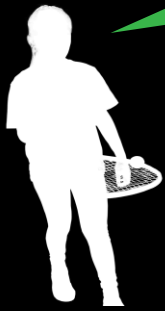


# THE BASICS OF SQUASH

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.



## 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.

## 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.



## 8. FREEDOM TO PLAY

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

