

RA Centre
Tuesday Night Club League
(TNCL)

Players Guide

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Welcome

Welcome all new players to TNCL!! This is a fun and social league for players of all levels. The following is an explanation of how the league works, its rules and quirks! Please feel free to ask questions of the league organizers or any more experienced player if you do not understand the content of the guide!

Schedule

Games are scheduled for either one of two time slots 7:00 – 8:00 p.m. or 8:00 –9:00 p.m. You must be ready to play at the beginning of your time slot. There are two games scheduled within each time slot. You and your opponent will play one game and officiate for the other. Since the game slots include warm-up time and the game itself it is very important to be on time. Any delays will not only inconvenience your opponent, but have an impact on the later games as well.

Please note that ALL games are to be played at the scheduled date and time!! Under no circumstances will the scores be accepted from games that are played at another time or on another night. Your score will be recorded as 0-0, which affects your team average and standings!!

Understanding the Schedule

The league schedule is for the whole season. We usually have an eight-team schedule in which every team plays every week. However, when we have a nine-team schedule, there will be a team that gets a bye each week. The team with the bye is listed in the row for court 6 in the 8:00 p.m. time slot. You do not play that night!!

Each column on the schedule represents one week. On the schedule there are two major blocks of rows one for each time slot. The 7:00 – 8:00 p.m. games are in white and the 8:00 – 9:00 p.m. games are shaded grey. This is to make it clear at a glance what time slot you are in! Within each of these blocks you will see a row for each court along with game assignments for that court. The entries in each row look like this.

	Date
7 p.m.	Team/Level
Court 1	A0B0 A1B1
Court 2	A2B2 A3B3
Court 3	A4B4 A5B5
Court 4	C0D0 C1D1
Court 5	C2D2 C3D3
Court 6	C4D4 C5D5
8 p.m.	Team/Level
Court 1	E0F0 E1F1
Court 2	E2F2 E3F3
Court 3	E4F4 E5F5
Court 4	G0H0 G1H1
Court 5	G2H2 G3H3
Court 6	G4H4 G5H5

This indicates that on the specified date the level two players from teams A and B play in the first game and that the level three players from the same team play the second game in the 7:00 – 8:00 p.m. time slot, on court 2. The players not on the court are officiating.

This indicates that on the specified date the level four players from teams E and F play in the first game and that the level five players from the same team play the second game in the 8:00 – 9:00 p.m. time slot, on court 3. The players not on the court are officiating.

The team lists that identify your team and level are at the bottom of the schedule. They look like this.

Team H
0 Name
1 Name
2 Name
3 Name
4 Name
5 Name

Find your name on the appropriate list. Then determine your team letter and what level you are playing. This will give you your code to read the schedule for the rest of the session! **e.g.** Team H level 4 will be code H4 or team H level O(Open) will be code H0. This will tell you what time you play and on what court you play on any given Tuesday!

Spares

If for some strange reason you feel compelled to do something else that play in the TNCL during the season you need to do two things, **inform your Captain or a teammate and find a spare!** Do this early; not at the last minute unless it is a last minute emergency!! Remember if no one plays your game you and your team get a **BIG FAT 0** for your score. This is hard to overcome later. If you need a spare to play for you, please follow the following priority table to find one.

Selecting a Spare

- 1st – Find someone at your level from the team with a bye that week (if applicable).
 - 2nd – Find someone at your level from the spares list.
 - 3rd – Find someone at a different level from the team with a bye that week (if applicable).
- Handicaps will apply.
- 4th – Find someone at a different level from spares list. Handicaps will apply.

Please tell your spare everything they need to know to replace you (Who they are playing against on what court, on what date and in what time slot). Once you find a spare please tell your captain and your opponent who your spare is and provide contact information. Please remind your spare that they will be expected to be available to officiate! This is courteous as your opponent may have a spare also!!

Handicaps and Challenges

The aim of the TNCL is to provide a fun environment and to pit players of like ability against each other. Your level will be set based on your level of play and may change over the course of the seasons that you belong to the league based on who joins and the levels of the other players.

