

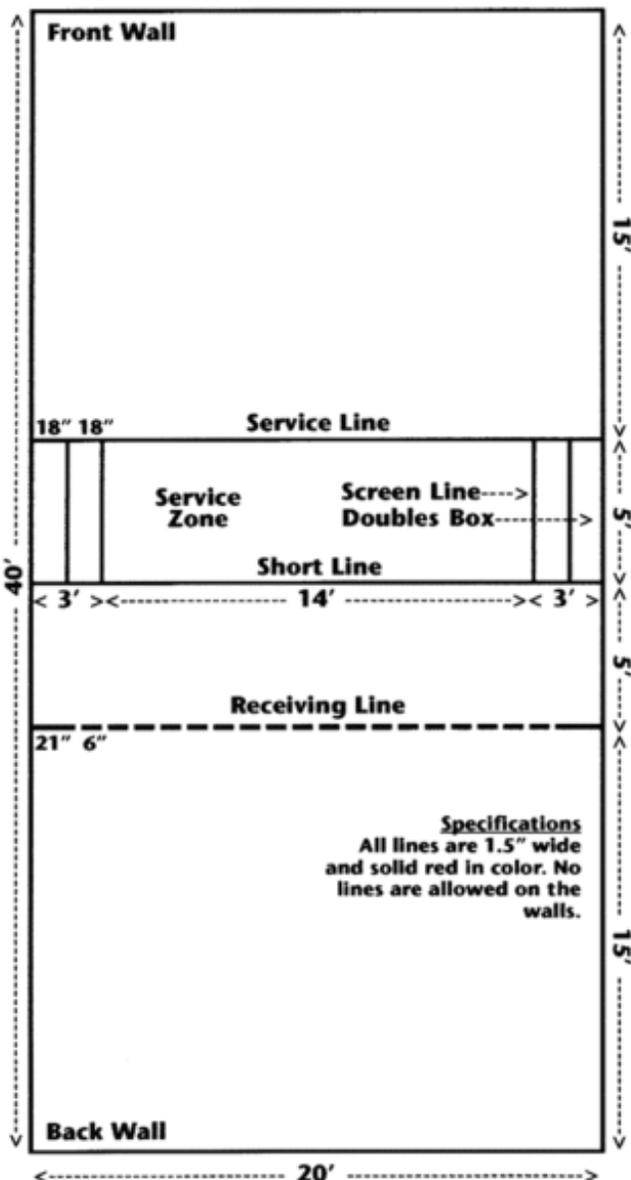
# YRACQUETBALL™

For reservations at the Rogue Valley Family YMCA call (541) 772-6295

- Reservations can be made up to 2 days in advance, on the hour or half hour
- You can reserve a court up to 2 hours a day
- Your reservation is canceled 10 minutes after your start time
- Only two reservations may be held by any one team or player at a time
- Please leave the court on time if other people are waiting

Rules, hinders, scoring and strategy explained on the back of this flyer →

Racquetball games can be played with two, three or four players. Two player games are called singles or "one-up" (1 vs. 1 for the entire game), while four player games are doubles with two pairs playing against each other (2 vs. 2 for the entire game).



Three-player games are most commonly called "Cut-throat" and sometimes "Ironman" (2-on-1 for the entire game) where each player takes turns serving to the other two, who play as a team against the serving player.

- "California," "In-and-Out," or "King of the Court" where play is 1 vs. 1 with the third player remaining in the back court out of play while the other two play a rally; the rally winner then serves to the player who was sitting out, and the rally loser stays out of play.
- "Sevens" in which one player plays against two players as a team, with the game being played to 7 points; if the two player team gets to 7 first, the game is over, but if the solo player gets to 7 first then the game continues to 14; if the solo player again reaches 14 first, then the game continues to 21, where the game ends regardless of whether the solo player or the two player team reach 21 first.

