

Chapter 1 : How to Play Squash - A Beginners Guide

Enter your mobile number or email address below and we'll send you a link to download the free Kindle App. Then you can start reading Kindle books on your smartphone, tablet, or computer - no Kindle device required.

Our team is constantly developing new games that are making squash one of the most exhilarating sports out there. Video game fans will recognise BlockSquash as a modern spin on an influential arcade game. The aim of each level is to carve a path for a giant sphere to get from the start-zone to the end-zone. Rather than using a controller, you must use a regular squash racket and ball. Players must hit the blocks to make them explode. Some blocks have different attributes which may help or hinder players from completing a level. Later levels turn the entire concept on its head with seriously complex challenges and layouts. BlockSquash can be played solo or two players can team up to conquer the wall cooperatively. BlockSquash encourages players to be accurate by giving instant feedback on their block hits and misses. In addition, it also encourages players to complete levels quickly by recording the level completion times. Players will be given a grade at the end of each level based on their accuracy and speed. BlockSquash is great for players who want a casual game that still tests their skills and forward-thinking. It is also a challenge for more advanced players that can work up a sweat trying to attain the top rank. BlockSquash will keep you on your toes. Like regular squash, players take turns hitting the ball against the front wall. However, unlike regular squash, players must light up three areas in a row to win a round. TicTacSquash can only be played against an opponent. In sum, TicTac Squash encourages quick footwork and well-placed shots, much like regular squash. The kids love it! Splash Splash is a casual game which has no goals or aims. Hitting the wall causes paint to splash against it, leaving colourful blotches. As such, it is great for players looking to unwind and get creative, or for trainers that want to keep younger talent engaged with instant visual feedback. Splash livens up regular squash games and functions as an ideal pre-match warmup. The pace of play is completely up to the players. Play solo or with friends, the choice is yours. The aim of Goal! Shots landing closer to the puck will push it faster. As a result, it is great for players who want to duke it for quick sprints and bragging rights. I could honestly play for hours. I definitely need a bigger water bottle. This is the perfect way for you to gain an appreciation of the sport while having fun and getting a great workout!

Chapter 2 : Squash Olympic Bid

Note: Citations are based on reference standards. However, formatting rules can vary widely between applications and fields of interest or study. The specific requirements or preferences of your reviewing publisher, classroom teacher, institution or organization should be applied.

It was first played in the outdoor court, and when the school authority faced difficulties while playing it outdoor, they built the outside walls and made it an indoor game. Eventually, it started to spread out in other schools and later spread throughout the world. According to World Squash Federation, there are 49, squash courts in the world and England has the greatest number at nearly 8, Squash is recognized by the International Olympic Committee, and is soon to be incorporated in the future Olympic programs. Forbes voted squash as the No. 1 sport in the world. Squash has delivered some of the finest athletes in the sports history, starting from the very first time it was played on international levels. So here is the list of top 10 greatest squash players of all time.

Jansher Khan Top 10 Greatest Squash Players of All Time Retired Pakistani squash player Jansher Khan was widely regarded as a hard competitor of squash legend Jahangir Khan even during his top form, and was also considered as one of the best player in history of the squash. Jansher won the World Junior Squash Championship title at the age of 17 in 1984. Jansher achieved his first win over Jahangir with straight games in the semi-finals of the Hong Kong Open in September and continued to beat Jahangir in their next eight encounters consecutively. He won the World Open a record 8 times, and the British Open 6 times, during his amazing career. Jansher was ranked the World No. 1 for 11 years. He was also the President of the World Squash Federation from 1998 to 2005 and was re-appointed as the Emeritus President in 2005.

Peter Nicol Top 10 Greatest Squash Players of All Time Former Scottish squash player Peter Nicol represented Scotland and England in international squash during his career and widely considered as one of the most outstanding international squash players of all time. He became the first player from England to hold the World No. 1 for 11 years. He won 52 titles and participated in 69 Tour finals before his retirement. Peter was ranked World No. 1 for 11 years.

