

Squash Rules and Racket Skills: Worksheet

Answers

Your Name: _____

Abbreviated Squash Rules

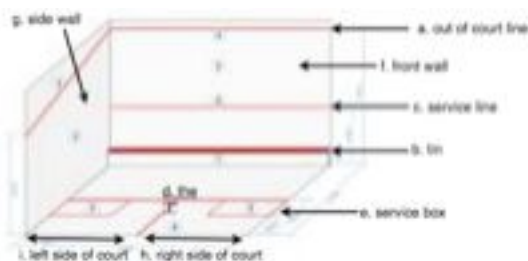
Date: _____

Points:

1. How many points are needed to win a game? 11 (exception: at 10 all, the game continues until one player is ahead by 2 points)
2. How many games are needed to win a match? 3 or 5
3. Do you need to serve in order to win a point?
 - a. yes; you can only score a point if you served that rally
 - b. no; point-a-rally scoring means either the server or returning can win the point.

Court Markings (mark on figure with letter; use arrow if needed):

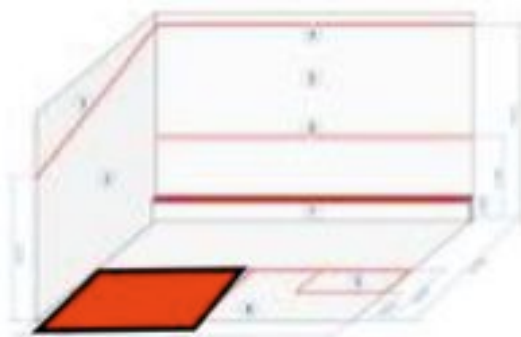
- a. Out of court line
- b. Tin
- c. Service line
- d. the "T"
- e. Service box
- f. Front wall
- g. Side wall
- h. Right side of the court
- i. Left side of the court



Service:

1. When you win a point for the first time (either because it's the beginning of the game or you had lost the previous point), which service box should you serve from?
 - a. right
 - b. left

- c. either; it's called "handout" or "choice" because you can choose
2. If you win two points in a row, should you serve from the same serving box both times?
 - a. yes; you are required to do so
 - b. no; you have to switch sides if you win points in a row
 3. Does the server need to have both feet inside the service box or just one foot?
 - a. both feet
 - b. one foot
 4. Can the serve hit the side wall and/or back wall before it hits the floor?
 - a. yes
 - b. no
 5. Can the person returning the serve hit the serve before it hits the floor?
 - a. yes; this is called a volley
 - b. no; it must hit the ground first
 6. What part of the floor can the serve hit? Shade the acceptable region of floor in the diagram below.



(note that this diagram assumes the serve was from the right; if the serve was from the left, the right box would be shaded instead)

Interference:

1. If your opponent is obstructing your ability to hit the ball (either because they're standing too close to you or they're blocking the ball's path to the front wall), what should you say/do before you swing your racket?
 - a. call a "let"
 - b. hit the ball right into them
 - c. hit the ball, but aim it away from them
 - d. A and C are both acceptable
2. You just hit your opponent with the ball. Under what circumstances do the

following occur?

- a. a “let” is called when the ball would have or did strike a non front wall first, and would have been good
- b. you automatically lose the point when your shot couldn't have made it to the front wall or you turned before hitting the ball
- c. you automatically win the point when your opponent blocked a good shot directly to the front wall (no side wall first), assuming you didn't turn

Squash Skills Practice:

Date: _____

Opponent's name: _____

	Left side	Right side
Serves		
Serve Returns		

	Max # repeats on Backhand	Max # repeats on Forehand
Solo-Hits		