

HOW TO PLAY SQUASH

Rocking up with friends, or stepping onto the court as a family for the first time? Playing squash can be as relaxed or as intense as you want it to be – the ball's in your court! Check out our top tips to get started with this enjoyable sport along with the basic rules.

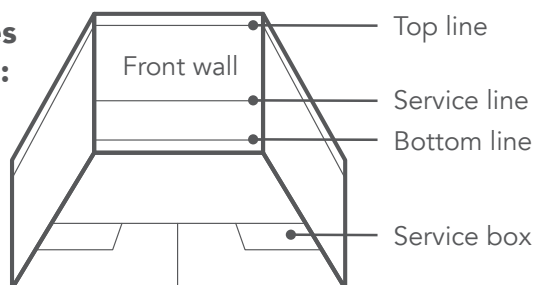
SWING INTO ACTION

Squash is super easy to pick up. Start with a simple knock around on the court together with some rallies – get a feel for how the ball bounces along with the speed of the game. The aim is to take turns to hit the ball onto the front wall continuously until your opponent can't return it. The ball can be hit/volleyed before it bounces or hit after one bounce. It can also hit as many walls as you like (so long as it hits the front wall before the floor).

BASIC RULES EXPLAINED

Fancy unleashing your competitive side and want to start scoring? Check out the basic rules:

Court lines explained:



SERVING

The first shot in any squash rally is the serve. When serving, stand inside either service box. Hit the ball to the front wall (above the service line and below the top line) – the aim is to get it to land within the back opposite quarter. Whoever wins the rally wins the point and serves next.

STAY SAFE

After hitting the ball, be sure to make every effort to get out of your opponent's way! If you think you're going to make contact with your opponent, you can shout for a 'Let' and replay the point.

SCORING

A squash match is usually played as the best of three or five games, but it's entirely up to you! Each game usually goes up to 11 points. If a game is tied at 10-10, you should win by two clear points.

WINNING A POINT

Score a point when:

- Your opponent misses
- Your opponent lets the ball bounce more than once
- Touches or goes above the top line or hits the bottom line or below (see pic)
- Or when a serve hits below the middle line or lands in the wrong area

CHOOSE THE RIGHT BALL

Be sure to choose the right ball so the ball stays warm and lively during play – you want the ball to bounce enough so that you can get a good rally going. For beginners, we recommend a Dunlop red dot or blue dot ball.