



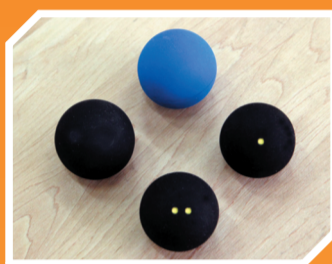
# Squash – Getting Started

## What do I need?

Just a racket and ball and shoes that don't have dark soles. The Squash Centre may lend them to you. If you have not played before, ask for some advice

## Which ball should I use?

If you are a beginner ask for an introductory larger ball, or one that is 'faster' (e.g. white, blue or red dot) because that will bounce easily for you. As you become more experienced you will be able to use a 'slower' ball (e.g. yellow or double yellow dot) that bounces less



## Getting Started

Both players warm up the ball for 5 minutes, changing sides after 2½ minutes

When you win a rally, you win a point

Each game is normally to 11 or 15 points (except if it gets to 10-all or 14-all, one of you must have a 2-point lead to win the game)

A match can be the best of 3 or 5 games

## Explain the serve please

Whoever wins the spin of the racket serves first

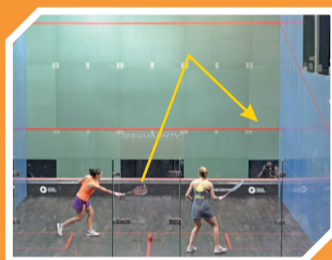
Then serve from each box in turn

The ball must go straight to the front wall and must be above the line across the middle of the court

The ball must come off the front wall to the opposite side of the court (but it can be volleyed before it lands)

If you drop or throw the ball and don't hit it, you can start to serve again

If you swing-and-miss, your opponent now serves



## Can I stand anywhere to serve?

No. Part of one foot must be touching the floor inside the service-box

No part of that foot can touch any boundary of the box



## What is 'good' or 'not good'?

The ball must be hit before it bounces twice

The ball must not touch the top line around the court

The ball must not touch the tin – that's the low area on the front wall, about knee height

## What is a Let?

This is when a rally is replayed. It could be because:

It's dangerous to hit the ball, or

You accidentally get in each other's way

## Can rallies always be replayed?

No, not if:

Your opponent was not in the way

You could not have played a good shot

You could have played the ball, but were a bit lazy

...In these cases you lose the point

## What is a Stroke?

You will win the rally if:

Your opponent didn't try hard enough to get out of the way

Your opponent was too close and you could not swing your racket



## Can I turn around and hit the ball?

**Never hit the ball if it is dangerous!**

In Squash if you hit the ball on one side of your body after the ball has passed behind your body on the other side, it is called "Turning"

It is safer to stop and ask for a let

If you turn and the ball then hits the opponent – your opponent wins the rally

If you turn very quickly and your opponent could not get out of the way – it's a let



## Can I call "time out" for a rest?

No, but after every game you can rest for 90 seconds

## What if I get a cramp?

Sorry, you have to play on or lose that game

The more you play, the fitter you will become

## What if we accidentally run into each other and one of us is hurt?

You are allowed a little recovery time

## What happens if we get in each other's way?

After you hit the ball you must move out of the way so your opponent can:

- See the ball after it comes off the front wall, and
- Go directly to the ball, and
- Have space to swing at the ball, and
- Hit the ball to anywhere on the front wall



## What happens if I hit my opponent with the ball?

**Play safely – stop and don't hit the ball!**

If the ball was going to a side wall first - let

If the ball was going straight to the front wall - stroke



## What happens if I hit the ball back at myself?

Sorry, you lose the point

## Are there any special rules about the ball?

If the ball breaks during a rally - let

If the ball has an unusual bounce – no let



## Protective Eyewear

It is recommended that all players wear protective eyewear at all times during play

## Remember

Please always play in a way that is not dangerous or unfair

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# Squash is Great Fun, Great Exercise. Enjoy!

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