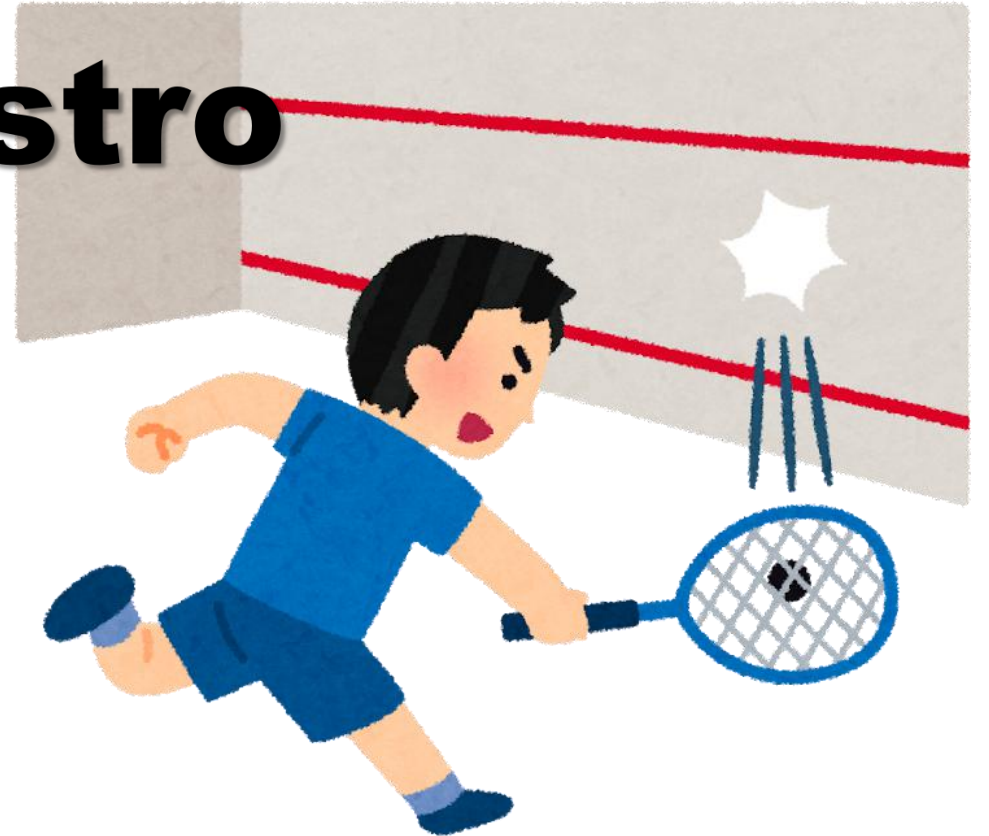


McMaster Phys/Astro House Rules

Last updated: Apr 2, 2024



*This document serves as a ruleset to promote the safety and wellbeing of squash players in the Phys/Astro group at McMaster. The rules outlined here differ from the official ruleset: <https://squash.ca/rules-of-squash/> mainly in the point-keeping when it comes to interference and bodily injury.

(Squash) goggles are recommended, they are hardened on the sides to protect the temple and eyes from stray balls and racquets. However, with the poor eyesight of the department, it is difficult for most with glasses to fund a pair. But for those who are able to play without lenses, please consider it (!!!) ~35\$ on Amazon.

Home-brewed rules are in this color and newly updated rules are in this color.



The Squash Rules is as is usually played:

- Players take turns striking the ball towards the front wall.
- Serving requires the server to start with at least one foot in the service box (the smaller box) and the ball to bounce off the front wall(s) into the opposing larger box.
- The ball hitting the out lines itself is considered *out*. The **honor rule** is that the person who would lose the point from hitting the ball out is the one to call it in order to end the rally, no matter how obvious the out.
- **It is highly recommended for players waiting at the back of the court** to stand on the side of the serving person (so that the receiver has adequate space to play a hard back shot).
- **Players standing at the back of the court needs to stay attentive and move back and forth along the back wall** to respect the play(s) — particularly shots off of the back wall, which are particularly dangerous to people at the back since the spur of the moment play does not allow time for the player to be careful. The players may replay a rally if they feel a player at the back has interfered with the rally.
- **Players who started playing (consistently with us) within two academic years is allowed up to ∞ re-serves**, but may self-impose a finite amount of re-serves or not allow themselves re-serves.

The interference rules (between two players):

The official rules state a

`let' (unintentional and soft interference, replay the rally)

or a

`stroke' (deliberate interference or obstruction of a very obviously abled shot)

In all cases, the player must have made an effort to get to the ball and had been able to make a controlled shot without the interference.

