



What is Squash 57?

Played on a squash court, Squash 57 is easy to pick up, great fun and provides a good cardio workout. Squash 57 uses a bigger bouncier ball and a bigger racket than squash, meaning players have more time to reach the ball and it's much easier to hit back. Whatever their level, players can enjoy longer rallies and more action on court.

Squash 57 provides an easy introduction to squash which makes it ideally suited to beginners as well as helping to extend the playing 'career' of squash players by offering a less intense alternative that will keep people on court well into their later years.

"I thought my days on the squash court in my late 40s were over, until I was introduced to Squash 57. I would recommend Squash 57 for all ages. It is fun, energetic and a great way to meet new people!"

- Leona, 50, Wolverhampton

Why Squash 57?

Racketball has changed its name to Squash 57 as part of a global rebrand by the World Squash Federation, to raise the profile of the sport. The change brings both versions of the game under one recognisable name and also focuses on the key difference to squash – the larger ball (which has a diameter of 57mm).



How we can help

We have put together the following resources to help you start promoting and delivering Squash 57 at your venue:

- Squash 57 logo and images
- Rules
- Editable posters
- Beginners top tips

We can offer further support through our training workshop, which gives Leaders all the information they need to deliver fun group Squash 57 sessions to beginners at any type of facility.

Get started

To access the Squash 57 resources or to enquire about our training workshop, please contact participation@englandsquash.com or check out the resources here: englandsquash.com/squash57