

What is Racketball?

- RACKETBALL is played on a standard squash court and uses a larger bouncier ball and a racket with a larger head making the game easier to play.
- RACKETBALL is ideal for players of all ages and abilities.
- RACKETBALL skills are acquired quickly.
- RACKETBALL rallies are longer and beginners rapidly gain confidence in their game.
- RACKETBALL players are therefore quick to enjoy a competitive game and a great workout!

Why would you play Racketball?

The main difference between Racketball and Squash is that the ball bounces higher. Racketball games have very similar tactics, movement and technique to Squash but with everything proceeding at a much lower intensity this results in...

- Longer Rallies, giving you a more aerobic workout.
- Considerably less stress on joints.
- Quicker recovery the next day (you don't ache for the rest of the week!).
- The ability to play more often throughout the week.

More about Racketball

Racketball is currently the UK's fastest growing racket sport, played on a squash court with very similar rules. The main difference between the sports comes from the ball being bigger and much more bouncy, which makes it a lot harder to win a rally than in squash; thus making racketball easy to learn, but difficult to master.

The game is played between two or more players on a squash court using a shorter racket and a larger ball. The ball is hollow rubber, slightly smaller than a tennis ball, is very bouncy and does not need warming up before play. The rackets are wide and have short handles. This makes racketball a simple game to play, as the eye, hand and ball coordination is much easier than in squash, badminton or tennis where the distance to the ball is much harder to judge. In many ways racketball is very similar to squash, as the basic technique, movement and even tactics are virtually the same. However as the ball bounces a lot higher than in squash, it is far harder to "kill the ball", so the rallies end up lasting longer.

Racquetball was founded in the US in 1952 and its popularity grew rapidly, a major contributing factor being that the sport was played on American Hardball courts which were already in existence. The sports first governing body was formed in 1969 and now goes by the name of USRA, with an estimated 5.6 million players in the USA.

Racketball in the UK

Racketball first began to be played in the UK in 1976 and is a modification of the US version of the game. Played on a squash court rather than a hardball court, the ceiling is now out of bounds and the rules closely follow that of squash. The sport in the UK has grown rapidly, with England Squash incorporating racketball in 1984. This version of racketball is now being played in many countries where squash is popular such as Australia, Bermuda, New Zealand, Malaysia, South Africa, France, The Netherlands, Sweden, Germany, North America and many others.

Why might I want to play Racketball?

Because the game is played on a squash court, its core infrastructure is already in place with over 5,000 courts around the UK. The England Squash and Racketball quoted participation figure is 500,000 people who play either squash or racketball regularly in the UK. The sport of racketball is rapidly expanding throughout the world and will continue to do so in the future. There are a number of reasons for this:-

The game is easy for beginners. The rackets are very short, making it a simple game to play as the eye, hand, and ball coordination is as easy as hitting the ball with one's hand, rather than trying to judge the distance between the hand and head of a squash, badminton or tennis racket.

- There are established facilities already in place in the form of squash courts and clubs throughout the UK. Equipment is widely available and relatively inexpensive.
- The ball is very bouncy and does not need warming before normal play.
- The lower intensity and slower pace of movement required by the player allows older or less agile players to hold longer rallies without the risk of further injury.
- It's also fantastic for children and can easily played with parents and friends.
- Racketball is one of the fastest ways to burn calories in a short space of time, allowing people to keep fit whilst enjoying themselves.
- The game is easy to learn but difficult to master, allowing it to be enjoyed by all ages and standards of player
- This makes the sport accessible and enjoyable, contributing to its current and future growth and success.

Fancy giving it a go???

Taster sessions available most evenings: Please call **Zeb on 01905 855273** or email z.amin@worc.ac.uk to arrange a complimentary session.

