

City Houses Squash and Racquets Association (CHSRA) Competition

General Rules & Regulations



Welcome to the City Houses Squash and Racquets Association (CHSRA) competition. This quick guide is designed to assist players understand the roles and responsibilities of teams participating in the competition.

We recommend printing this document and taking it to matches for easy reference.

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General information

Spirit of the game

- Arrive on time
- Treat referees and opponents with respect
- Never argue with the referee
- Own up to your double bounces
- Don't smash the ball around the court
- Thank the marker and referee

CHSRA Website

On the CHSRA website (www.chsra.org.au) you can find general information such as news, past results, scoresheets, Sydney CBD Squash Club bookings, SportyHQ ratings etc. No login/password is required to access any information.

Basic rules for beginners

- Competition runs from May to September (with a rules night prior to competition in April).
- All teams play once a week unless a bye as specified in the draw.
- Wear non-marking shoes and we recommend wearing protective eyewear.
- On the line is OUT (opposite to tennis).
- Each game is the first to 15 points, 1 point per rally. If you reach 14 all, you must win by 2 points (eg. 18-16).
- The server must have one foot IN the serving box or a foot-fault can be called (on the line is a foot fault).

Match administration

Balls and Score Sheets

Balls approved for use are double yellow dot balls for A, B and C grades, single yellow dot balls for all D grades. Team 1 or "Home team" (by definition the first team mentioned in the draw) is to **supply the match ball**.

If this ball breaks or is lost, then the other team (Team 2) supplies the replacement ball. After the match is finished, it is normal for the Team 1 captain to collect the ball and give the used ball to the player most deserving or that most wants it.

Team 1 (Home team) should also provide the **score sheet** and Team 2 should also bring sheets just in case. Score sheets must be completely filled in and signed by both, captains or delegates. The total points scored and matches won/lost by each player contribute to the SportyHQ rating and possible competition awards at the completion of the competition.

SportyHQ rating for Squash matches

From 2019 CHSRA results will be entered into the SportyHQ system (Squash Matrix system is no longer available for updates). SportyHQ will contain the draw and individual/ team results for all grades. Website is www.sportyhq.com Every player will have a player "rating", the SportyHQ terminology for ranking:

- Existing City Houses player results have their SportyHQ rating available which was converted from the Squash Matrix system.
- New Players will be given a starting "rating" in SportyHQ based on the club/captain recommendation.
- Players must play in the set order of the team, i.e. rating order.
- Player ratings can be adjusted during the competition if requested or at the discretion of the Grade checker in conjunction with the team.
- Substitutes must play according to his/her SportyHQ rating in your team (see 'Substitutes' section).
- Playing Twice – 2 players can play twice but you must "Fill Up" not "fill Down" (see 'Substitutes' section).

SportyHQ Squash rating and order of play

You will be given a list of your team members and their SportyHQ rating. Players MUST adhere to this “rating” when playing matches, eg.

- No. 1 ranked player can only play at No. 1 (not below)
- No. 2 ranked player can only play up (eg. No. 1)
- No. 3 ranked player can only play up (eg. No. 1 or No. 2).



If a player plays out of order, your team will lose all points for all matches played out of order (see Forfeit Rules on p.4).

Captain & grade checker’s responsibilities

Each team must nominate a “team captain” and each grade has a “grade checker”. Responsibilities are listed below:

- Team captains organise players (who is playing, when, where, reserves, score sheets, balls, etc).
- Grade checkers enter results & resolve issues relating to your grade. It is the **Winning** team's responsibility to send results to the grade checker.

Results recording steps

1. All matches are to be marked on a Score Sheet and results translated onto the Results Sheet.
2. The Winning team must enter the results directly into the SportyHQ system, then send the Results sheet to the grade checker as soon as possible.
3. Grade checker will input results into the SportyHQ system if not completed by the winning captain.

Notifying opposing captains

If you have a problem on the night, for example if you have to forfeit at number 4, or a player wants to play first and leave early, contact the opposing captain and let him/her know. This is particularly important if someone is going to be late, and you know in advance.

The draw & match locations

The team captain and players will receive a copy of the draw for your grade which details the matches your team will play during the competition, which teams play each other, the day of the week and match locations.

Please check your draw carefully so that you know what night and where your matches are to be played each week.

The court locations for the semi-finals and finals may be changed once we know which teams have qualified.

Your team organisation

Captain's must organise 4 players each week, a few days before the scheduled match (eg. Confirm players on Friday *prior* to a Monday match). **Have a reserve standing by with squash gear in case of last minute cancellations.**

It is a good idea to have a list of all players and their home and work phone numbers, and distribute this list to all players, so they can contact you if something untoward happens.

You should **rotate the players, so that all players play an equal number of matches** over the competition. Captains should plan ahead and find out players match availability during the competition and roster them off.

Semi-finals and finals – player eligibility

Note the following rules in regards to eligibility to play in the semi/finals:

- Players have to have played 4 matches prior to the semi-finals to be eligible for the semi-finals and finals (ie. a forfeit or a win on forfeit does not count as a match played).
- If a player has played twice on one night, only one match will be counted.
- A player cannot be substituted in the finals series unless approved by the City Houses Squash Committee.
- A player cannot play twice in the finals series.