**Did you know that the YMCA invented racquetball?** In 1950, YMCA volunteer Joe Sobek invented racquetball in Greenwich, Connecticut as an alternative to squash and handball. Like previous YMCA inventors, Sobek was not paid for his invention; he bestowed it as a gift to all who play the game today.

**Rules:** Play begins with the serve. The serving player must bounce the ball on the floor once and hit it directly to the front wall, making the ball hit the floor beyond the short line; otherwise the serve counts as a fault. The ball may touch one side wall, but not two, prior to hitting the floor; hitting both side walls after the front wall (but before the floor) is a "three wall serve," and a fault. Also, serving the ball into the front wall so that it rebounds to the back wall without hitting the floor first is a long serve, and a fault. Other fault serves include a ceiling serve in which the ball touches the ceiling after the front wall and serving before the receiving player is ready. Also, the server must wait until the ball passes the short line before stepping out of the service box, otherwise it is a fault serve. If the server hits the ball directly to any surface other than the front wall the server immediately loses serve regardless of whether it was first or second serve. After the ball bounces behind the short line, or passes the receiving line, the ball is in play and the opposing player may play it. Usually, the server is allowed two opportunities (called first serve and second serve) to put the ball into play (two serve rule), although elite level competitions often allow the server only one opportunity (one serve rule). After a successful serve, players alternate hitting the ball against the front wall. The player returning the hit may allow the ball to bounce once on the floor or hit the ball on the fly. Once the player returning the shot has hit the ball, either before bouncing on the floor or after one bounce, it must strike the front wall. Unlike during the serve, a ball in play may touch as many walls, including the ceiling, as necessary so long as it reaches the front wall without striking the floor.

**Hinders:** Due to the nature of the game, players often occupy the space their opponents want to occupy. This may result in a player blocking his opponent's ability to play the ball. Such occurrences are termed either hinders or penalty hinders. A hinder is a replay of the current rally, while a penalty hinder results in the player who caused the avoidable obstruction to lose the rally. A type of hinder is a screen in which the player is unable to see the ball prior to it passing the opponent. The difference between a hinder and a penalty hinder is that in the latter case a player has missed out on a clear opportunity to make a rally-winning shot due to the obstruction by the player's opponent, while in the former case the opportunity missed would not clearly have led to a winning shot. There is also a "court" hinder in which some part of the playing field caused the ball to bounce untrue. Often this is the door frame or (recessed) handle or a flaw in the floor or walls. In this case, the rally is a re-serve.

**Scoring:** Points can only be scored by the serving player or serving team in a doubles game, and points are the result of winning a rally that began with a successful serve. During play, a player loses the rally if:

- The ball bounces on the floor more than once before being struck.
- The ball does not reach the front wall on the fly.
- A ball struck by a player hits that player or that player's partner.
- A penalized hindrance.
- Switching racquet hands during a rally.
- Touching the ball with either the body or uniform.
- Carrying or slinging the ball with the racquet.
- A slow ball strikes another player without the estimated speed and/or direction to strike the front wall.
- The ball flies into the spectator's gallery or wall opening or strikes an out-of-bounds surface above the court's normal playing area.



Under USA Racquetball rules, matches are best of three games with the first two games to 15 points and a third game to 11 points, if necessary. USA Racquetball rules do not require players to win by two.

**Strategy:** The primary strategy of racquetball is to command the center of the court just at or behind the dashed receiving line. This allows the player to move as quickly as possible to all areas of the court and limit open court areas which are difficult to defend. After a shot, return quickly to center court. The antithesis of this is to be against a wall which severely limits the player's movement and allows the opponent an open court. Keep an eye on the opponent by glancing sideways to anticipate their return shot and move appropriately in the court. Learn the typical return shots of the opponent and move appropriately in the court for a return shot. Attempt to not be predictable with your return shots. Other more obvious strategies are to keep the returned ball as low on the front wall as possible, keeping the ball moving fast (limiting reaction time) and to keep your opponent moving away from center court by the use of lobs, cross court shots, and dinks.