Geoff Hunt Top 10 Greatest Squash Players of All Time Retired Australian squash player Geoff Hunt is widely regarded as one of the greatest squash players in the history of squash during the golden era. He became the inaugural World Open title champion in 1975 and continued to achieve the reward on the first four occasions it was held from 1975 to 1979. Geoff also won the British Open eight times from 1975 to 1983, and won the International Amateur Individual Championship three times from 1975 to 1977. He is acclaimed for his wide variety of deception shots and drop shots. He is the first North American squash player to reach the World No. 1. He won 36 PSA tournaments and participated in 58 finals during his career. He won the British Open Junior Championship in 1975 but never won a singles titles as a pro. Many sports critics stated that he was perhaps unlucky to play squash during the same era as two great Pakistani players, the legendary Jahangir Khan and Jansher Khan. Chris managed to beat one of the two Khans in many semi-final rounds, but was defeated by the other in the finals. He participated in at the World Open finals five times from 1975 to 1979, and won two silvers at the British Open in 1975 and 1976. Besides his singles career, he also captained the Australian national squash team and won the World Team Squash Championships in 1975.

Amr Bey is widely considered as the first truly dominant squash player in the history of sports and also the best squash creation of Egypt. He started his squash journey as a ball boy at Gezira Sporting Club in Egypt. He died in 1998.

Hashim Khan Top 10 Greatest Squash Players of All Time Legendary squash player from Pakistan, Hashim Khan, is widely regarded as the best squash player of pre-modern era and also as one of the best athletes in sports history. He started his squash journey as an unpaid ball boy at a club for British army officers in Peshawar, Pakistan. He won his first championship in the All-of-India squash championship in Bombay now Mumbai, India, and continued to win the title for next two years. He won the first Pakistani squash championship after being appointed as a squash professional at

the Pakistan Air Force in Hashim won the British Open Squash Championships a total of seven times which includes consecutive titles from to , and again in He died on 18 August at the age of When World Championship was not established officially, the British Open was considered to be the effective world championship of the squash during that era. He won the British Open title 6 times, from to , and became the most successful British squash player ever. He was defeated in the first set with in one of his most notable games with legendary Geoff Hunt, but then he made an amazing comeback from the second set and won the match with 9â€™7, 10â€™8, 6â€™9 and 9â€™7. Besides squash, he also wrote the Murder in the Squash Court: He is widely considered the best squash player in recent times. He became the only player in squash history to win the World Junior Championships for the second time in He won his first professional title at the Canadian Squash Classic in Ramy won two World Open titles in and , and won the silver in Besides singles, he also won World Team Championships twice in and There are different variations of squash played all across the world as the U. A doubles version of squash played with the standard ball on a wider court and tennis-like features is called the squash tennis. The American cousin, racquetball, which played in the relatively small court and low-bouncing balls, is also very popular. Saturday, November 3,

Chapter 3 : Rackets (sport) - Wikipedia

[PDF] Squash: The New Player, the New Game Download Online. 2 years ago 2 views. Jiobiajoa. Follow. Reading Squash: The New Player, the New Game Popular Books.

