



**Total**

# Racquetball

\$2.95

Racquetball's  
**Big Bounce**  
Into the 90's

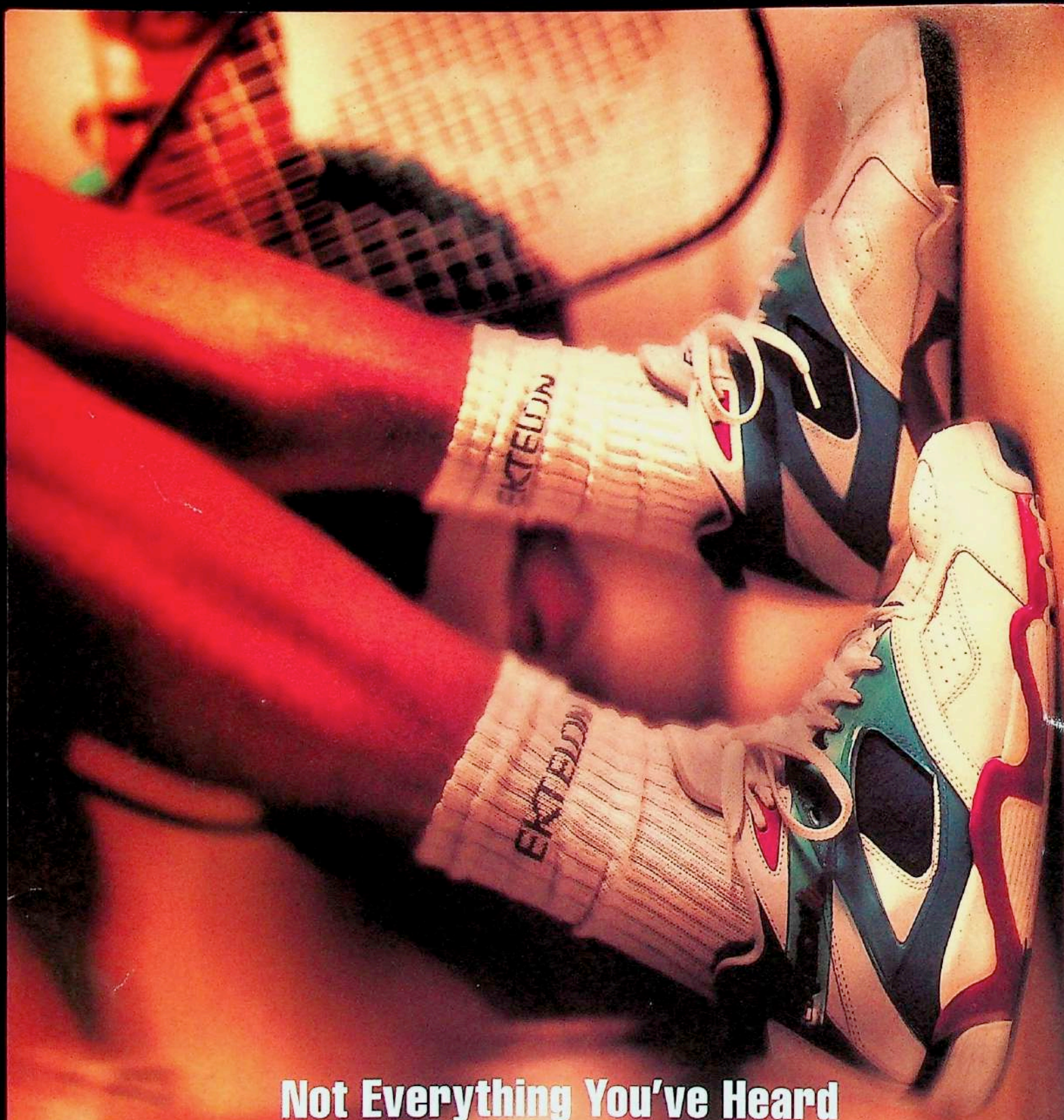
the art  
OF MAKING A CHAMPIONSHIP  
**RACQUET**

Playing  
from the  
**TIPS**  
pros

SPECIAL  
**FITNESS**section  
to improve your game

Official  
**AARA**  
Rules





## Not Everything You've Heard About Our Traction Is True.

Ektelon's exclusive Snapper® Rubber outsole is guaranteed to deliver superior traction, for explosive starts and sure stops. So you can plant firmly and drive through the ball. Even on the slickest surfaces. You'll find Snapper on all Ektelon racquetball and indoor court shoes. Footwear that's designed to stand up to anything. Except perhaps gravity. Get Ektelon's new racquetball video "Playing Smart" (a \$19.95 value), free with the purchase of any pair of Ektelon shoes.

**EKTELON**  
The Most Recommended Name in Racquetball  
A subsidiary of **prince**



Ektelon is the official shoe of the **AAA**





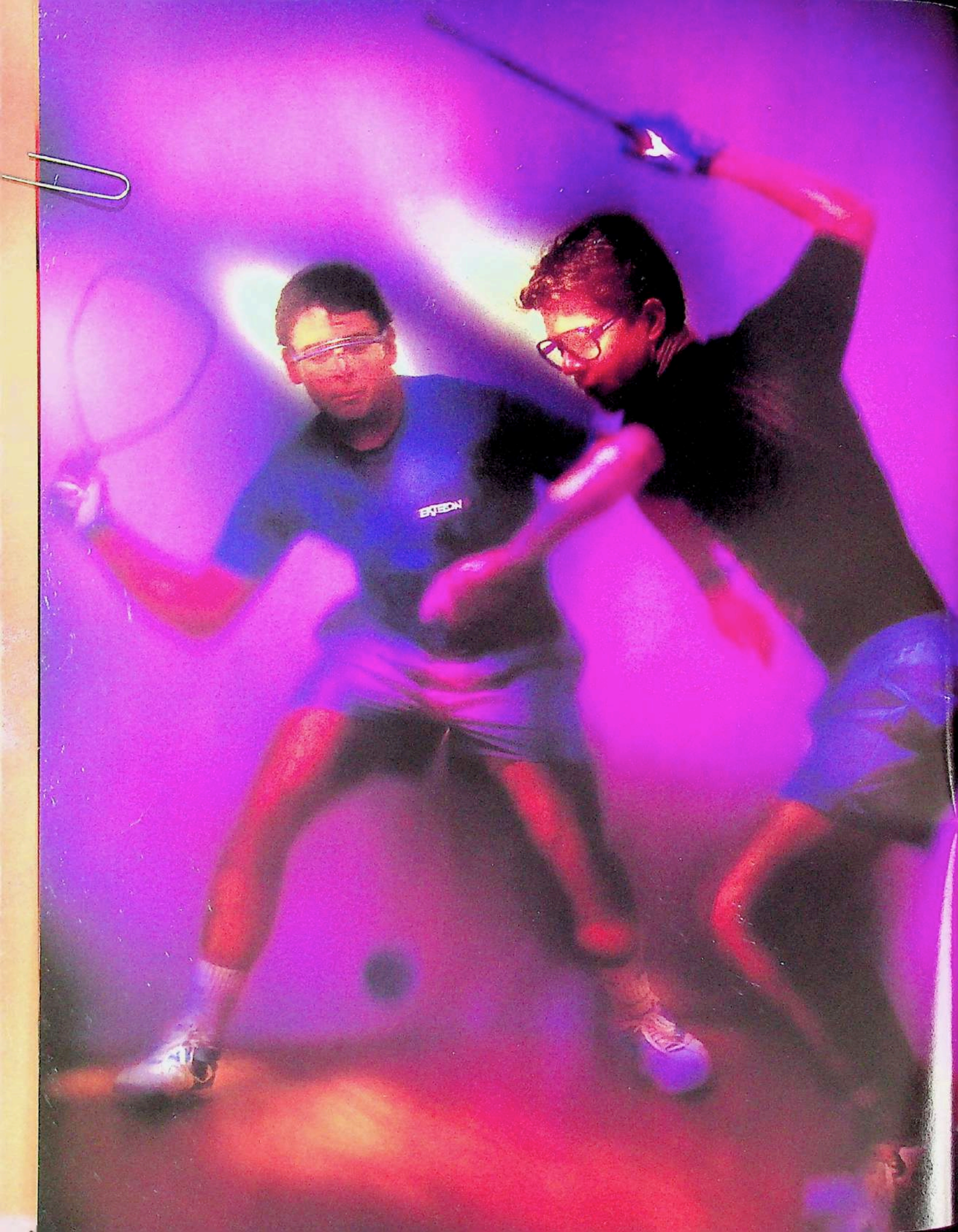
AT EKTENON, WE ARE COMMITTED TO THE DEVELOPMENT OF QUALITY PRODUCTS THAT WILL MAKE YOUR TIME ON THE RACQUETBALL COURT MORE REWARDING. WE ENJOY PLAYING THE GAME, TOO. SO WE UNDERSTAND THE UNIQUE DEMANDS IT PLACES ON YOU AND YOUR EQUIPMENT. THAT UNDERSTANDING IS A CRITICAL COMPONENT OF EVERY EKTENON PRODUCT. IT'S WHY WE INVEST IN STATE-OF-THE-ART TECHNOLOGY AND LEADING-EDGE MATERIALS. WHY WE EMPLOY THE MOST RESPECTED RESEARCH AND DEVELOPMENT STAFF IN THE INDUSTRY. WHY WE HAVE OUR OWN MANUFACTURING FACILITY ON SITE TO ENSURE QUALITY CONTROL. AND WHY WE STRINGENTLY TEST AND RE-TEST EACH AND EVERY PRODUCT. ONLY BY DOING THESE THINGS CAN WE ACHIEVE THE QUALITY, PERFORMANCE AND DURABILITY WE PROMISE —AND YOU DESERVE. AT EKTENON, WE REALIZE WE OWE OUR SUCCESS TO YOU, THE RACQUETBALL PLAYER. YOUR BELIEF IN OUR PRODUCTS IS THE DRIVING FORCE BEHIND EVERYTHING WE DO. THANK YOU FOR MAKING EKTENON THE MOST RECOMMENDED NAME IN RACQUETBALL.

SINCERELY,

*Norm Peck*

NORM PECK  
PRESIDENT









# Features

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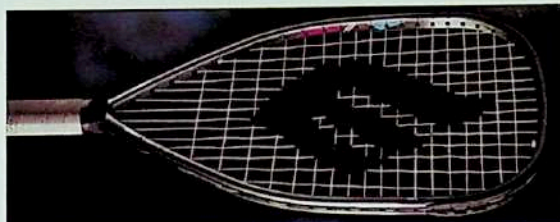
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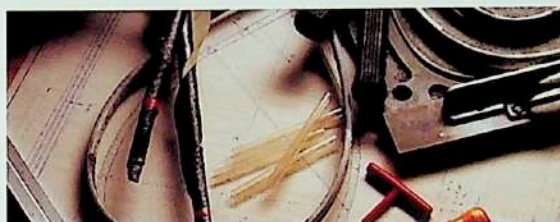
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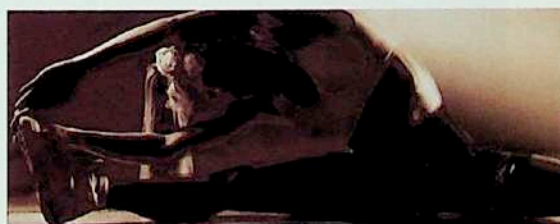
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deadly weapon in  
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helps you master  
an important  
variation in serving  
— the backband.



**T**he '80s were the fitness decade of feel-the-burn. The '90s are shaping up to be the decade of feel-the-fun. Fitness fanatics are becoming fitness enthusiasts, and over the past five years they have started taking up racquetball in record numbers. Individuals are realizing the need to balance their lives. With work and family commitments, people are turning to racquetball as a way to make their work-out time their social time, too. In recent years, more than 4 million new participants have taken up the game.



# REDISCOVERING RACQUETBALL

Players of all ages and skill levels are finding that racquetball is the ideal way to work-out, while at the same time interacting with friends and family. On courts around the coun-

try, parents are teaching the game to their children, and seasoned players are teaching their friends. Clinics and lessons at clubs have taken a dramatic upswing and the impact activities, but also lets the athlete enjoy the spirit of competition. And there is nothing as satisfying as the thrill of a hard-fought racquetball win. Another group of players are those rejoining the sport after trying other workouts. They already know what a great workout racquetball gives. How it pumps your heart by maximizing your VO2 rate. And builds stamina through long, tough matches. Dur-



demand for court time is increasing every day. People who never wielded a racquet are discovering that racquetball poses a fun challenge. At local tournaments, doubles teams are very likely to be made up of a parent and child, a husband and wife, or a pair of business partners. And the age spectrum has broadened to include kids under 10 as well as some highly-spirited septua-

genarians. New players that are turning to racquetball include many athletes who used to participate in individual activities, like running and aerobics. Because racquetball not only offers all of the cardiovascular benefits of those high-

## VO2

Playing Racquetball  
maximizes your VO2 rate  
and lets you work at 80%  
of your maximum heart  
rate. You will also run  
three miles and burn-off  
500 calories in an  
average match.

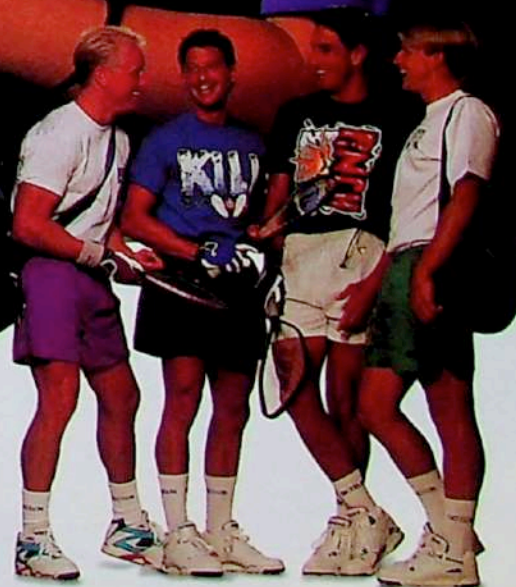
ing an average match, a racquetball player works at a constant 80 percent of his maximum heart rate and runs more than three miles. And lunging and diving for those hard-to-reach shots increases strength, agility and flexibility. But perhaps the most dynamic group of new players are the 34 percent that are business professionals. In ever-increasing numbers, they are fitting in games after work, or even giving new meaning to the term "working lunch." Because with tight schedules, they know that after the game is over and the sweat has dried, they've burned in excess of 500 calories. Not bad for an hour of fun.





*When teaching a friend or family member to play racquetball, instruct them first in the basic elements of the game. ■ Maintain center court position. ■ Keep the body perpendicular to the wall. ■ Work to sustain proper footwork throughout the game. Stay focused on the ball at all times. Hit the ball flat and follow-through on each shot. ■ Mix serves up to avoid getting into a rut and “telegraphing” them. ■ Remember, that much of what a veteran player does throughout the course of a match is brand-new to the beginner—so go slowly. ■ They’ll soon be into racquetball as much as you are.*

**The most dynamic group of players are the 34 percent that are business professionals. In ever increasing numbers, they are fitting in games after work, or even giving new meaning to “working lunch.”**





## some KEY elements include

**Head Size:** String hitting areas, or the size of the racquet, have evolved

into two general categories. *Oversize:* Measures 90-100 square inches. An oversize racquet has longer main strings and a larger sweet spot, allowing you to hit the ball with more power and control. *Mid-Plus:* Measures 80-90 square inches. Mid-Plus frames tend to be more maneuverable, and are easier to bring through on quick reaction shots. Mid-Plus racquets also deliver plenty of power and have good control.

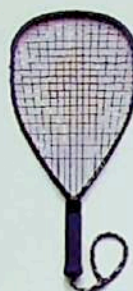
**Head Shape:** The shape of the racquet primarily influences the vertical sweet spot location. Shape and size work together with materials and construction to influence racquet stiffness.

Ektelon's head shapes fall into two basic categories. *Quadriform:* The sweet spot is more centered and elongated. Quadriform head shapes produce a stiffer frame at the tip of the racquet, which results in greater power. *Teardrop:* In this frame, the sweet spot is located closer to the tip.

Because teardrop frames are generally broader, the effective hitting area is also wider to improve response on off-center hits. This shape tends to be a little easier to control.



Quadriform shape



Teardrop shape

**Throat Design:** *Open Wishbone:*

Pioneered by Ektelon and common to the majority of Ektelon racquets, this design increases the sweet spot by lengthening the mainstring hitting area, also providing for much more power.

**Materials:** *Composite*

*Materials:* Each composite fiber is selected to provide specific power and control benefits. *Carbon/Graphite* maximizes stiffness to optimize power while maintaining lightweight. Ektelon uses three grades of graphite — Standard, Intermediate and High-Modulus. Use of High-Modulus graphite

## RACQUET selection

*When selecting a new racquet, the object is to pick the one that will help you improve your game to levels that you have never reached before.*

*At Ektelon, we design our racquets with this goal in mind. Which racquet you choose is contingent upon the type of game you play.*

indicates greater stiffness for more power. *Kevlar 49®* provides superior vibration damping, while stiffening the racquet and improving impact resistance. *Fiberglass* also decreases vibration and improves the racquet's resistance to impact.

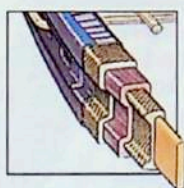
**Racquet Construction:** Ektelon employs technologically advanced materials and construction processes to achieve our design criteria. There are three types of construction. *Hand-laid Composites* give unprecedented performance. Varying the combinations, amounts, locations, fiber-angles and

**\$25**

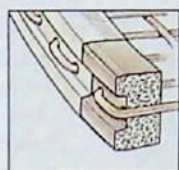


**\$120**

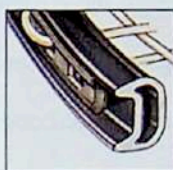
quality of continuous carbon/graphite creates racquets with precise stiffness, flex, weight and balance for different styles of play. *Injection-Molded frames* are produced by injecting carbon/graphite and glass fiber, reinforced with nylon, into specifically designed molds. These racquets are generally more flexible than hand-laid



Hand-laid Composites



Injection-Molded frames



Aluminum Alloy

frames. *Aluminum Alloy* racquets offer durability with a full range of flexes. They maintain constant flexibility throughout the frame.

**Core:** The interior of the racquet supports the primary structure during fabrication, provides the necessary stability to support string loading, and increases racquet durability. *Solid Polymer Core:* Exclusive to Ektelon racquets, this core combines Kevlar® and fiberglass for damping, and provides axial stiffness throughout the frame. Hollow core frames, found in other manufacturers' racquets, are molded with air pressure. They require larger cross-sections and usually have diminished vibration-damping capabilities.

**Strings:** String pattern, string type and string tension are evaluated and tuned to maximize the performance of each racquet model. *Sunburst:* Ektelon pioneered the use of low-density string patterns (Sunburst), and high-quality, light-gauge synthetic strings. Proper stringing is one of the most important factors in racquet performance.

**Grip:** A properly-sized grip enables you to control the racquet. Your ring finger should just miss touching the base of your thumb. *Grip sizes and shapes:* These have evolved with racquetball since the early '70s. Ektelon pioneered the use of polyurethane

foam handles in racquetball, and developed optimum handle shapes through thousands of hours of play-testing. By the early 80s, our largest grip size had evolved to "small", and the most popular among touring professionals was "extra small"—following the analogy "the smaller the grip, the quicker the whip." Today, four grip sizes are offered—super small, extra small, small, and flared. *Handles:* In 1989, Ektelon incorporated the extraordinary vibration-damping and shock-absorbing Kraton® elastomeric handle into racquets. This is now used in all the hand-laid composite models manufactured at Ektelon's factory in San Diego.

## which RACQUET is best for you?

Before you select your new racquet, take a moment to evaluate your needs. If you analyze factors such as how often you play, what your style of play is, the aspects about your game you want to improve, and your overall playing goals, it will help you decide which Ektelon racquet is right for you.

**\$300**



# RACQUETBALL TAPER SYSTEM

**WHY Ektelon racquets PERFORM in A LEAGUE by themselves.** The manner in which a racquet's compositional materials are oriented along its frame significantly affects its specific playing characteristics (i.e. power, control and responsiveness). ■ In short, engineering makes all the difference...the definitive principle behind Ektelon's RTS™, or Racquetball Taper System. ■ This exclusive, state-of-the-art design technology enables RTS racquets to dramatically outperform all other racquets. ■ Essentially, RTS racquets take hand-laid composite technology to its ultimate potential. The RTS design recognizes that the frame tip, mid-section and throat each require a highly-specialized degree of stiffness to ensure optimal performance. Ektelon RTS racquets incorporate only the most advanced composite materials, such as high-modulus graphite, Kevlar® and boron. These materials are systematically hand-layered in exacting combinations and at precisely angled overlaps in each zone. ■ At the racquet tip, where most of your power is produced, the cross-section of an RTS frame is broadened by 30% for maximum stiffness and stability. This expanded profile also effectively widens the sweet spot by over 50%. Together, this extra stiffness and larger sweet spot generate 20% greater power than conventional designs. ■ At the mid-section, the critical area where control characteristics are determined, an RTS frame is tapered to provide moderate stiffness. This slimmer cross-section keeps the ball on the strings longer, for superior accuracy. At the throat, greater stiffness is again crucial. High-modulus materials are individually "layed up" by hand in precise proportions to maximize stiffness. This eliminates frame twisting at impact and improves shot placement. ■ The result of such meticulous design, painstaking engineering and diligent hand craftsmanship is a line of racquets whose tournament credentials read like a Who's Who of racquetball. Champion after champion. Title after title. Year after year.



