

<u>Squash</u>

All participants must wear their SYG wristband when playing, and show it to the umpires, officials and Sports Coordinators when requested.

GRADE

Men's Open Ladies' Open

UNIFORM AND EQUIPMENT

- White soled or non-marking shoes are required
- Players must supply their own racquet
- Squash balls will be provided

UMPIRES

• Matches will be self umpired by the participating competitors

FORMAT

- Knockout or Round Robin competition, as advised in fixture
- Each match will be the best of 3 games
- Each game to 9 points (2 point advantage)
- Final of each section will be played at the completion of the knockout draws

RULES

The player that starts the first rally by electing to serve from either the left or right service box. For a legal serve, one of the server's feet must be touching the service box, not touching any part of the service box lines, as the player strikes the ball. After being struck by the racket, the ball must strike the front wall above the service line and below the out line and land in the opposite back quarter court. The receiving player can choose to volley a serve after it has hit the front wall. If the server wins the point, the two players switch sides for the following point.



After the serve, the players take turns hitting the ball against the front wall, above the tin and below the out line. The ball may strike the side or back walls at any time, as long as it hits below the out line. It must not hit the floor after hitting the racket and before hitting the front wall. A ball landing on either the out line or the line along the top of the tin is considered to be out. After the ball hits the front wall, it is allowed to bounce once on the floor (and any number of times against the side or back walls) before a player must return it. Players may move anywhere around the court but accidental or deliberate obstruction of the other player's movements is forbidden. Players typically return to the centre of the court after making a shot.

The winner of a rally always receives a point, regardless of whether they were the server or returner. Games are played to 9, players must win by two clear points. That is, if the score reaches 8-8, play continues until one player wins by two points.

Matches are played to "best-of-three" (i.e., the player to win the most out of three games).