I have also listed my favorite top 10 new sports - have I picked the winners? You can rate each sport too - here is the top rated list. If you have created a new sport you can send the details to get it published too. New Sports List These sports are new and some are good ideas too. There is also a listing of more new sports in brief. Aeris â€” involves the use of drones with 5 on a team. Agball â€” appears to be a sport like dodgeball. Aiden Ball â€” a mix of volleyball and soccer, where players punch or kick a helium filled ball into the opposing teams goal Airball â€” similar to volleyball - to keep the ball in the air above a net. AlfaBuul â€” a simplified version of American football. American Rugby â€” a hybrid of American football and rugby. Anbalines â€” the aim of the game is to get the ball with your hands inside some lines, that as much as I could work out. Aqua Cricket â€” essentially cricket played across a swimming pool. Arena Ball â€” like gridiron with a soccer ball played indoors using rebound nets to increase scoring. Armball â€” football without kickers Balance Ball 10 â€” balance and knock down cylinders. Ball Bros â€” score by getting the ball into the net, but hitting it with a racket, thowing, kicking or heading. Balloonist â€” Two teams compete to keep a balloon in the air. Ballnastics â€” a form of gymnastics using an exercise ball as the apparatus. Basketball â€” a combination of basketball and baseball made famous in the movie "BASEketball". Basketrun â€” you score baskets and run around a baseball diamond. BattleBoats â€” American football type game played in a pool while players ride inflatable animals. Beamer â€” a safe high-tech game that has no ball or physical contact, instead using lasers and shields. Beatball â€” like handball but with a tennis ball. Bench Football â€” two teams play against each other with one bench in the middle which a team can score from any side Billiard Croquet Golf Game â€” a new sport for billiard and golf players, played on a felt top table. Biraq â€” a two-handed racket sport from brazil Blo-Ball â€” table tennis without the paddles, you blow. Bobball â€” a soccer ball is thrown, kicked or headed forward to hit a large trash can. Boluta â€” a type of handball using a badminton court and net and a tennis ball. Bounceback â€” throw the ball at a concrete wall. Bounceball â€” players throw foam balls trying to hit the wall behind the opposition Boxball â€” like soccer though players are allowed to also punch the ball Brennan Ball â€” a mix between Rugby, Football and Gridiron. Bull Seal â€” played by teams in a pool, a bit like rugby. Calcio Wrestling â€” is kind of like normal wrestling but very different. Chargeball â€” a simplified version of football. Chhat Pa â€” a hockey like game from India that began on the rooftop. Club Tennis â€” a new team oriented way to play tennis which involves a time clock, penalties, and more players on a bigger court. Crossball â€” an outdoor sport played with a tennis ball on an elliptical field. Cross-Country Big Ball â€” a soccer ball is hit with a baseball bat over cross-country terrain towards a goal. Disha â€” a team member verbally directs their blindfolded partner around a course in the shortest possible time. Docaboosh â€” you try and get a ball bouncing by hitting it with a stick. Dreamcatcher â€” a very fun and competitive sport involving, pitching, catching, and running. Duocock â€” is like badminton with a racket in each hand. Extreme T-Ball â€” try to knock tennis balls of tees placed on each side of the field by throwing a ball at them. Fauxball â€” a combination of the rules of baseball, basketball, and football, combined in a sport that those of differing athletic ability can play. FeeZBall â€” played with Feezballs cotton filled balls , rackets and nets. Field Polo â€” a adaptation of polo on horseback that can be played anywhere. Flexball â€” a simple combination of European handball, volleyball, and soccer. Flog Games â€” made up of 5 short mini games. Floor Pong â€” is similar to table tennis but played on a floor. Footballey â€” kick or head a ball over a volleyball net using tennis rules. Footby â€” a cross between Association football, rugby and American football. Foot Kick â€” kicking a ball into a net, but it is not soccer Footrug â€” a mixture between Football and Rugby. Footup â€” is played like Volleyball but using the legs instead of hands. Fortball â€” combines fort building with dodge ball Frisbee Ball â€” try and get the ball into the score zone while bouncing it on a frisbee. Frisbee Trampoline â€” a non-contact team sport played with a flying disc on a playing field of 60 trampolines. Friz â€” a disc must be bounced in the specified bounce zone

