

SQUASH 101



THE ULTIMATE GUIDE TO PLAYING SQUASH

WHAT YOU NEED

MAKE SURE YOU WARM UP AND STRETCH!

Squash can be played by 2 (Singles) or 4 (Doubles) players on a court. You will need the following to play:

- A Squash racquet
- A ball - make sure you choose the right ball for your skill level
- Non-marking shoes
- Protective eyewear if you are under the age of 16



HOW TO PLAY

1

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. 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.

2

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

3

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.

4

After striking the ball, a player must make every effort to get out of their opponent's way. If a player thinks they may hit their opponent with the ball or racquet, or the ball hits their opponent, Stop and play a let. You then replay the point.