The **home-brewed rules** for us are as follows:

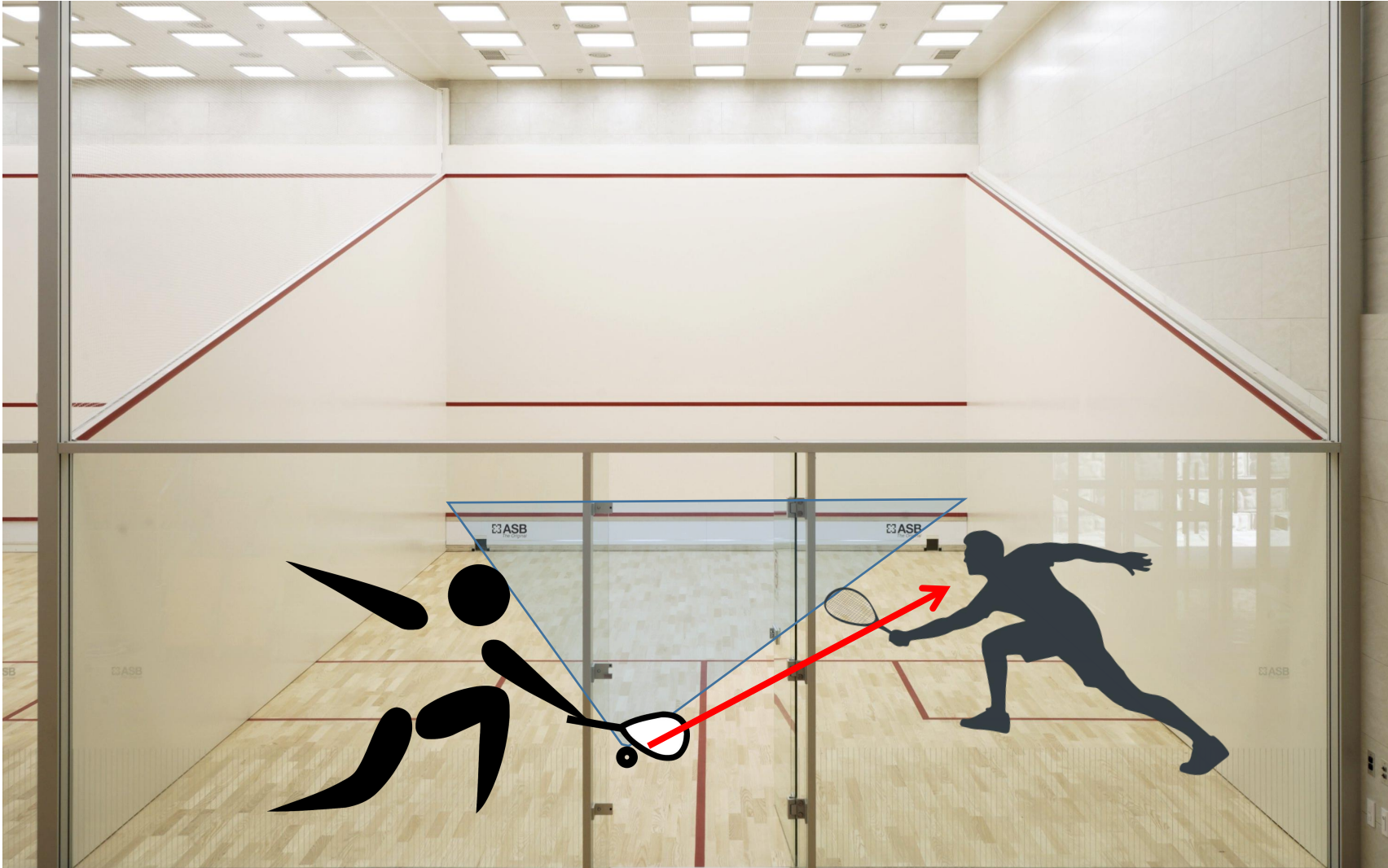
- If players are not confident that they won't hit the other player with their shot or racquet swing, they should
 - reduce the power of the shot as much as they can (forfeits the right to replay the rally unless agreed upon)
 - call *'let'* to replay the rally
- If a player hits a ball that directly hits the other player (having not bounced off of any walls or floor) or they (unintentionally) hit the other player with their racquet in any part of the swing, that player is issued a *warning* (a hypothetical yellow card)
- Two yellow cards make a red card, which means the player immediately forfeits the match and waits outside the court for the next round.
- A shot or racquet swing that hits the other player's head warrants an immediate red card.





Fairly Safe —

- Ball has clear cone with front wall
- Follow through in the swing might hit the other player.
- Hard shot off the left wall (in yellow-ish orange) will lose a lot of energy off of the wall (and slow down)
- Weird shot to (in red) with a funny wrist move is rare (be careful of this playing against Jing)



Moderate risk —

- Ball has clear **cone** with front wall
- Uncontrolled shot to the right (in **red**) is likely



Very Dangerous —

- Person who moved towards the centre did the illegal move (would be considered a stroke)
- Bodily injury very likely, DO NOT MAKE THIS SHOT!

Racquet Swings (to be aware of for both players (!!!)):



Blind spot(s)



Green — The expected racquet swing
Orange — Not unusual, rare but care
Red — Over compensating and opening up their chest to the front in an attempt to generate power

Green — The expected racquet swing
Orange — Not unusual, rare but care
Red — You're just playing tennis at this point...

Roy's swing area is particularly large, so watch out !

A nice rally to demonstrate the pro's swings: <https://www.youtube.com/shorts/5dCiZnh0o7Q>



Not worth getting the ball if you can't stop yourself!

Prioritize yourself and the racquet over a point (!!!). Survive (you and your equipment) to win next time...