in an attempt to get past your opponent or cause them to drop it. Frizitch â€” a cross between ultimate Frisbee and Dodge ball, where you knock a cone from the top of a pillar using the Frisbee while avoiding the dodgeball Frustrationball â€” combining hockey, basketball, soccer, tennis, ultimate frisbee, and lacrosse into a concise, fun, and easy-to-learn game. Fufu â€” a mix of football and rugby and many other games. Gargojian Football â€” like American Football played on a battlefield. The Golden Goal â€” competition about football goal scoring from a direct free kick. Gotball â€” some similarities to soccer, but with non bouncy ball. Gridball â€” a team game similar to indoor football, where each team must try to dislodge cones at the opponents end of the grid using a ball. Hantis â€” all you need is four tables and a ball. Hardball â€” a mix of football and basketball. Hausay â€” played on a square court with four teams H. Football Soccer â€” HAV stands for headers and volleys soccer. Head Ball â€” a helmet with a transparent cylinder on top is used to balance and pass the ball. Hit the Ball â€” a simple sport which involves keeping a ball in the air using a bat Hole-In-Drone â€” a drone golf game Hooplem â€” a fast paced team field sport where you score when the ball is hit into the net or through a hoop. Hungerball Soccer â€” played in a fully enclosed round arena with six mini-goals. Hyenbald â€” use sticks to whack a ball for 2 rounds, and score a goal. Ice Soccer â€” a variation of association football on ice Jababall â€” using tennis rackets to hit a volleyball into a hockey net. Jecto â€” a stick and ball sport where the offense attempts to push a big ball into a circle. Kick Bolz â€” like dodgeball where you have to kick the balls and not throw them Kick Net â€” a combination of soccer and tennis, players must keep the ball in the air. KigoH â€” teams kick for goal on a normal Rugby ground. Knee Polo â€” a sport played indoors on your knees, with adrenaline, strength and tricky shots. Knockout Ball â€” a cross between tennis and dodgeball, with a volleyball net. Knuckle Racket â€” lets you punch the ball because the net of the rackets are right over your knuckles Lander Cars â€” a race using Sliders and Hook Oars. Lavball â€” team game won by scoring the most points by knocking over pins. Leadball â€” players run with sticks and hit the other teams players with a ball or try to make a goal in a hoop Limball â€” a juggling ball is kept up by teams of 3. Longball â€” a bat and ball game played on a diamond-shaped field. Loofball â€” a bit like volleyball though the players throw and catch the ball over the net. Loop â€” a pool game played on an elliptical shaped table. Luckchase â€” just like the game of chess, though each time a piece is to be captured, the players roll dice to determine if they are able to make that move. Manus â€” played on a square field, there are two sides - the running side and the tackling side. Mashball â€” a new kind of football. Mech Racing â€” two robotic exoskeletons battle each other over an obstacle course Middleball â€” uses a beach ball, a net system, and is played in a racquetball court. Mini Cricket â€” cricket played on your knees M. Soccer â€” stands for mini-indoor soccer. Net Squash â€” played on adjoining squash courts with a net between. The walls must be hit against a wall first. NJ Ball â€” a fast-paced handball-type game played on a basketball court with an additional soccer goal beneath the hoop. Nonterra â€” a team sport that involves using a solid cylinder that is used to transport around the playing field and to eventually score it into a half-pipe that is facing up. Obstacle Knock Down â€” an obstacle course combined with dodgeball. Football â€” based on football soccer but instead of the goals at either end of the pitch they are centrally located back to back. Peraball â€” a variation of baseball with frontal and shoulder-to-shoulder body contact permitted. Pilit â€” a non-contact team sport with similarities to lacrosse. A ball is hit through a loop, more points are awarded for the farther you are from the hoop you are when you score. Pole Ball â€” a physical, fast moving game with elements of basketball, lacrosse, and volleyball. Pong Ball â€” a sport similar to soccer, though it is played with table tennis rackets and a table tennis ball on a large field. Pounceball â€” you use two sports disks to score goals. Phasketboot â€” a mix between basketball, football and ultimate frisbee. Pugilball â€” similar to Lacrosse, though players hold pugil sticks and try to get a ball into the goal Quickball â€” played inside by passing a ball to your teammates until someone can catch it in a box.

Chapter 4 : The Top 3 Places Where the Game of Squash is Thriving

*Squash: The New Player, the New Game [Adrian Goddard] on calendrierdelascience.com *FREE* shipping on qualifying offers. Instructs beginners as well as experienced players in the techniques of the new 70+ game of squash.*

Court[edit] Squash tennis is played in various four-walled courts. The front wall against which the ball is served features a telltale usually clad in tin at the bottom couple feet from the floor, a service line about 6 feet 1. The back wall out line is 4. There are two required lines on the floor: Unlike a squash racquets court, there are no service boxes. There are four types of courts: North American squash court[edit] A North American squash court is Originally designed for the related game of squash racquets , by the early s the National Squash Tennis Association NSTA approved play on this kind of court. The dimensions are quite similar to the official squash tennis court. The only required modifications are the addition of a 4. American squash the back wall line is 6. The problem today is that as the North American version of squash becomes less popular, new courts are not being built, and many old ones are being converted to other uses. Although many of these were built in the New York area, after play was authorized on a N. American squash court they began to disappear. It did not make economic sense to maintain a specialty court when a more versatile one was acceptable.

International squash court[edit] An International squash court is 21 by 32 feet 6. The additional lines will need to be added. The extra width of the court makes the various multi-walled shots more difficult or impossible, so experienced players prefer to use a N. However, a foot 6. Non-standard courts[edit] Originally the game was played on a racquets court, then on fives courts. Before there were no standards for court size, and ones constructed specifically for squash tennis varied from each other somewhat. They were constructed at private estates and clubs. At least one of these courts survives today in a playable condition. The court at Plum Orchard was fully restored in with the tins in place and working electric lights. An exhibit on squash tennis history has recently been installed in the mansion, which is occasionally open for public tours.