These rules are rigorously enforced and there are no exceptions. The penalty for playing an unqualified player in the semi finals and finals is the same as for the forfeit rules.

Substitutes

If you are unable to get 4 players from your team on a particular night, there are a number of options that are explained in detail below:

1. Adding a new player to your team
2. Substituting a player from another team
3. Playing twice on the night
4. Forfeit of matches

Any of the first three options are preferred to forfeiting a match - used only as a last resort.

1. Adding a new player to your team

You can add players to your team at any time up until the last 4 rounds - provided that you notify the grade checker (and your next opponent) in advance of any new player playing a match.

2. Substituting a player from another team

Substitution from within the same club

The final decision on player substitutions is at the discretion of the Grade checker as to what position they play.

A player should not regularly play in more than one team. Where a player has substituted into a team of a higher grade, they become eligible to play in the finals series and they can become a permanent member of the higher grade team but can no longer play for their original lower graded team.

Substitution from other clubs

Where a team is the lowest graded team from their club (or where there is a significant gap in grading to the next lowest team from that same club), the team may substitute players in a lower grade from their club or another club.

For example, where a club has a B grade team but no teams in lower grades (or where, for example, the next team for the club is in D grade), then the team may use players from any C grade team, even though they are not in the same club – provided they play no lower than their SportyHQ rating.


Where a team is in the lowest CHSRA grade (currently D3), the team can use players from any team in this grade, provided that they play no lower than their SportyHQ rating.

Substitutions with no SportyHQ rating

Team captains must supply a rating to the checker when registering the player.

3. Playing twice on the night

When four players are not available, a player can play two matches on the night in order to avoid forfeiting a match. In some circumstances, it is possible that two players can each play twice on a single night, although substituting at least one player from a lower grade should be considered instead.

 To qualify for the semi-finals – a player is only counted once per match

4. Forfeit of matches

NEW RULE FOR 2022: There is now a financial penalty of \$50 for full team forfeits.

The rules of forfeiting are very tough to discourage forfeits.

- If you know in advance you only have 3 players, you MUST forfeit at number 4. The other players must play at numbers 1, 2 and 3. You will lose all points for number 4 (i.e. the opposing team wins 45-0).
- If a player fails to turn up unexpectedly, and you have already started playing other matches, you will:
 - lose the position for which your player did not turn up 45-0 - unless one player is eligible to play twice whilst still observing the normal rules in relation to team & rating order.
 - lose the number 4 match 45-0 as a penalty, even if that match has already been played.
- If the missing player turns up with gear and ready to play prior to the completion of the last match, then you do not incur the penalty at number 4.

Matches

- **Generally matches start at 5:30pm and courts are booked until 8pm (unless otherwise stated). PLEASE ensure that at least 2 players from each team are available to commence play at 5:30pm SHARP. Please check all court start/end times before the match day.**
- If you run out of time, the remaining players must organise to complete their match in their own time and at their own cost. Another reason why you need to start at 17:30 sharp!
- 4 players participate from each team every match - (3 players for A grade).
- **Players can play in any sequence order but MUST play in SportyHQ rating order.**
- Each game is the first to 15 points, 1 point per rally. If you reach 14 all, you must win by 2 points (eg. 18-16).
- Players MUST play according to their team SportyHQ Squash rating.
- Each match is **best of 5 games**.
- Allow 5 mins for warm up (2.5 mins each side); 90 seconds between games and to change equipment.



Some courts may have requirements that you notify the names of players in advance. Please **comply with these rules**, as you will not be allowed to enter certain courts if you are not on the security guards' list.

Scoring

You can download a blank scoresheet from the CHSRA website.

Competition points are scored for the team for each game and match won on the night, with the winning team getting a bonus of 4 competition points for winning the night.

The points system is:

- 6 points for a 3-0 win - 0 for a 0-3 loss
- 5 points for a 3-1 win - 1 point for a 1-3 loss
- 4 points for a 3-2 win - 2 points for a 2-3 loss

There are 28 points available on a night. 6 points per match with the winning team awarded an additional 4 bonus competition points for the night. 2 bonus points per team in the case of a Draw.

In the event that both teams have equal competition points from the matches (eg 10-10) then the winner is determined by the total number of points scored in each match on the night.

Role of the referee & marker

Every game requires a referee and a marker. Alternate roles between all team members.

Referee

- Rule on all appeals
- Enforce rules relating to conduct, injury, time, etc
- **Decisions from the referee are final**

Marker

- Keep written record of score, serving side, etc
- Call play, foot faults, down, out, handout calls etc
- Calls made from marker should result in play ceasing
- If play stops without any call from marker, ref makes a decision.

TIP:

What a **referee** looks for with **outgoing player**:

- What kind of a shot was it? A winner? Tight? Loose?
- Was the player making every effort to clear?
- Was he/she blocking the ball?
- Footwork

What the **referee** looks for with **incoming striker**:

- Would he/she have got to the ball?
- Was he/she really trying to play the ball?
- Does he come in too quickly and not allow the player to move away?

