

The simplified rules of the game of squash...



- What you need:
- a squash court
 - two people
 - two squash racquets
 - non-marking shoes
 - eye guards (recommended)
 - squash ball

How to begin: Decide who serves first with the spin of a racquet or a coin toss.

How to serve: With one foot inside one of the small service boxes on either side of the court, strike the ball so that it hits the front wall above the red line that is about half way up and, if allowed to drop before your opponent returns it, lands in your opponents back quarter of the court. (see figure A)

The return: After the serve, the receiver has to return the ball anywhere to the front wall above the tin. The ball does not have to bounce before being returned, but can't bounce more than once.

On the return, the ball can hit any walls, but must hit the front wall at least once.

Continuing play: The players keep alternating shots that can hit any wall, but hit the front wall at least once.

Any time the ball bounces twice, is hit out of bounds (ie. hits the tin or is hit on or above the red lines circling the top of the room) or does not hit the front wall on a return, the rally ends.

How to score: Only the server can earn a point.

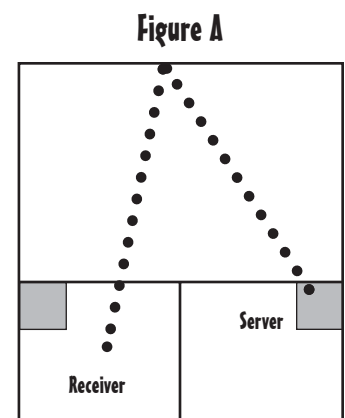
If the server wins a rally, he/she gets a point and continues to serve alternating serving boxes after each rally.

If the server loses the rally, he/she gives serve to the opponent.

The first person to score 9 points wins the game. The first person to win 3 games wins the match.

Notes: For safety reasons, if your opponent is in your way, DO NOT hit the ball. STOP and RE-SERVE

These are simplified rules for the purpose of introducing beginners to the game. For a complete set of rules, contact:



~~ SQUASH ONTARIO ~~

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