

***University of Houston-Downtown
Sports & Fitness
Intramural Bowling Rules (Singles)***

Intramural Sports Handbook

The intramural sports program is governed by the UHD Sports & Fitness Intramural Handbook. It is too comprehensive to include here but participants are strongly encouraged to familiarize themselves with it.

Eligibility

UHD intramural bowling is open to UHD students, faculty, staff, and Sports & Fitness members. Each individual is required to turn in his/her valid UHD ID before the tournament to the scorekeeper. An ID must also have a Sports & Fitness sticker indicating he/she has completed a Release Form. The forms are available at the Student Life Center. Please refer to the UHD Sports & Fitness Intramural Handbook for more comprehensive eligibility rules.

Game Regulations

UHD intramural bowling will be conducted under the USA Bowling (USAB) rules with some possible intramural adaptations.

Rules

- The tournament will be singles (men's & women's).
- Proper equipment must be used if required by the facility (e.g., bowling shoes)
- Each player will bowl 3 games.
- The scores for all 3 games for each player will be totaled. The highest cumulative score will determine the winner of the tournament.