**Tapered mid-section has smaller cross-section than racquet tip. Selected layered composite materials are carefully angled for moderate stiffness. This results in firm, solid ball response and additional control.**



**Carefully engineered layering of high-modulus materials to achieve greater stiffness in the throat. Eliminates racquet twist for better ball control.**

# TIP 1

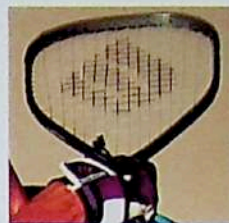
*Anticipation by Tim Sweeney*

*Always keep your eye on the ball, except when your opponent is swinging into the ball. Stand slightly side ways, so that you can easily see over your shoulder. Do not square off and face the front wall — you lose basic anticipatory views, like whether your opponent is hitting a low shot or ceiling ball. Always look for the ball in relation to your opponent's body. If it is out in front of his stride, he will most likely hit the ball cross-court. If it's behind his stride, he will most likely hit a side wall shot. If your opponent swings with an open stance (both feet facing the front wall), the ball will not likely go cross-court.*

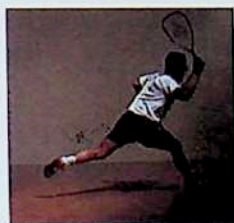




**Special placement of high-modulus materials in the frame, as side taper approaches tip. Contributes to the stiffness required in this broad, unsupported zone of the racquet to increase power.**



**Increased frame cross-section at the tip, where stiffness is critical. Adds 20% more power to the racquet. Stabilizes the racquet platform for accuracy.**



**RTS racquets are constructed around Ektelon's exclusive, elastomeric core for aerodynamic efficiency and freedom from vibration.**



**Moderately flexible shaft helps to maintain optimal ball control and absorbs vibration.**



**Exclusive RTS design increases effective sweet spot by over 50%.**

## CUSHION RESPONSE SYSTEM FOR THE ULTIMATE IN PLAYING COMFORT

**A**t Ektelon, there is no unimportant part of a racquet. And when it comes to comfort, nothing's more critical than the grip. Which is why Ektelon developed the Cushion Response System (CRS). • The result of extensive field testing by the game's top players, this uniquely engineered grip system consists of several precisely-integrated components. A low-density polymer core designed to damp vibration at impact. A thermoplastic handle specially formulated to be extremely lightweight, yet incredibly durable. Impact-resistant Kevlar® for added toughness and vibration damping. Plus a special cushioned grip that ensures extended playing comfort. • When merged, these design features virtually eliminate racquet vibration, while enhancing the exceptional feel Ektelon racquets are renowned for. • During the course of a long match, you're looking for every edge you can get. With Ektelon's Cushion Response System, you can be sure you'll have one...right at your fingertips.





## EKTELON'S NEW EMINENCE

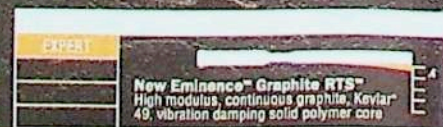
It's the culmination of the promise Ektelon made from the very beginning. To constantly expand the limit of a player's potential. ■ Enter the age of Eminence. The racquet that's pushed the technological envelope to the edge. To a destination where only Ektelon has ever ventured. To create Eminence, Ektelon has applied the expertise acquired from years of testing and refining its exclusive Racquetball Taper System (RTS) technology. The result is the consummate racquet for the professional tour player.

Eminence is a triumph of engineering that redefines every parameter of performance. At the heart of Eminence is a space-age blend of graphite that was developed specifically to meet the demands of this racquet. Ultra-high modulus carbon fiber is combined with premium composite materials throughout the frame. ■ The result is an explosion when ball meets strings. Drive serves are more devastating. Passes are crisper. Confidence is supreme. The newly-redesigned quadriform head shape extends the main strings and elongates the sweet spot, creating the optimum hitting surface and unparalleled control.

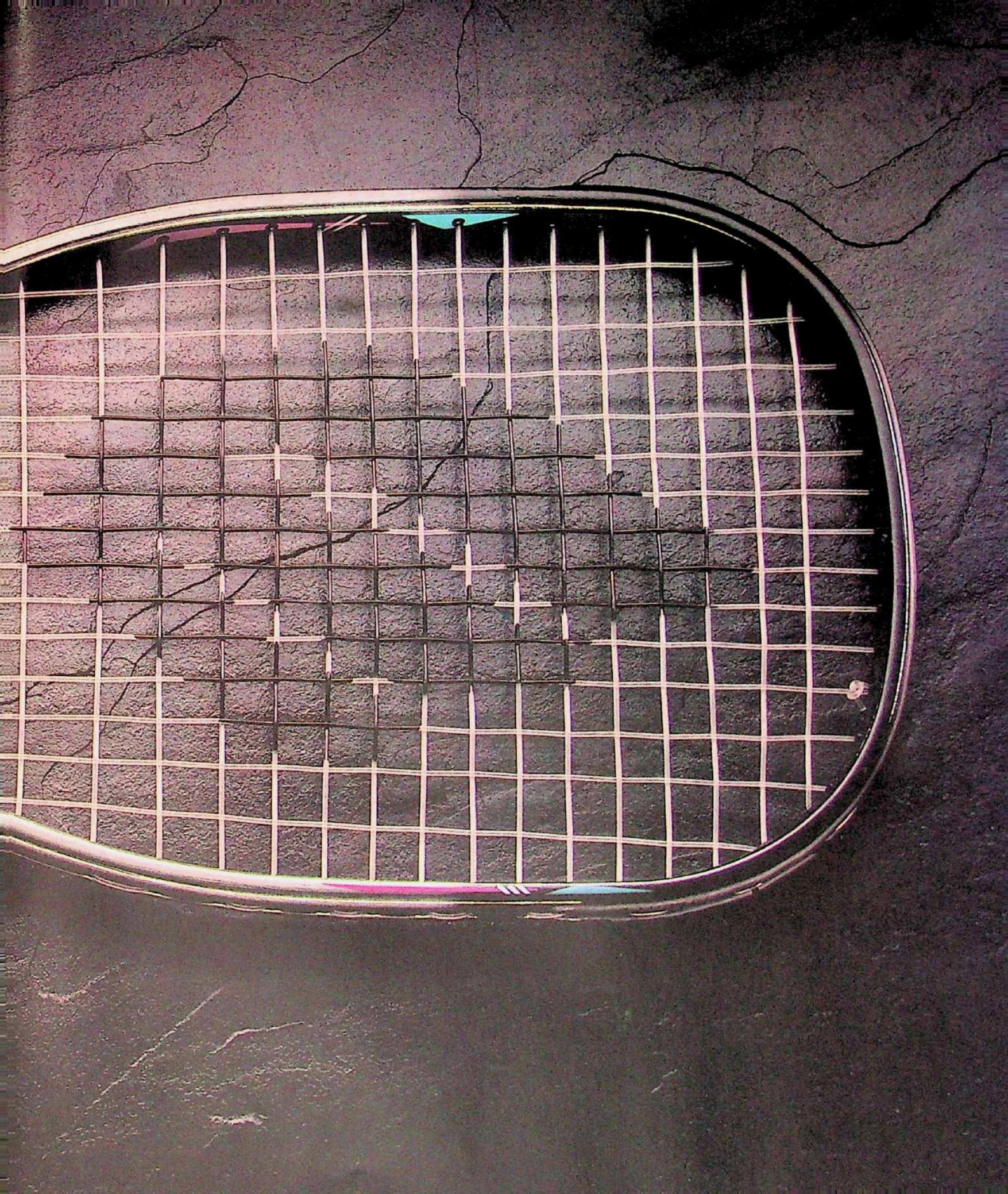
# EMINENCE

High-modulus fibers are strategically positioned to increase torsional stiffness, thereby ensuring greater accuracy. ■ For unrivaled feel and playing comfort, a unique, ultra-tough Kevlar 49 core was designed to immediately damp vibration at the source of impact. ■ A superbly balanced player's racquet, Eminence is exceptionally maneuverable. With a sculpted, aerodynamic profile that reduces drag by 30%. ■ So even in those grueling five-game matches, you'll

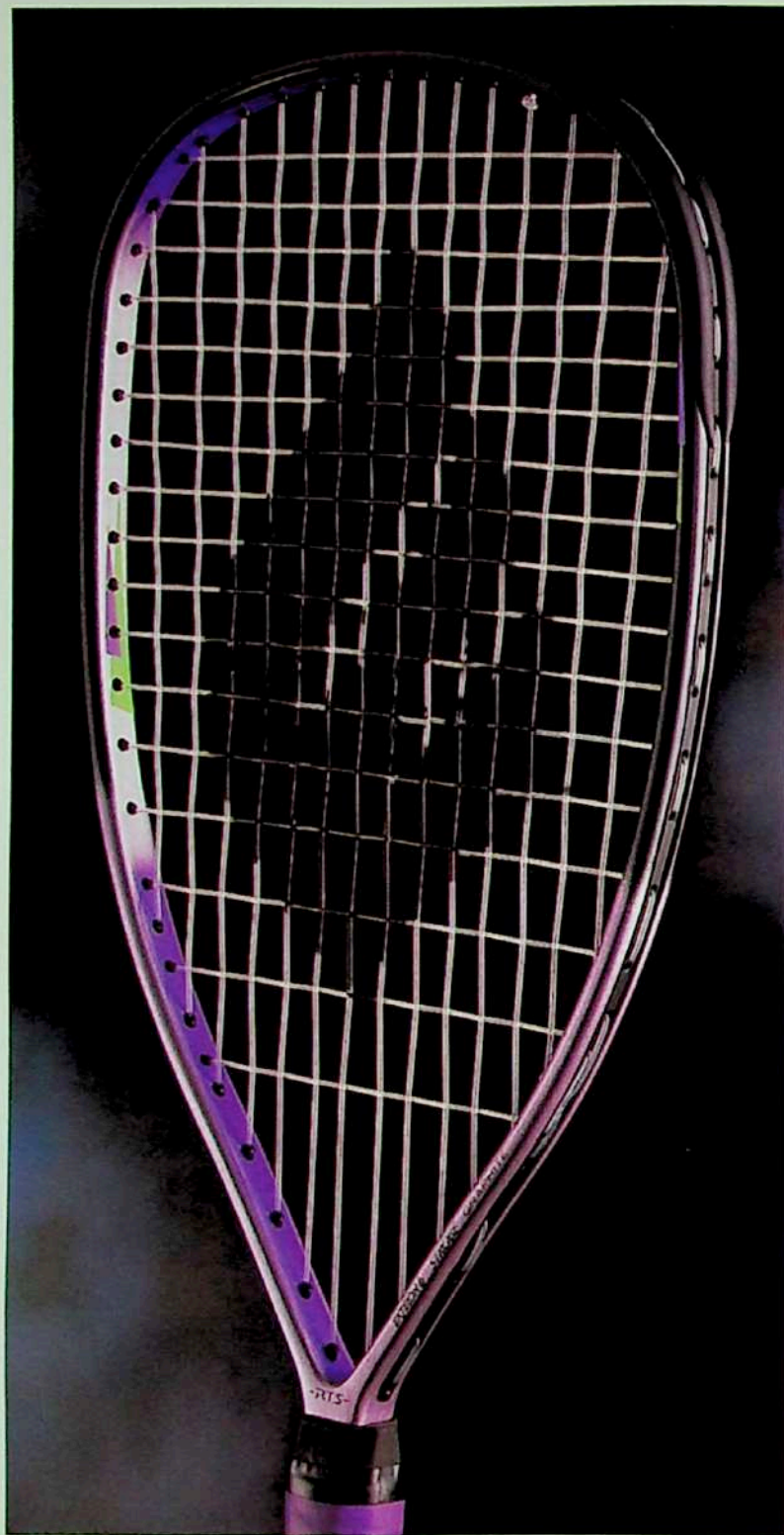
play in total comfort from opening serve to the final point. Even the string pattern is proprietary to Eminence, sporting superior-performance 16-gauge synthetic gut. ■ In every aspect of its incomparable design, Eminence is the standard by which all other racquets must now be measured. A racquet destined for greatness. A legacy of racquetball engineering. A promise fulfilled.











# RTS Series STROBE Graphite

In a sport where success is defined by tournament victories, Strobe has proven itself the unrivaled champion. In its first year, Strobe virtually swept every stop on the 1992 Men's Pro Tour. A masterpiece of RTS™ engineering, Strobe incorporates a radical blend of high-modulus graphite interwoven with ultra-tough Kevlar®.

These advanced composite materials are selectively hand-laid at precise angles throughout the frame to dramatically stiffen and strengthen it. The result is Strobe. And the power you need to dominate at the pro level.

To harness  
that power,  
Strobe's quad-

PLAYER LEVEL	FLEX / CONSTRUCTION
EXPERT	 <p>Strobe™ Graphite RTS™ High modulus, continuous graphite, Kevlar® 49, vibration damping solid polymer core</p>

riform head shape significantly lengthens the sweet spot and maximizes the effective hitting area.

The precision is deadly.

Ektelon's exclusive Cushion Response System, Kraton vibration dampers, and a proprietary string pattern make Strobe solid and responsive. So you play in comfort and with confidence.

If you're a player who believes that winning is everything, Strobe delivers. It's no contest.

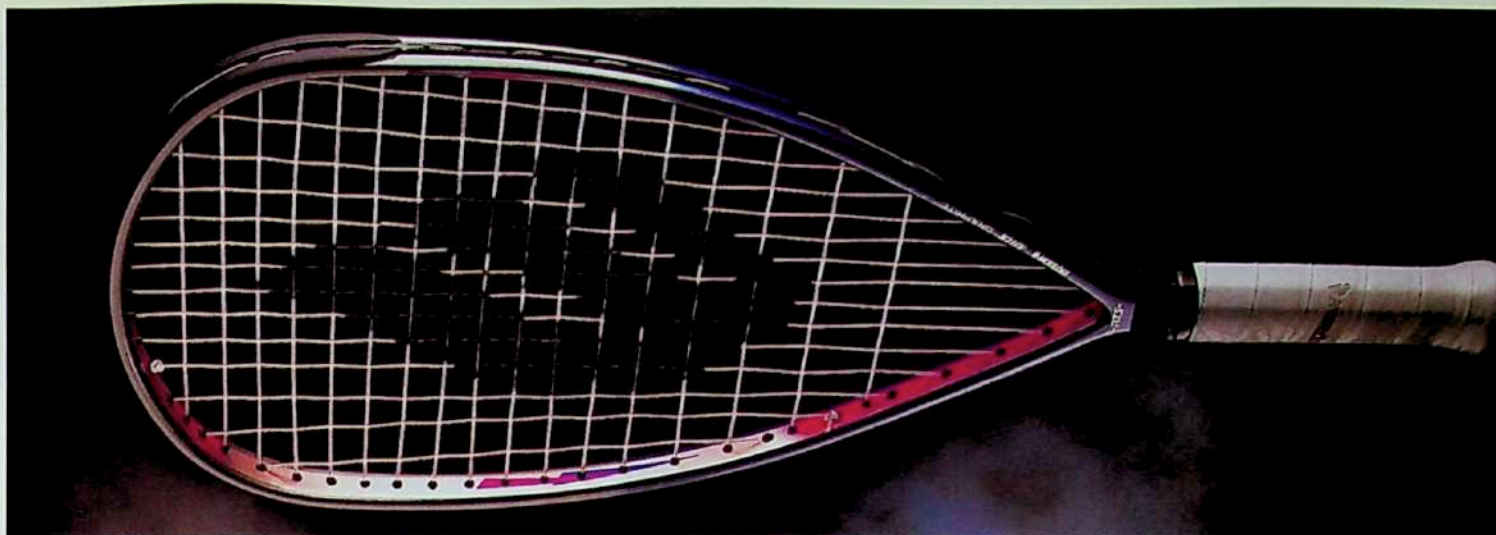


## TIP

*Offensive Use Of Power by Andy Roberts*

Using power as an offensive strategy has many distinct advantages. Most obviously, it adds several shots to your repertoire — the splat, the pass and the drive and jam serves are all power-based. Power can also mask mistakes. Even poorly-located shots can score points if hit hard enough to limit your opponent's reaction time. Playing the power game also allows you to disrupt an opponent's timing, by "cutting" your shot speed at varying intervals — much as a great fastball pitcher uses the curve ball and change-up.





## RTS Series **XITER** Graphite

Xiter was designed for tournament players who depend on precise shot-making. Featuring the inherent advantages of Ektelon's RTS™ technology, Xiter's modified teardrop head design extends the sweet spot for superior control. While its optimum swing weight and balance make it very responsive. But make no mistake. Xiter can mix it up with anyone. A racquet that owes its immense power to high-modulus graphite engineered throughout its hand-laid composite frame.

For enduring comfort,


Xiter combines

impact-resistant

Kevlar® along the frame with Ektelon's Cushion Response System and Kraton vibration dampers in the handle. Tournament after tournament, Xiter has proven it's a master at controlling the flow of a game. And the outcome of a match.

PLAYER LEVEL	FLEX / CONSTRUCTION
EXPERT	 Xiter™ Graphite RTS™ Continuous graphite, Kevlar® 49, vibration damping solid polymer core

Tournament players know firsthand of Strion's formidable power. A racquet that yields to no one. Designed to take full advantage of Ektelon's exclusive RTS™ engineering, Strion combines aerospace-grades of graphite for optimum stiffness, with a modified quad-riform head shape that features an elongated

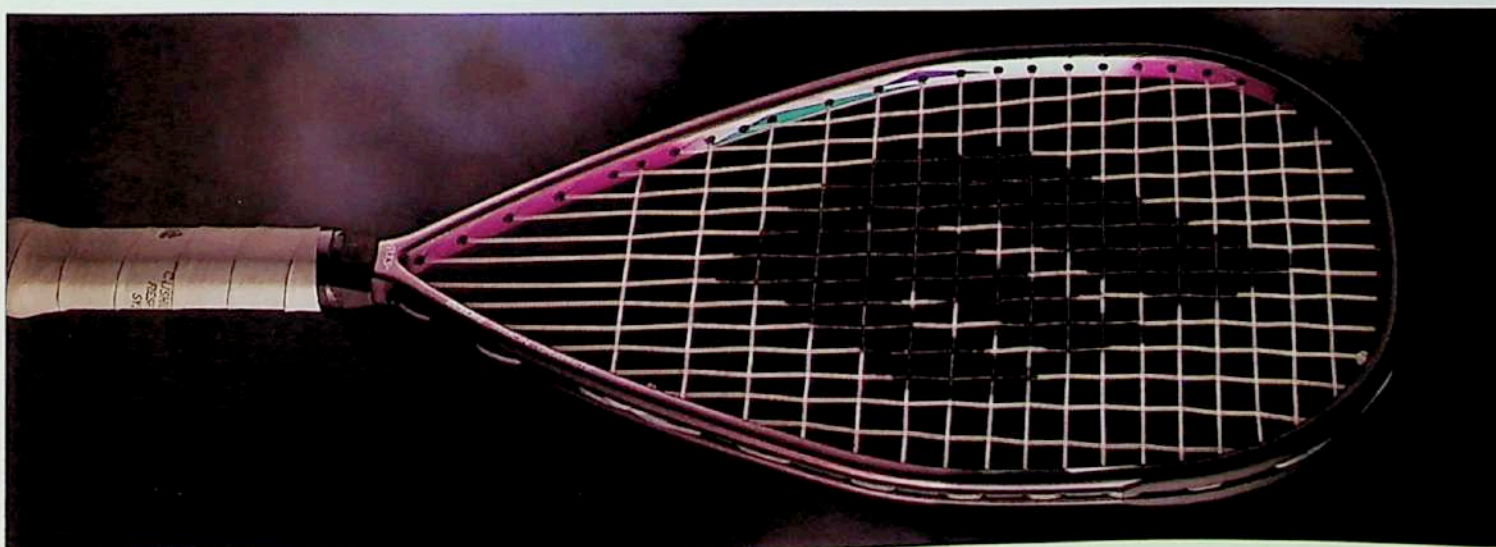
PLAYER LEVEL	FLEX / CONSTRUCTION
EXPERT	 New Strion™ Graphite RTS™ Continuous graphite, Kevlar® 49, vibration damping solid polymer core

sweet spot. For crushing serves and equally vicious returns.

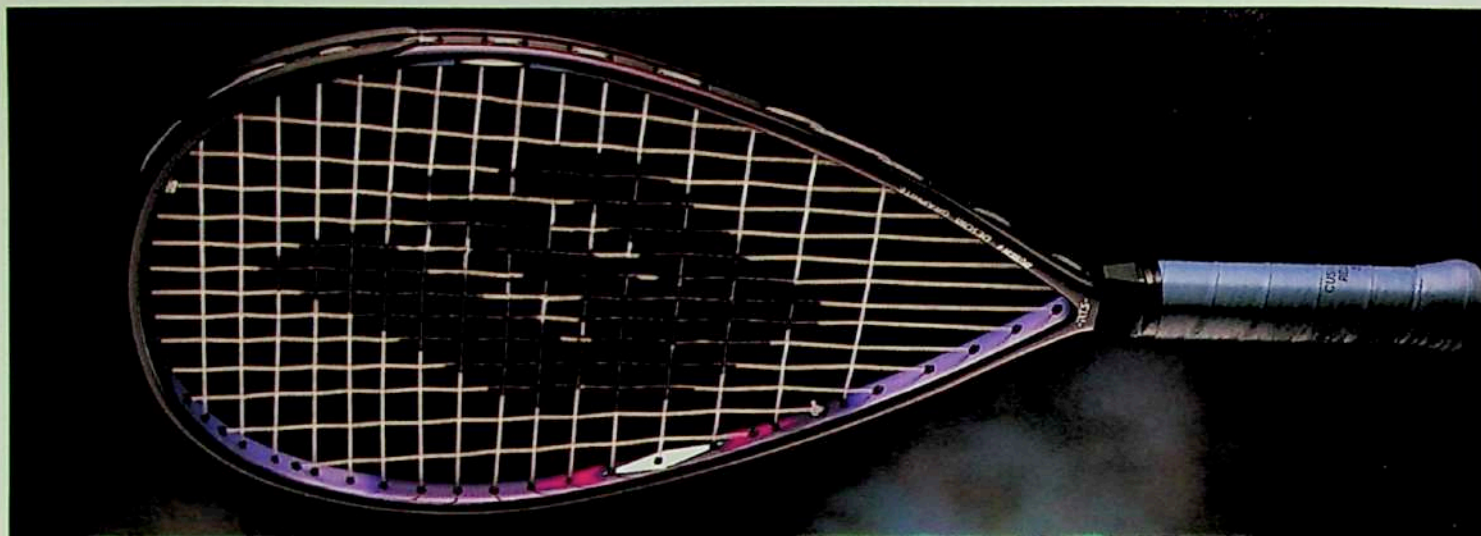
Strion's ultra-stiff frame also minimizes twisting for more precise shot placement. While an aerodynamic Wishbone™ throat lengthens the strings to improve responsiveness.

