



ISCA Games 2025

Rules and Regulations **Squash**

1. LAW OF THE GAME

The normal rules of squash shall apply.

2. REPRESENTATION

- a) The game will consist of 3 players (minimum of 1 lady) with 3 reserves.

3. GENERAL RULES

- a) The basic rules of squash are fairly simple. First, the winner of the toss gets to choose which side they want to serve from and alternates sides until they lose a point. The toss is typically done by spinning the racquet, with one player guessing whether the racquet will land up or down based on the direction of the logo at the end of the grip. The ball can hit any number of walls (i.e. sidewall, backwall) but must eventually hit the front wall before bouncing on the floor. A rally (the exchange of shots) ends when one of the following occurs:
 - The ball bounces twice
 - The ball hits the tin
 - The ball is hit outside the out lines
- b) Interference resulting in a stroke, i.e. point to the obstructed player.
- c) The serve is done by having at least one foot in the service box, then hitting the ball to the front wall, above the service line and having it bounce in the opposite quarter-court. The receiver can stand anywhere as long as they do not interfere with the server. Only one serve is allowed. There is no second serve as in tennis.
- d) Your opponent has the option of volleying return your serve before it hits the ground. After hitting the front wall first, the ball may hit any other number of walls before landing in the opponent's quarter court. However, a serve is illegal if it hits any sidewall *before* hitting the front wall! Following the serve, the ball can hit any number of sidewalls before hitting the front wall.
- e) The red lines mark the out of bounds of the court. So all shots must be below the lines. If the ball touches the line it is considered out!

4. REFRESHMENT

All teams are to provide their own refreshments.