Equipment[edit] Required equipment is fairly simple and inexpensive: In decades past, modified tennis balls were manufactured for the game. They had higher pressure and were slightly smaller than tennis balls. The last specially manufactured ball was green, so that it could be more easily seen against white walls. Early courts had dark wood walls so that white tennis balls could be seen. Players now either use a marker to darken a yellow ball, or use colored tennis balls such as the pink ball sold on a limited basis by Penn to raise money for breast cancer research.

Manner of play[edit] Squash tennis is played by two players. An illustrated playing guide with rules was published by the NSTA in see external links below.

Serve[edit] At the beginning of the first game, a spin of the racquet is used to decide who serves first. In subsequent games of a match, the player who won the previous game serves first. The server stands behind the floor service line, either to the left or right of the center line. Tossing the ball in the air, he strikes it with the racquet before the ball hits the ground. The service is good if the ball: This is the major difference between squash tennis and squash racquets. But it is similar to lawn tennis, as the ball is served diagonally and lands in front of the service line. In squash racquets the server also stands in toward the side wall, rather than in the center of the court. At the beginning, the server can choose which side he starts, left or right. One fault is allowed if the ball does not go out i. If the server wins the point he must then switch to the opposite side of the court left or right before serving again, alternating each serve. The standard serve is a gently hit ball that strikes just below the front wall out line, comes back in a high arc, then bounces just in front of the floor service line where it meets the side wall. Slight cut will help the ball hug the wall. A high bounce along the wall is more difficult to return. The receiver cannot strike the ball before it bounces on the floor.

Rally[edit] After a fair serve the receiver strikes the ball so that it either directly or indirectly hits the front wall before hitting the floor a second time, goes out of bounds, or strikes the tin. Players thus alternate hitting the ball until one fails to make a fair return. The ball can only be played off the back wall if the ball first hits the back wall. A ball may hit anywhere on the back wall if it first bounces off the floor otherwise it must stay below the back wall out line. Unintentional interference results in a "let" the point is replayed. One does not have to win by two points. Originally only the server could score; if he lost the rally he would lose the right to serve. Current rules give the point and the

serve to the winner of a rally. A match is best three out of five games. Even after the proper equipment arrived, some still continued to use tennis equipment on both kinds of courts. In the s both squash racquets and squash tennis had spread to adults in Boston , and play started to become more formalized. In , after the construction of a court at the Tuxedo Club in Tuxedo Park, New York , squash tennis became popular among members of New York society. Private courts were built on estates owned by such millionaires as William C. Morgan, and George Lauder Carnegie. Prentiss, Harvard Club of New York. Rules, equipment, and court dimensions became formalized. Briefly the sport gained popularity and some limited play in other cities such as Detroit, Buffalo, Chicago, Boston, Philadelphia, but soon squash racquets overshadowed squash tennis. But in New York City the game maintained a strong following during the s and s. A decision to introduce a highly pressurized ball hastened the decline of the sport. A faster ball was preferred by advanced players, but it discouraged novices. In an effort to make the game more accessible, tournament play was authorized on squash racquets courts. But for many years the sport attracted few new players. During World War II the special ball was no longer manufactured, so advanced players started to lose interest. Two outstanding champions of the fifties were Robert Reeve and Trudy Porter. League play and tournaments continued with energy supplied by Norman F. Torrance in the s. Prigoff dominated the Nationals in the s beating both Squires and Bacallao until he retired from the game in . But competition by the new game of racquetball prevented these later attempts from making any headway with the public. The annual nationals became the only formal tournament, but became the virtual private property of two men, Pedro A. Bacallao , and Gary Squires , , son of Dick Squires. Squash tennis status[edit] This article possibly contains original research. Please improve it by verifying the claims made and adding inline citations. Statements consisting only of original research should be removed. April Learn how and when to remove this template message The game is virtually extinct. There are no organized tournaments. The game is played on a regular basis only by about a dozen players at the Harvard Club in New York City; although longtime enthusiast Bill Rubin stated that there are a few young, very talented, new players. The NSTA has not held a meeting in several years. The basic equipment is inexpensive, however, and for those with access to a squash court it can easily be enjoyed for its recreational and exercise value. Dick Squires published a guide to the sport in . The booklet was not copyrighted, and is available online at Project Gutenberg. The guide includes pointers on how to play the game, history, rules, and a list of all national champions.