It is possible that an error might be made in assessing the level of new players, or that a change in skill level for a returning player may not be reflected in the records of previous seasons. In such circumstances a challenge system is provided to allow for players to change level within a team. It is also possible that an absent player may not have been able to find a spare at their own level thus forcing their opponent to face a player of a different level. In these cases a handicap

system provides the disadvantaged player with a calculated handicap based on comparing the players' averages and the number of levels of difference.

Handicaps

Players of different levels can play against each other and still have a reasonable chance of winning with the handicap system! The handicap system is designed to address differences of one or two levels. Differences of three or more levels are not permitted. Handicaps are calculated as follows using the Handicap table.

Ave		Higher level player's average is closest to								
		50	45	40	35	30	25	21	18	15
Lower Level player's average is closest to	50	9	8	7	6	5	4	3	2	1
	45	10	9	8	7	6	5	4	3	2
	40	11	10	9	8	7	6	5	4	3
	35	12	11	10	9	8	7	6	5	4
	30	13	12	11	10	9	8	7	6	5
	25	14	13	12	11	10	9	8	7	6
	21	15	14	13	12	11	10	9	8	7
	18	15	15	14	13	12	11	10	9	8
	15	15	15	15	14	13	12	11	10	9

Jane is a level 3 with an average of 45, she is playing against Dick a level 4 with an average of 25. The handicap is found at the intersection of the column containing Jane's average (45) and the row containing Dick's average (25). The handicap is 13 points in favour of Dick.

Note: For a two level difference add 10 points to the amount determined by comparing averages and levels using the table above.

The averages and levels of regular league players and spares are posted in the gallery every week so please check your handicaps. If you have any questions please ask your team captain for more information.

Challenges

If you feel you are a stronger player than a player at a higher level on your team, then please challenge them! If you win, then you and your teammate will change places IMMEDIATELY (unless the higher level player re-challenges). Challenge games are to be played at a mutually agreed date and time and scored using the 50-point American scoring system used by the TNCL. All challenges must be completed within the first 4 weeks of play. There will be no further challenges accepted after that. If you are challenged during the first 4 weeks of play you MUST accept. If the challenge was made during the first 4 weeks of play but the challenge and re-challenge games cannot be played before the first 4 weeks of play are completed, that is ok! The result will be accepted as long the initial challenge was made during the first 4 weeks of play.

Please note that if the higher-level player wins the challenge, they do not have to accept any further challenges from that same lower-level player. If the higher-level player loses then they change place with the lower-level player IMMEDIATELY unless they re-challenge. The lower-level player has to accept and play out only one re-challenge. In this case the result will not be determined until the re-challenge has been completed. Please inform the league coordinators and your team captain of any challenges and the results ASAP.

Team Captains

Each team will be required to elect a Captain for some minor duties (you've all heard that before eh?)!!

Duties would include:

Captains of 8:00 – 9:00 p.m. time slot games being played last MAKE sure the score sheets are brought to the East Wing Desk at end of night. SELECT a team name that starts with your team letter (e-mail conference?)!! SELECT your team colors (if we have shirts as our uniform)! TRY to ensure that your team plays all its games (having other team members or yourself) fill in as subs (see handicaps) or finding subs from around the club etc....!! Captains of 7:00 p.m. time slot teams please HELP organize the start of evening (getting score sheets ready, balls etc.). HELP smooth out any problems that may arise (none expected at this time)! ANYTHING else that will help out the team or league (minor stuff)!

THAT'S IT!! For doing all this, Captains will get to wear the coveted 'C' on their shirt (an honor indeed!!) if we have shirts as our uniform and feel good for helping out.

Contacts

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Guy Blier

Officiating

Sequence of Play

The standard game sequence is a five minute warm up (2½ minutes per side) followed by a coin toss or racquet spin to determine of who will serve first and also who will officiate (see below). Followed by continuous play rally after rally until someone wins.

Game Scoring

TNCL games are to 50 points and are scored American style (point-a-rally). A point is scored every rally unless a let is granted, then the rally is replayed. This is endurance squash and play is continuous (without breaks). Most games last around 30 minutes.

Who Officiates?