For maximum playing comfort, Ektelon's Cushion Response System and built-in Kraton vibration dampers work in unison to eliminate frame vibration. A powerhouse of performance, Strion will have your club opponents climbing the walls. While you climb the ladder.

## New RTS Series **STRION** Graphite









## New RTS Series **DESORI** Graphite

Never has it been easier to crank your game up a notch or two. Engineered with multiple layers of continuous graphite fibers, Desori's stiff RTS™ frame delivers tournament-level power. For more precise shotmaking control, an elongated teardrop head shape produces a larger sweet spot. So pinches stay down and passes die in the back court. Ektelon's Cushion Response System features impact-resistant Kevlar® and a low-density polymer core that virtually eliminate racquet vibration for extended playing comfort. While Desori's Wishbone™ open-throat design and Sunburst string pattern improve overall racquet responsiveness. So go ahead. Crank it up. With Desori, you've got the power to keep things well under control.

PLAYER LEVEL	FLEX / CONSTRUCTION
EXPERT	 <b>New Desori™ Graphite RTS™</b> Continuous graphite, fiberglass, vibration damping solid polymer core

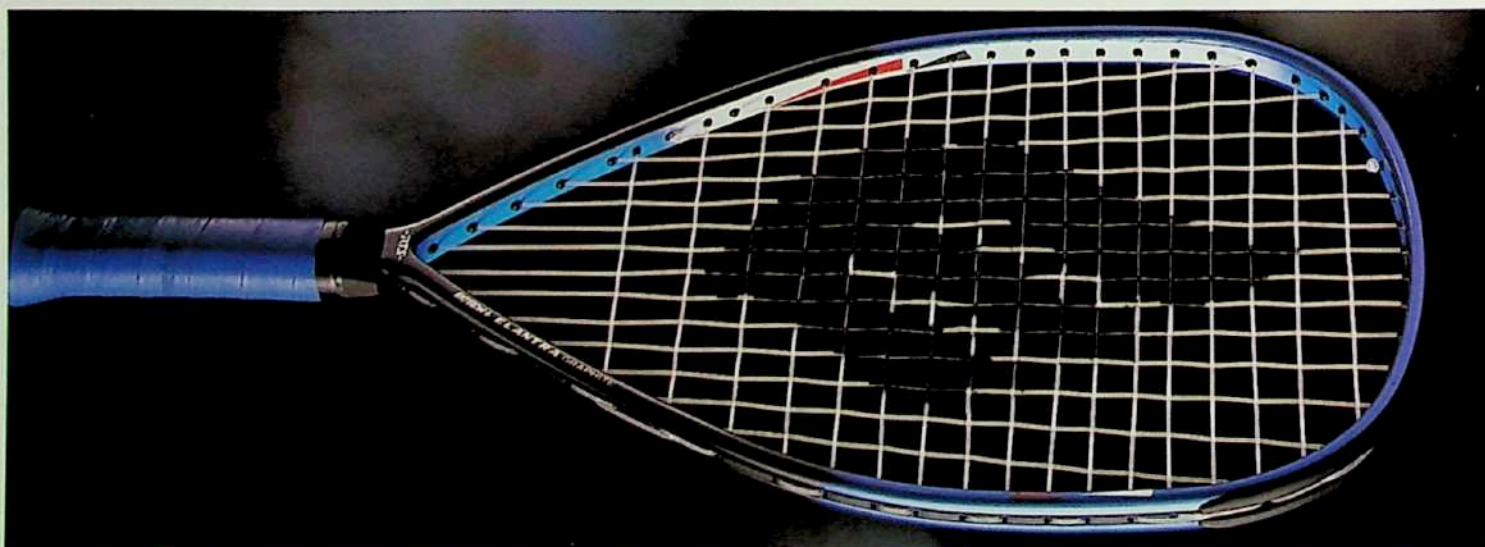
Elantra is designed for advanced tournament players who want a racquet that plays as aggressively as they do. Yet stays under control. Its superb RTS™ construction incorporates intermediate modulus graphite along the frame to ensure enormous power.

Elantra's specially engineered quadriform

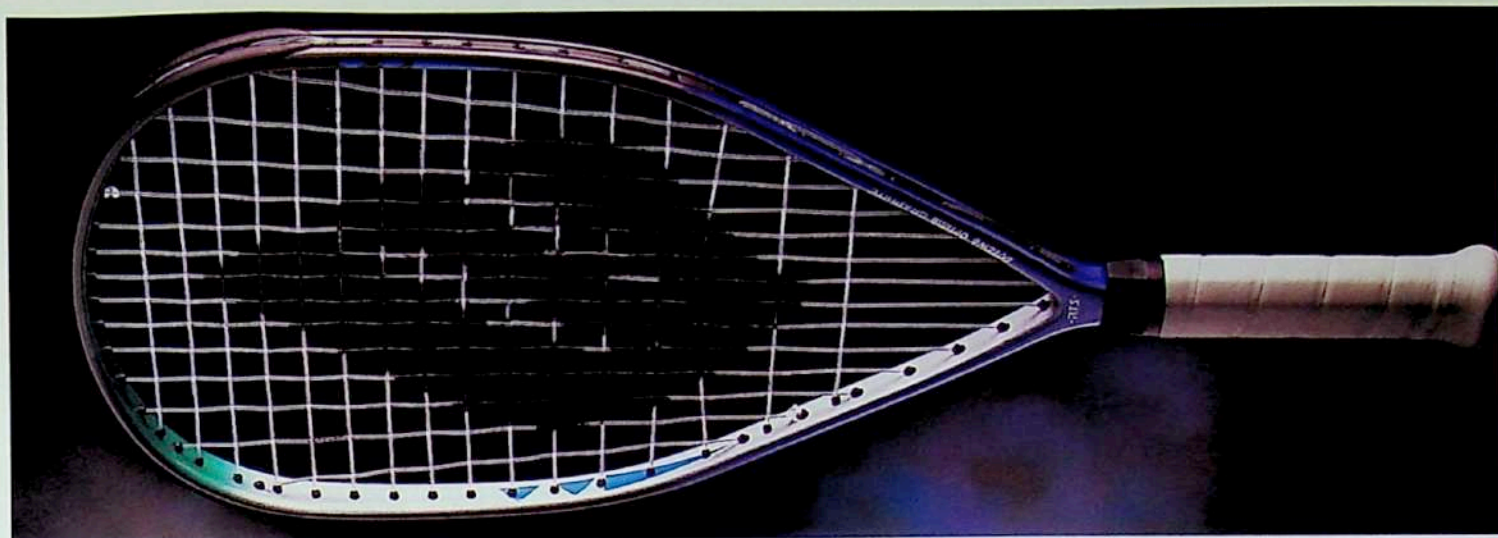
PLAYER LEVEL	FLEX / CONSTRUCTION
ADVANCED	 <b>New Elantra™ Graphite RTS™</b> Continuous graphite, vibration damping solid polymer core

head shape features a significantly broadened hitting surface. Longer main strings let you rip the ball with abandon. While an extra-wide sweet spot allows pinpoint control. For outstanding feel and playing comfort, Ektelon's exclusive Cushion Response System integrates a Kraton thermoplastic handle, impact-resistant Kevlar® and cushioned grip. Elantra. For all-around performance, nothing outside of Ektelon can touch it.

## New RTS Series **ELANTRA** Graphite








## RTS Series **OPTIMA** Graphite


Advanced club players love to wind it up and roll it out. Optima can do that. And more. A stiff, RTS™ engineered racquet that delivers tremendous power, yet remarkable touch.

Optima's hand-laid, multi-layer graphite composition puts blistering pace on the ball. While its extended quadriform head design has a wider sweet spot, which expands the hitting area and adds power to pinch shots. Optima has a balanced feel, and features a sculpted aerodynamic cross-section for increased maneuverability in tight corners. Plus a fiberglass core that damps vibration for better playing comfort.

If you're looking to make your move in the club standings, move up to Optima.

PLAYER LEVEL	FLEX / CONSTRUCTION
ADVANCED	 <p>Optima™ Graphite RTS™ Continuous graphite, fiberglass core</p>

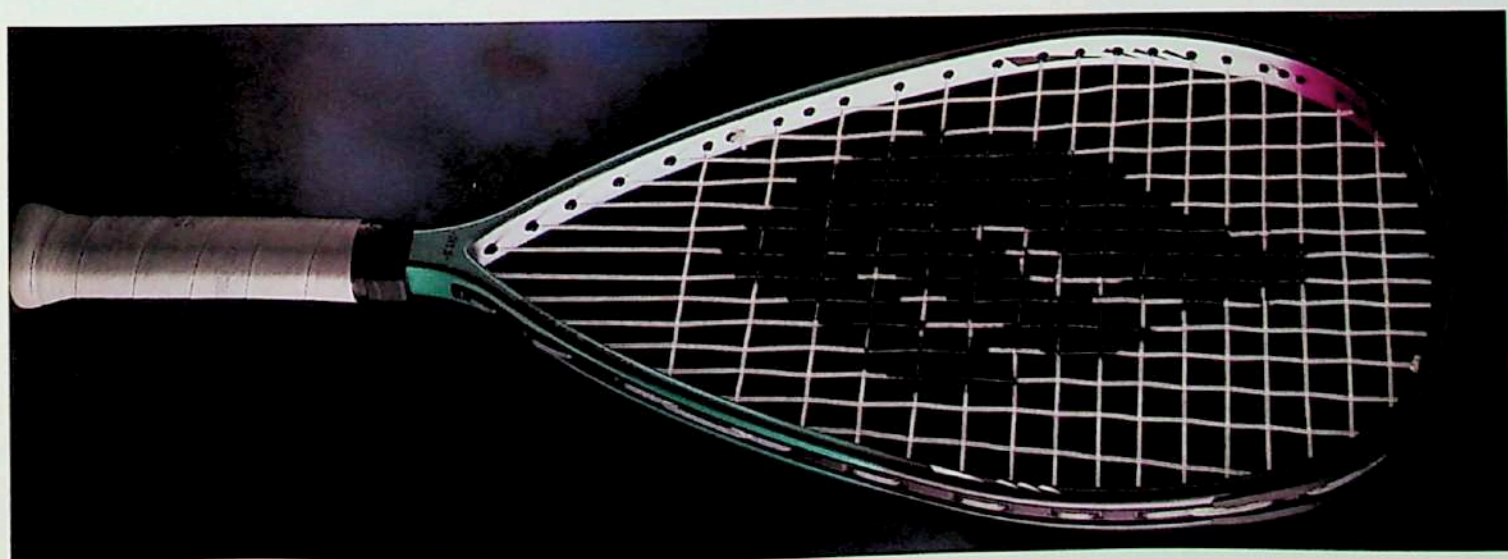
One of Ektelon's most popular racquets ever, Lexis was engineered to offer advanced players exceptional all-around playability. For explosive offensive power, Lexis incorporates advanced RTS™ technology with graphite fibers throughout its hand-laid composite frame. On defense, its aerodynamic

PLAYER LEVEL	FLEX / CONSTRUCTION
ADVANCED	 <p>Lexis™ Graphite RTS™ Continuous graphite, fiberglass core</p>

Wishbone™ throat extends the sweet spot for better control. So you can play those difficult wallpaper ceiling shots with confidence. Lexis also sports a unique, modified teardrop head design that broadens the sweet spot toward the racquet tip, for extended reach and improved accuracy on off-center hits.

Try Lexis and you'll know why it's one of Ektelon's perennial winners. A racquet, that like you, plays for keeps.

## RTS Series **LEXIS** Graphite







86.1 IN SQ

X-AXIS

3.65

SEE DETAIL  
VIEW B & C

.076 FLAT

R .100

250

.052 FLAT

R .100

R .250

R .025

Q SYM

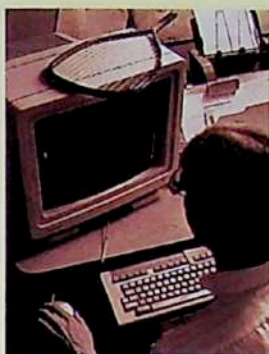
390

PARTING  
LINE

SECTION A-A  
SCALE 1/4" = 1"  
AREA 204 IN. SQ.



*There are no shortcuts in state-of-the-art racquet-making. So before a racquet earns the right to be called an Ektelon, it must travel a long road. Conceived, tested, crafted, and fine-tuned to perfection, every Ektelon RTS racquet passes through the hands of*



*over 30 individual Ektelon craftsmen, who apply each of their specialized talents and years of experience. This process means an Ektelon racquet may cost a few extra dollars. But it's an investment that'll pay handsome dividends. Point after point.*

## THE ART OF MAKING A CHAMPIONSHIP RACQUET

Every Ektelon racquet begins as a vision. A gleam in the eye of an engineer who believes the next great breakthrough is just around the bend. ■ As that vision slowly comes into focus, the first view of the racquet materializes on CAD/CAM screens in our engineering department. ■ After identifying an exact player type, critical design issues are weighed against each other. Individual racquet characteristics are determined to fill the specific needs of that type of player. ■ For instance, what degree of power, control, responsiveness and maneuverability the racquet will ultimately deliver. ■ Through enhanced computer modeling, a multitude of design elements are examined. In the case of an Ektelon RTS racquet (see pages 10-11), the racquet's head shape and sweet spot are first defined. Then, specified combinations of constituent materials (high-modulus graphite, Kevlar®, Boron and fiberglass) are analyzed to determine their precise angles of overlap at exact positions along the frame. This ensures the racquet will deliver optimum performance at each zone of the frame. ■ After months of advanced computer testing, the first prototypes are developed. These initial designs are not just tested. They're fanatically tested. And not just in the lab under torturous conditions, but on club courts where their actual playing characteristics can be confirmed by expert players. ■ If the racquet is deemed true to its original design objectives, production begins. If not, it's back to engineering for further refinements and testing. ■ When an



*Advanced composite materials are individually layered by hand to engineering's exact specifications. Tolerances are extreme.*



*Each racquet is hand-molded, using casts forged by Ektelon's complete in-house machine and tooling department.*



*In the "clean" room, vibrant custom graphics are screened along the inner bow and frame of the racquet.*

Ektelon RTS racquet finally reaches production, experienced Ektelon craftsmen form the initial "lay-up" by hand. Component after component. Placement after placement. A tedious process that assures a racquet free of design defects. ■ The finished lay-up is then molded to its head shape, using casts forged by Ektelon's in-house machine and tooling department. ■ Oven firing follows, to meld the materials into a single, uniform composition. Then burrs are sanded off the now-hardened frame. With its smooth finish, it proceeds to the drilling department, where with incredible precision, computer-controlled drill presses bore the proprietary string hole design of each Ektelon head shape. ■ All along the way, numerous quality control stations oversee each racquet. Even the most minute surface anomalies are hand-corrected, then resanded. ■ Then it's up to master painters to painstakingly apply coat after coat, artistically creating the color pattern and glistening finish that distinguishes one stunning Ektelon racquet from the next. ■ When dry, grip systems are installed and the racquet is at last ready for stringing, where professionals use what else... the world's finest stringing machine developed by Ektelon. This extended, exhaustive process may sound a bit extreme (especially to our competitors). And it is. But it's why no other racquets perform like ours. ■ And why the game's most demanding competitors simply wouldn't consider playing anything less... than a genuine Ektelon racquet.



# New RTS Series **ARIS** Graphite

For competitive tournament players who prefer the distinct advantages of a mid-plus, the new Aris offers devastating performance.

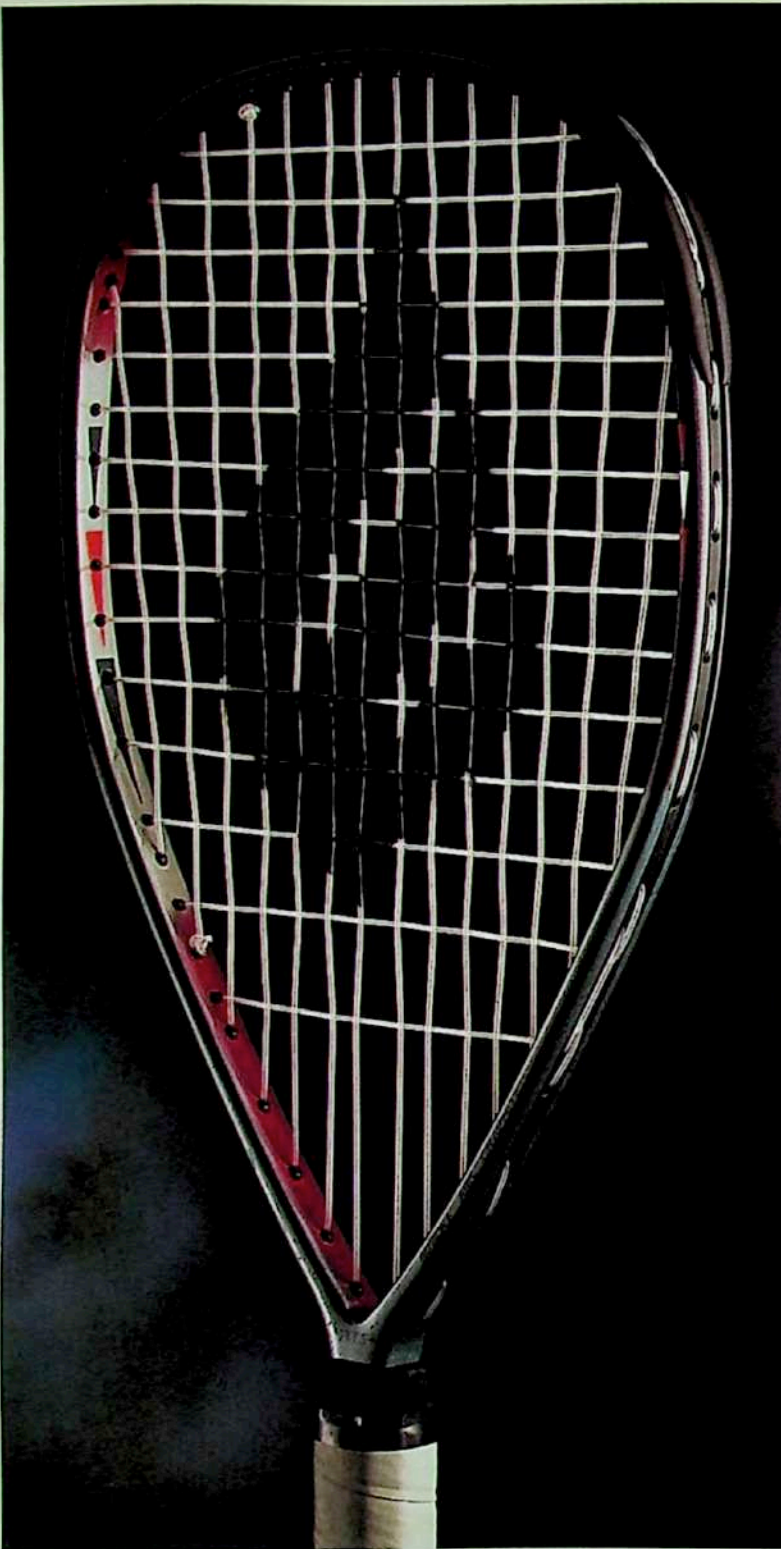
With Aris, Ektelon takes RTS™ technology to its ultimate level in a mid-plus composite. Its hand-laid frame is engineered with high modulus graphite throughout, to

produce power-  
generating stiff-

PLAYER LEVEL	FLEX / CONSTRUCTION
EXPERT	 <p>New Aris™ Graphite RTS™ Continuous graphite, Kevlar® 49, vibration damping solid polymer core</p>

ness. Aris features a specially designed teardrop head shape that dramatically widens the sweet spot and repositions it toward the racquet tip. For superior control on every shot.

Impact-resistant Kevlar® integrated along the frame and Ektelon's Cushion Response System eliminate vibration. The result is a racquet that's remarkably comfortable. And extremely responsive. Every bit an Ektelon, Aris delivers all the raw power you need to own the bottom board.