Chapter 5 : Squash Balls - Explained | Professional Squash Association

Squash! the new player, the new game: 1. Squash! the new player, the new game. by Adrian Goddard Print book: English. New York: St. Martin's Press 2. Squash.

The "double-yellow dot" ball, introduced in , is the competition standard, replacing the earlier "yellow-dot" ball. There is also an "orange dot" ball for use at high altitudes. Players wear comfortable sports clothing. In competition, men usually wear shorts and a T-shirt, tank top or a polo shirt. Women normally wear a skirt or skort and a T-shirt or a tank top, or a sports dress. The National Institutes of Health recommends wearing goggles with polycarbonate lenses. Both the back two boxes contain smaller service boxes. The floor-markings on a squash court are only relevant during serves. The dimensions of this entire surface is Squash Court Length: The front wall, on which three parallel lines are marked, has the largest playing surface, whilst the back wall, which typically contains the entrance to the court, has the smallest. The out line runs along the top of the front wall, descending along the side walls to the back wall. There are no other markings on the side or back walls. Shots struck above or touching the out line, on any wall, are out. In this way the tin can be seen as analogous to the net in other racket sports such as tennis. The middle line of the front wall is the service line and is only relevant during serves. Service[edit] The players spin a racket to decide who serves first. This player starts the first rally by electing to serve from either the left or right service box. After being struck by the racket, the ball must strike the front wall above the service line and below the out line and land in the opposite back quarter court. The receiving player can choose to volley a serve after it has hit the front wall. If the server wins the point, the two players switch sides for the following point. Play[edit] After the serve, the players take turns hitting the ball against the front wall, above the tin and below the out line. The ball may strike the side or back walls at any time, as long as it hits below the out line. It must not hit the floor after hitting the racket and before hitting the front wall. A ball landing on either the out line or the line along the top of the tin is considered to be out. After the ball hits the front wall, it is allowed to bounce once on the floor and any number of times against the side or back walls before a player must return it. Players typically return to the centre of the court after making a shot. Scoring systems[edit] Squash scoring systems have evolved over time. One unusual system consists of sets of 11 points. If ever both players are on , then the game continues until there is 2 points difference between them. Players can decide how many sets they want to do. However, in recent times with the popularization of squash as an international sport, the Professional Squash Association PSA standard match consists of a best-of-5 sets with each set being decided by the first player to reach 11 points keeping in mind the 2 point differential as cited above. English scoring[edit] The original scoring system is known as English scoring, also called hand-out scoring. Under this system, if the server wins a rally, they receive a point, while if the returner wins rally, only the service changes i. The first player to reach 9 points wins the game. However, if the score reaches 8â€”8, the player who was first to reach 8 decides whether the game will be played to 9, as before called "set one" , or to 10 called "set two". At one time this scoring system was preferred in Britain, and also among countries with traditional British ties, such as Australia, Canada, Pakistan, South Africa, India and Sri Lanka. Point-a-rally scoring[edit] The current official scoring system for all levels of professional and amateur squash is called point-a-rally scoring PARS. In PARS, the winner of a rally always receives a point, regardless of whether they were the server or returner. Games are played to 11, but in contrast to English scoring, players must win by two clear points. That is, if the score reaches 10â€”10, play continues until one player wins by two points. American scoring[edit] Another scoring system is American scoring. This system is not widely used because games were considered to last too long and the winner would usually be the fitter player, not necessarily the better player. Skilled players will return a shot, and then move back toward the "T" before playing the next shot. A common strategy is to hit the ball straight up the side walls to the back corners; this is the basic squash shot, referred to as a "rail," straight drive, wall, or "length. Attacking with soft or "short" shots to the front corners referred to as "drop shots" causes the opponent to cover more of the court and may result in an outright winner. Boasts or angle shots are deliberately struck off one of the side walls before the ball reaches the front. They are used for deception and

again to cause the opponent to cover more of the court. Rear wall shots float to the front either straight or diagonally drawing the opponent to the front. Advantageous tactical shots are available in response to a weak return by the opponent if stretched, the majority of the court being free to the striker. Rallies between experienced players may involve 30 or more shots and therefore a very high premium is placed on fitness, both aerobic and anaerobic. As players become more skilled and, in particular, better able to retrieve shots, points often become a war of attrition. At higher levels of the game, the fitter player has a major advantage. Ability to change the direction of ball at the last instant is also a tactic used to unbalance the opponent.

