



**WELLNESS &
HEALTH PROMOTION**
UNIVERSITY OF NORTH DAKOTA

Bowling Rules

General

The *Intramurals Participant Handbook* will govern all aspects of play not considered playing rules of the sport. Participants are expected to follow the Handbook rules of conduct as well as the sport-specific rules outlined below. The Handbook is available at und.edu/intramurals. Key Handbook items include:

- **Alcohol, Tobacco, and Illegal Drugs** – Handbook pg. 6
- **Registration & Payment** – Handbook pg. 7
- **Captain Responsibilities** – Handbook pg. 9
- **Team Name Requirements** – Handbook pg. 10
- **Playoff Requirements** – Handbook pg. 12
- **Default/Forfeit Instructions and Consequences** – Handbook pg. 14
- **Participant Eligibility/ID Requirements** – Handbook pg. 15
- **Adding Players to Roster/Participation Limits** – Handbook pg. 18
- **Appropriate Attire** – Handbook pg. 19
- **Team/Participant Conduct** – Handbook pg. 21

Schedules

Schedules for league play are posted online through wellnessregistration.und.edu.

Facility

All games will be played at Red Ray Lanes (2105 S. Washington St.).

Questions

Please feel free to contact Intramurals with any questions or concerns.

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All rules not listed below will be governed by the official US Bowling rules.

Players, Rosters, and Substitutions

- This is a team competition, with teams of 2 players competing in a round robin season format.
- Two teams will compete on the same lane, and the team with the higher score will be the winner.

Equipment

- Balls and shoes can either be borrowed/rented from the alley or brought by the participant.
- Gloves are permitted, but there can be no additional material that interferes with the path of the ball during delivery.
- Scores will be automatically recorded by the system at the lanes. Any disputes with the scoring accuracy must be submitted during competition so that they can be adjusted.

The Game

- A delivery is made when the ball leaves the player's possession and crosses the foul line into playing territory.
 - All deliveries count unless a dead ball is declared (see Fouls below).
- Each game will consist of 10 frames, with 2 balls thrown in each frame.
 - In the 10th frame, a third ball will be awarded if a strike or spare is awarded.

Scoring

- A strike is made when the full setup of ten (10) pins is knocked down with the first delivery in a frame. It is marked by an (x) in the small square in the upper right-hand corner of the frame where it was made.
 - The count for one strike is 10 plus the number of pins knocked down on the player's next two deliveries.
- Two consecutive strikes is a double.
 - The count for the first strike is 20 plus the number of pins knocked down with the first delivery following the second strike.
- Three successive strikes is a triple or turkey. The count for the first strike is 30.
 - To bowl the maximum score of 300, the player must bowl 12 strikes in succession.
- A spare is scored when pins left standing after the first delivery are knocked down with the second delivery in that frame. It is marked by a (/) in the small square in the upper right-hand corner of the frame.
 - The count for a spare is 10 plus the number of pins knocked down by the player's next delivery.
- The team that has the highest combined score at the end of the game wins.

Fouls, Illegal Pinfalls, and Dead Balls

- A foul occurs when a part of the player's body (typically the foot) goes beyond the foul line and touches any part of the lane during or after a delivery.
 - In the case of a foul, the delivery will count, but no pins will be awarded.
- If any of the following occur, then the delivery counts but the pins that fall as a result do not (illegal pinfall):
 - Ball leaves the lane before reaching the pins
 - Ball rebounds from the rear cushion
 - A pin is touched by mechanical pinsetting equipment
- If any of the following occur, the delivery does NOT count, and the pins must be respotted (dead ball). The player is allowed to rebowl the delivery.
 - After a delivery, it was discovered that one or more pins were missing from the setup
 - A player bowls on the wrong lane or out of turn. The correct player will be allowed to rebowl the frame.
 - Another person makes contact with the bowler in the process of delivery.
 - The machinery interferes with the delivery.

Miscellaneous

- **All officials' calls are final!**
- The scorekeeper's record is the official record.
- Games will be primarily self-governed, however, a supervisor will be on hand to assist with scoring and disputes.