

EIGHT RULES OF SQUASH 57

Squash 57 is an easy and simple sport to pick up and play!

1. SQUASH 57 EQUIPMENT

Squash 57 is played between two players on a squash court using a squash 57 racket, and a squash 57 ball and non-marking shoes.



3. HOW TO WIN POINTS

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



5. PLAY

After a good serve, the players return the ball alternately until one or other 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.



8. FREEDOM TO PLAY THE BALL

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

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.

4. SERVICE

The ball must be dropped and must be served direct on to the front wall. On its return, it must fall to the floor within the back quarter of the court opposite to the server's box.



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 or out or touches the tin.