The pair of players who are not on court during their time slot are required to officiate with one acting as referee and the other one acting as marker. To determine who referees the game and who is the marker for the game the coin toss or racquet spin used to determine who serves first is used. Whoever loses the toss is the marker and the other referees the game. If for some reason one person is not available to officiate the other player acts as both the referee and the marker. After both games in a time slot are done, those players are done and can head on over to the Fieldhouse for some drinks and munchies and a whole lot of bragging on just how badly you really could have beaten your opponent, if only your..... had been.....! On the other hand they could also stay and watch some fine Squash!!

Officiating a Game

The TNCL aims to provide two officials for each game a game it is your responsibility to act as both marker and referee, unless your opponent agrees to share those responsibilities with you. If it is not possible to have two Officials for a game, a single Official acts as Marker and Referee. The Official calls the play and the score as Marker and answers appeals as Referee.

When there is a single Official, the decisions that the Referee normally makes directly - such as when the ball strikes a player or answering appeals under [Rule 12](#) - present no problems. However, there are limitations in the appeals process related to the Marker's decisions. Specifically a Marker making an affirmative call (e.g. "Out") is unlikely, as Referee, to reverse that decision on appeal. On the other hand, in the event of the Marker's failure to call (e.g. a suspected service fault) an appeal may be worthwhile because the Referee's response shall be either "Good" or "Uncertain". In the latter case the Referee shall allow a let.

Control of a Game

A game is usually controlled by a Referee, assisted by a Marker. Although the Referee may undertake the duties of the Marker as well, the WSF recommends that separate officials carry out the two roles. The correct location for the Referee and Marker is at the centre of the back wall, as close to that wall as possible, above the out line on the back wall and preferably with seating.

Duties of a Marker

The Marker shall call the play, followed by the score, with the server's score called first. The Marker shall call services and returns which are not good using the recognized calls of "Fault", "Foot-fault", "Not up", "Down", "Out", "Hand-out" and "Stop" (see [Appendix 3.1](#)) as appropriate and shall repeat the Referee's decisions. At the end of the rally the Marker shall call the score without delay and after the Referee has decided any appeals. If the Marker makes a call, the rally shall cease. The Marker, if unsighted or uncertain, shall make no call. If play ceases without the Marker having made a call, the Marker, if unsighted or uncertain, shall advise the players and the Referee shall make the relevant decision. If also uncertain, the Referee shall allow a let. The Marker shall keep a written record of the score and the correct side for service.

Markers Calls

The Marker shall call services and returns that are not good as soon as they occur using the appropriate call, thereby stopping the rally.

The correct order of calls is:

1. Anything affecting the score.
2. The score with the server's score always called first.
3. Comments on the score:

Examples are:

"Not up, hand-out, 4-3."

"Down, 49-48, game ball."

"Out, 12-18."

"Yes let, 3-4."

"No let, hand-out, 5-7."

"Stroke to Jones, 49-46, game ball."

"Foot fault, hand-out, love-all."

"Fault" (appeal by server, Referee uncertain). "Yes let, 8-3, game ball."

Match introduction:

"Smith serving, Jones receiving, one game point a rally scoring to 50, love-all."

End of a game:

"50-45, game to Smith."

Calls made by the Marker as referred to in [Rule 19](#) DUTIES OF A MARKER

FAULT	To indicate that the service is a fault. See Rules 4.4.3 and 4.4.4 .
FOOT-FAULT	To indicate that the service is a foot-fault. See Rule 4.4.1 .
NOT UP	To indicate that the player did not strike the ball in accordance with the Rules. (See Definition in Appendix 2).
DOWN	To indicate that an otherwise good service or return has struck the floor before reaching the front wall or has struck the board or tin. (See Definition

in [Appendix 2](#)).

- OUT To indicate that an otherwise good service or return has gone out. (See Definition in [Appendix 2](#)).
- HAND OUT To indicate that the server has become the receiver, i.e. a change of server has occurred. (See Definitions in [Appendix 2](#)).
- STOP To stop play as appropriate when the Referee has failed to do so and other calls are not relevant.

Calls made by the Marker as referred to in [Rule 2](#) THE SCORING

- 4-3 An example of the score. The server's score is always called first, thus in this example the server leads by four points to three. A score of zero is referred to as "love" (e.g. three - love). If points are equal the wording used is "all" (e.g. "love-all").
- GAME BALL To indicate each time it occurs that the server requires one point to win the game in progress. See Definitions "GAME BALL".

