

SQUASH - Men's and Women's

Warm up prior to participation and warm down upon conclusion.

It is "strongly" recommended appropriate eye protection be worn during play.

Keep hydrated

(General Rule 1.1 apply)

- 1 Scoring will be continuous for the duration of each game.
- 2 To save time, the team mentioned first in the fixture book will serve first.
- 3 The server only scores points. i.e. If the server commits a fault, service passes to the opponent. If the receiving team commits a fault, the serving team wins the point. (International rules)
- 4 All other rules for squash apply.
- 5 Players must supply their own racket.

Equipment

SportsFest Supply balls

Competitors to Supply Racket