



RECREATION

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INTRAMURAL SQUASH RULES

Last Revised: Fall 2023

Part A: WR Governing Rules

1. Warrior Recreation Intramural Leagues are guided by the Spirit of Competition (S.O.C.). Every participant, player, captain, and league staff will all have an active part in upholding the S.O.C.
2. Warrior Recreation Squash is governed by the policies and rules put forth by Squash Canada in conjunction with the rules listed here, as well as the policies as outlined in the Spirit of Competition.
3. Officials and players are all responsible for the good order and conduct of the game.
4. The staff's judgment is final for all decisions regarding game play.
5. A more comprehensive list of rules and regulations for all intramural sports can be located in the Intramural Handbook found [here](#).

Part B: The Players

1. The conduct of the participants must be in accordance with the Spirit of Competition. Any player violating these guidelines may be asked to leave the facility.
2. It is recommended that both players be dressed and ready to play 10 minutes before the scheduled start of their game. All games start at the time published on the schedule.
3. Grace Time: Any player not present within 5 minutes of the scheduled time will default that game. If any player is in doubt about their eligibility, they should speak with League Staff or the Recreational Sports Coordinator immediately.

4. Varsity players are not eligible to participate in an intramural sport similar to their varsity sport while in season. This means that varsity squash players are not eligible to participate in the fall and winter semester.
5. It is the player's duty to know his/her duties and responsibilities before the game begins.
6. Any concerns that a player may have regarding the league or opponent, should be addressed to the League Staff in a timely and respectful manner.

Part C: Officials

1. All games are self-officiated
2. If there is a dispute, the League Staff's decision is final.

Part D: Equipment

1. No jewelry (unless properly taped down), non-elastic head bands, or hard support braces are allowed during game time.
 - a. Captains will be warned at the beginning of the game to have all their players remove such items.
 - b. During the game, players found with such items will be asked to leave play until the item is removed or properly secured.
2. Religious wear may be worn while participating and must not be a safety risk to the participant, participant's team, opponents, or officials.
 - a. Items that are a safety risk will be asked to be properly secured.
 - b. It is the responsibility of the player to properly secure the item safely.
 - c. If there are any questions about an item's safety risks, players should contact League Staff or the Recreational Sports Coordinator more than 24 hours prior to their game.
3. The following equipment will be required or provided:
 - a. Squash Racket
 - i. Available to be signed-out or purchased at the PAC Service.
 - b. Game Ball
 - i. A game ball can be brought or purchased at the PAC Service Desk
 - ii. All game balls must be two yellow dots
4. Proper attire must be worn to participate (no jeans or pants / shorts with zippers).

- a. Proper athletic footwear for the sport is required (no street shoes, boots, dress shoes, bare feet, or sandals etc).
 - b. Safety goggles are highly recommended.
5. Knee braces must be padded with slow to recover foam, not just pants.

Part E: General Game Rules

1. Playing Time
 - a. Weeks consist of two, twenty-minute games.
 - i. No game shall exceed 25 minutes after the scheduled start time.
 - b. Matches are a best 2-out-of-3 games.
 - i. Games are rally point (PAR – i.e. point every rally).
 - ii. Games are played to 11.
 1. Players must win by 2 points.
 - c. 3-minutes are allowed for warm-up.
 - d. 2-minutes are allowed between games.
2. Overtime/Tie
 - a. No games should end in a tie.
3. A game recorded as a default/forfeit will be scored 5-0.
4. The winner will be determined as the team that has the most games at the end of the Match.
5. Games will be played in PAC International Courts 1 and 2 and PAC North American Court 1 and 2.
6. An email will be sent out to notify all players if games are cancelled prior to the start time.

Part F: Specific Game Rules

1. The first night will be the first scheduled day after registration closes. On this night players be scheduled for evaluation games against other participants in our league. This is a chance to evaluate everyone's current skill level.
 - a. All new players should attend. This is optional for returning players
2. The season will feature round robin play with players matched with a group of players who have a similar skill set
 - a. One round will consist of 3 weeks. After each round (i.e. every three weeks), each group will be re-evaluated.

- b. Each week will consist of 2 games for a total of 6 games per round.
 - c. The top 2 players of each group will be promoted to the next highest skill level group at the end of each round.
 - d. The bottom 2 players of each group will be demoted to the next lowest skill level group at the end of each round.
3. Promotion and demotion at the end of each round will be based on a points system as follows:

Match Final Score (Winner-Loser)	Points (Winner-Loser)
2-0	5-1
2-1	4-2

- a. Everyone starts with 1 point for showing up to play
 - b. 5 points is the most any one player can receive per match
 - c. 0 point for not attending a match
4. There will be three rounds over the course of the term.
5. The final night will be the last night before exams which will be a double-match elimination tournament if time permits.
6. In cases of unavailability, contact both of your opponents by e-mail and reschedule your match to a mutually agreed upon date and time.
- a. This can be done through the intramural website.
 - b. Your re-scheduled match must be done before the end of each round.
 - i. Note that players can claim a 2-0 forfeit win if no compromise is reached.
 - c. If you do not show up to your scheduled matches on a particular day, without at least 24 hours prior notification by e-mail to both of your opponents, you will be given a warning. If it happens again, you will be removed from our league with no registration fee refund.
 - i. This is out of respect for the schedule that is created, your opponent's effort to show up for your scheduled match, and your commitment to the sport of squash.
7. The international courts use the international line markings on the wall (i.e. the red lines going diagonally down on the left side wall and the right side wall) as the boundary lines.
8. If someone is injured during play, stop immediately and seek medical attention from the PAC equipment desk staff, who are CPR and First Aid certified.

9. The player to begin serving in the first game of a match is determined by the spin of a racquet
 - a. The winner of each game gets to begin serving the next game.

10. Interference
 - a. A stroke (i.e. point) should be awarded to player A if player B prevents player A from playing the ball
 - b. A let (i.e. re-serve) should be awarded to player A if player B prevents player A from getting to the ball

Part G: Tie-Breaking Procedures

1. If teams have the same number of points at the end of the round, the following will be used in order to determine the team that is ranked higher in the order they are listed:
 - a. The team with the fewest defaults and forfeits will be ranked higher.
 - b. The team with the fewest defaults will be ranked higher.
 - c. The team having won the head-to-head match will be ranked higher.
 - d. The team having the best ratio of points for/against will be ranked higher.
 - e. The team having the better point differential will be ranked higher.
 - f. A coin flip will determine the team to be ranked higher

2. If multiple teams are tied, the above criteria will be used until one team is ranked higher OR lower. The process will then reset and continue until all teams have been ranked.

If there are any questions about the above rules, please email League Staff at leagues@uwaterloo.ca and they will be more than happy to explain and clarify any questions.