

Fitness & Recreation

Squash league Rules

Players:

1) The squash league is an individual event. On average, six players of similar playing level are assigned to a group. However, on occasion, there may be as few as five players or as many as seven players.

2) Additional players may be added to the league at halftime when the groups are rearranged. New players must first pay the appropriate fee and be added to the roster before playing. The fee will not be prorated if you sign up at halftime.

3) New players in the league will be added to a group of their approximate rating at the discretion of the Club pro. If your playing ability doesn't match the group in which you have been placed, please contact Dominique at dchiquet@cls.ucsf.edu or 476 0356 ext 3 and you will be moved to the appropriate group.

Halftime Group League changes

If more than 1 group per league exists:

At half-time, two players will go up to the next group, two players will go down, and two players will stay in the same group, depending on the match results. To complete promotion/demotion accurately please send all match results to Dominique at dchiquet@cls.ucsf.edu.

Note that the addition of new participants may, at times, alter promotion/demotion

Forfeits/League nights

-League nights are Monday for the women's league and Thursday for the men's league.

However, you can play your league match on a different night if you mutually agree. For make up games players are responsible to arrange a time and book the squash court. All make up games have to be completed by either the end of the halftime period or the end of the league period.

Standings at the end of the league period count for the following league period for the players who continue to be a part of the league

-No show or walk over (injuries) = 3 points to the winner, 0 points to the loser

-Unless instructed, you forfeit the league if you have not played any matches for an entire month. You may re-enter your name for any subsequent quarter.

Substitutions

Players can be substituted as long as the player entering the league has a similar playing level than the one leaving

Fitness & Recreation

Play

Serve

At the beginning of each game and when the service changes from one player to the other, the server can serve from either service group. After winning a rally the server then continues serving from the alternate group. The server continues serving until losing a rally. The player who wins the preceding game serves first in the next game.

To serve a player stands with at least one foot on the floor within the service box. For a service to be good, it is served directly onto the front wall above the service line (red line in the middle) and below the out line (red line on the top) so that on its return, unless volleyed, it reaches the floor within the back quarter of the court opposite to the server's box. Hitting the red line on the floor is out of bounce. The ball has to bounce within the quarter in the back

Rallies

After a good service the players hit the ball in turn until one fails to make a good return. The ball can only bounce once before hitting or can be taken on the fly. During the rally the front wall has to be hit once, either directly, off the sidewall or off the back wall.

The ball must be played onto the front wall above the lowest red line (tin) and below the highest, red out-of-court line

The ball is out if it bounces more than once on the floor or touches a wall above the out-of-court line or line itself.

NOTE: AT ANY TIME DURING A RALLY A PLAYER SHOULD NOT STRIKE THE BALL IF THERE IS A DANGER OF HITTING THE OPPONENT WITH THE BALL OR RACKET. IN SUCH CASES PLAY STOPS AND THE RALLY IS PLAYED AGAIN ("A LET")

Scoring/Length of game

A match is the best of five games (the winner of the match is the first to win 3 games). Each game is to nine points, unless the score reaches 8:8. At 8:8 the receiver (non-server) has to choose to play either to nine points (known as "Set One") or to ten points (known as "Set Two"). (There is no requirement that a player needs to be two points ahead to win a game).

Points are scored only by the server. When the server wins a rally he or she scores a point; when the receiver wins a rally he or she becomes the server.

Valid results are 3:0, 3:1, 3:2

Fitness & Recreation

INTERFERENCE

When it is his or her turn to play the ball, a player is entitled to freedom from interference by the opponent.

To avoid interference, the opponent must try to provide the player with unobstructed direct access to the ball, enough space to complete a swing at the ball and freedom to play the ball directly to any part of the front wall.

A player, finding the opponent interfering with the play, can accept the interference and play on, or stop play. It is preferable to stop play if there is a possibility of colliding with the opponent, or of hitting him or her with racket or ball.

When play has stopped as a result of interference the general guidelines are:

The player is entitled to a **let** if he or she could have returned the ball and the opponent has made every effort to avoid the interference.

The player is **not** entitled to a **let** (i.e. loses the rally) if he or she could not have returned the ball, or accepts the interference and plays on, or the interference was so minimal that the player has access to the ball and the strike at the ball was not affected.

The player is entitled to a **stroke** (i.e. wins the rally) if the opponent did not make every effort to avoid the interference and the player would have hit a winning return, or if the player would have struck the opponent with the ball going directly to the front wall.

LETS/Replay

A let is an undecided rally. The rally does not count and the server serves again from the same box.

In addition to lets allowed as indicated in the paragraphs above, lets can be allowed in other circumstances. For example, a let may be allowed if the ball in play touches any article lying on the floor, or if the striker refrains from hitting the ball owing to a reasonable fear of injuring the opponent.

A let must be allowed if the receiver is not ready and does not attempt to return the service, or if the ball breaks during play.

For more info, contact Squash Pro [Dominique Chiquet](#)