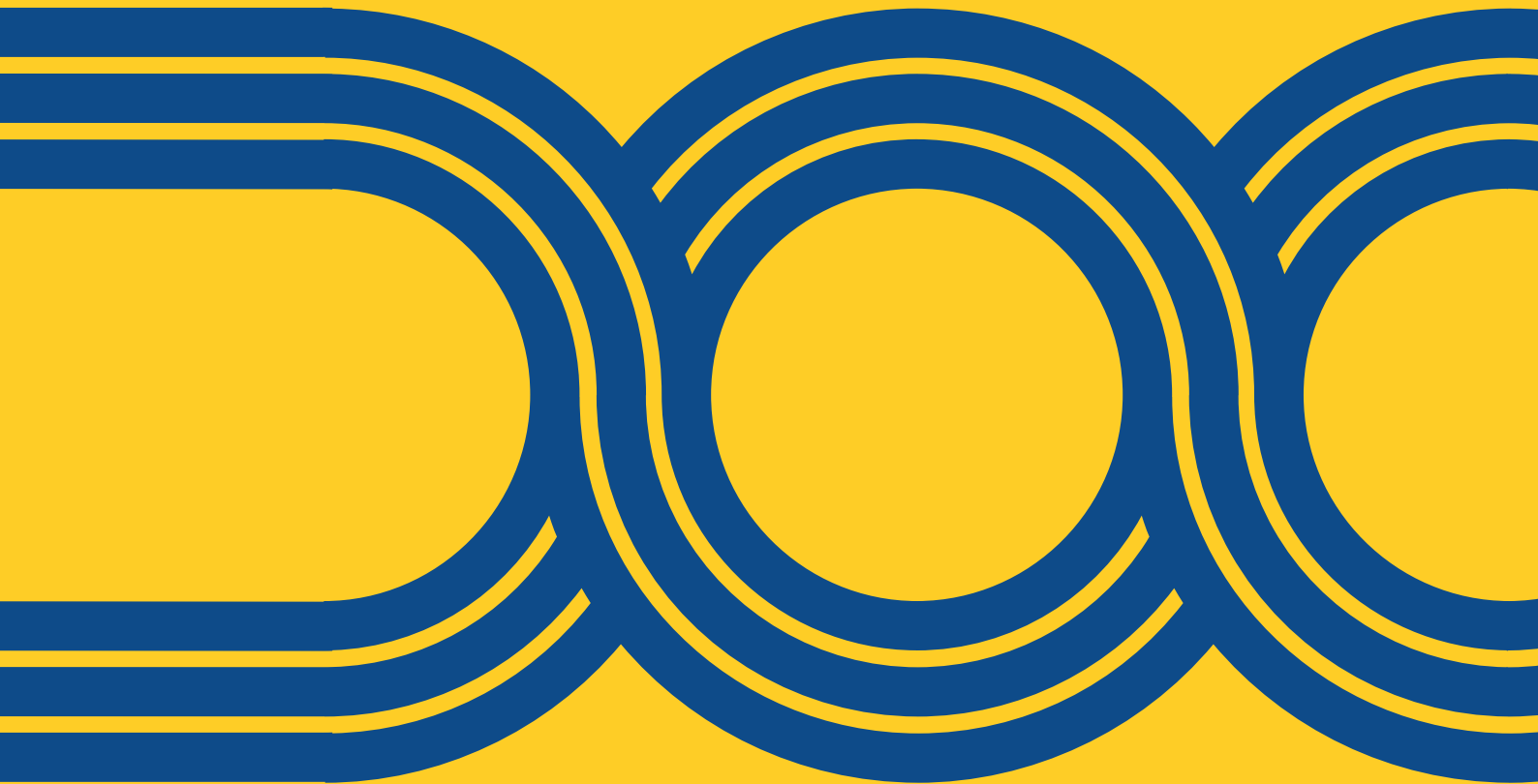




4–6 September 2026 in Malmö

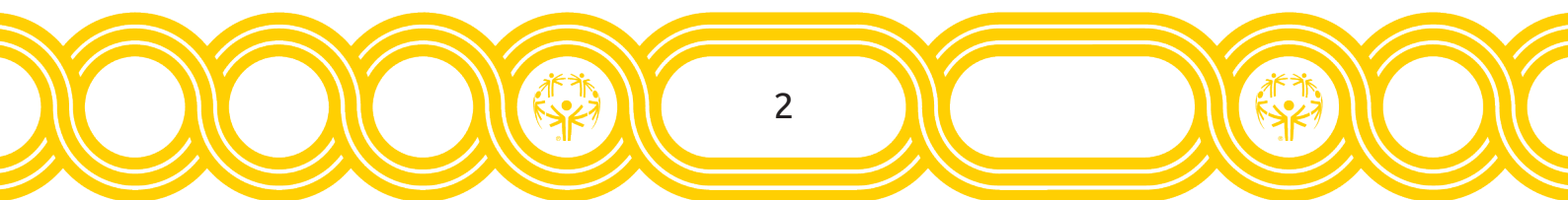
Competition Guide: **Bowling**



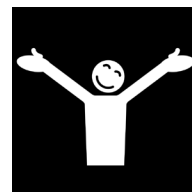
**SPECIAL
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INVITATIONAL
GAMES 2026

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Welcome to SOSIG!



We are so happy that you will participate.

Here you will meet new friends, experience exciting competitions and feel the joy of competing together with others.

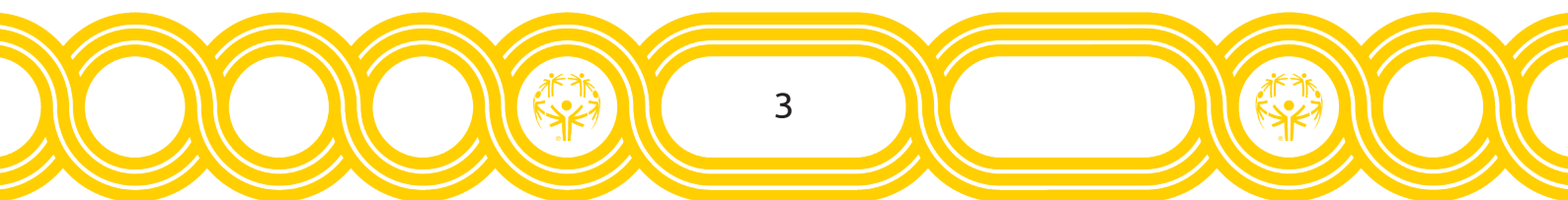
There will be athletes from Sweden and 25 other countries who will be competing in Malmö!

The most important thing to remember is to:

- **Have fun**
- **Do your best**
- **Be part of the community with all the athletes and leaders**

We at Special Olympics Sweden really look forward to meeting you!

Best regards,
