

INTRAMURAL SQUASH

GENERAL RULES FOR ALL INTRAMURAL SPORTS

1. Eligible Participants

- a. Only HMS, HMS Masters, DMS, HSDM, and HSPH students may participate.
- b. Guests may NOT participate.
- c. All participants must read the Sportsmanship Agreement.

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2. League Format

- a. Players will be placed in “boxes”
- b. The number of player per box and the number of boxes will be determined by the number of participants and self-selected skill rating.
- c. Each player will compete against every player within their designated box.
- d. The player with the most points wins the box and will be declared the champion.

3. Scoring Matches

- a. The player to win the best of 5 games will be the match winner.
- b. Each game is played to 11 points, except that if the score reaches 10-all, the game continues until one player leads by 2 points.
- c. The winner of a rally scores 1 point and serves to begin the next rally.

4. Scoring Boxes

- a. 0-points for not competing on the agreed upon date and time
- b. 1-point for playing the match
- c. 3-points for winning the match

5. The Serve

- a. The player who wins the spin of a racket serves first. At the beginning of each game and after each change of server, the server chooses from which service-box to serve. While retaining the serve, the server must serve from alternate boxes.
- b. A serve is good, if:
 - i. the server drops or throws the ball from a hand or racket and strikes it correctly on a first or further attempt before it touches anything else; and
 - ii. at the time the server strikes the ball, one foot is in contact with the floor inside the service-box with no part of that foot touching any boundary of that box; and
 - iii. the ball is struck directly to the front wall, hitting it between the service-line and the out-line, but does not hit the front and side walls at the same time; and
 - iv. the ball, unless volleyed by the receiver, bounces for the first time in the opposite quarter-court without touching any line; and
 - v. the ball is not served out.

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- vi. A serve that hits the service-line, or the short-line, or the half-court line, or any line bounding the top of the court, is a fault.
- vii. If the server drops or throws the ball, but makes no attempt to strike it, this is not a serve, and the server may start again.

6. The Play

- a. If the serve is good, play continues as long as each return is good, or until a player requests a let or the ball hits either player or their clothing or the non-striker's racket.
- b. A return is good if the ball:
 - i. is struck correctly before it has bounced twice on the floor; and
 - ii. without hitting either player, or their clothing or racket, hits the front wall,
 - iii. either directly or after hitting any other wall(s), above the tin and below
 - iv. the out-line, without having first bounced on the floor; and
 - v. rebounds from the front wall without touching the tin; and
 - vi. is not out.

7. "Lets"

- a. The result of a rally that neither player wins. The server serves again from the same box.
 - i. A striker who believes that interference has occurred may stop and request a let, preferably by saying "Let, please." That request must be made without undue delay.
- b. Interference occurs when the player does not provide the opponent a reasonable attempt at the ball.

8. Ball hitting players

- a. If the ball, on its way to the front wall, hits the non-striker or the non-striker's racket or clothing, play must stop; then:
 - i. if the return would not have been good, the non-striker wins the rally;
 - ii. if the return was going directly to the front wall, and if the striker was making a first attempt without having turned, a stroke is awarded to the striker
- b. If the ball, on its return from the front wall, hits a player before bouncing twice on the floor, play must stop; then:
 - i. if the ball hits the non-striker or the non-striker's racket, before the striker has made an attempt to strike the ball and no interference has occurred, the striker wins the rally, unless the striker's position has caused the non-striker to be hit, in which case a let is allowed;

9. Reporting Match Outcomes

- a. The winning player should immediately notify the Athletic Director, athletic_vanderbilt_hall@hms.harvard.edu, of the match results.

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10. Match Scheduling

- a. Players will be responsible for scheduling their matches.
- b. You may reserve a court time at the [Vanderbilt Hall Athletic Facility](#).

11. Officials/Referees:

- a. There will be no officials for the matches.