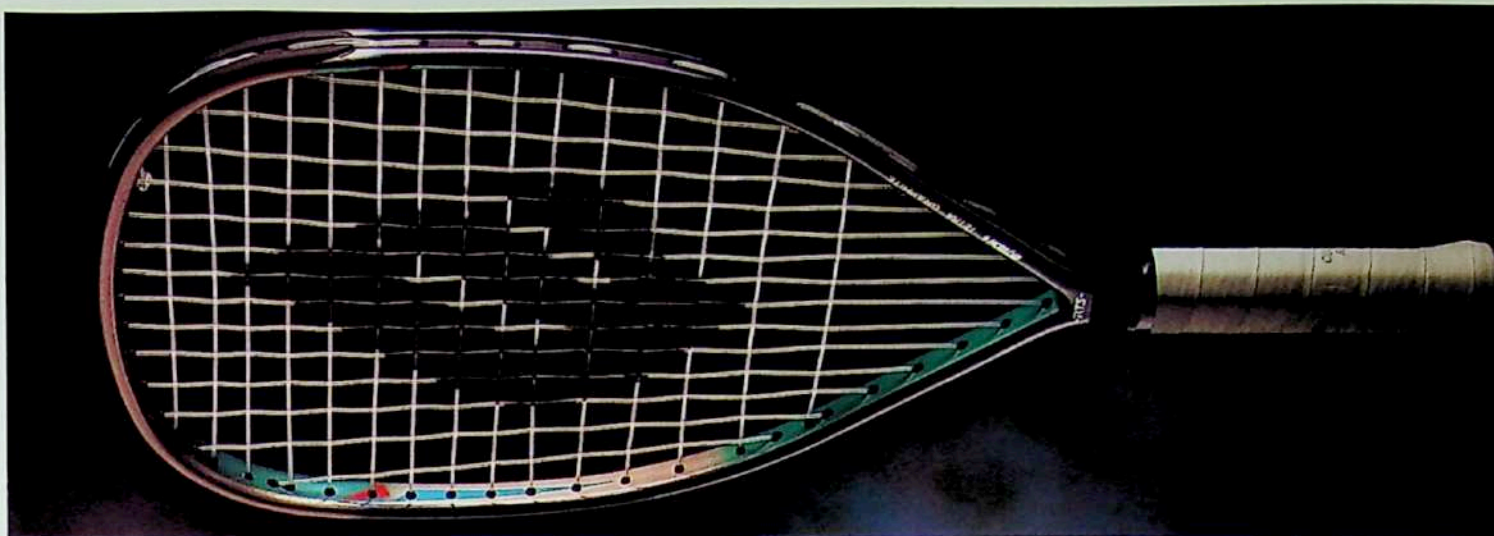


## TIP

*Achieving and Maintaining Quickness by Ruben Gonzalez*

*In racquetball, your first two steps to the ball are the most crucial. Gear your workouts to activities that require quick bursts of speed. Court sprints, hill sprints, bike sprints or anything that simulates 15-20 seconds at top speed. Then rest for 15-20 seconds. Repeating this set five to ten times will help improve your quickness. You can lift weights to increase quickness, too. Give a burst of speed as you lift the weight up, then lower it slowly. Work both your thigh and calf muscles.*





## New RTS Series **TETRA** Graphite

Ektelon developed Tetra for serious tournament players who want superior performance and playability in an advanced mid-plus design. A marvel of precision RTS™ engineering, this hand-laid composite integrates multiple layers of graphite that stiffen the frame for commanding power.


Featuring the largest hitting surface on a mid-plus frame, Tetra's modified quadriform head shape broadens the sweet spot and effective hitting area. So more of your wide angle pass shots crack out.

In addition, Ektelon's advanced Cushion

PLAYER LEVEL	FLEX / CONSTRUCTION
EXPERT	 <p>New Tetra™ Graphite RTS™ Continuous graphite, vibration damping solid polymer core</p>

Response System damps vibration, for increased comfort and improved overall racquet feel. In competitive play, Tetra is all business, and all Ektelon. A racquet that hits your opponent where it hurts most. The final score.

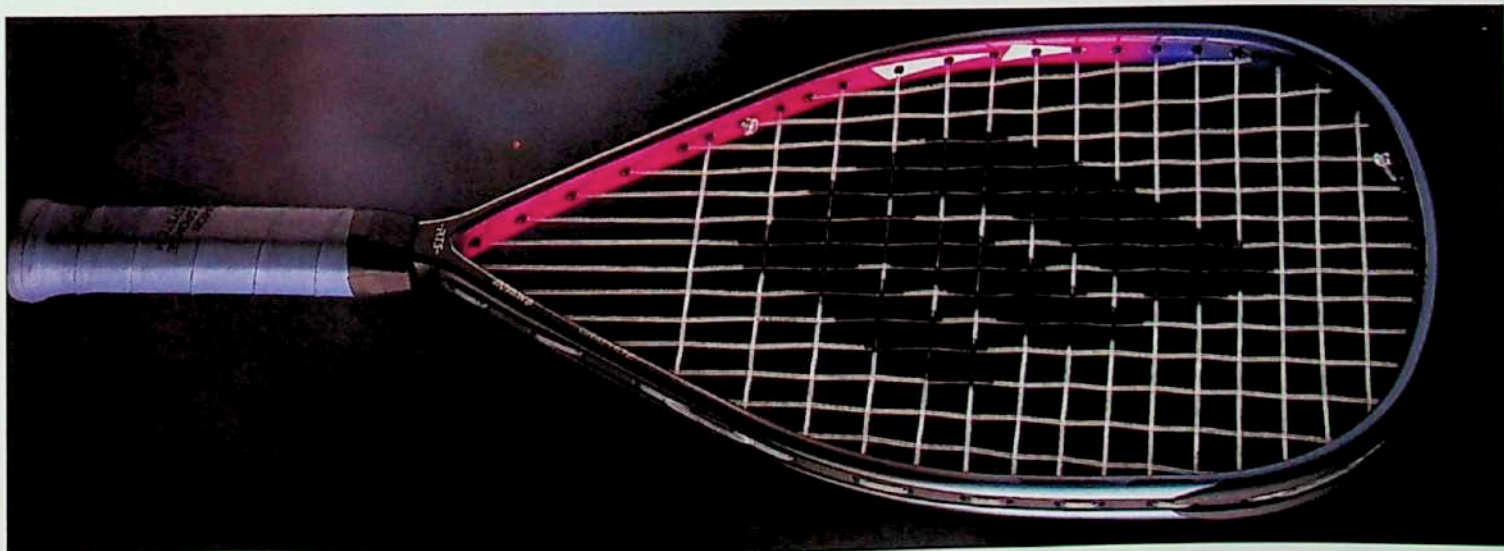
For advanced players who rely on tenacious power and exacting control, Trinity is a mid-plus that's proven it can play with the big boys. A masterful blend of force and finesse, Trinity was engineered to deliver the unprecedented benefits of Ektelon's RTS™ technology. Its hand-laid graphite fiber

PLAYER LEVEL	FLEX / CONSTRUCTION
ADVANCED	 <p>New Trinity™ Graphite RTS™ Continuous graphite, fiberglass core</p>

composition yields a stiffer frame that generates tremendous ball velocity. In addition, Trinity's modified teardrop head shape creates an extended sweet spot, for control that keeps you rolling it out. While Ektelon's Sunburst string pattern heightens string responsiveness and overall racquet feel.

If you want to take charge of your game, Trinity is the edge you've been looking for.

## New RTS Series **TRINITY** Graphite





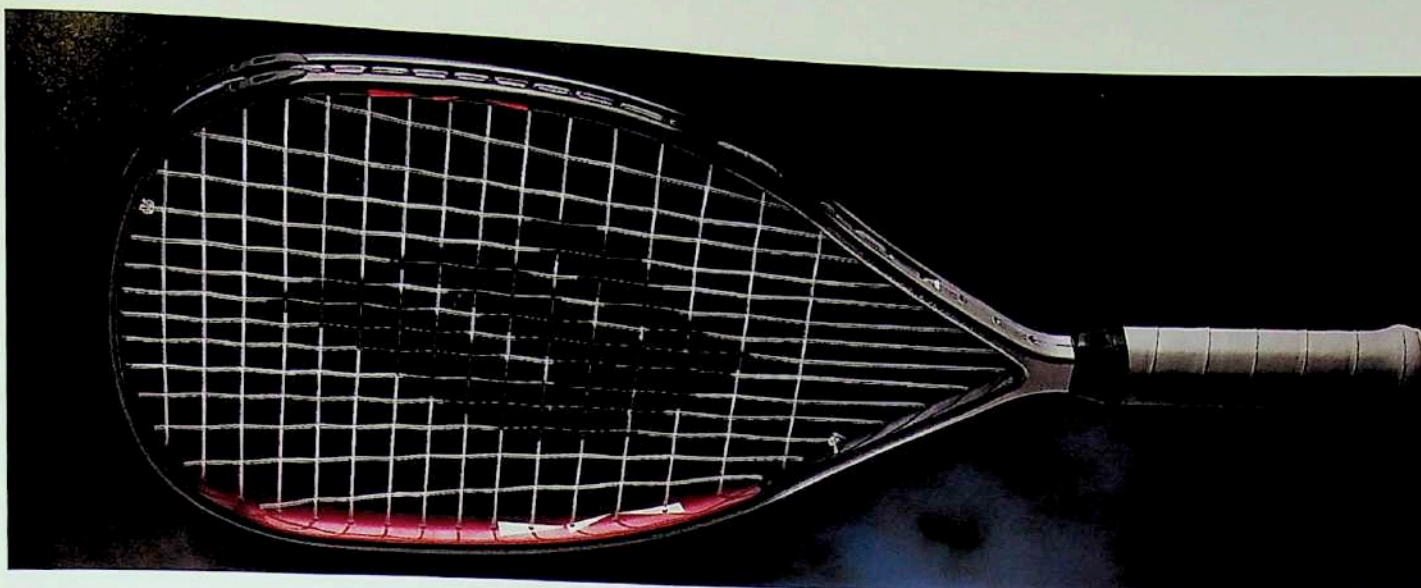


  
CLAIMING VICTORIES  
ACROSS THE COUNTRY

## THE BEST OF BOTH

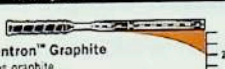
*Andy Roberts and Tim Sweeney. The 1991 Pro National Champion and the 1991 National Amateur Champion. Add to those impressive titles the fact that the 26-year-old Roberts claimed five consecutive national intercollegiate titles, and was the National Amateur Singles Champion in 1988. Thus far in 1992, Roberts has won three pro stops, and is again in contention for the Pro National Championship. Sweeney seems to be following in Roberts' footsteps. Already, he has claimed two consecutive intercollegiate championships. And no one will be surprised if Sweeney, a member of the prestigious National U.S. Racquetball Team, repeats his victory at this year's amateur Nationals.*





## New Oversize **CENTRON** Graphite

Centron offers competitive players the oversize advantages of Ektelon's exclusive Tapered Graphite Frame technology. Continuous graphite is integrated throughout the frame, to ensure punishing power on drive serves and extra punch on pass shots. Engineered with a stiffened frame tip and classic quadriform head shape, Centron incorporates a graphite/fiberglass/nylon matrix for maximum control and durability.

PLAYER LEVEL	FLEX / CONSTRUCTION
INTERMEDIATE	 New Centron™ Graphite Continuous graphite, Tapered Graphite Frame


For added string protection, a lightweight bumper guard is contoured to the frame tip. While a urethane foam handle provides long-lasting playing comfort.

All of which make Centron a racquet that can keep you in every point. Until it's yours.

Axcel offers the recreational club player superb control, without compromising power.

A highly responsive racquet, Axcel's Tapered Graphite Frame engineering incorporates graphite for added power.

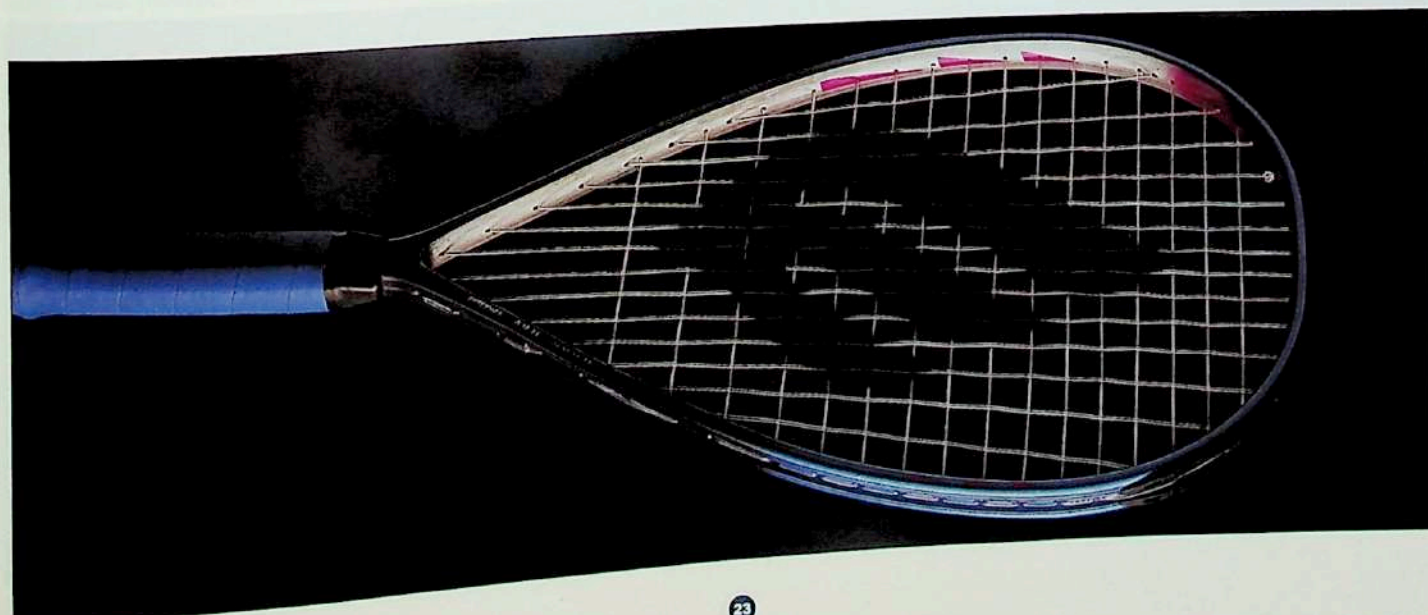
Axcel's teardrop head shape features a larger sweet spot

PLAYER LEVEL	FLEX / CONSTRUCTION
INTERMEDIATE	 Axcel™ Graphite Graphite, nylon matrix, Tapered Graphite Frame

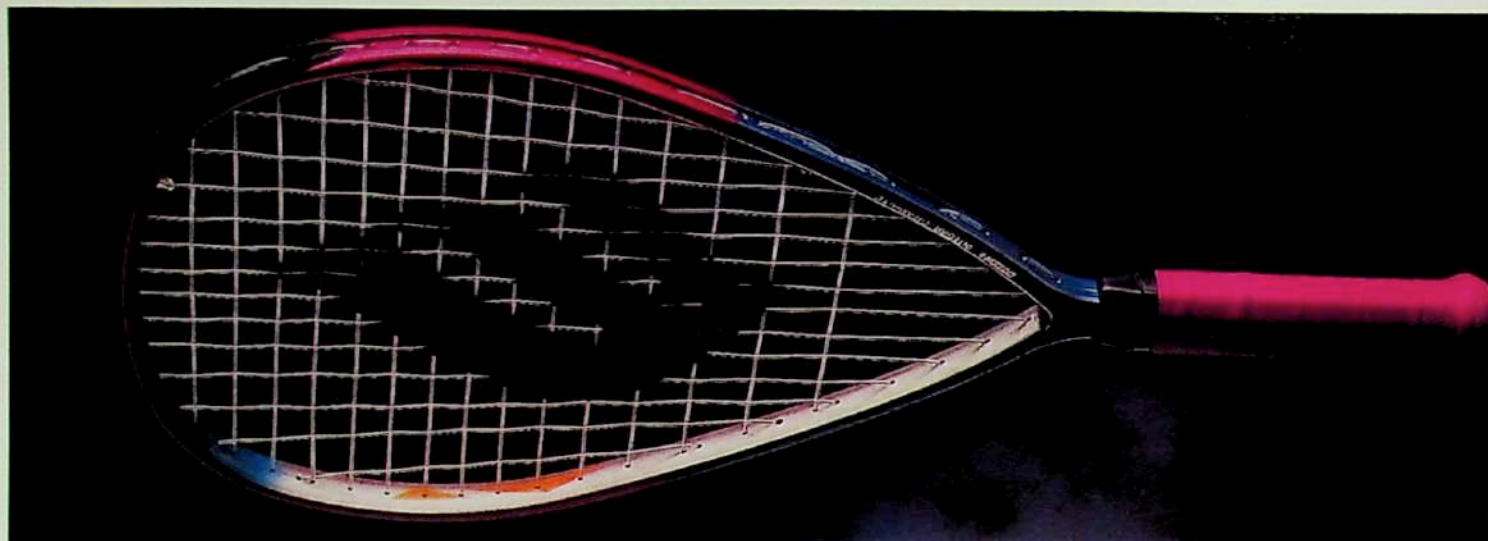
that consistently gets even off-center hits back to the front wall. In addition, Ektelon's tough nylon matrix construction and a slotted bumper guard ensure that Axcel will withstand the rigors of competitive court play.

No matter how much fun it is to play, Axcel is a no-nonsense racquet that knows winning is still the name of the game.

## Oversize **AXCEL** Graphite







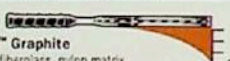
## Mid-Plus **INTEGRA** Graphite

Players on their way up are always looking for faster ways to get there. Enter Integra. A mid-plus with the power to command instant respect.

Ektelon's Tapered Graphite Frame engineering broadens and stiffens the frame at the tip. For sizzling serves and quicker passes.

Integra's classic teardrop head design

allows more accurate shot placement, and improves your consistency. While nylon matrix construction and a slotted bumper guard ensure outstanding durability. Integra blends the power of graphite and the expertise of Ektelon. The perfect racquet for players who take their fun seriously.

PLAYER LEVEL	FLEX / CONSTRUCTION
INTERMEDIATE	 <p>Integra™ Graphite Graphite, fiberglass, nylon matrix, Tapered Graphite Frame</p>

This performance-packed mid-plus was designed for improving players who want more velocity on the ball. And bigger point spreads in their final scores.

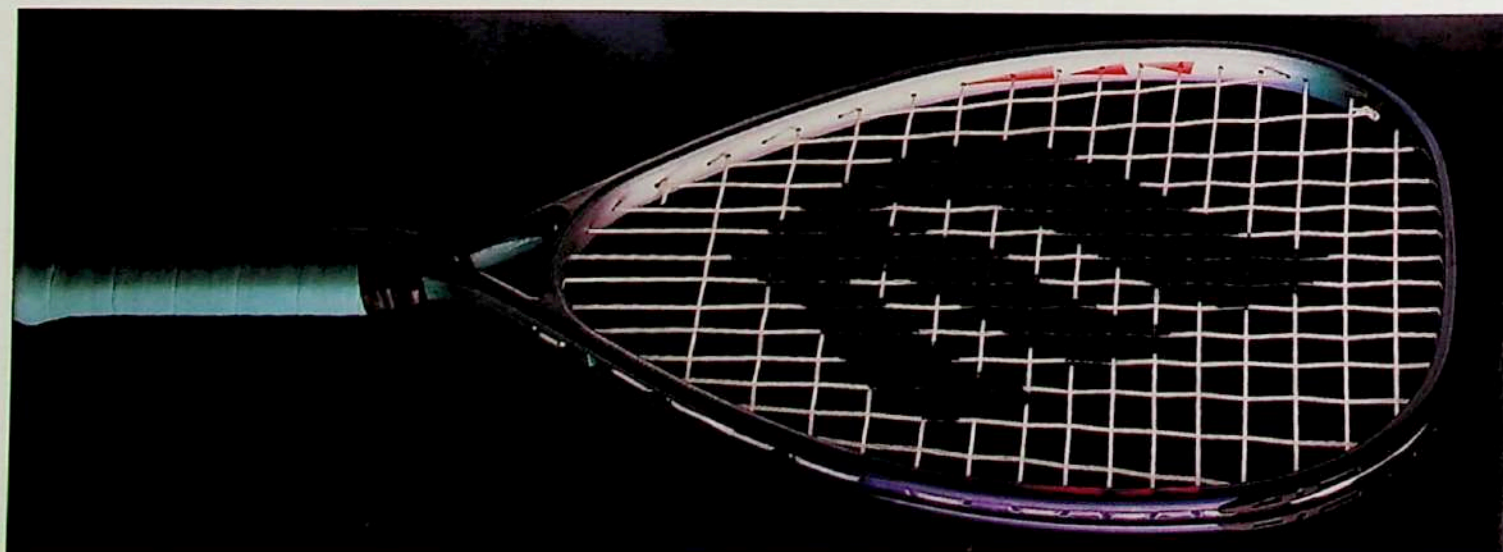
Ektelon's proven

PLAYER LEVEL	FLEX / CONSTRUCTION
INTERMEDIATE	 <p>Protege™ Graphite Graphite, fiberglass, nylon matrix, Tapered Graphite Frame</p>

Tapered Graphite Frame engineering makes Protege a very powerful, highly responsive racquet. So you can drive the ball with greater authority. Its modified quadriform head shape features an enlarged sweet spot, for enhanced accuracy and control. In addition, nylon matrix construction makes sure Protege will play tough. And keep coming back for more.

A confidence booster. An all-around threat. This is one racquet that comes to play.