Interference and obstruction[edit] Interference and obstruction are an inevitable aspect of this sport, since two players are confined within a shared space. Generally, the rules entitle players to a direct straight line access to the ball, room for a reasonable swing and an unobstructed shot to any part of the front wall. When interference occurs, a player may appeal for a "let" and the referee or the players themselves if there is no official then interprets the extent of the interference. The referee may elect to allow a let and the players then replay the point, or award a "stroke" to the appealing player meaning that he is declared the winner of that point depending on the degree of interference, whether the interfering player made an adequate effort to avoid interfering, and whether the player interfered with was likely to have hit a winning shot had the interference not occurred. When it is deemed that there has been little or no interference, or that it is impossible to say one way or the other, the rules provide that no let is to be allowed, in the interests of continuity of play and the discouraging of spurious appeals for lets. Because of the subjectivity in interpreting the nature and magnitude of interference, the awarding or withholding of lets and strokes is often controversial. If the ball was travelling towards the side wall when it hit the opponent, or if it had already hit the side wall and was travelling directly to the front wall, it is usually a let. However, it is a stroke to the player who hit the ball if the ball was travelling straight to the front wall when the ball hit the opponent, without having first hit the side wall. Generally after a player has been hit by the ball, both players stand still; if the struck player is standing directly in front of the player who hit the ball he loses the stroke, if he is not straight in front, a let is played. If it is deemed that the player who is striking the ball is deliberately trying to hit his opponent, he will lose the stroke. An exception to all of this occurs when the player hitting the ball has "turned", i. In these cases, the stroke goes to the player who was hit by the ball.

Referee[edit] The referee is usually a certified position issued by the club or assigned squash league. The referee has dominant power over the squash players. Any conflict or interference is dealt with by the referee. The referee may also issue to take away points or games due to improper etiquette regarding conduct or rules. In addition the referee is usually responsible for the scoring of games. Nowadays, three referees are usually used in professional tournaments. The Central referee has responsibility to call the score and make decisions with the two side referees. Cultural, social, and health aspects[edit] There are several variations of squash played across the world. Hardball singles has lost much of its popularity in North America in favour of the International version , but the hardball doubles game is still active. There is also a doubles version of squash played with the standard ball, sometimes on a wider court, and a more tennis-like variation known as squash tennis. The relatively small court and low- bouncing ball makes scoring points harder and rallies usually longer than in its American cousin, racketball , as the ball may be played to all four corners of the court. Since every ball must strike the front wall above the tin unlike racketball , the ball cannot be easily "killed". Another difference between squash and racketball is the service game. Racketball allows for the entire back court from feet to feet to be used as a service return area; this makes returning serves much more challenging in racketball than squash. Squash provides an excellent cardiovascular workout. In one hour of squash, a player may expend approximately to food calories 3, to 4, kJ. In , Forbes rated squash as the number one healthiest sport to play.

Chapter 6 : New Squash Games - interactiveSQUASH brings New Fun to the Court - interactiveSquash

Asian Games Indian squash player left cushy New York to follow passion The year-old Columbia graduate has won two titles on the Professional Squash Association (PSA) tour and jumped more.

