

***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.