## Mid-Plus **PROTEGE** Graphite

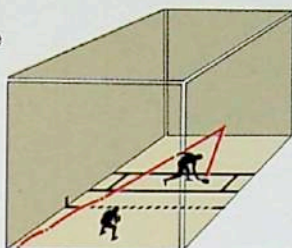




# Calling THE SHOTS

## DRIVE SERVE

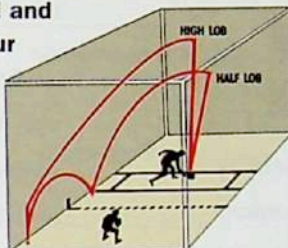
The drive serve is a low, hard, offensive serve. Locate a target 1'-2' up on the front wall



that will angle the ball into the back corner. Contact the ball between calf and knee high, hitting slightly up on it to help pull it across the short line. The ball should bounce just beyond the short line, bouncing again before it strikes the back wall.

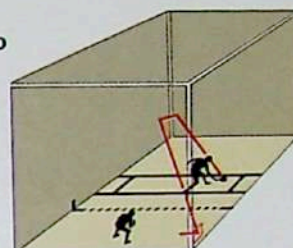
## LOB SERVES

There are two types of lob serves: high lob and half lob. Using a lifting motion, contact the ball on the rise between waist and shoulder level. The high lob should hit the front wall 15'-18' high and graze the side wall 30'-35' back. The half lob should strike the front wall 10'-12' up, bounce just past the short line, rebound and approach your opponent shoulder to head high.



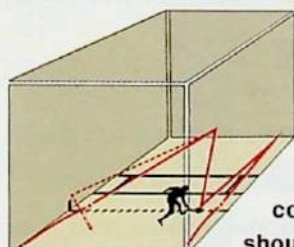
## Z SERVES

There are two types of Z serves: the hard low Z and the high Z. Stand to one side of the service zone and contact the front wall 2'-3' from the far side wall. A low Z should hit the front wall about 3'-4' high; a high Z from 10'-15' up. The ball should bounce near the receiving line into the deep corner, rebounding somewhat parallel to the back wall.



## PASS SHOTS

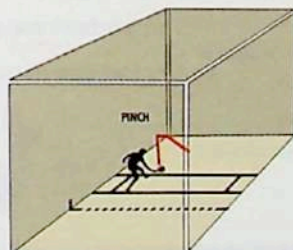
Pass shots draw your opponent out of center court. They should be hit hard enough so they can't be cut off, and should bounce twice before hitting the back wall. Use down-the-line passes when your opponent is on the opposite side of the court. Use cross-court and wide-angle passes when your opponent is on your side of the court. The wide-angle pass (dotted line) demands more accuracy, but is more difficult to cut off.



They should be hit hard enough so they can't be cut off, and should bounce twice before hitting the back wall. Use down-the-line passes when your opponent is on the opposite side of the court. Use cross-court and wide-angle passes when your opponent is on your side of the court. The wide-angle pass (dotted line) demands more accuracy, but is more difficult to cut off.

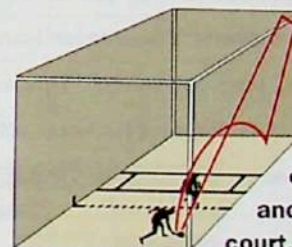
## PINCH SHOTS

Utilize a pinch shot when your opponent is behind you or is fading back, expecting a pass shot. The pinch shot can be hit to roll-out side-wall-front, or can be aimed more conservatively 2"-3" up the front or side wall. Contact the ball below your knee and drive it low into the near side wall. It should be aimed 1'-2' from the corner of the front wall.



## CEILING SHOTS

A ceiling ball forces your opponent out of center court and into deep court. The ball should contact the ceiling first, 2'-4' back from the front wall, then bounce and rebound into deep court, contacting the back wall less than 2' high. If the ball is rebounding too high off the back wall and giving your opponent an easy set-up, contact the ceiling further back from the front wall.



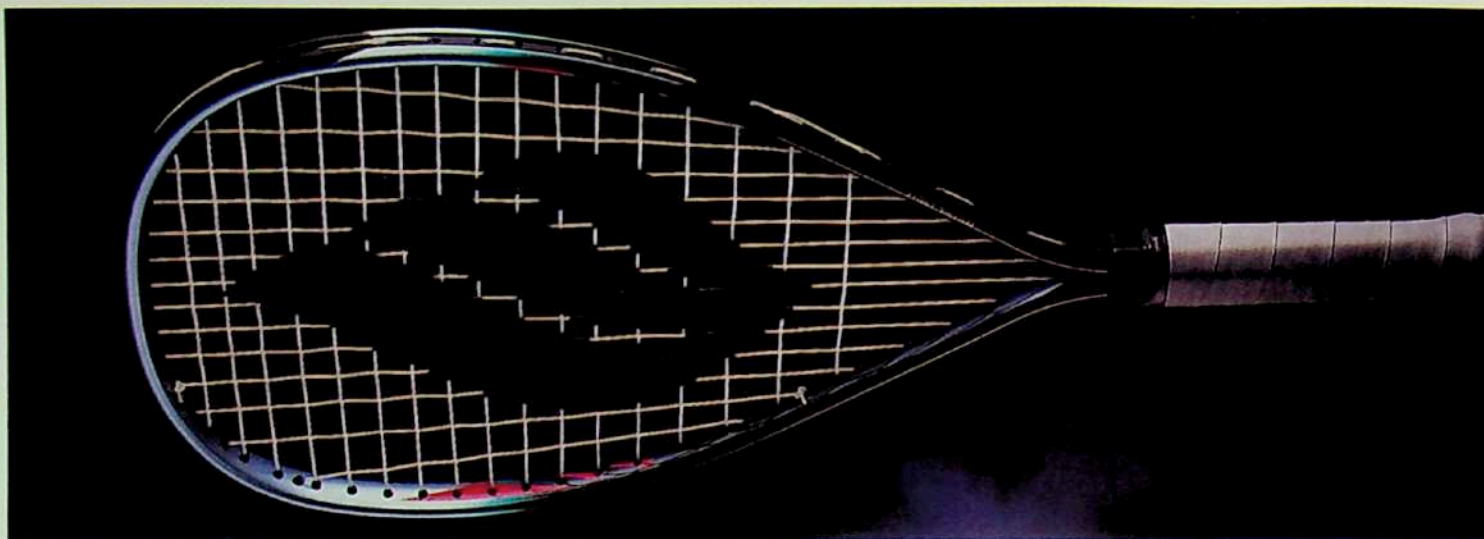
contact the ceiling first, 2'-4' back from the front wall, then bounce and rebound into deep court, contacting the back wall less than 2' high. If the ball is rebounding too high off the back wall and giving your opponent an easy set-up, contact the ceiling further back from the front wall.

## TIP 4

*The Killshot by Michelle Gilman*

*If you try to kill a ball that is waist-high, you must angle your strings slightly downward. If you strike the ball at a lower point, around the middle of your calf, you must keep your racquet strings level and not angled. From deep court, hit the ball around knee-high. As you get closer to the front wall, let the ball drop lower and bend more with your knees. But remember, have your racquet poised and ready. Step into the ball. Rotate your hips. And make sure to follow through.*






## New Oversize **DYNAX**


It's nice to know that performance and affordability can still share the same court. If the racquet's an Ektelon.

Dynax is a durable oversize that offers club players excellent playability. Ektelon's unique Extended Cross-Section Design yields an extra-stiff aluminum frame that lets you blow the ball past your opponents. This same stiffness also reduces racquet twisting on off-center hits, to consistently keep your shots on target. Dynax's teardrop head shape and Wishbone™ throat elongate the main strings to give you extra pop and quicker response. Point after point.

A proven performer. A staunch competitor. Dynax reigns supreme in its class.

PLAYER LEVEL	FLEX / CONSTRUCTION
INTERMEDIATE	 <p>New Dynax™ 6061 Aluminum alloy, Extended Cross-Section Design</p>

Don't let its good looks fool you. Vicor can make it real ugly for opponents. This hard-working mid-plus offers recreational players all the benefits of Ektelon's Extended Cross-

PLAYER LEVEL	FLEX / CONSTRUCTION
RECREATIONAL	 <p>New Vicor™ 6061 Aluminum alloy, Extended Cross-Section Design</p>

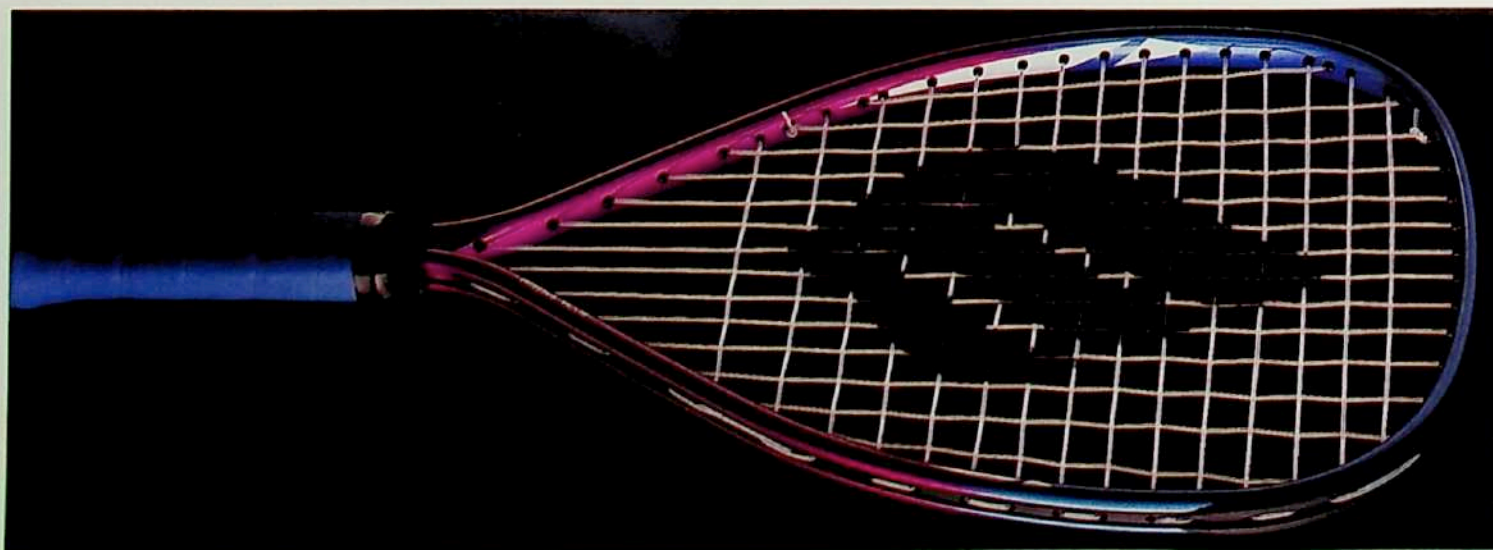
Section Design technology. With an exceptionally stiff frame that puts extra steam into your serves.

Vicor's sleek, aerodynamic profile makes it highly responsive. And extremely maneuverable. While its modified teardrop head shape puts control back into off-center hits.

Plus, tough aluminum alloy construction makes Vicor not just a durable performer. But a great all-around value.

The perfect racquet for players who like to shake hands. And come out swinging.

## New Mid-Plus **VICOR**





# Selection Guide

	player level	flex/construction	weight (grams)	length	string area	string tension	power rating
Oversize	EXPERT	<b>New Eminence™ Graphite RTS™</b> High modulus, continuous graphite, Kevlar 49, vibration damping solid polymer core	240	21	97	45	14
	EXPERT	<b>Strobe™ Graphite RTS™</b> High modulus, continuous graphite, Kevlar 49, vibration damping solid polymer core	240	21	95	45	13
	EXPERT	<b>Xiter™ Graphite RTS™</b> Continuous graphite, Kevlar 49, vibration damping solid polymer core	245	21	95	45	12
	EXPERT	<b>New Strion™ Graphite RTS™</b> Continuous graphite, Kevlar 49, vibration damping solid polymer core	245	21	92	45	11.5
	EXPERT	<b>New Desori™ Graphite RTS™</b> Continuous graphite, fiberglass, vibration damping solid polymer core	245	20 1/2	92	45	11
	ADVANCED	<b>New Elantra™ Graphite RTS™</b> Continuous graphite, fiberglass, vibration damping solid polymer core	245	21	98	45	10.5
	ADVANCED	<b>Optima™ Graphite RTS™</b> Continuous graphite, fiberglass core	245	20 1/2	94	45	10
	ADVANCED	<b>Lexis™ Graphite RTS™</b> Continuous graphite, fiberglass core	245	20 1/2	90	45	9.5
	INTERMEDIATE	<b>New Centron™ Graphite</b> Continuous graphite, Tapered Graphite Frame	245	20 1/2	91	40	9
	INTERMEDIATE	<b>Axcel™ Graphite</b> Graphite, nylon matrix, Tapered Graphite Frame	245	20 1/2	90	40	8.5
Mid-Plus	INTERMEDIATE	<b>New Dynax</b> 6061 Aluminum alloy, Extended Cross-Section Design	245	20 1/2	90	45	8
	EXPERT	<b>New Aris™ Graphite RTS™</b> Continuous graphite, Kevlar 49, vibration damping solid polymer core	245	19 3/4	85	40	12
	EXPERT	<b>New Tetra™ Graphite RTS™</b> Continuous graphite, vibration damping solid polymer core	245	19 3/4	87	40	10
	ADVANCED	<b>New Trinity™ Graphite RTS™</b> Continuous graphite, fiberglass core	245	19 3/4	85	40	9
	INTERMEDIATE	<b>Integra™ Graphite</b> Graphite, fiberglass, nylon matrix, Tapered Graphite Frame	245	19 3/4	83	30-35	8
	INTERMEDIATE	<b>Protege™</b> Graphite, fiberglass, nylon matrix, Tapered Graphite Frame	245	19 3/4	81	30-35	7.5
	RECREATIONAL	<b>New Vicor™</b> 6061 Aluminum alloy, Extended Cross-Section Design	245	19 3/4	80	40	7

Ektelon racquets come in four grip sizes: super small, extra small, small, and flared. Every Ektelon racquet comes with a full one-year frame warranty and a 90-day string warranty with proof of purchase and return of product to Ektelon. When restringing your racquet, Ektelon recommends that you use a USRSA certified stringer, and have your racquet strung on an Ektelon stringing machine, using Ektelon string products.



## Lynn Adams

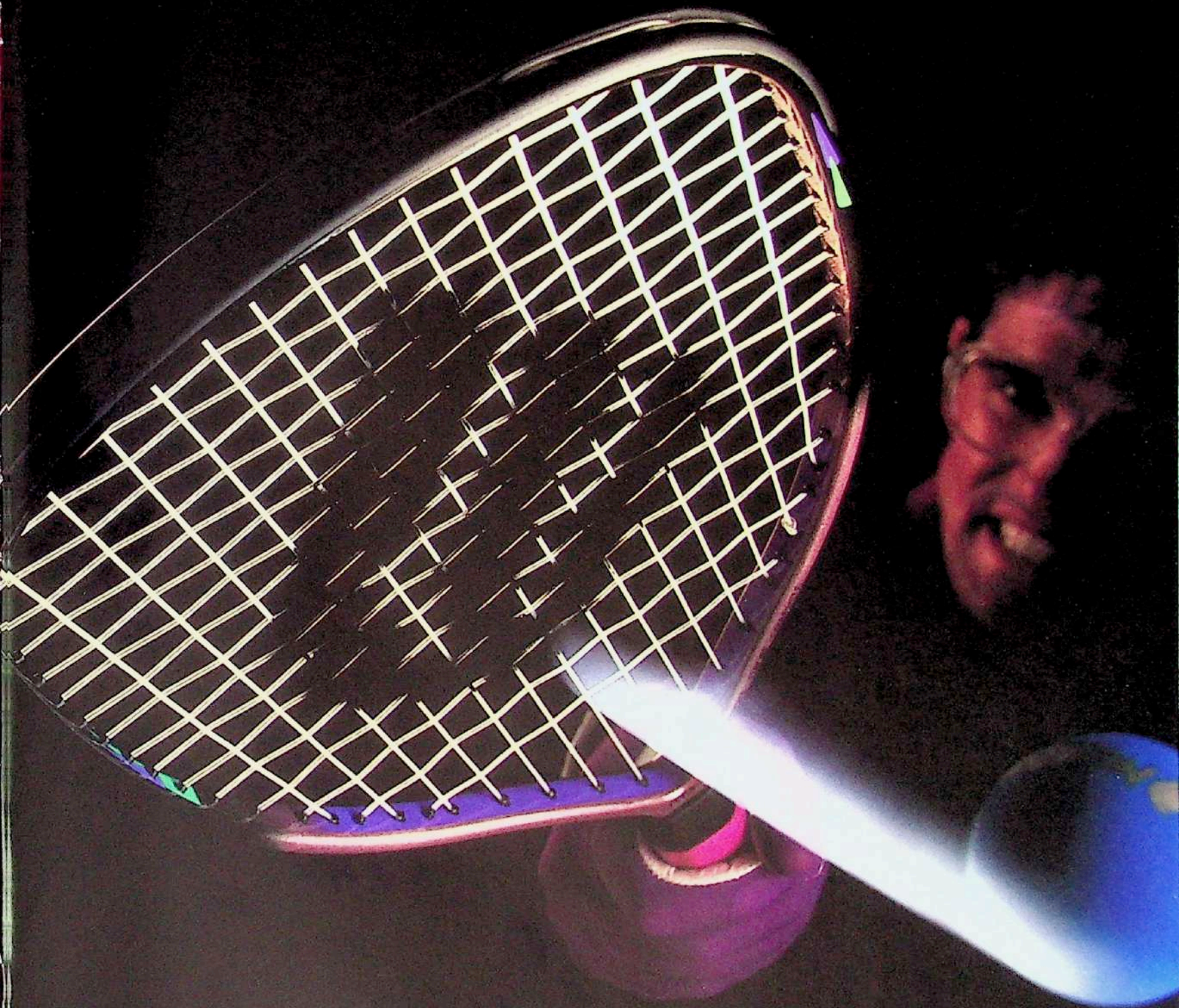
*In a luminous career that spanned 15 years, Lynn Adams set all the standards in women's racquetball. This year Adams was diagnosed with multiple sclerosis and retired from professional play. At 34, the six-time National Champion has won 50 tournaments, and more titles, matches and money than any other player in history. She has been ranked No. 1 seven times and was awarded the prestigious Stedding Cup twice. Adams was a Rookie of the Year in 1980 and has been named Player of the Year a record eight times. Off the court, Adams does color commentary on the television broadcasts of AARA tournaments. Actively committed to the growth of racquetball, Lynn gives clinics, exhibitions and speeches worldwide. She is the national spokesperson for the Arthritis Foundation, and also works to increase awareness of multiple sclerosis. A Team Ekelon player since 1980, Lynn Adams has truly graced the sport of racquetball with her brilliant presence.*



- **1977**  
Played racquetball for the first time at an outdoor racquetball tournament
- **1980**  
Ranked No. 3  
Named Rookie of the Year
- **1982**  
National Champion in Singles and Doubles  
Ranked No. 1  
Named Player of the Year  
Awarded prestigious Stedding Cup
- **1983**  
National Champion in Singles and Doubles  
Ranked No. 1  
Named Player of the Year
- **1984**  
National Champion in Singles and Doubles  
Ranked No. 1  
Named Player of the Year  
Triple Crown Winner  
Unbeaten season — first ever for any racquetball player, man or woman
- **1987**  
National Singles Champion  
Ranked No. 1  
Named Player of the Year
- **1988**  
National Singles Champion  
Ranked No. 1  
Named Player of the Year
- **1990**  
Finished second at Nationals  
Regained No. 1 ranking  
Named Player of the Year
- **1992**  
Retired from professional play



**The Name of the Game is Winning.  
The Name of the Racquet is Strobe.**



In a sport where success is defined by tournament victories, the Strobe™ Graphite RTS has proven itself the unrivaled champion. The top four players on the 1992 Men's Pro Tour, including National Champion Drew Kachtik played Strobe. As did the 1992 Women's National Champion Jackie Paraiso-Gibson. Get your hands on a Strobe. And start your own winning tradition.

**EKTELON**   
The Most Recommended Name in Racquetball  
A subsidiary of prince

Ektelon is the official racquet of the AAA



**T**eam Ektelon was founded on the commitment to the grass-roots growth of racquetball. By supporting players who were dedicated to the sport, Ektelon wanted to introduce thousands of new players to the game. The program has succeeded. Today, more than 1,000 players make up Team Ektelon. Across the country and in other nations, Team Ektelon members conduct clinics, teach lessons and coach programs.

# TEAM EKTELON. GROWING THE SPORT THROUGH TEACHING.

This year marks Jim Winterton's second season as the U.S. Team coach. Since he became head coach, the premier amateur team has not lost a single competition. In his position as the



*Team Ektelon members Andy Roberts and Tim Sweeney conduct a Q and A session at a racquetball clinic.*

most prestigious coach in racquetball, Jim gives total dedication to his team. Since the team gets together primarily for tournaments, Jim's face-to-face coaching time is limited. He relies on regular phone calls and elaborate written reports to ensure all his players are training well. And he believes that at tournaments, a good coach is like a good referee—you don't know he's there.

Captain Barb Faulkenberry instructs hundreds of Air Force cadets every year at the Air Force Academy in Colorado Springs. Her dedication and enthusiasm for racquetball have made it a popular choice among the cadets. Barb is also a top competitor. She has won six Interservice Nationals and has been a member of the U.S. National Racquetball Team.

Just over a year ago, Bill Lyman instigated a junior program at the Oak Park Court House in Chicago. His program started out with just five kids—today he has 30. His key is breaking the kids down into two groups, one for beginners and one for more advanced players. Bill works with the beginners

on game fundamentals, while the more experienced kids engage in competitive play. At the end of the six-week program, all the juniors come together for a pizza party to celebrate their racquetball accomplishments.

