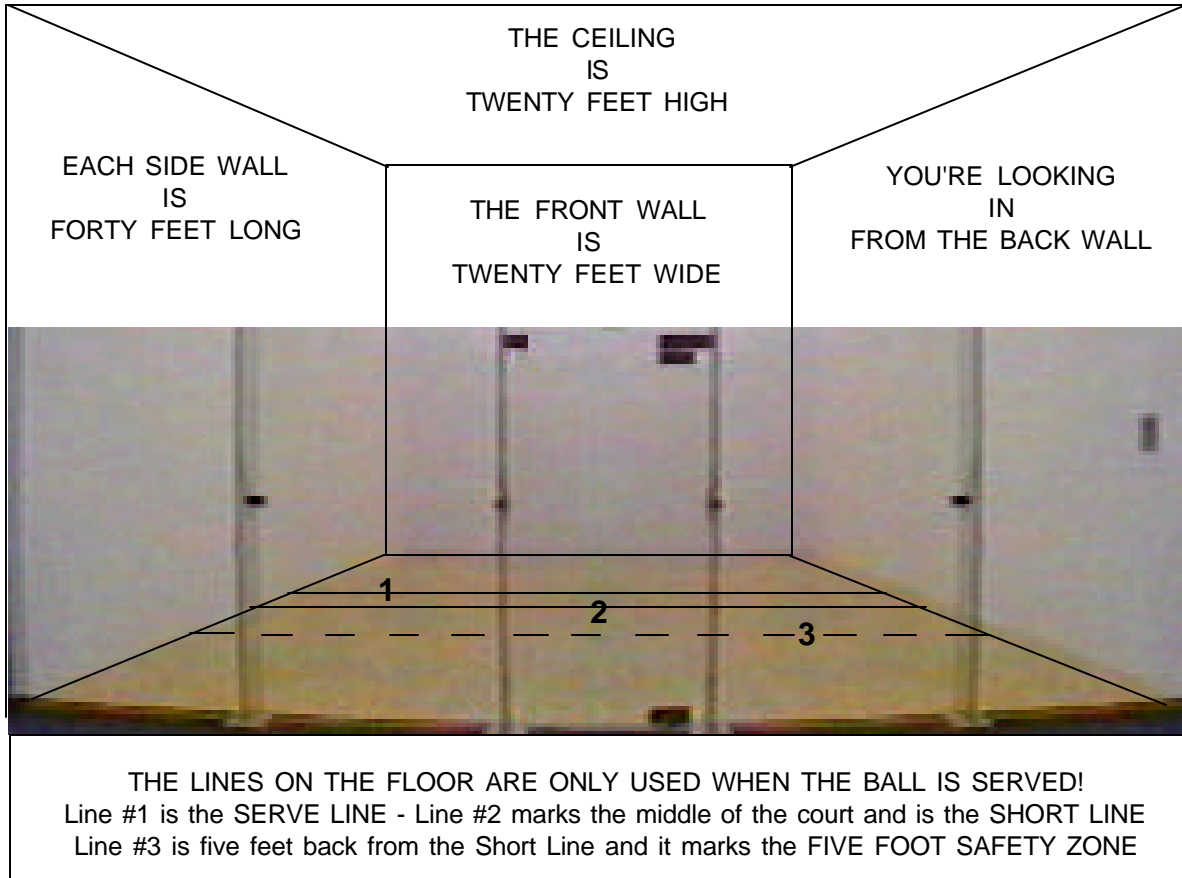


# RACQUETBALL IS SIMPLE, SAFE AND EASY!

## The Court



## RACQUETBALL The Basics & The Rules (Abbreviated)

### THE BASICS OF PLAYING THE GAME OF RACQUETBALL

#### *NUMBER OF PLAYERS*

The game of Racquetball is played by two to four players. If more than two play, one or two teams of two are formed. During play, players or teams alternate turns hitting the ball.

#### *PLAYING THE BALL DURING PLAY*

The ball can be hit first bounce or fly after it contacts the front wall and you can move anywhere in the court to play the ball. **HINT!** - It is MUCH better (and wiser) to wait for the ball to slow down after bouncing on the floor and to wait should it contact additional wall(s)!

For the ball to remain in play it must make it to the front wall on the fly, if it does not, it is dead.. During play (not on the serve) the ball may contact any number, or combination of walls and is good if it hits or eventually hits the front wall after it leaves a player's racquet, as long as it doesn't hit the

floor. If the ball does this, or bounces on the floor twice before a player who is trying to hit it, it is dead (AND SHOULD NOT BE HIT!).

### *SAFETY DURING PLAY*

The rule of HINDRANCE ... After you hit the ball, it becomes your opponent's turn.

YOU MUST ALLOW THE OTHER PLAYER(S):

- 1) Right-of-Way to The Ball - This is to prevent body-to-body contact.
- 2) Room to Complete Their Swing - This is to stop any racquet-to-body injury.
- 3) A Straight-In Shot to The Front Wall - This is to prevent ball-to-body damage.
- 4)\* Clearance of 18 inches for the ball to pass your body - This is to protect you and the other players from the three dangerous contacts listed above during close and intense play.

### **NOTE**

If you are, or think you are in ANY danger, Call "HINDER!" This call means play has STOPPED for all players on the court! If a HINDER is called, the entire point is played over! You must be able to demonstrate intent or the capability to have reached the ball. This doesn't mean that you have to make contact! It means that it must be obvious to the other player(s) that you were on the move towards the ball and had a chance of returning it.