Special Olympics Sverige



Competition Information

Bowling sport organizers:

- Swedish Bowling Association
- Skåne Bowling Association



Contact Details

Christer Jönsson
+46 72 214 01 25
christer.g.jonsson@outlook.com



Competition Venue:

Baltiska Bowlinghallen
Adress: Stadiongatan 27 (The Stadium area)



Changing Rooms:

There are changing rooms on site.



Information session for coaches

Before each start (about 10 minutes before), information will be given about the game and what to do in case of evacuation of the venue.

The information will be given at the playing area, in both Swedish and English.

If you have any questions during the tournament, please contact the tournament management or the officials in the venue.

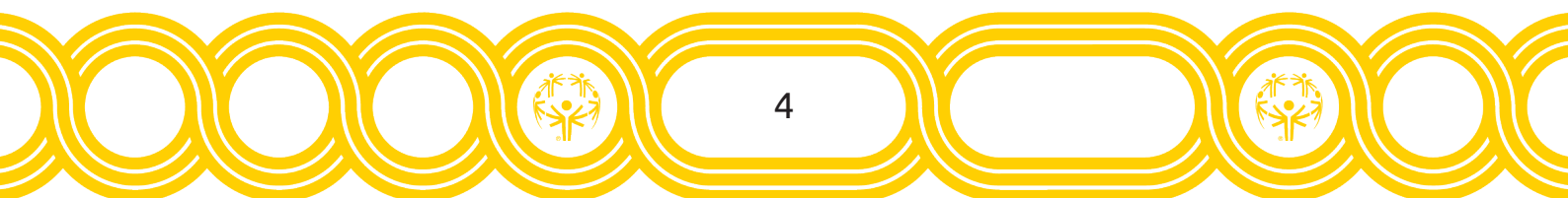


Accessibility

There are wheelchair lifts at the entrance and inside the venue to access the playing area.