As the club pro at the Garden Health and Fitness Club in Monterey, Calif., Margo Daniels runs a special women's league.

About 40 ladies between the ages of 24 and 63 participate in the six-week program, which begins with a 90-minute clinic and concludes with a round-robin tournament. Over the last 14 years, more than 1,000 women have learned the sport from Margo.

Gerry Price is a born entertainer, and runs some of the best Ektelon pro nights in the business.

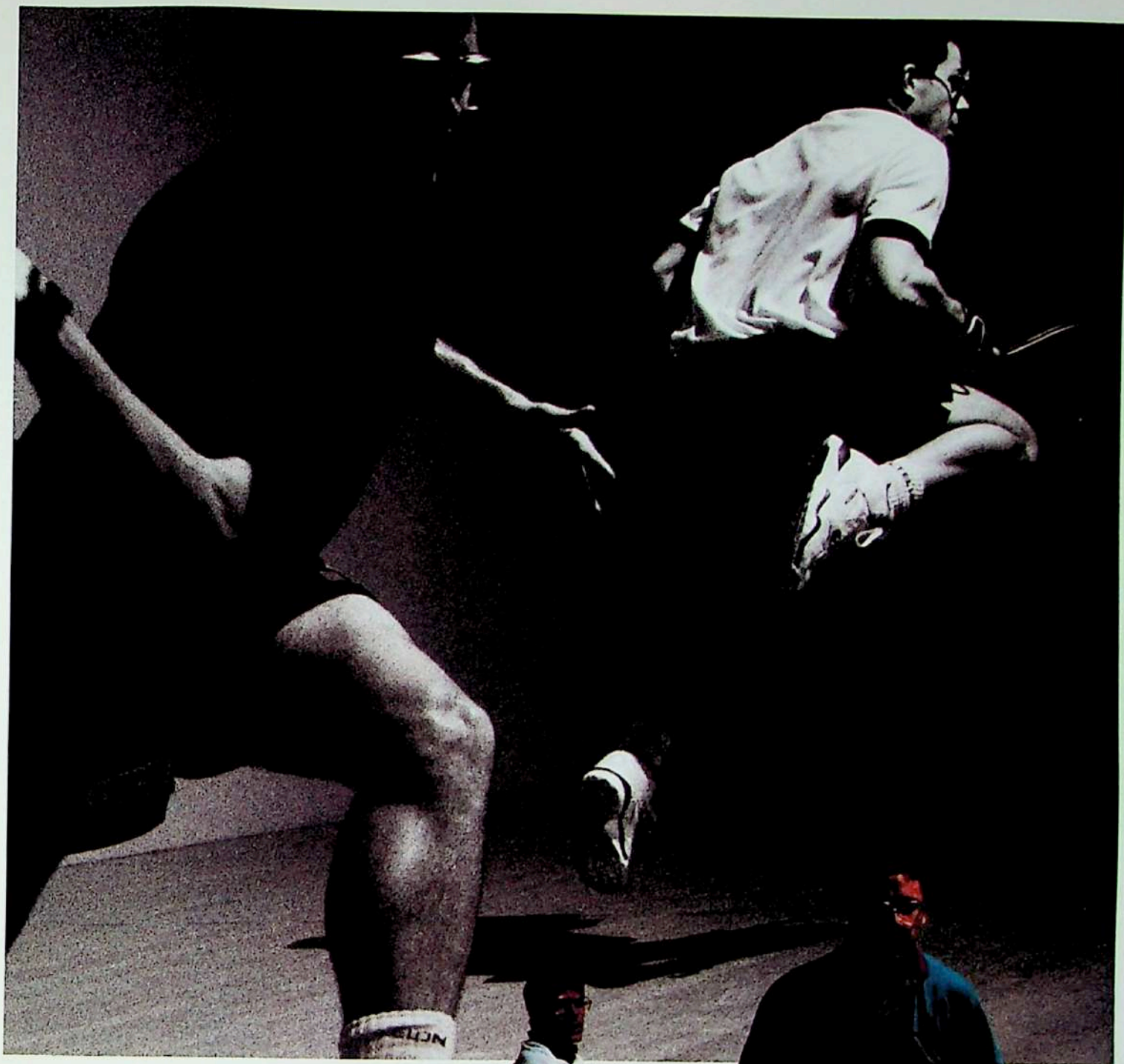
To make his clinics unique, Gerry dons a tailor-made "playing" tuxedo and challenges players throughout California. His students not only learn to play the game—but to love it.

From this brief sampling, it's easy to see why Team Ektelon members have been so successful at introducing people to the sport of racquetball. And why Team Ektelon is the most valuable teaching resource in the game.

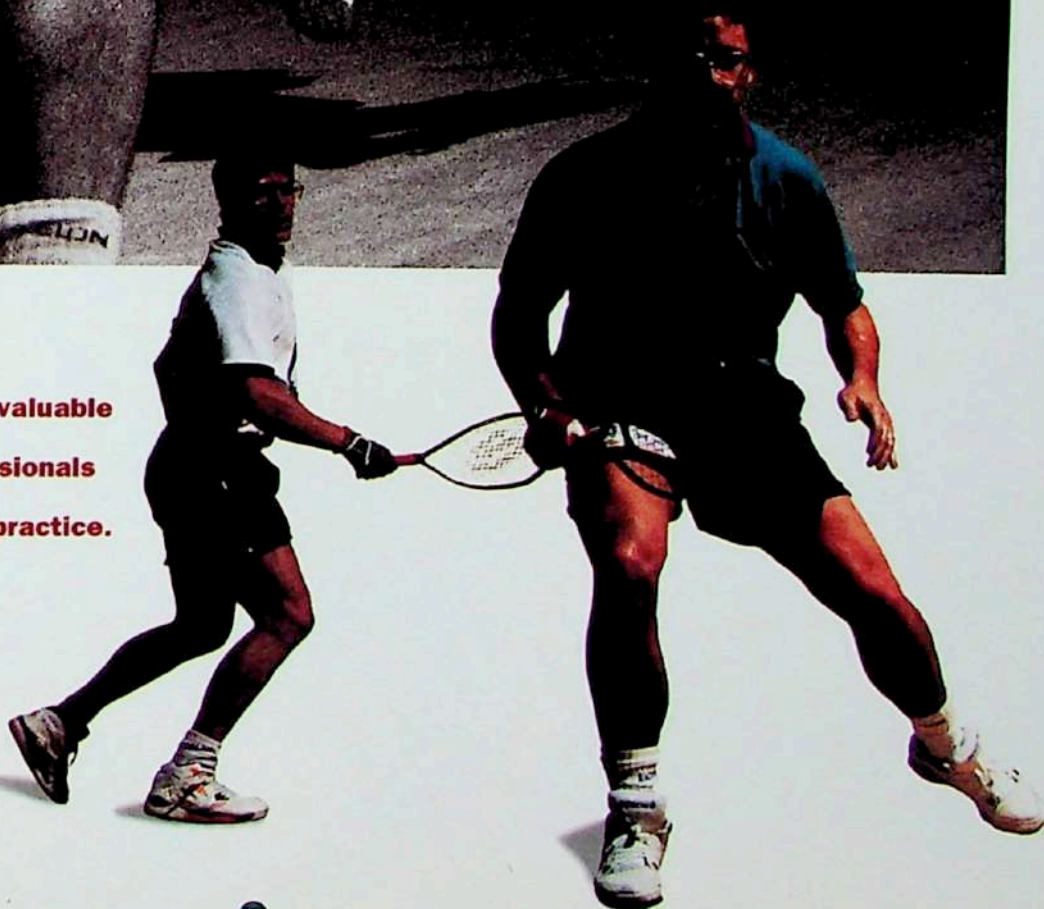


*Tim Sweeney demonstrates the technique that earned him the National Amateur Championship.*





**A racquetball exhibition is a valuable teaching tool. Team Ektelon professionals put their playing theories into practice.**







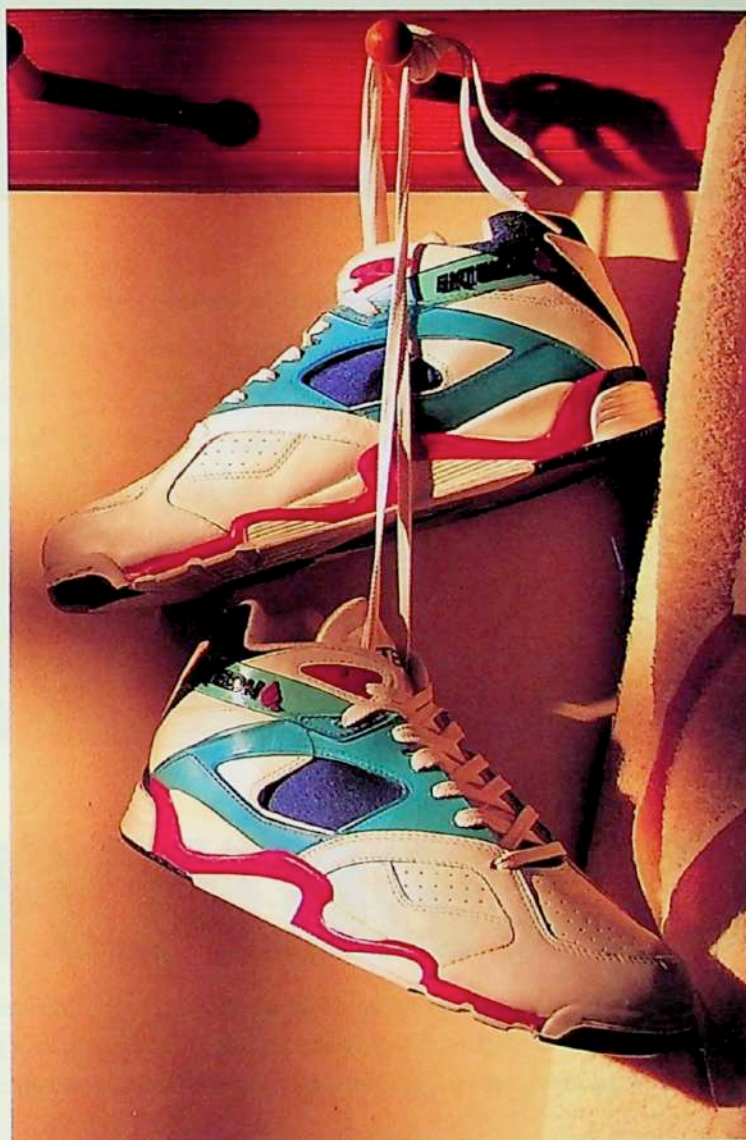


# Footwear that's **STOPPING** people in their tracks.

Tournament racquetball games aren't won with just your racquet. They're won with your feet.

Enter Voltus. Racquetball's consummate court shoe. Designed top to bottom for players who want every competitive advantage.

Engineered with Ektelon's exclusive Snapper® Rubber outsole, Voltus delivers unprecedented tractional performance. For lightning starts and sure stops. Even on perspiration-slicked surfaces. Providing reinforcement where it's most critical, Voltus features a unique molded exoskeleton that cradles your foot. With



special medial and lateral support bars that stabilize feet and minimize rollover.

In addition, an ingenious new tongue design wraps each foot like a sleeve, ensuring maximum arch support, while allowing your feet to breathe. Impact-resistant Exolite™ in the midsole and translucent Valcon® in the outsole keep shoe weight at an absolute minimum. For tournament players who demand superior performance and lightweight comfort, Ektelon proudly puts its best foot forward with Voltus. The finest racquetball shoe ever to step on a court.

## VOLTUS

*Ektelon is the only footwear to engineer Snapper® Rubber into its outsoles. The same type of extremely resilient rubber used to maintain footing on the decks of open-ocean racing boats.*



*This high-abrasion compound delivers a higher coefficient of friction than conventional rubber. So Snapper Rubber grips like no other outsole can. On any court surface.*

*Best of all, Ektelon does more than just promise the most advanced slip-resistant performance available. We guarantee it.*

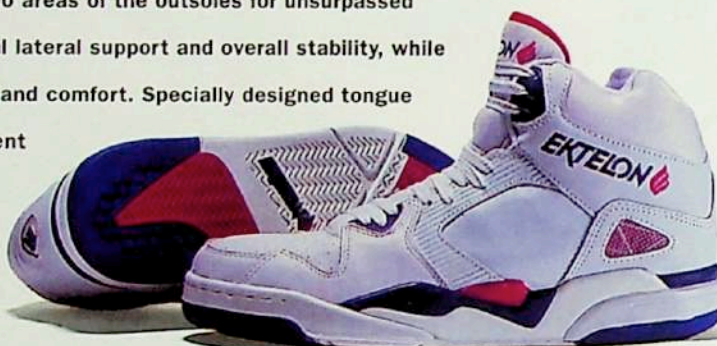




# renegade

Proven performance has made  
Renegade a favorite of touring pros

and club players. Features Snapper® Rubber in two areas of the outsoles for unsurpassed traction. GTS Ultralam upper provides exceptional lateral support and overall stability, while micro-perfed garment leather improves flexibility and comfort. Specially designed tongue contours and cushions the foot, and helps prevent rollover. Compression-molded EVA midsoles reduce weight and increase durability. Variable speed lacing system provides a more customized fit.



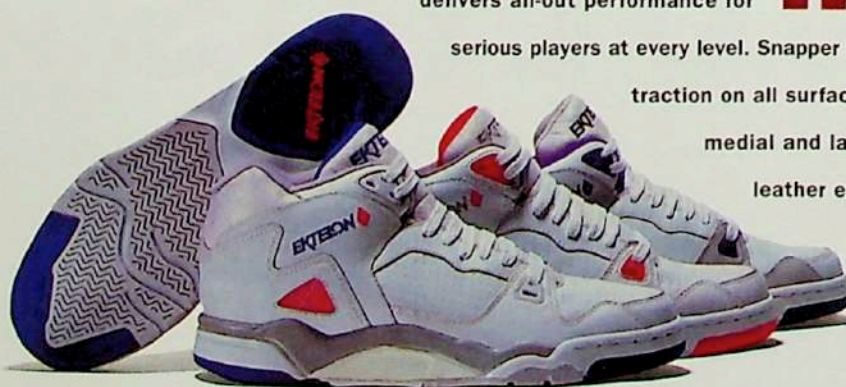
# FOOTWEAR for

*Explosive from opening serve, the rigors of racquetball demand footwear specifically engineered for its grueling stops, starts, twists and turns. Ektelon racquetball shoes feature the exclusive Snapper® Rubber outsole for unequaled traction on any indoor court surface. Highly durable shoes that provide superior traction. Exceptional support. And long-lasting comfort.*

A men's  $\frac{3}{4}$ -height shoe that  
delivers all-out performance for

# nirvana

serious players at every level. Snapper Rubber outsole designed for maximum traction on all surfaces. GTS Ultralam upper for increased medial and lateral support. Micro-perfed garment leather enhances breathability. Variable speed lacing system for a customized fit. Thick foam padded ankle collar for better fit and support.

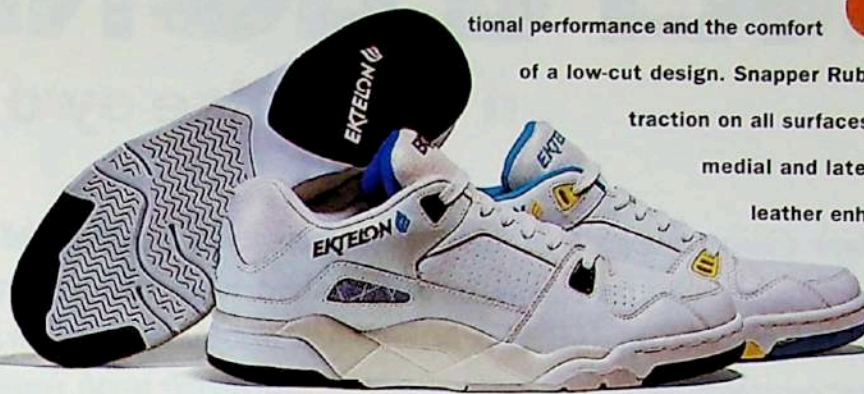




A men's shoe that offers exceptional performance and the comfort

# centar

of a low-cut design. Snapper Rubber outsole designed for maximum traction on all surfaces. GTS Ultralam upper for increased medial and lateral support. Micro-perfed garment leather enhances breathability. Variable speed lacing system for a customized fit. Thick foam padded ankle collar for better fit and support.



## stylus

This men's performance low-cut offers the best value in racquetball footwear.

Snapper Rubber outsole designed for maximum traction on all surfaces.

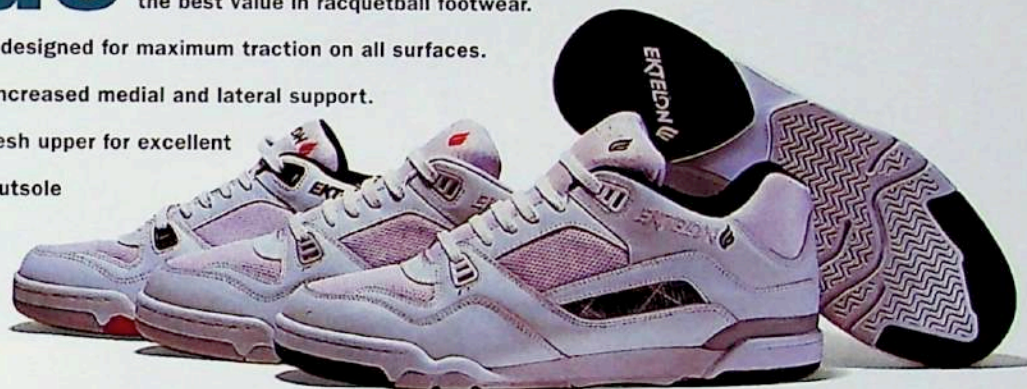
GTS Ultralam upper for increased medial and lateral support.

Ballistic double nylon mesh upper for excellent

breathability. Sculpted outsole

design reduces weight

and increases traction.



# RACQUETBALL



Special Offer! Get Ektelon's new racquetball video "Playing Smart" free when you purchase any pair of Ektelon shoes. It's a \$19.95 value. "Playing Smart" takes you beyond the forehands and backhands into the whys and hows of racquetball. See the insert card between pages 32 and 33 for details on how to order your copy today.

## lady stylus

This performance low-cut offers the best value in ladies' racquetball footwear. Snapper Rubber outsole designed for maximum traction on all surfaces. GTS Ultralam upper for increased medial and lateral support. Ballistic double nylon mesh upper for excellent breathability. Sculpted outsole design reduces weight and increases traction.

