

SQUASH AT A GLANCE

Squash is a racquet sport played by two players (or four players for doubles) in a four-walled court with a small, hollow rubber ball.

INSIDE THE COURT

The court is a rectangular box with four vertical walls of varying height. These walls are known as the front wall, side walls and back wall. The front wall line, side wall line, back wall line and upper 50mm of the tin are shaped to deflect any ball that strikes them.

AIM OF THE GAME



The door shuts and you find yourself in a glass box with your opponent. Locked in combat on an enclosed court, the players strike the ball either directly onto the front wall or use the side or rear walls to create subtle winning shots, impossible for their opponent to return. After the ball hits the front wall, it is allowed to bounce once on the floor before a player must return it.

HOW TO SCORE A GAME

A match consists of the best of three games in doubles or the best of 5 games in singles. Each game is played to 11 points, except if the score reaches 10-all, when the game continues until one player leads by two points. A point is scored only when the server wins a rally. The server, on winning a rally, scores a point and retains the service. The receiver, on winning a rally, scores a point and becomes the server.

HOW TO WIN

A finely tuned sense of space is imperative just to avoid collisions on the court. Often, players only have only milliseconds to make tough judgement calls. To win demands power, precision, instant tactical analysis – and the stamina to bring it all together. In squash, the better players become, the longer the rallies are, and the game becomes more strategic, and more challenging both mentally and physically.

JARGON

- Boast - a shot hit to the near sidewall before it hits the front wall.
- Drive - a typical groundstroke, usually hit for good length.
- Drop - a shot hit short, usually not too high above the tin.
- Game - usually won by the first player to earn 11 points. Sometimes games are to 11 or 15 points, depending on the scoring system.
- Lob - a ball hit so that it travels high in the air after hitting the front wall.
- The Tin - a barrier across the lower part of the front wall. All shots must contact the front wall above this barrier to be good.

DID YOU KNOW?



**CAMERON
PILLEY**

HOLDS THE WORLD RECORD
FOR HITTING A SQUASH BALL

175 MPH