Oil pattern

Information about the oil pattern will be published on the website two weeks before the competition.



Other Important Information

- Wheelchairs must be cleaned before entering the lane area. Out door shoes are not allowed in the playing area.
- If you need to borrow a ramp, you must inform the competition management no later than **15 August**.
- The person who registered the player for SOSIG is responsible for ensuring that the player's average is correct. If a player performs significantly better than their stated average, the competition organizers may move the player to a higher group.



Before the Competition

What to bring:

- Bowling ball
- Bowling shoes or similar footwear are required in the playing area for all players, leaders, and assistants.
- Ramp (if you use one).
- Match clothes
- Water bottle



Registration

Upon arrival at the bowling venue, the player or leader must check in at the registration desk.

Check-in: Checking in means telling the officials that you are there and ready to play.



What happens after check-in?

After registering, you change into your competition clothes and get ready to play.

Your bowling equipment should be placed in the locker room or another place where it does not block others.

If you are ready early, you can sit in the stands and watch others play.

About 15 minutes before start, you are called to the playing area for a briefing. Then you change into bowling shoes and bring your ball to the lanes.



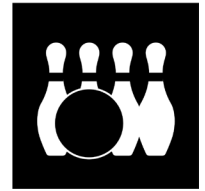
Competition Games

Players will play 4 games over a period of 80 minutes.

Players will remain on their assigned lanes throughout the competition.

Two walking players share one lane.

Ramp players play on their own lane.



Divisioning

Players are divided into groups of 8 based on their average score, which has been submitted beforehand.

Example: results 135, 145, 144, and 148 in training, the average is 143.

Ramp players

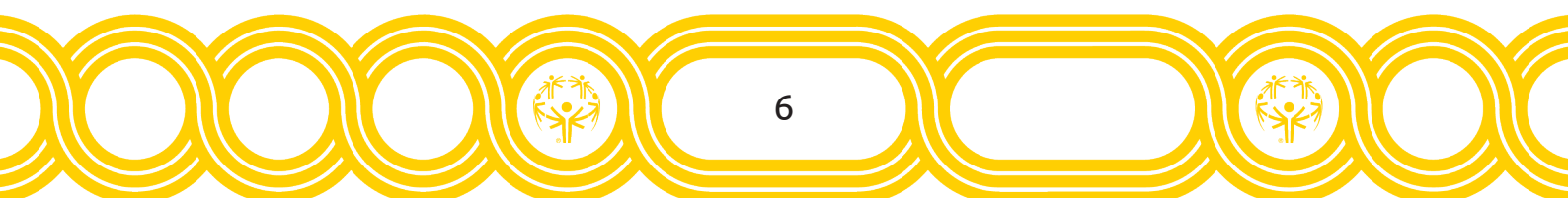
Ramp players may have an assistant.

The assistant can help with the ball during play.

The assistant must place the ball on the ramp where the player wants it. When the ball is on the ramp, the assistant must not touch the ball or move the ramp.

If the assistant breaks the rules, the player will get a warning.

If it happens again, the player may be removed from the game.



One Competition Day

As a bowler, you compete on one of the days, Saturday or Sunday. On the other day, there are other activities.

If you compete on Saturday, you can take part in a workshop on warm-up routines for bowlers on Sunday.

If you compete on Sunday, you can choose on Saturday between the Healthy Athletes health program, try-out activities at the Special Olympics Square, or watch other competitions.