Calls made by the Marker as referred to in [Rule 19](#) DUTIES OF A MARKER (Repeating Referee Decisions)

- YES LET, LET Repeating the Referee's decision that a rally is to be replayed.
- STROKE TO
(player name) Repeating the Referee's decision to award a stroke to that player or team.
- NO LET Repeating the Referee's decision that an appeal for a let is disallowed.

Duties of a Referee

The Referee shall rule on all appeals, make decisions where the Rules call for them and shall decide all appeals against the Marker's calls or lack of calls. The decision of the Referee shall be final. The Referee must announce all decisions to the players on the court and must make all calls in a voice loud enough to be heard on the court and in the gallery. The Referee shall exercise control: when one of the players appeals, including an appeal against any specification; to ensure that all relevant rules are applied correctly; when the behaviour of any spectator, official, manager or coach is disruptive to the play or offensive to the players, officials or spectators. The Referee shall suspend play until the disruption has ceased and, if necessary, shall require the offending person(s) to leave the court area.

The Referee shall not intervene in the Marker's calling of the score unless the Referee decides that the Marker has called the score incorrectly. In that case the Referee shall correct the score and the Marker shall repeat the corrected score.

The Referee shall not intervene in the Marker's calling of the play unless the Referee decides that the Marker has made an error in stopping play or allowing play to continue, in which case the Referee shall immediately rule accordingly.

The Referee shall enforce all Rules relating to time. The Referee shall keep a written record of the score and the correct side for service. The Referee is responsible for ensuring that court conditions are satisfactory for play. The Referee may award a match to a player whose opponent is not present on court, ready to play, within ten minutes after the announced time of play.

Referee's Calls

The recognised Referee's calls are defined below

STOP	To stop play.
TIME	To indicate that a period of time prescribed in the rules has elapsed.
HALF TIME	To advise players of the midpoint of the warm-up period.
YES LET	When allowing a let, following a player's appeal for a let.
NO LET	When disallowing a player's appeal for a let.
STROKE TO (Player name)	To advise that the player or team named is being awarded a stroke.
FIFTEEN SECONDS	To advise the player(s) that fifteen seconds of a permitted interval remain.
LET	To advise that a rally is to be replayed in circumstances where the wording "Yes let" is not applicable. May be accompanied by an explanation.
CONDUCT WARNING	To advise a player of an offence committed under Rule 17 and that the Referee is giving a warning.
CONDUCT STROKE	To advise a player of an offence committed under Rule 17 and that the Referee has awarded a stroke to the opponent.
CONDUCT	To advise a player of an offence committed under Rule 17 and that the

GAME

Referee has awarded a game to the opponent.

PLEASE NO ARGUING WITH THE REFS!! We are all volunteers and this is a fun night !!
Play to win but do have fun!!

Did Interference Occur? Or Deciding between Stroke, Let and No Let

Did interference occur ?

The striker has four basic rights, and interference has occurred if the opponent fails to provide him with any of these, *even if he has made every effort to do so*:

Unobstructed direct access to the ball after completion of a reasonable follow-through

A **fair view** of the ball on its rebound from the front wall

Freedom to hit the ball with a reasonable swing

Freedom to play the ball directly to the front wall

If no interference has occurred, or the interference was so minimal that the player's view of and freedom to get to and play the ball were not effected, then it's NO LET, otherwise move on to no.2

2. Could the obstructed player have reached the ball and made a good return? And was he making every effort to do so?

If either answer is NO, then it's NO LET, otherwise move on to no.3

3. Did the obstructed player move past the point of interference and play on? Or create the interference in moving to the ball?

If the answer to either question is YES, then it's NO LET, otherwise move on to no. 4

4. Did the obstructing player make every effort avoid the interference?

If he didn't, then it's a STROKE, otherwise move on to no.5

5. Did the interference prevent the player's reasonable swing?

If YES, then it's a STROKE to the player, otherwise move on to no. 6

6. Could the obstructed player play a winning return?

If YES, then it's a STROKE, otherwise it's just a LET unless no.7 applies.

