

THE BASICS OF SQUASH

Squash is an easy and simple sport to pick up and play!

1. EQUIPMENT

Squash is played between two or four players on a squash court using a squash racket, a squash ball and non-marking shoes.



2. SCORING

Matches are the best of 3 or 5 games. Each game is point a rally scoring to 11. If the score in a game is tied at 10-10, a player must win by 2 clear points.

3. HOW TO SCORE POINTS

Points can be scored by either player. When a player fails to serve or to make a good return, the opponent wins a point. When the receiver wins a point, they become the server and add one to their score.

4. SERVICE

The ball must be served direct to the front wall and must fall to the floor within the back quarter of the court opposite to the server's box.



5. PLAY

After a good serve, the players return the ball to the front wall alternately until one of the players fails to make a good return.



7. LETS

If a player thinks they may hit their opponent with the ball or racket, or the ball hits their opponent 'STOP' and play a let. You then replay the point.



6. A GOOD RETURN

A return is good if the ball, before it has bounced twice on the floor, is returned by the striker on to the front wall without touching the floor - provided the ball is not hit twice, is out or hits the tin.

8. FREEDOM TO PLAY

After striking the ball, a player must make every effort to get out of their opponents way.