This section does not cite any sources. Please help improve this section by adding citations to reliable sources. Unsourced material may be challenged and removed. April As of this date,[when? The Racquet Club of Chicago has two courts. Opened in , with a Court Tennis and two double squash courts. The courts are in exceptional condition, and have hosted the prestigious Western Open and other tournaments multiple times. The lobby of the courts contains plaques with the names of yearly winners going back to This club is open to both Men and Women and features many other gym facilities. It is known as one of the most exclusive clubs in the Chicago area. There are multiple dining and social areas, including a billiards room for social events. The building was designed by the noted architect Albert Kahn , and was built by the construction company owned by Joseph Bickley; its two original curling lanes were sold off during the Great Depression. The Rackets court was originally open to the air with natural lighting until it was glazed over with lights added in The home colors are dark navy blue and white. The first court was built in The Montreal Rackets Club founded in is the oldest in existence according to Alastair Bruce, 5th Baron Aberdare , whose father won the championship there in The court was constructed four feet longer and two feet wider to facilitate doubles play. It was resized to regulation 60 by 30 feet in Yearly, North American clubs host a male guest from British boarding schools known as a "fellow" who usually is between the age of 18 and The fellow program lasts three to four months. The fellowship program allows young men from Britain to experience the United States clubs there is an active court in Montreal. Normally these men travel to all the North American clubs to play in tournaments. Their duties include being an unpaid teacher of the sport to wrapping and trimming Rackets balls. The building originally housed two courts: It is one of the remaining large clubs with a male only policy. The first court in the City was built in by a wine merchant from Montreal, Mr E. The Racket and squash professional is Mr. James Stout, who is the current world champion. Opened in with three courts, one of which now has been converted to a double squash court, and another to a single squash court, at The Racquet Club of Philadelphia. The Tuxedo Park courts are part of a large private gated community which hosts many tournaments bringing in players from all around the world.

Chapter 7 : Top 10 Greatest Squash Players of All Time

Recent release "Play the Player, Squash the Game" from Page Publishing author Ramon E. Allen Sr. is the riveting story of Sergeant Maurice LeBlanc and his resolute crew who relentlessly seek out narcotics violators in the suffering neighborhoods of Compton, California.

In most places where it is played on a highly competitive level the squash game is thriving. What was once known as a sport that only the wealthy could afford to play, squash is now more accessible to people of all income levels. With the growth of the sport and the accessibility to new squash players, three of the biggest countries where the squash game is thriving are: The United States Egypt England While the game is popular in many other countries as well, these are the three biggest players and produce some of the most popular and consistent champions in competition. Squash in the United States As the game of squash becomes increasingly more popular in the United States, they have added a number of new tournaments, including the biggest new tournament, The US Open Squash Doubles Tournament. As the competition grows, so does the need for more courts and that is exactly what is happening in the US – new courts are popping up around the country, encouraging new players to get involved in the sport. Another factor that proves squash is thriving in the US is the age group of new players is getting younger, giving them more time to properly train and compete. With many juniors being so interested in squash, it is no secret that colleges have had to adapt to the growing popularity as well. Many Ivy League schools now offer financial aid packages to elite squash players. Younger players in awe of these champions are working harder than ever to get to an elite competition level in squash and many are hoping for the scholarships available to colleges in the United States to play the game. In the current World Rankings , players from Egypt hold two prominent spots. Mohamed Eishorbagy is currently the top squash champion while Amr Shabana holds the number four spot. In a nation that is not as large and access to squash is not as readily available as in the United States or England, this is a very large accomplishment for Egypt. It is definitely a country where the sport is thriving. England – The Birthplace of Squash It should come as no surprise that squash is still thriving in England. As the birthplace of the sport, squash is popular on both the competitive level and recreationally. Offered at most colleges and prep schools, younger students are being exposed to the sport at an early age, giving them more time to practice and gain technique and skill. According to the world rankings for May, in the Professional Squash Association, an Englishman by the name of Nick Matthew currently holds the number two spot. In a nation where many hold world titles and top spots, colleges readily offer access to the sport and it is enjoyed by the entire nation, the popularity of squash will only continue to grow. People all over the world are playing squash on both competitive and recreational levels. France, Germany and Columbia are countries that also hold top players in the world rankings for May. Although these countries are where the current top players are from, the game is being played in countries across the world. It is no secret the game of squash is thriving. There are more than 50, courts found worldwide with many new courts being built as the popularity of the sport increases. With this growth, it is possible that squash will one day be as common as baseball and tennis and played recreationally among families worldwide.

Chapter 8 : Squash - online game | calendrierdelascience.com

Retired Pakistani squash player Jahangir Khan is widely regarded as the greatest player in the history of squash. He was unbeaten in competitive play when he was in his top form and won matches consecutively from to

Chapter 9 : Squash (sport) - Wikipedia

NY Squash's mission is to further the development, progress, and establishment of the game of squash in the New York area. NY Squash seeks both to introduce new players to the game, and to inspire current players to excellence, fair play, and healthy competition.