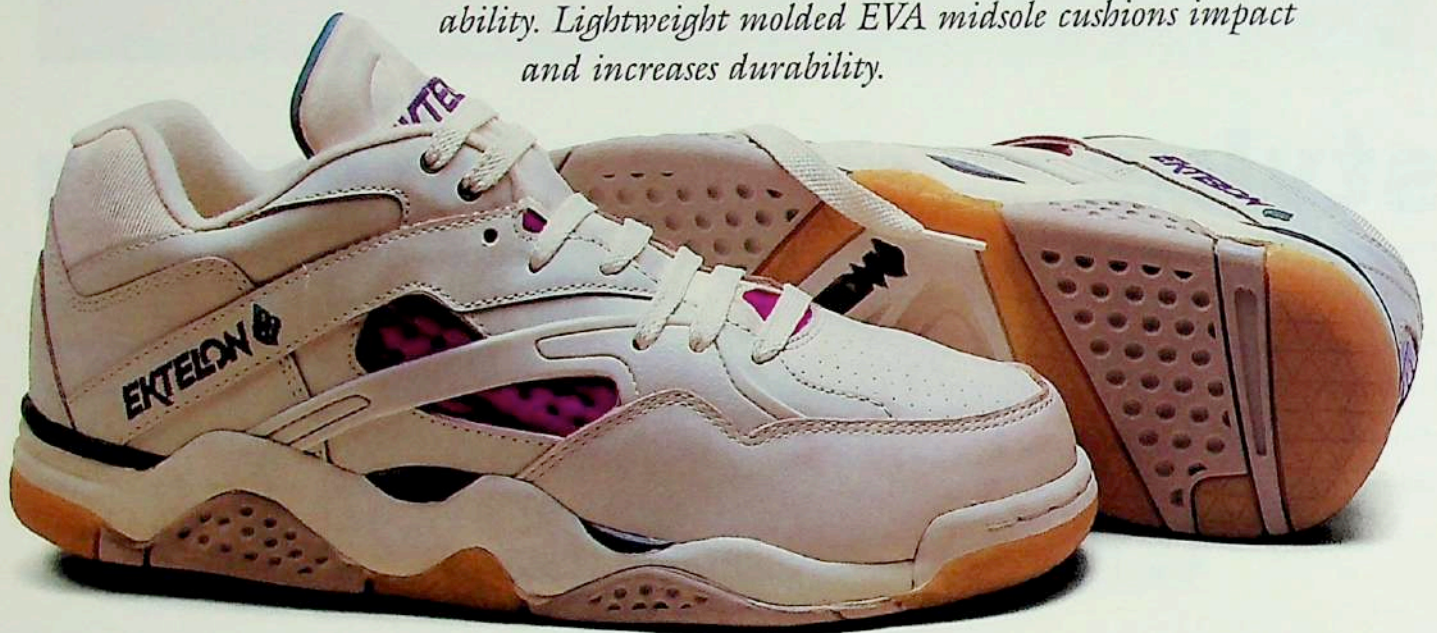




# EKTELON CO

Like you, they

*New Leather Low Indoor Court Shoe A men's shoe that provides exceptional performance in a comfortable, low-cut design. Snapper Rubber outsoles ensure superior traction. GTS Ultralam uppers provide increased medial and lateral support. Garment leather upper with toe wrap maximizes comfort, while protecting the toe. Sandwich mesh improves breathability. Lightweight molded EVA midsole cushions impact and increases durability.*



There's a growing legion of racquetball players who also play a mean game of volleyball. Squash. Badminton. And Wallyball.™

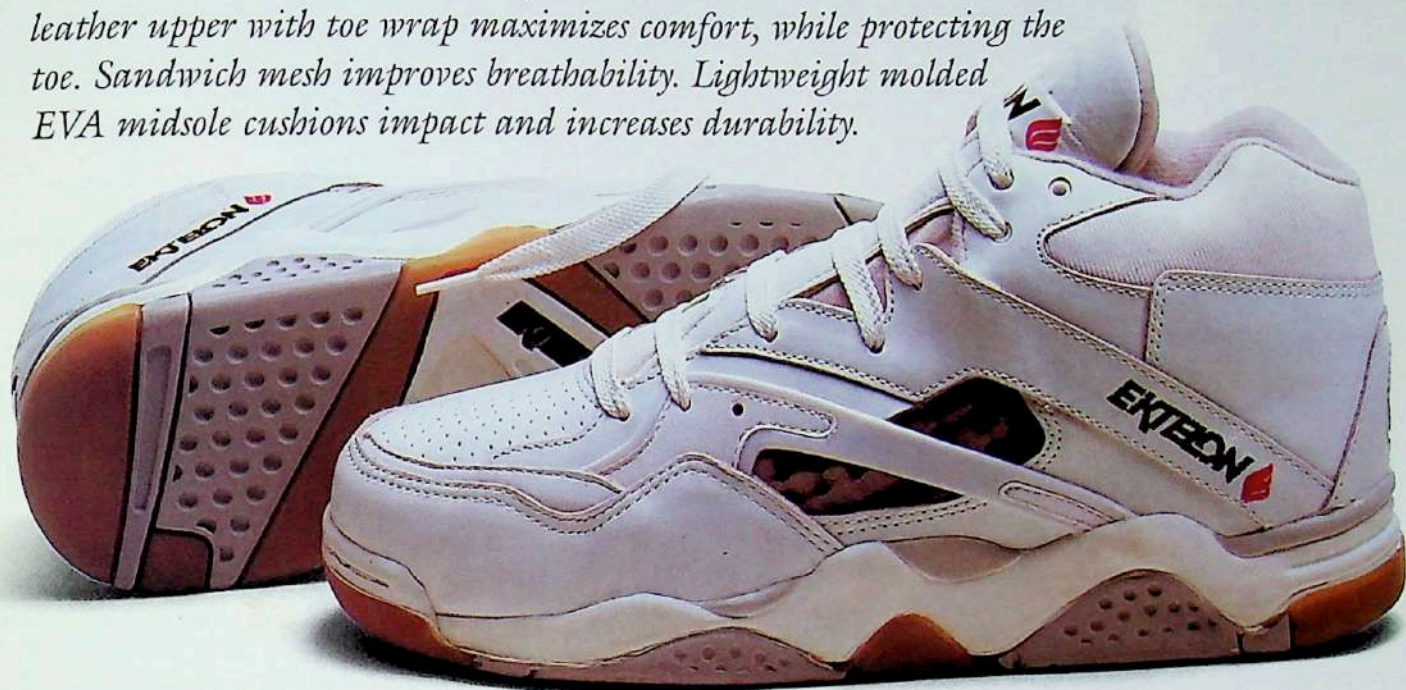
While the sports may be different, the slick, wood floors these competitive athletes play on are identical. To meet the high tractional needs of these indoor sports, Ektelon en-



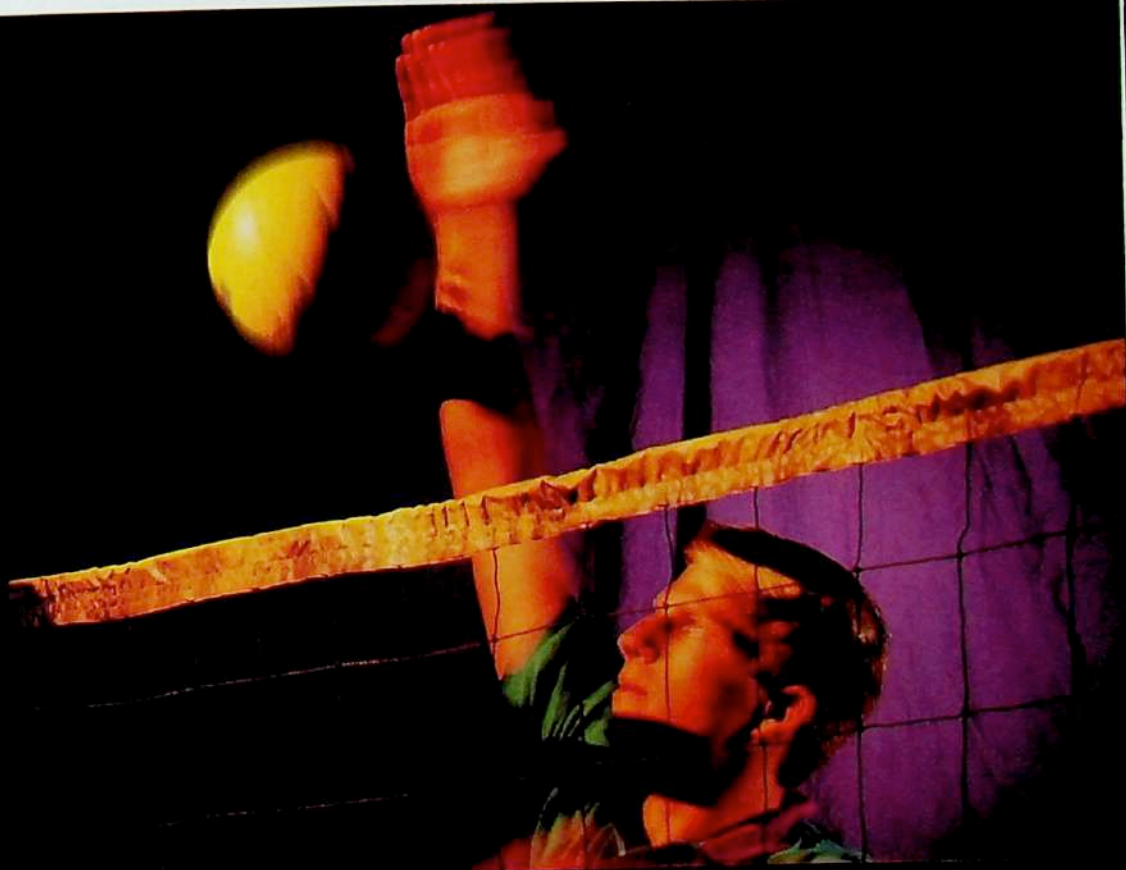
# COURT SHOES.

don't give an inch.

*New Leather Mid-High Indoor Court Shoe* A men's medium-high shoe designed to withstand the rugged demands of indoor court sports. Snapper Rubber outsoles ensure superior traction. GTS Ultralam uppers provide increased medial and lateral support. Garment leather upper with toe wrap maximizes comfort, while protecting the toe. Sandwich mesh improves breathability. Lightweight molded EVA midsole cushions impact and increases durability.



engineered the same tournament-proven Snapper Rubber in our racquetball footwear into our new high-performance leather court shoes. With impressive results. Shoes that grab and hold even the most highly polished court surfaces, while providing firm support and cool comfort. Game after grueling game.





What is the one thing that can make your Ektelon racquet even better? Actually, there are eight. Add an Ektelon rubber grip to secure a firm hold. Or if you want a grip that damps vibration and enhances control, try the Ektelon Cushion Response Grip. To get a handle on slippage and torque, the Ektelon Overwrap absorbs moisture and eliminates racquet twisting. All three are offered in a vibrant palette of colors, from sublime to shocking. Racq-Guard tape solves a multitude of dilemmas. It protects your racquet head and bumper strip from wear, helps prevent string breakage, and allows




you to add weight to your racquet, if desired. Brightly-colored V-Damps create a solid, comfortable feel in all racquets. They minimize vibration throughout the frame, reducing the risk of arm and shoulder problems. And there are two types of Ektelon string, in a full assortment of gauges, designed to improve any playing style. Because customizing your stringing will give you an extra edge. Finally, to keep it all in place, add an Ektelon Racq-Cord. Available in an array of color combinations, it adjusts for a perfect fit around the wrist. Now, an Ektelon racquet can't get any better.

# How do you **Top** an Ektelon racquet?



Ektelon Gloves: The key to  
**PERFORMANCE**  
is in your own hands.



Get a firm hold on your game with Ektelon's complete line of performance gloves. The official glove of the AARA and the choice of champions, Ektelon gloves offer unsurpassed fit, comfort and durability. Crafted of only the finest materials available, like Cabretta  
sheepskin. Double-reinforced stitching and a double-backed wristband for additional wear-resistance. Styled in an array of color combinations, the seven models offer game-enhancing features such as STAY SOFT processing, Tackified™ leather and dive padding. Experience Ektelon performance gloves. And keep victory from slipping away.





# Ektelon GLOVES

**SENSOR™** Sensor is the hands-down choice for players who demand unequaled feel. Ultra-thin (.4 mm) Cabretta sheepskin produces a glove that fits and lets you respond to your racquet. Extended leather reinforced backing on the wristband, and a special tanning process deliver remarkable durability for such thinness. The "no-stress" thumb design allows independent movement for unbridled flexibility. "Power net" gussets and a two-way stretch nylon back give increased breathability. Sensor lets you feel the difference.



## PERFORMER™ TACKIFIED™

The choice of tournament-level players who want infinite

gripping power. A patented tackifying process, coupled with top-quality, thin Cabretta sheepskin provides a secure hold that outlasts your competition. Ektelon's "no-stress" thumb design enhances hand maneuverability, while leather panel insets on the side of each finger extend glove longevity.



**ENFORCER™** For aggressive tournament-level players, Enforcer has special dive padding added to the palm, extending all the way to the little finger, to help protect the hand during dives and all-out play. Top-quality Cabretta sheepskin leather ensures total grip and racquet feel. An advanced STAY SOFT tanning process keeps the glove soft and supple.







## ALL PRO™

Whether you play for fun or play to

win, this glove responds to your needs. All Pro features naturally-tacky Cabretta sheepskin leather, the best material for racquetball play. Combining excellent feel and a sure grip, this durable glove makes the cut at tournaments across the country.

**CLASSIC™** A perennial favorite on the pro tour, Classic's naturally-tacky Cabretta sheepskin leather undergoes a unique STAY SOFT tanning process, which keeps the glove dry and supple. The Classic is only 6 mm thick, allowing for a solid grip with optimal feel. For proven performance, match after match.



## CONTROLLER™

For the recreational player who

wants a high-quality glove, Controller delivers rugged durability. Long-lasting goatskin leather ensures a reliable grip, with fine racquet feel. Ektelon's tough, double-stitched seams provide extended glove life.

## NEW MENTOR™

An exclusive synthetic material — "Amara" leather — gives the New Mentor extra durability, without compromising racquet feel or comfort. Completely washable, it has the tackiness required for a confident grip, and two-way stretch nylon for increased breathability.




# TIP

*The Backhand Serve by Lynn Adams*

*The backhand serve should be used in moderation, as a change-of-pace to your overall serving menu. The drawback of the backhand serve is that your direction is more easily read by your opponent. However, it does add one more weapon to your racquetball arsenal. Hit the ball as you would hit a backhand shot — don't change your stroke. Drop low with your legs so you strike the ball flat. You can execute the back hand serve from anywhere in the service box, but if you hit the ball down the left wall, your body position will help disguise your intention. But to make this down-the-line serve truly effective, you must also be able to hit a cross-court serve from the same position.*





THEY'VE LOGGED AN  
IMPRESSIVE LIST OF TITLES

## PARALLEL PATHS

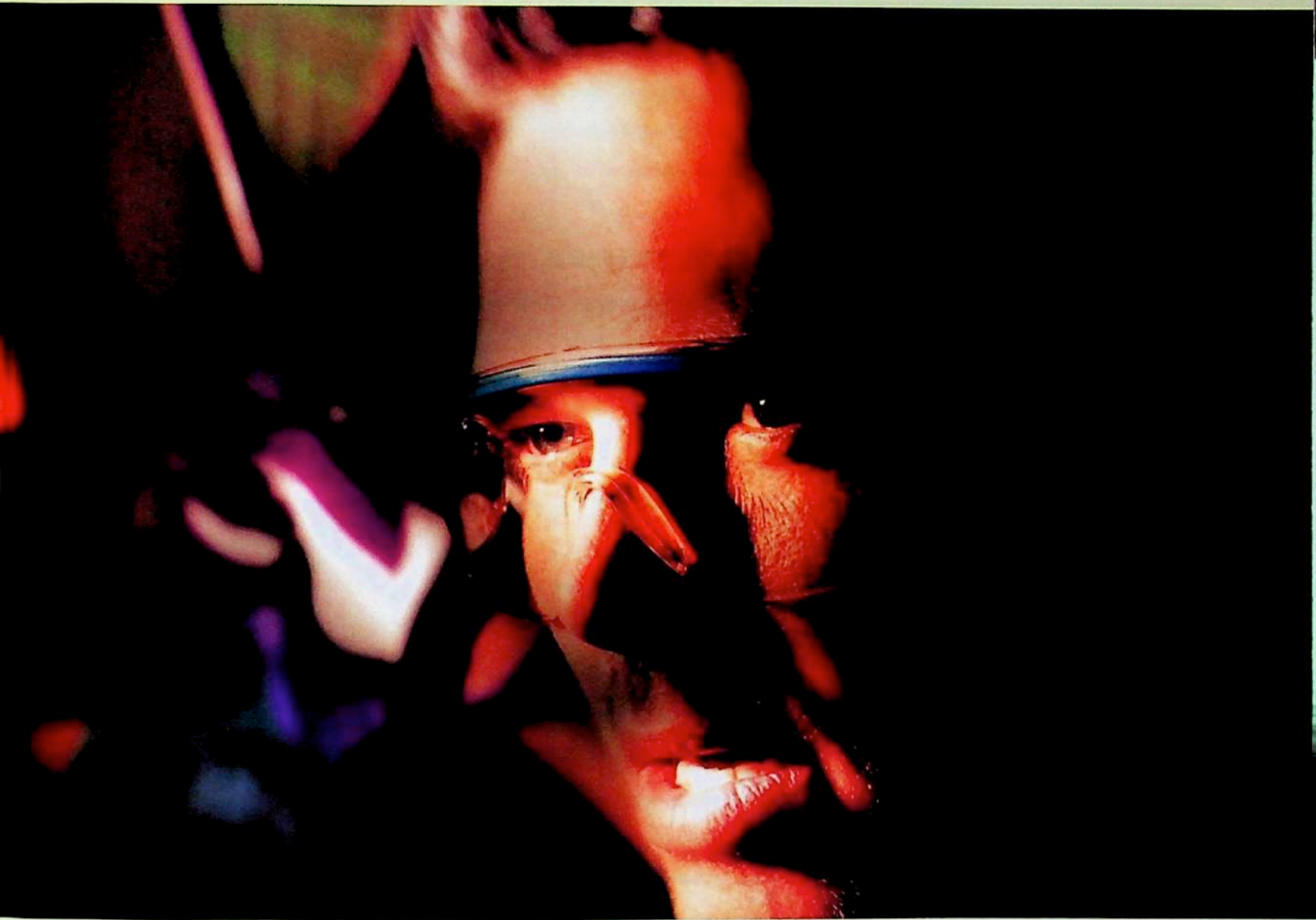
*In 1989 and 1990, both Michelle Gilman and Tim Doyle scored consecutive victories at the AARA National Championships. These wins underscored years of achievement on the prestigious U.S. National Team. And now, at young ages, both players are reaching great heights on the professional circuit. Gilman, 21, dominated the women's pro tour in 1990-1991, and finished the season as the uncontested National Champion. She was also in the top spot in 1991-1992 until sidelined with an injury. In 1990, Doyle won the highly competitive Tournament of Americas in Chile. 22-year-old Doyle, who holds six national junior doubles titles, has scored several impressive pro stop victories over the last two seasons, and was consistently ranked in the top three.*



**Ektelon Sports Eyewear**

# **PROTECTING**

**the most important equipment you have.**



*With blistering serves coming at you at more than 150 miles per hour, it's easy to understand why safety eyewear is mandated at all*

*AARA tournaments. Seeing better also means playing better. Ektelon eyeguards enhance your game and let you concentrate on your strategy — not your vision. The lenses are an anti-fog coating, giving you a clear view of the*



*constructed of shatter-resistant polycarbonate with court. Distraction-free, translucent molded nose*

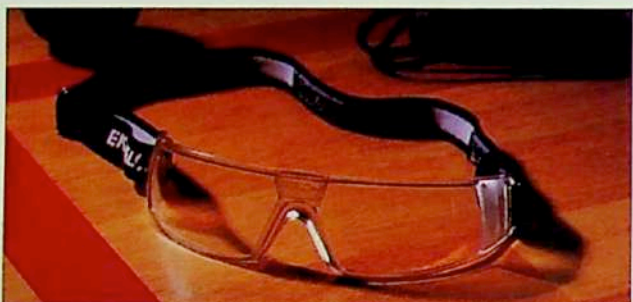
*bridges help to absorb shock and add comfort. Adjustable temples give a customized fit. All headstraps are adjustable, detachable and washable. Available in an array of fashionable styles and colors, Ektelon eyewear helps you see your way to a safer game.*



# keep your eye **OFF** the ball and your mind **ON** the game.



**NEW CENTURION™** This lightweight wraparound eyeguard features molded-in lenses. Padding on the nose bridge and brow area absorb perspiration and enhance comfort. Open temples for better ventilation. An adjustable headstrap is detachable for convenient washing.



**SURVEYER™** This one-piece wraparound offers excellent all-around coverage in a lightweight design. ANTI-FOG coated scratch- and shatter-resistant lenses provide distortion-free vision. The adjustable headstrap easily detaches for washing.



**REGENT™** Lightweight by design, this wraparound eyeguard features a special ANTI-FOG treatment that eliminates fogging for distortion-free vision. The translucent, molded nose bridge helps to cushion against impact. The adjustable headstrap detaches for washing.



**QUANTUM™** The Quantum's hinged design helps provide added security. ANTI-FOG coated lenses and perforated venting eliminate fogging. Padded, replaceable brow bridge traps perspiration. Pivoting headstrap mounts deliver a comfortable fit.



**NEW LEGION™** This wraparound goggle is designed for multi-sport use. ANTI-FOG coated lenses allow distortion-free vision. A molded nose bridge helps to absorb shock upon impact, and open temples provide ventilation. Also available in amber lenses to provide high-contrast vision. Washable, adjustable, detachable headstrap.





**PRISM™** Contemporary styling and premier performance have made Prism a favorite among players. Hinged Zytel® ST nylon frame features wrap-around lenses for important side protection. Adjustable arm piece, temple tilts and headstrap deliver a personalized fit. ANTI-FOG treated lenses. Offered in three color combinations. Comes with a protective carrying pouch.



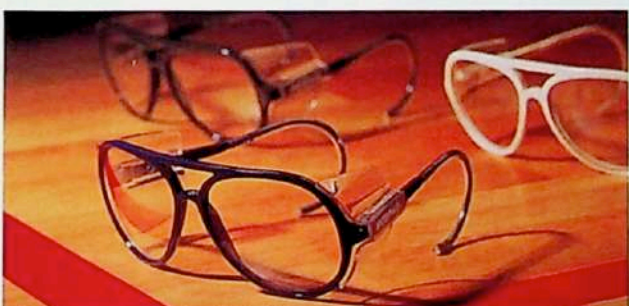
**NEW CLASSIC™** This oversized, wraparound design gives a full field of vision. ANTI-FOG treated lenses keep everything in focus. Oversized brow bridge comes with three sweatbands to trap perspiration and add comfort. A molded nose bridge helps to cushion against shock. New Classic has a detachable, washable headstrap and includes a protective carrying pouch.



**TRITON™** This oversized, hinged frame can be worn comfortably over prescription glasses. It features expanded distortion-free, shatter-resistant lenses for an expanded field of vision. Foam padded brow bridge traps perspiration. Pivoting headstrap mounts for an adjustable fit. Detachable, washable headstrap. Protective pouch included.



**ARGUS™** Designed for multi-sport use, including racquetball, cycling and handball. Sleek wraparound styling. Brow bridge's "roll bar" design enhances comfort and fit. A molded nose bridge helps to cushion against shock. Oversized lenses treated with ANTI-FOG widen the field of view. Comes with detachable, washable headstrap, protective pouch and three washable sweatbands.



**INTERCEPTOR™** For all its fashion, Interceptor plays hardball on the court. Zytel® ST nylon frame is lightweight. Flexible cable ear pieces and a double bar brow bridge offer a secure, comfortable fit. Hinged design has clear side shields. Polycarbonate lenses are ANTI-FOG treated. Adjustable, detachable headstrap. Includes a protective pouch.



**OLYMPUS™** The ultimate lightweight model for players who demand exceptional comfort and fit. Classic hinged styling has been redesigned for added flexibility, durability and comfort. Shatter-resistant polycarbonate lenses are ANTI-FOG treated for a clear view. Includes a Croakies™ headstrap for easy adjustment and comfort, plus a protective pouch.