Conduct

The following behaviour can result in a conduct warning, conduct stroke (point awarded), conduct game (game awarded) or conduct match (match awarded).

- Obscene language or gesture
- Dissent (arguing) or abuse (verbal or physical)
- Abuse of racquet, ball, court
- Coaching on court (should be done between games)
- Time-wasting
- Dangerous play or action

Injury rules

Self inflicted	Accidentally contributed	Caused by opponent	Blood rule	Pre-existing condition
<ul style="list-style-type: none"> • 3 minutes 	<ul style="list-style-type: none"> • 1 hour plus 	<ul style="list-style-type: none"> • Apply conduct rule • If the match stops and can't continue during the course of the night then the game goes to the injured player. 	<ul style="list-style-type: none"> • Stop play • Time allowed until you stop bleeding and cover wound • No blood allowed on clothing 	<ul style="list-style-type: none"> • 90 second intervals for tiredness, cramp, nausea, asthma etc you must continue to play or concede the game

On-court rules

Obstruction

(incoming player's perspective)

Incoming player must make **every** effort to:

- reach and hit the ball after outgoing player makes a reasonable follow-through of racket swing (SEE, REACH).
- get to and play the ball (SWING AT, HIT THE FRONT WALL)

Obstruction

(outgoing player's perspective)

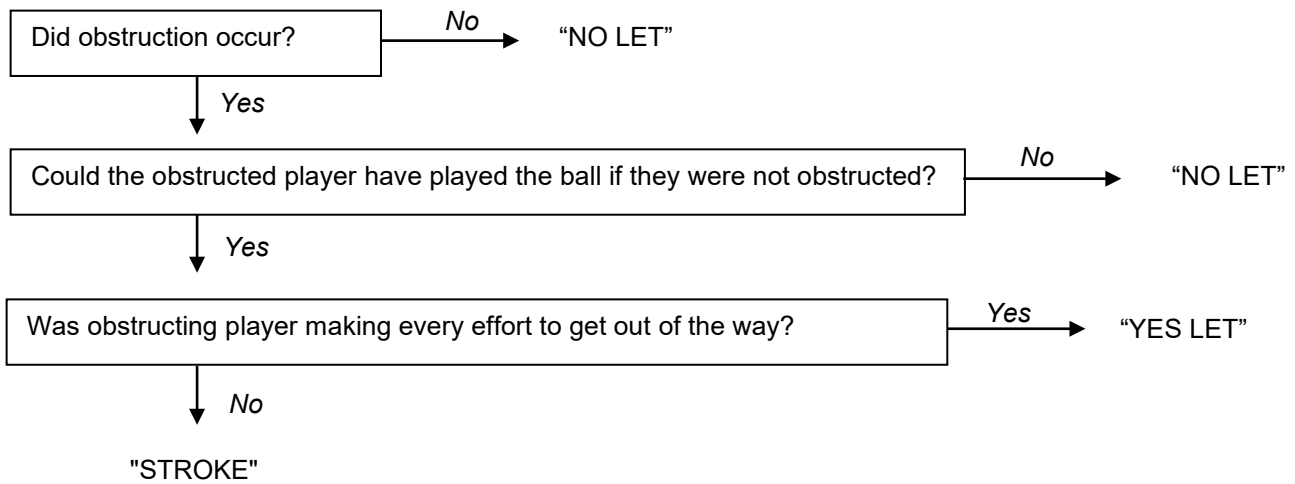
Outgoing player must make **every** effort to provide opponent with:

- unobstructed access to the ball (REACH)
- a fair view of the ball (SEE)
- freedom to hit the ball (SWING AT)
- freedom to play the ball directly to any part of the *front* wall (HIT TO FRONT WALL)

Let/stroke calls

<p>Award a let if:</p> <ul style="list-style-type: none"> • there is reasonable fear of hitting the opponent • racquet contact affects swing • the ball would have hit another wall first • the receiver is not ready and does not attempt to return the service. • the ball breaks or gets stuck in court during play. • the referee is unable to decide an appeal. • the ball goes out of court after the first bounce. 	<p>Possible let if:</p> <ul style="list-style-type: none"> • if the ball in play touches any article lying on the floor. • if the striker refrains from hitting the ball onto any of the walls because of a reasonable fear of injuring the opponent. • if a change in court conditions affects the outcome of the rally • if either player is distracted by an occurrence on or off the court and a good return has been interrupted.
<p>Award a no-let if:</p> <ul style="list-style-type: none"> • opponent is well clear of the ball • opponent would not have been hit by the ball • interference was so slight it did not affect the player being able to play the ball 	<p>Award a stroke if:</p> <ul style="list-style-type: none"> • Opponent prevented swing • opponent could clearly have been hit with the ball going directly to the front wall • incoming player had racquet ready to hit the ball, clearly showing opponent blocking their play

Let/stroke call flow diagram



The main point of a let call is to avoid dangerous play. Please play safe.

Enjoy the competition.