

Norwich Family YMCA



Court Sports Rules

Reservations

1. Courts can only be reserved one day in advance.
 - a. Phone-in reservations may not take place before 8 a.m.
 - b. Walk-ins are accepted only if courts are open.
 - c. Reservations can only be made for one court for one hour.
2. Courts are scheduled for 60 minutes starting at the top of each hour. The court that plays Squash and Racquetball will be reserved on the half hour or at the bottom of every hour for one hour.
 - a. Courts will be held for ten minutes after the hour of reservation. If you are not on the court within this time you will forfeit your court to walk-in players.
 - b. Cancellations should be made no later than one hour prior to the scheduled time to play.

Safety is our Number One Concern

1. Due to facility insurance guidelines, you **must** wear official Racquetball safety glasses as described by the United States Racquetball Association (USRA) Official Rules of Racquetball, cited below. **You will be asked to leave the court if you do not comply.**

2.5 (a) Apparel – All players must wear lensed eyewear that has been warranted by its manufacturer or distributor as

1. designed for use in Racquetball, and
2. meeting or exceeding either the full ASTM F803 standard or Canadian (CSA) impact standard. This rule applies to all persons, including those who wear corrective lenses. The eyewear must be unaltered and worn as designed at all times. A player who fails to wear proper eyewear will be assessed a technical foul and a timeout to obtain proper eyewear. A second infraction in the same match will result in immediate forfeiture of the match.

PLEASE NOTE: The ASTM standard cited in Rule 2.5 addresses the impact resistance of the tested eye guards *as a unit*. This means that BOTH the lens and frame – in combination – meet the cited safety standard. For those who must wear corrective lenses, it is NOT acceptable to merely have the impact resistant lens material placed in everyday, fashion eyeglass frames. Please use the preceding details to select a suitable model for use in sanctioned competition.

Racquet Specifications

1. All racquets must meet the following guidelines as described in the USRA Official Rules of Racquetball, cited below.

Rule 2.4

- a. The racquet, including bumper guard and all solid parts of the handle, may not exceed 22 inches in length.
- b. The racquet frame may be any material judged to be safe.
- c. The racquet frame must include a cord that must be securely attached to the player's wrist.
- d. The string of the racquet must be gut, monofilament, nylon, graphite, plastic, metal, or a combination thereof, and must not mark or deface the ball.
- e. Using an illegal racquet will result in forfeiture of the game in progress or, if discovered between games, forfeiture of the preceding game.

The Sports Director and/or the designated official reserve the right to make changes as needed without notice.

