



RULES AND REGULATIONS

Game : Squash (Boys & Girls)

Safety: Players must always place safety first and not take any action that could endanger the opponent.

Fair play: Players must respect the rights of the opponent and play with honesty.

- The Squash game will be conducted according to the latest and revised rules of WSF (World Squash Federation).
- The competition will be held in the following three categories in U-14, U-17 & U-19 years age separately for boys and girls group.

1. THE GAME

- Squash is played in a court between two players, each holding a racket to strike the ball.
- Each rally starts with a serve, and the players then return the ball alternately until the rally ends.
- Play must be continuous as far as is practical.

2. SCORING

- The winner of a rally scores 1 point and serves to begin the next rally.
- Each game is played to 11 points, except that if the score reaches 10-all, the game continues until one player leads by 2 points. A match is played on the basis of the best of 3 games.

3. OFFICIALS

- A match should normally be officiated by a Marker and a Referee, both of whom must keep a record of the score, which player is serving, and the correct box for service.

4. THE WARM-UP

- At the start of a match the players go on court together to warm up the ball for a maximum of 4 minutes. After 2 minutes the players must change sides, unless they have already done so.
- The players must have equal opportunities to strike the ball. A player retaining control of the ball for an unreasonable time is warming up unfairly.

5. EQUIPMENT

- Wear sports clothing and sports shoes, preferably white soled (non-marking) so they don't mark the court.
- Make sure you bring a water bottle and a sweat towel.
- Players must wear eyewear at all times while on court.

6. INTERVALS

- A maximum of 90 seconds is permitted between the end of the warm-up and the start of play, and between each game.
- A maximum of 90 seconds is permitted to change damaged equipment. This includes glasses, protective eyewear or a dislodged contact lens. The player must complete the change as quickly as possible.

7. CONDUCT

- Players may not place any object within the court.
- Players may not leave the court during a game without the permission of the Referee.
- Players may not request a change of any Official.
- Players must not behave in a manner that is unfair, dangerous, abusive, offensive, or in any way detrimental to the sport.
- If a player's conduct is unacceptable, the Referee must penalise the player, stopping play if necessary.

Unacceptable behaviour includes, but is not limited to:

- | | |
|--|--|
| ➔ audible or visible obscenity | ➔ verbal, physical or any other form of abuse; |
| ➔ unnecessary physical contact, which includes pushing off the opponent; | ➔ dissent to an Official; |
| ➔ deliberate or dangerous play, including an excessive racket swing; | ➔ abuse of equipment or court; |
| ➔ delaying play, including being late back on court; | ➔ unfair warm-up; |
| ➔ receiving coaching during play. | ➔ deliberate distraction; |

8. The schools Organizing Cluster/Zonal level meet shall take a Group Photo of the teams that have qualified to participate in Zonal / National level meet. The photo shall be signed by the host school Principal and forwarded to the school organizing next level of competition along with the original entry Performa.