For more information: <https://www.sogames2026.se/>

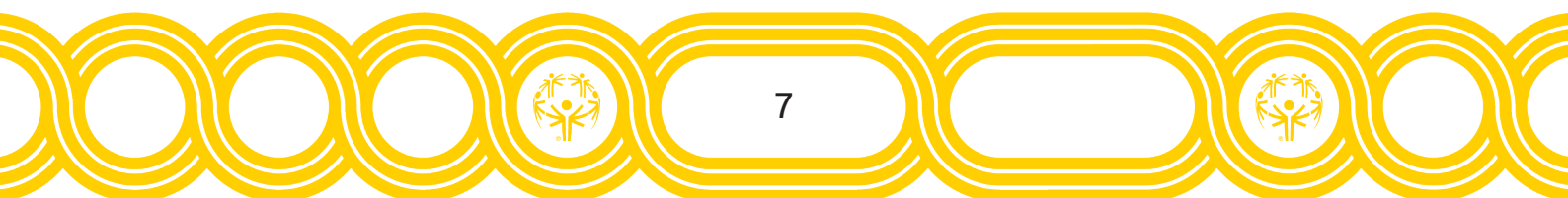


Award Ceremony

Prize ceremony takes place on Saturday afternoon for those playing on Saturday.

For those playing on Sunday, the prize ceremony takes place on Sunday afternoon.

Medals are given for 1st, 2nd, and 3rd place. Everyone gets a plaque.



Packing List

Here are tips on things to pack and bring to Malmö and the competitions.

Match clothes

Clothes you play in.



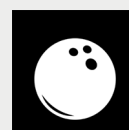
Water bottle

Marked with you name.



Sports equipment

Bowling ball, shoes, ramp (if you use one).



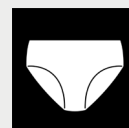
Non-match clothes

Clothes for when you are not competing.



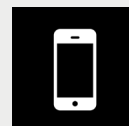
Underwear and socks

Underwear and socks that lasts your whole stay.



Phone

Don't forget the charger.



Rain wear

If it rains during the opening ceremony for example.



Toiletry bag

Examples of items for your toiletry bag: deodorant, soap, shampoo, conditioner, toothbrush, toothpaste.



Medicine

If you are taking medicine, it's important to bring it yourself.



Speci-Lo

Speci-Lo is Special Olympics Sweden's mascot.

She is a brave lynx who loves sports almost as much as she loves giving hugs.

Speci-Lo will be at SOSIG and is the athletes' very best friend.

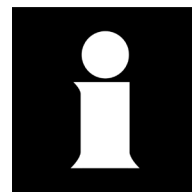
She cheers and encourages and helps the athletes bring out their inner lynx, just as a good friend should.



General Questions

If you have any questions you can e-mail us.

E-mail address: info@specialolympics.se



Website

At <https://www.sogames2026.se/> you find all the information about:

- Competition
- Event
- Surrounding Activities



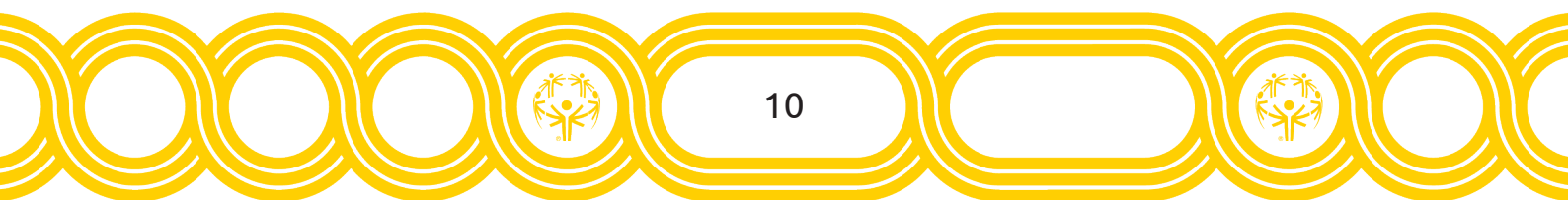
There is always the latest information with updated times.

See you in Malmö!

We are very much looking forward to meeting you at
Special Olympics Sweden Invitational Games.

We wish you a great good luck!

Best regards,
Special Olympics Sverige





SPECIAL OLYMPICS SWEDEN

INVITATIONAL GAMES 2026

EVENT HOSTS



MAIN PARTNERS



PARTNERS



SUPPORTERS