## **THE BASIC RULES OF A GAME OF RACQUETBALL**

- 1) ONLY THE SERVER CAN SCORE POINTS! If the player who was receiving serve cannot hit a good shot before the second bounce, or his shot fails to make it to the front wall, the ball is dead and this is called Point. "Point" should be called out loud. The receiver of serve can only win the right to serve the next point. This is called "Side Out".
- 2) GAMES ARE PLAYED TO 15 POINTS, AND YOU NEED ONLY WIN BY ONE POINT!
- 3) THE RIGHT TO SERVE FIRST IN THE FIRST GAME IS DECIDED BY BOTH PLAYERS, USUALLY BY LUCK WITH THE CALL ON THE FLIP OF A COIN, or with a "lag." A "lag" is a manner in which to decide who serves first based upon a skillful shot.
- 4) THE RECEIVER IS RESPONSIBLE FOR THE CALL OF THE SERVE, whether it was good, a fault, or a service out (more on this soon). In friendly play, sportsmanship should prevail and both players should help make the calls.
- 5) PLAYERS ARE ALLOWED UNLIMITED 10 SECOND TIME-OUTS. All a player need do is hold his racquet up above his head, until his opponent sees it.
- 6) PLAYERS ARE ALLOWED LONGER TIME-OUTS WHEN NECESSARY AND DURING TOURNAMENTS. These time outs are usually 30 seconds to one minute long, and are typically limited to two or three per game.

### ***VERY IMPORTANT!***

Beginners are encouraged to take as much time as necessary to recover normal heart and breathing

rates even if they have to interrupt play! Be sure to prevent overtaxing yourself with cardiovascular stress! In addition, all players are encouraged to call it quits for the day if any pain or odd sensation in muscle or joint starts and persists. Medical advise should be sought as necessary!

7) ALL PLAYERS ARE REMINDED OF SPORTSMANSHIP IN BOTH PROCEDURE AND PROTOCOL. This will allow for the errors that are made in judgement calls when both players are fatigued. Courteous play will also help beginners to find and maintain a maximum number of playing partners.

NOTE:

This is only a BRIEF description of the rules of play! YOU SHOULD OBTAIN A COMPLETE SET FROM YOUR PRO, CLUB OR THE A.A.R.A. (American Amateur Racquetball Association)!

## **THE RULES OF THE SERVE**

To begin each point a serve must be hit. It can be a good serve in which case play continues until a player either fails to hit a good shot, or is unable to return his opponent's shot -- the ball strikes the floor twice or before hitting the front wall. A serve also might be a fault or a side-out!

### ***THE GOOD SERVE***

A GOOD SERVE is a ball that is HIT AFTER it bounces ONCE on the floor, is struck with the racquet and #1 contacts the FRONT WALL FIRST #2 CROSSES the SHORT LINE, and #3 STRIKES the FLOOR before it hits the back wall! A good serve is also allowed to contact ONE SIDE WALL on route.

### ***THE SERVICE OUT***

***You do NOT get two chances to hit a good serve if you hit a SERVICE OUT.*** A service out is a ball that is not hit after a drop-bounce, doesn't strike the front wall first, or hits you on the fly as it deflects off of the front wall. In any of these cases, there is NO SECOND SERVE, these are service outs. The verbal call is, "SIDE OUT!"

### ***SERVICE FAULTS***

***You do get a SECOND SERVE if your first serve ...***

Hits the front wall first, but doesn't cross the short line. This serve is called a short ball fault. It is referred to as "SHORT!"

or if it ...

Hits the front wall and goes all the way to the back wall without hitting the floor. This is called, "LONG!"

or if it ...

Hits the front wall then the ceiling, which is called a CEILING FAULT.

or if it ...

Hits the front wall then contacts two side walls before striking the floor. This is a **THREE WALL FAULT**.

or if you ...

Hit a serve starting with part or all of either foot outside the Service Zone, standing on the lines is OK. If you violate this rule it called a "FOOT FAULT." It is also a Foot Fault if you finish hitting a serve and step all the way past the serve line (the one closest to the front wall) or if you step back in the court past the Short Line.

Of course, two wrongs don't make a right so ... **TWO FAULTS EQUALS A SIDE OUT!**

### **ADDITIONAL RULES TO PROTECT THE SERVER**

1) **SCREEN** - Any serve coming too close to the server's body as it deflects off of the front wall is a screen. This is a fault serve!

2) **FIVE FOOT SAFETY ZONE** - The returner of the serve may not break the "pane of glass" at the five foot markers with his body or racquet, until the ball either bounces or comes through that invisible barrier. Violation of this rule results in a **POINT** to the server.

### **PLAY SAFELY!**

Don't ever let your competitive spirit or the overzealous attitude of an opponent overrule common sense during play! If you feel that the other player is in your way too often, or you find yourself in the way too often, leave the court! There are plenty of others to play with, and as a beginner it takes a while to learn how to maintain your own personal safety. You didn't decide to learn to play to get **HURT!**

### **P.A. THE ACTIVE SAFETY RULE**

**PERIPHERAL AWARENESS (PA)** -- Paying Attention to what's happening around you! This is the rule of thumb that is taught to all students in the first week of Introduction to Racquetball 101. It utilizes your peripheral vision and conscious awareness of the physical area around you (i.e.. sounds and common sense etc.) to maintain your personal safety (See your pro to best learn this!).

1) Always watch the ball until your opponent starts his swing! **NEVER** watch a ball that is being hit from behind you!

2) Move to keep the front of your body facing away from the ball. You will have the front of your body facing the front wall when it's your opponent's turn to hit the ball.

3) You should maneuver as close as you safely can to front center court.

4) Watch (glance) at the ball until your opponent starts his swing, then snap eyes, face, and attention towards the front wall.

**RACQUETBALL IS AN ALL BODY SPORT FOR PEOPLE OF ALL AGES!  
COME AND PLAY! ... COME AND HAVE FUN!**