

RACQUETBALL HANDOUT

HISTORY

Racquetball was developed in the 1940's by a Connecticut squash and tennis pro who realized that paddleball could be a totally different kind of game if played with a strung racquet instead of a solid one. A racquet was designed and a ball selected that made the game fast and physically demanding. The rules, somewhat like handball and paddleball, were standardized and the first championships were held in 1969. Racquetball is played on many levels of skill at schools, clubs, and private and public courts.

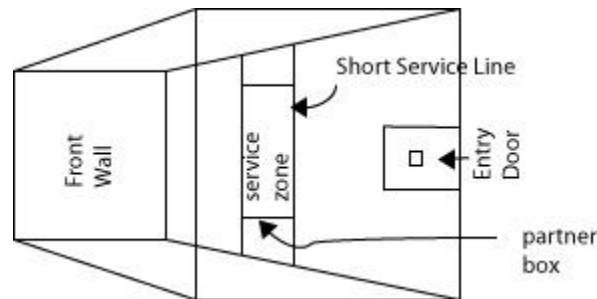
OBJECT OF THE GAME

Two players or teams take turns hitting a ball to a wall by serving or returning the ball in a manner that the other side cannot keep the ball in play. The first player or team to score 21 points wins.

ABOUT THE GAME

- 2, 3, or 4 players can play racquetball.
Singles – 2 players oppose each other.
Cutthroat – game played by 3 players; each playing in rotation and the server plays against the other 2 players. Keep track of your own score.
Doubles – competition involves a team of 2 players against another team of 2 players.

THE COURT



SCORING

- Only the server can score points.
- The server continues serving as long as they continue to score points.
- A game ends when one person or team reaches 21 points. Must win by two points.

SERVING

- In doubles, the server's partner must stand in the service box with their back to the wall.
- In doubles, both partners serve until receivers win the rally, except on the first serve of the game – only one person serves then the serve goes to the opponents.
- The server must bounce the ball before making contact with the ball and ball must contact front wall first.
- The serve shall not be made until the receiver is ready and the server has called out the score. The server loses the serve (out) when they lose the rally or make 2 faults in a row.
- *5 Common Fault Serves:*
 1. Foot Fault – both feet must be within the service zone until the ball crosses the short serve line.
 2. Short Serve – a serve that hits the floor on or in front of the short line.
 3. Three-wall Serve – a serve that first hits the front wall and then both side walls.
 4. Ceiling Serve – a serve that first hits the front wall then hits the ceiling.
 5. Long Serve – a serve that first hits the front wall and then hits the back wall before bouncing.

- **6 Common Out Serves** (the server loses service immediately, even if no other fault exists):
 1. Missed Ball – a total miss or one that hits the server’s body.
 2. Non-Front Wall Serve – a ball that does not hit the front wall first.
 3. Touched Serve – a ball that touches the server or their racquet on the rebound from front wall.
 4. Crotch Serve – a ball that hits the seam of the front wall/floor, front wall/side wall, front wall/ceiling
 5. Illegal Hit – contacting the ball twice or hitting the ball with the handle or any part of the body.
 6. Fake or Balk Serve – Any feint or false attempt to deceive the receiver.
- **3 Common Dead Ball Serves** (it is neither a fault nor an out = REPLAY):
 1. Screen Ball – receiver’s view of the ball is obstructed. The receiver makes the call.
 2. Court Hinder – if the serve hits any part of the court that is designated as a court hindrance.
 3. Broken Ball – if the ball breaks on the serve.
- **Types of Serves:**
 1. Lob – shot hit softly to front wall, rebounds in a high arc towards back wall.
 2. Kill – shot hit hard and low on front wall that is impossible to return.
 3. Ace – untouched by the receiver.

GENERAL RULES

- Only the head of the racquet may be used to return the ball.
- You cannot switch hands with the racquet during a rally.
- The wrist tie **MUST** stay around the wrist.
- Goggles will be provided, but are not mandatory.
- The ball is dead when it has bounced more than one time before being returned.
- The ball may only be hit once by a player until the next contact by the opposing player is made.
- The ball may not be “carried” on the racquet.
- The ball must make contact with the front wall on the fly.
- Any type of interference in play that is unavoidable results in a dead ball hinder and a REPLAY occurs.
 1. Court Hinder – results in an irregular bounce.
 2. Hitting Opponent – when the ball hits an opponent on the fly before it reaches the front wall.
 3. Body Contact – Body contact or stopping to avoid contact if it interferes with a fair chance to play the ball.
 4. Screen Ball – If the ball rebounds so close to the player that the returner’s view of the ball is blocked, the returner should call a screen ball hinder.
 5. Safety Holdup – Any time a player is afraid that their swing or the ball may strike the opponent, the player should call a hinder.
- Do not turn completely around during play to see what is behind you. Use your peripheral vision to track ball and your opponent.

Basic Types of Returns:

1. Drop Shot – shot hit with little speed and barely making contact with the front wall.
2. Ceiling shot – ball that hits the ceiling, then front wall, causing ball to rebound sharply to floor creating a high bounce.
3. Backwall Shot – shot made from the rebound off the back wall.

Service Order:

If A & B are partners and X & Y are partners

If A serves first and X serves first for their team

The serving order follows:

A X Y A B X Y A B X Y.....