



RACQUETBALL AT A GLANCE

The game can be mastered in the space of 60 minutes and all you need is a play-mate or three to get going.

HOW MANY PLAYERS:

Racquetball games can be played with two, three or four players, with doubles or singles matches being most common. Two player games are called singles or "one-up", while four player games are doubles with two pairs playing against each other. Three-player games are most commonly called "Cut-throat" and sometimes "Ironman" (two-on-one for the entire game) where each player takes turns serving to the other two, who play as a team against the serving player.

THE COURT

The game is played on a standard squash court, but unlike squash, you play with a bigger and bouncier blue ball. As the racquet has a larger head and a shorter handle it is easy to manipulate.

THE AIM OF THE GAME:

Singles Racquetball is played in a court between two players, each holding a racquet. Each rally starts with a serve, the serving player must bounce the ball on the floor once and hit it directly to the front wall, making the ball hit the floor beyond the short line.

The receiver stands between the short line and the back wall. If the service is good, the receiver strikes the ball so that it returns to the front wall. On its way to the front wall, the ball may hit the back or side walls first, but must not go out of court, hit an opponent, hit the tin or touch the floor before reaching the front wall. The opposing player then return the ball alternatively until the rally ends.

HOW TO SCORE

A match is normally the best of 3 games. Each game is played to 21 points, except that if the score reaches 20-all, the game continues until one player reaches 22 points. The winner of a rally scores 1 point and serves to begin the next rally.

Described as an excellent fat-burner, racquetball encourages longer rallying, giving you sustained aerobic activity. The game will also improve your hand-eye co-ordination skills as the ball bounces around the walls of the court.