7. Would the obstructed player have struck the opponent with the ball going directly to the front wall or, if going to a sidewall, would it have been a winning return?

If either answer is YES, then it's a STROKE to the player.

***Remember that this is a simplification - read the rules thoroughly.
The over-riding principle of the rules is to ensure a fair result for both players.***

Idiots Guide to the New Rules

Play on

We all want to see top Squash with minimum lets. The new Rules encourage this. Not only do they revert to the previous wording demanding players 'make every effort to get to **and play the ball**', but in future 'lets' will not be awarded for **minimal interference**. If any interference or contact is so slight that it does not affect your sighting of the ball, or your freedom to get to and play it, then play on. Stop - and you will get a 'No Let'. If Jonah Lomu can score tries with five players hanging from his shirt and 80,000 spectators roaring their heads off surely we can ignore a racket brushing our opponent's clothing on the way through to the ball.

Another good new rule is the one which allows for a stroke to be given against you **if you distract your opponent** when he or she is about to make a winning return.

Safety is paramount

Dangerous play is still outlawed and in future, if your opponent is too close and has prevented (important word) your reasonable swing, or would have been hit by it if you had continued, you will get a stroke. If you stop the swing because of slight contact with an opponent who is trying to clear, or because the opponent is uncomfortably, but not too, close you will get a let. But, be warned, if you stop and your opponent is well clear - 'No Let' is the result. Also, a stroke will not be awarded to a player who causes interference with an excessive swing.

Another change that flows from the Pro Tour is in the **turning rule**. The new Rules dictate that if a player turns unnecessarily, to avoid playing a tricky ball rather than in an attempt to try to play it, 'No Let' is the decision. To reinforce this, if you turn and hit your opponent with the ball you lose the stroke, rather than getting a let as previously.

In the re-written **eye protection appendix** the WSF now recommends that all Squash players use purpose-made eye guards at all times. Not a popular change for some people (watch the SquashPlayer letters section), but eyes are important things and we idiots have a greater potential for damage than most.

Spectator control

Here's a Rule, previously only a guideline, that definitely doesn't affect me. If the behaviour of any spectator, official, manager or coach is disruptive or offensive the Referee can suspend play or tell the offending person to leave the court area. In my case, the rest of my team abuse me and then leave voluntarily. Not only the players, manager and coach, but the ref too.

Easier to read

If you want to go through the whole Rules, a recommended procedure, then you will find them much easier to follow. The Rules have now been reorganised in a much more logical fashion and are written in the **active voice**, rather than the passive as previously. The myriad notes in the past editions have now been absorbed into the main text as sub-rules. And best of all the Service Rule now defines what is a **good serve**, rather than the old rules which told us what was bad, in great detail. The Rules Sub-Committee's sterling work has not been in vain; they have done a really good job.

But for idiots, the major change is that the whole Rule book now starts with a four page [Abbreviated Guide to the Rules](#). This is simply written from a player's viewpoint and gives the basics, with simple links to the detailed Rules later in the book.

Abbreviated Rules of Squash

(based on the 2001 rules, effective 30-Apr 2001)

This abbreviated version of the World Singles Squash Rules is to help players to understand the basics. All players should read the complete Rules. The Rule numbers in brackets in each heading refer to the full Rules.

THE SCORING (Rule 2)

A match is a single game to 50 points. A point is awarded at every rally to the winner of the rally. If the server wins the rally he or she wins a point and retains the serve. When the receiver wins a rally he or she wins a point and becomes the server.

THE WARM-UP (Rule 3)

Before the start of a game, the two players are allowed up to 5 minutes (2½ minutes on each side) to "warm-up" themselves and the ball on the game court. When a ball has been changed during a game, or if the game has been resumed after some delay, the players warm-up the ball to playing condition. Either player may warm up the ball during the game.

THE SERVICE (Rule 4)

Play commences with a service. The player to serve first is decided by the spin of a racket. Thereafter, the server continues serving until losing a rally, when the opponent becomes the server and the server becomes "hand out". At the beginning of a game and when the service changes from one player to the other, the server can serve from either service box. After winning a rally the server then continues serving from the alternate box. To serve a player stands with at least part of 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 and below the out line so that on its return, unless volleyed, it reaches the floor within the back quarter of the court opposite to the server's box.

