



## ONE MINUTE GUIDE TO THE RULES OF SQUASH

### SCORING

A match will consist of the best of three or five games at the option of the organizers of the competition. Each game will be played to eleven points and 90 seconds rest is given between each game. Either player may score points on each rally.

The server, on winning a stroke, scores a point and retains the service; the receiver, on winning a stroke, scores a point and becomes the server. The player who scores eleven points by a margin of at least two points wins the game.

If the score reaches ten-all, the game continues until one player has a margin of two points, whereupon that player wins the game.

The score of each game will be recorded with the actual number of points won by each player; the winning player's score is recorded first (e.g. 11-7, 3-11, 12-10, 10-12, 25-23).

### WARM-UP

Before the start of play, players have 4 minutes to warm up the ball together (2 minutes on each side of the court)

## SERVE

The right to serve first is decided by the spin of a racquet. The server continues to serve until losing a rally. The opponent then becomes the server and so on throughout the game. The player winning the previous game serves first in the next.

At the beginning of each game and at the first opportunity to serve after winning a rally, the server may serve from either side of the court. If the server continues to score points, he or she must then serve from alternate sides of the court.

If the server serves from the wrong side, there is no penalty, but he or she must then serve from the correct side.

To serve, a player must, while leaving at least one foot in the service box, drop or throw the ball and strike it so that it travels directly on to the front wall between the service line (the red line approx. 6 ft. from the floor extending across the front wall) and the out line at the top of the front wall.

The ball must land in the back half of the opposite court on its return from the front wall, though it may touch the side wall or back wall first. The ball must not touch the walls before being struck by the server. Only one serve is allowed.

## PLAY

After a correct serve, players alternate hitting the ball until the rally ends, that is, when it is no longer possible to make a good return. A good return is one in which the ball is returned before the ball

bounces twice, is returned above the tin, does not hit the ceiling or any wall on or above the out lines, and, at some point, touches the front wall. The ball may strike the back or side walls in any combination in its flight toward or away from the front wall.

## INTERFERENCE

Interference occurs when one player hinders the opponent's choice of movement to the ball or the striking of the ball. To indicate interference, the player interfered may call a (let÷.

## LETS

(Let, please÷ is called out loud by the player who has suffered interference. When a (let÷ is called, the rally does not count and is replayed. Lets are used for safety to protect players from dangerous situations such as being hit with the ball or racquet.