

Playing Safely and Racquetball Etiquette

Racquetball is both a recreational and competitive game. But whether you are playing just for fun with some friends on a Sunday morning, or your fellow club players during the week, or in a weekend tournament, it is always important to be safe, as well as know Racquetball etiquette. Here are some things to remember to do before and during play:

- Stretch before you play.
- Always wear safety glasses when on the court.
- Check your equipment.
- Cross Train – Lift weights, jog, play another sport.
- Watch where the ball is at all times when playing.
- Eat Right – Don't eat a large meal before playing.
- Be aware of and pay attention to the safety line during play.
- Avoid dehydration and cramps – Drink plenty of water before and during play.
- Know the rules of the game.
- Always knock BEFORE entering a court. Players could still be playing!
- Know what a Hinder is.
- Be courteous of other players. Show respect!
- Do NOT run into another player. Always stop. Don't swing if a player is in your way.
- Be honest! If you didn't get it, say so. You'll probably get the next one.
- Compliment your opponents when they hit a good shot or make a good play.