GOOD RETURN (Rule 6)

A return is good if the ball, before it has bounced twice on the floor, is returned correctly by the striker onto the front wall above the tin and below the out line, without first touching the floor. The ball may hit the sidewalls and/or the back wall before reaching the front wall. A return is not good if it is "NOT UP" (ball struck after bouncing more than once on the floor, or not struck correctly, or a double hit); "DOWN" (the ball after being struck, hits the floor before the front wall or hits the tin) or "OUT" (the ball hits a wall on or above the out line).

RALLIES (Rule 8)

After a good service has been delivered the players hit the ball in turn until one fails to make a good return. A rally consists of a service and a number of good returns. A player wins a rally if the opponent fails to make a good service or return of the ball or if, before the player has attempted to hit the ball, it touches the opponent (including racket or clothing) when the opponent is the non-striker.

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 EITHER PLAYED AGAIN ("A LET") OR THE OPPONENT IS PENALISED.

HITTING AN OPPONENT WITH THE BALL (Rule 9)

If a player strikes the ball, which, before reaching the front wall, hits the opponent, or the opponent's racket or clothing, play stops. If the return would have been good and the ball would have struck the front wall without first touching any other wall, the striker wins the rally, provided the striker did not "turn". If the ball either had struck, or would have struck, any other wall and the return would have been good, a let is played. If the return would not have been good, the striker loses the rally.

TURNING (Rule 9)

If the striker has either followed the ball round, or allowed it to pass around him or her - in either case striking the ball to the right of the body after the ball had passed to the left (or vice-versa) - then the striker has "TURNED". If the ball strikes the opponent after the striker has turned, the rally is awarded to the opponent. If the striker, while turning, stops play for fear of striking the opponent, then a let is played. This is the recommended course of action in situations where a player wants to turn but is unsure of the opponent's position.

FURTHER ATTEMPTS (Rule 10)

A player, after attempting to strike the ball and missing, may make a further attempt to return the ball. If a further attempt would have resulted in a good return, but the ball hits the opponent, a let is played. If the return would not have been good, the striker loses the rally.

INTERFERENCE (Rule 12)

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, a fair view of the ball, 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's access to and 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, or if 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 (Rule 13)

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.

CONTINUITY OF PLAY (Rule 7)

Play is expected to be continuous in each game once a player has started serving. There should be no delay between the end of one rally and the start of the next one. In between all games an interval of 90 seconds is permitted. Players are permitted to change items of clothing or equipment if necessary.

BLEEDING, INJURY AND ILLNESS (Rule 16)

If an injury occurs which involves bleeding, the bleeding must be stopped before the player can continue. A player is allowed a reasonable time to attend to a bleeding wound. If the bleeding was caused solely by the opponent's action, the injured player wins the game. If the bleeding recurs no further delay is allowed, except that the player can concede the game. For an injury not involving bleeding, it must be decided whether the injury was either caused by the opponent or self-inflicted or contributed to by both players. If caused by the opponent, the injured player wins the game if any recovery time is needed. If self-inflicted, the injured player is allowed 3 minutes to recover and must then play on, or concede the game. If contributed by both players, the injured player is allowed an hour to recover. A player who is ill must play on or must concede the. Cramps, feeling sick and breathlessness (including asthma) are considered illnesses. If a player vomits on court, the opponent wins the game.

DUTIES OF PLAYERS (Rule 15)

Rule 15 provides guidelines for players. For example 15.6 states that **deliberate distraction is not allowed**. Players should read this rule in full. Some of the 8 sub-sections deal with situations related to games under the control of officials (Referee/Marker). The use of officials is not covered in this abbreviated version.

CONDUCT ON COURT (Rule 17)

Offensive, disruptive or intimidating behaviour in squash is not acceptable. Included in this category are: audible and visible obscenities, verbal and physical abuse, dissent, abuse of racket, court or ball, unnecessary physical contact, excessive racket swing, unfair warm-up, time-wasting, late back on court, deliberate or dangerous play or action and coaching (except between games).