

Competition Format

Before the Match

- Arrive at the club at least 15 minutes before your match time.
- Check the court schedule for your court number and to see if it is running on time.
- Warm up prior to your match start.
- Be on court on time, or if it is delayed immediately after the previous match has finished.
- In the warm up hit the ball a maximum of three times consecutively then hit it cross court to your opponent.
- The warm up is to be two minutes on each side, timed and called by the marker.

During the Match

- Do not argue with the referees.
- Own up to your double bounces and out shots.
- Respect your opponent, referees, spectators, and coaches.
- Do not delay the game.
- Each game is either first to 11 points or first to 15 points. This will be displayed on the club whiteboard or on the tournament page online and may vary for different divisions. A point is awarded every rally, unless a let is being played.
- At 10-10 or 14-14 onwards a player must win by two clear points.
- After each game there is a 90 second rest period allowed. Please be on court before this time is completed.
- If you are bleeding you must leave the court to stop the bleeding immediately after asking the referee.
- If you are injured and need a recovery time this must be immediately asked to the referee.

After the Match

- Give your opponent a hand shake and thank the marker/referee.
- Display sportsmanship, win or lose.
- Go to the back of the court you just played on to mark/referee the next match on court.
- Ensure the next match starts on time.
- Your match result will be updated on the draw by the tournament manager. Please check your next match time before you leave or online.
- Match results will be submitted to the Squash New Zealand Grading List in the week following the tournament.