THIS DUO BLAZED UP  
THE RANKINGS CHART

## TWO AT THE TOP

*Drew Kachtik and Jackie Paraiso-Gibson spent much of the 1991-1992 professional season where others long to be — ranked No. 1. Kachtik vaulted to the No. 1 position by winning two stops on the Men's Pro Tour. His ranking is not new to him, though. He was also there in 1990-1991, until he was sidelined by an injury. Paraiso-Gibson won 2 stops on the 1991-1992 Women's Pro Tour, securing the No. 1 ranking for the majority of the season. She also owns back-to-back victories at the 1990 and 1991 National Doubles, partnering with Team Ektelon's Michelle Gilman.*





At Ektelon, we are so confident in the playability and durability of our racquetballs that we guarantee them. If the ball fails before the logo wears off, we'll give you

two new balls, absolutely free. Just like our racquets, we develop Ektelon racquetballs as high-performance equipment to improve your game. Our specially-formulated

rubber compound delivers a highly-responsive ball with consistent bounce, game after game, as tested by hundreds of Team Ektelon players. Ektelon balls are sanctioned by the AARA for top-tournament play, and are the official playing ball of the Men's Professional Racquetball Association. Choose Ektelon balls for your next racquetball game. And experience the difference of the guaranteed best.

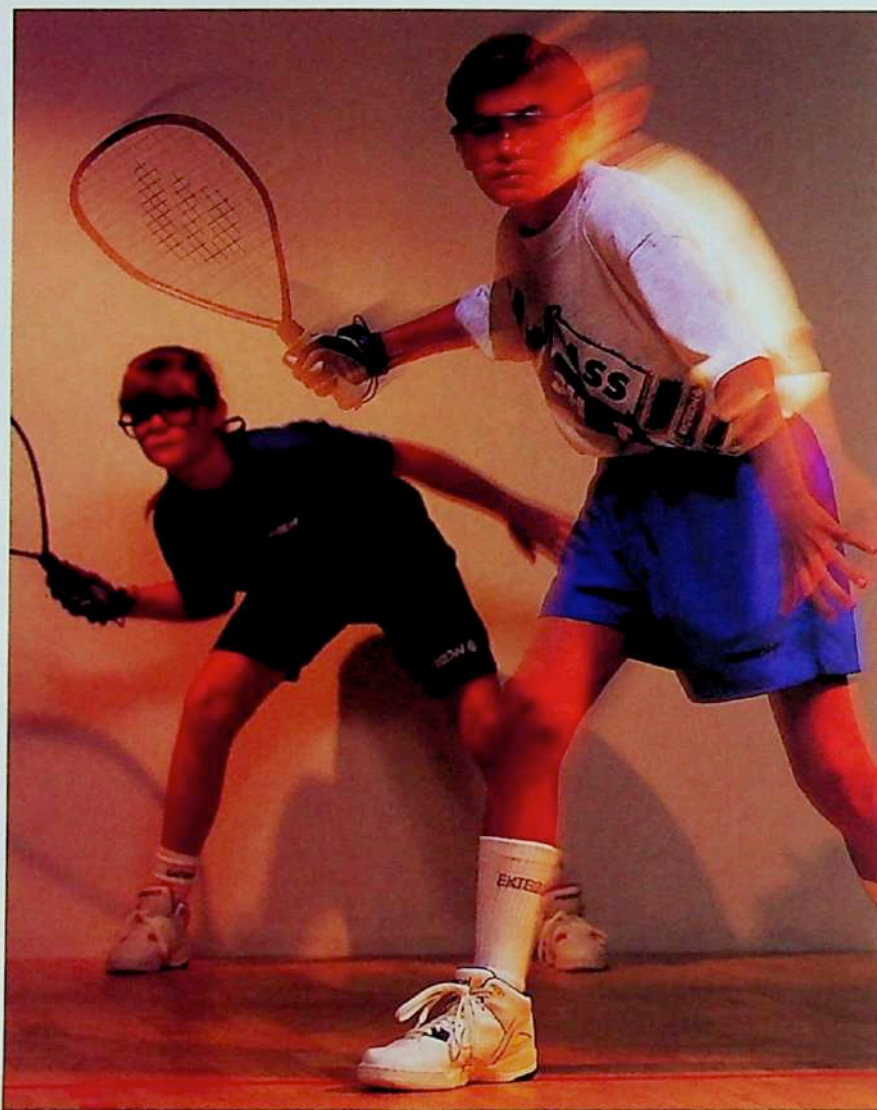
**HOW TO GET TWO FREE EKTELON RACQUETBALLS AND IMPROVE YOUR GAME.** *(please turn page)*





# keeping **Fit** and having **Fun** with **AARA's** fantastic **Junior** programs.

As television watching grows among today's kids, parents are looking for ways to keep them in shape—not to mention out of trouble. Junior racquetball serves as an excellent sport for overall fitness. It provides a complete cardiovascular workout. It increases flexibility and overall body strength. And it helps develop hand-eye coordination. But most importantly, it's a game that kids can play with their friends, and enjoy a competitive atmosphere. Across the United States, clubs are setting up innovative junior programs, designed to keep kids interested and also



meet the demands of busy parents. From lessons to after-school leagues and weekend tournaments, there is something for juniors at every skill level. The American Amateur Racquetball Association (AARA) is at the forefront of innovative junior programming. Responsible for introducing thousands of juniors to racquetball each year, the AARA can answer your questions about how to get your child involved in racquetball. Call Dalene Werner at the AARA, (800) 234-5396 for information. In Colorado, please call (719) 635-5396.

## JOIN THE AARA AND RECEIVE TWO FREE EKTELON BALLS.

When you send in this form to join the American Amateur Racquetball Association, we'll send you a can of top-quality Ektelon balls. More importantly, you'll receive all the benefits of being an AARA member.

- Competitive license membership card and eligibility for all AARA-sanctioned tournament events
- Six issues of RACQUETBALL Magazine
- Official AARA rulebook
- Inclusion in national amateur ranking service

- Mail to:  
AARA  
815 North Weber  
Colorado Springs, CO  
80903-2947  
(800) 234-5396
- In Colorado:  
(719) 635-5396

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State/Zip \_\_\_\_\_  
Phone \_\_\_\_\_





It's a fact of racquetball that you need to be in shape to win. But beyond the court, overall fitness is a lifestyle that enhances your physical and emotional well being. It lets you look better and feel great. And provides a positive atmosphere to spend time with family and friends. But fitness should be more than an occasional trip to the gym. For peak effectiveness, fitness needs to be something that is lived daily, from exercise to nutrition to stress management. ■ It is best to structure a workout schedule around several activities to avoid burnout and to maximize overall results. Recent studies have shown that high-impact workouts should be tempered with more moderate ones, to give your body a rest. Make sure that some of the aspects of your training schedule are for enjoyment only, not intense com-

# Fit FOR LIFE

petition. ■ An important exercise necessity that is often neglected is stretching. Taking ten minutes before you work out to thoroughly stretch your muscles will help you avoid soreness and injury. ■ Nutrition has come a long way in the last decade. Experts are realizing that there aren't any cure-alls, rather well-rounded choices. Today, the fat content is much more important than the calorie count. And fruits and vegetables are taking precedence over mega-dose vitamin supplements. Perhaps the most critical nutritional need of an athlete is to keep hydrated. Drinking plenty of water throughout the day benefits not only your workout, but the performance of vital organs, too. ■ Finally, keep it all in balance. Obsessiveness about any aspect of your life leads to stress, which can negate everything you've worked for.





# EKTELON

**WEIGHT TRAINING** Strength, power and muscular endurance are essential components of anyone's racquetball game and overall fitness. Weight training requires you to apply both strength and power, and sustain them over a period of time (endurance). Shown on these pages is Team Ektelon's Brian Hawkes. Brian is a ten-time National Outdoor Champion, and is regarded as the most fit player on the professional tour.

Since many cardiovascular workouts do not require this intense overload, you need to utilize weight training on a regularly-scheduled basis to increase body strength and endurance. For the best results, it is critical to maintain your weight training, and increase the amount of weight and time when you feel you have plateaued. Only by doing this, will you continue to achieve overload and see improvement. To better your racquet-

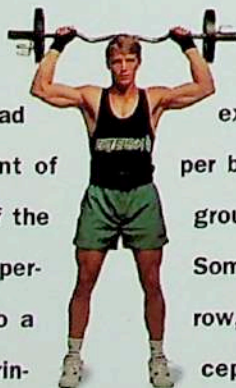


**NEW RIPLOCK™**  
A leather and elastic wrist-wrap closure system delivers superior support for the serious weight lifter. The long-finger design increases gripping power, while spandex nylon mesh panels between fingers enhance breathability. Crafted of the highest-quality Cabretta sheepskin for comfort and durability.



**APEX™**  
Special long-fingered design is made of high-quality, naturally-tacky Cabretta sheepskin. A padded palm and thumb provide cushioning.

Hawkes incorporates intense weightlifting into his training schedule, in addition to participating in a broad range of cardiovascular activities. The development of strength results from an increase in the thickness of the muscle fibers within a muscle. This increase, called hypertrophy, is produced by having the muscle react to a greater than normal amount of weight—the overload prin-



ball game, weight training workouts should include exercises that focus on the arms, shoulders, chest, upper back, abdominals, and legs. Developing these muscle groups will translate into better overall fitness as well. Some of the best exercises include; chest press, upright row, bent-over row, triceps extension, parallel bar dip, bicep curls, lunges, wrist curls, quad lifts, toe lifts, leg





press, and leg curl. Each exercise should be done in sets of three with eight to ten repetitions per set. When you can easily complete this number of repetitions, you can either increase the amount of weight or the number of repetitions per set. To increase your strength, power and endurance, lift weights three times per week on days when you're not playing racquetball — and on opposite days from any other cardiovas-

when you feel less fatigued. It is important to adhere to several safety precautions. Improper techniques in lifting can result in injury to yourself or a training partner. When lifting weights from the floor, always lift with your legs—not with the lower back. Always check that the barbell collars are tight and properly fastened to the bar to prevent the weights from falling. And have spotters assist you in getting the weights into pos-



**MAGNUM II™**  
Cabretta sheepskin and an extended finger design with thumb padding combine to create a comfortable, durable glove.



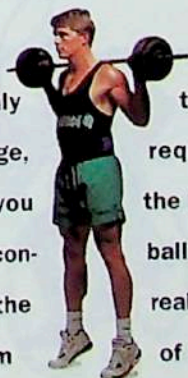
**OPTIMA™**  
Constructed of pigskin leather for extended glove longevity. Padded palm and thumb.



**EXTREME 4" AND 6"**  
Nylon/cotton fabric is durable, lightweight, breathable and form-fitting. A unique process lets the belt mold immediately to the shape of your body, eliminating the break-in period. A special, built-in lumbar support pad gives additional back support. A heavy-duty leather strap and buckle provide excellent durability and fit.



cular workouts. If you start a program from ground zero, some strength improvement will be noticeable after only two to three weeks of training. Following this initial surge, you may plateau for a while, and finally peak when you achieve your maximum level. If you feel like you're in a constant struggle, you are probably over-training. Reduce the amount of exercises in your routine, and reintroduce them

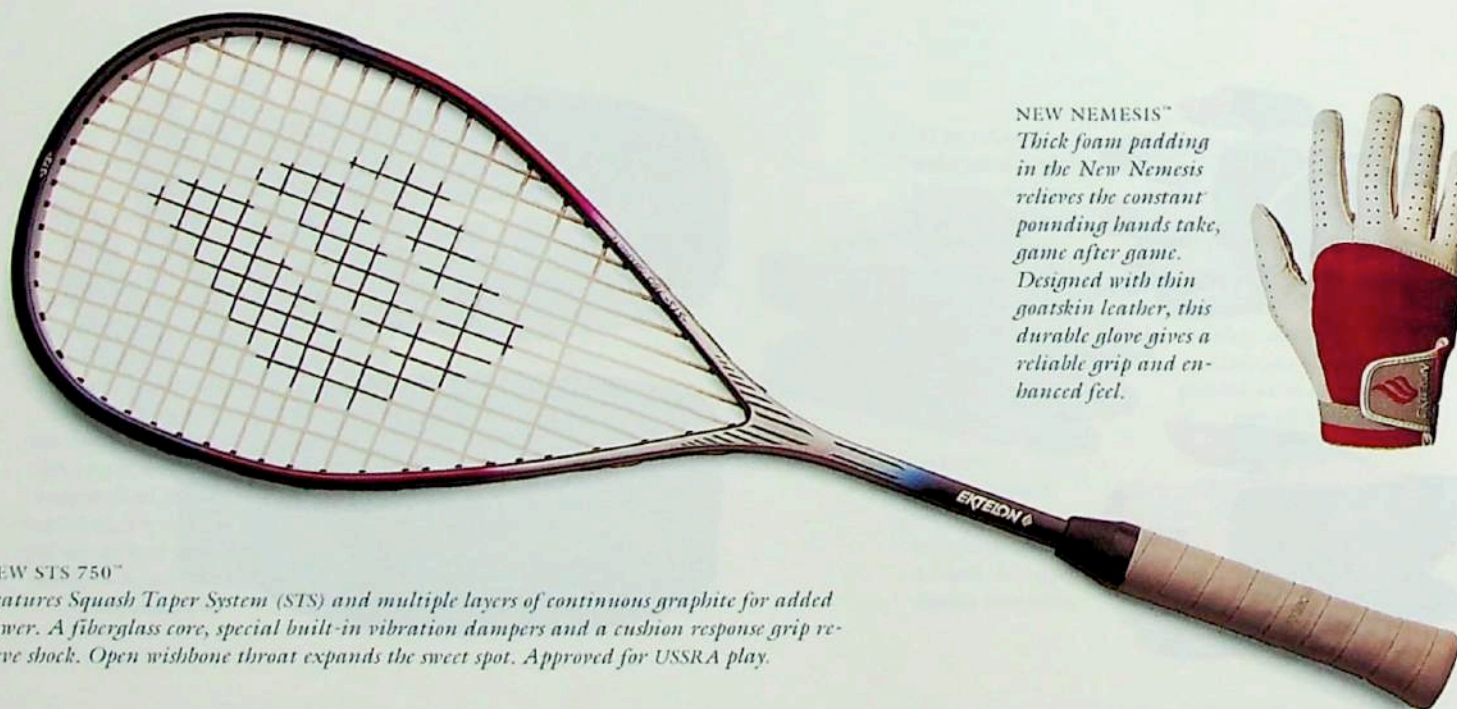


ition when you are lifting a heavy load. Don't get frustrated — weight lifting is a challenging activity that requires determination and dedication. Remember, in the long run, weight training will help both your racquetball game and your total fitness. And who knows, if you really work at it, someday Brian Hawkes may be just one of the most fit players in racquetball — along with you.



**SQUASH** It's exhilarating, exhausting, challenging and fun. And rewarding to your racquetball game and fitness goals. Played in over sixty countries on 85,000 courts by 10 million men and women, squash has been called the chess of racquet sports. Once considered a staid, snobby sport of Ivy League Universities and New England prep schools, the game of squash is experiencing skyrocketing growth in the '90s. What

and endurance. On a court that measures only 560 square feet, a player can run as much as two miles in a single game. Since a match is over when three out of five games have been won, which can take as long as two hours, it is clear that physical stamina is developed as a necessity. Squash is not based solely upon power — there is a great deal of mental finesse involved. Sound stroke production is the foundation of the



**NEW STS 750™**

*Features Squash Taper System (STS) and multiple layers of continuous graphite for added power. A fiberglass core, special built-in vibration dampers and a cushion response grip relieve shock. Open wishbone throat expands the sweet spot. Approved for USSRA play.*

**NEW NEMESIS™**  
*Thick foam padding in the New Nemesis relieves the constant pounding hands take, game after game. Designed with thin goatskin leather, this durable glove gives a reliable grip and enhanced feel.*



makes squash such a great sport? It provides terrific exercise in a very short period of time, regardless of the level of play. No matter if you play the hardball or softball version of squash, you are guaranteed a good cardiovascular workout, since the game is fast-paced, with very little break in the action. A good squash player must be in excellent physical shape. The game requires much running, quick reactions



game. Spending time alone on the court is the best way to master technical stroke work. It is when you add other people to the court that the fun and thinking begin. Because of the speed of the ball and the proximity of your opponent, squash requires a high level of sportsmanship. In a very real sense, you play with your opponent, as well as against him. Respect for the other player is so



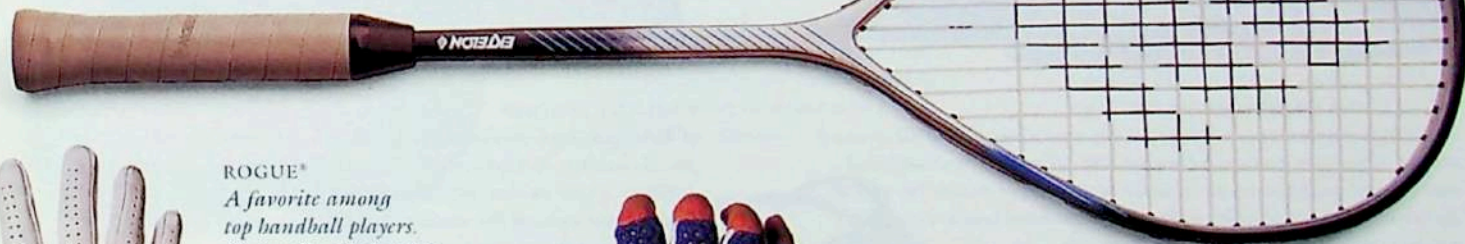


critical that it is mandated in the game — a player loses points if he jeopardizes his safety. Squash is a game of honor. And it rewards you with precision, endurance, speed, touch and strategy. Which is all essential for both your fitness and the game of racquetball. **HANDBALL** Fun and aggressive, and without a doubt the ultimate in hand-eye coordination. Playing handball is good for your fitness program and your racquetball

there are active leagues around the country where you can play for fun, or even start entering some competitions. But whatever you do, one thing is certain — playing handball translates to better racquetball. **CYCLING** Cycling's best virtue is the intense workout it gives your legs. The quadriceps, calves and gluteus maximus muscles all get strengthened tremendously through cycling. Important factors to re-

#### NEW TCM XV

*Unique neoteric quadri-tear head shape produces a uniformly responsive hitting surface and expanded sweet spot. 62-square inch frame offers the maneuverability and control of traditional squash racquets. High-modulus graphite for tremendous power, without compromising touch and feel.*



#### ROGUE®

*A favorite among top handball players. Naturally soft deerskin leather gives excellent feel and absorbs moisture for precise shot placement. Perforated fingers and stretch nylon backing provide optimum comfort.*



#### PURSUIT™

*A versatile cross-sport glove designed for cycling or weightlifting. Traditional cotton mesh backing lets the glove breathe, while a durable pigskin palm makes the glove last. Machine washable for consistent comfort and performance, workout after workout.*

game. With no racquetball or squash racquet to extend your reach, handball forces you to make physical contact with the ball. This means an extra step every time you strike the ball. Since you touch the ball directly, you learn how the ball travels and feels in different situations. And you get a good cardiovascular workout from the constant movement. If you want to take up handball,



member include that cycling is a sport that requires duration to extract a cardiovascular workout. Ride for a minimum of one hour—two is even better. To further pump your heart and optimize the strengthening benefits, ride in an area which has both hills and flat terrain. Welcome the physical challenges of cycling — they'll improve your overall fitness and your racquetball game.





**CROSS-TRAINING** The list of cross-training activities to improve your overall fitness and your game is extensive and beneficial. To build cardiovascular endurance and increase leg strength, try a stair climbing machine. You select the type of training you want—from interval to peak—as well as the amount of time and intensity of the workout. There are three factors to remember to make this type of training most effective.

will be worked equally. Once a woman's domain, today more and more men can be found in the aerobics room, getting a complete workout and having fun. From classes and videotapes that work strength and flexibility, to the ultimate challenge of step classes, aerobics improves everything from endurance to coordination. For on-the-go exercise that you can take with you, nothing beats jumping rope. It's a great conditioning exercise



F/C TRAINER 3/4 AND F/C TRAINER 5/8

Men's high-performance trainers for the most demanding all-around athlete. These shoes feature advanced GTS Ultralam for reinforced support and an ultra-tough Infinity 1500® rubber outsole for superb durability. A padded ankle collar for exceptional comfort and a unique outsole pattern for optimal traction.



F/C LADY TRAINER

A 3/4-height high-performance trainer for the most demanding female athlete. Advanced GTS Ultralam for support and durable Infinity 1500® rubber outsoles. Padded ankle collar for comfort and a patterned outsole for unsurpassed traction on all surfaces. BELOW: Stylish, comfortable shower shoe.



Always stand up straight to minimize lower back strain. Don't cheat by leaning your weight on the hand rails. And complete your step motion fully — don't chop it short. Another excellent exercise is rowing. It pumps the heart while providing a complete workout for your entire body. Remember to maintain a smooth stroke throughout the rowing motion. This way, all parts of the body



that works both the upper and lower body. When coupled with focused strength activities such as sit-ups and push-ups, jumping rope provides a fast, convenient, yet complete, workout. Utilize cross-training workouts at least three times a week, on an every other day basis, for optimal effectiveness. You'll find that your racquetball game will improve, along with your dedication to overall fitness.





**SWIMMING** If you're a racquetball player who thinks swimming is a sport that's all wet, read on. Swimming is one of the best activities for overall fitness. Since it works both your upper and lower extremities, swimming provides an optimal cardiovascular workout, while also strengthening the shoulders, back and arms. Incorporating a kick board into your workout builds leg and abdominal strength and improves lower

of rest. Top coaches suggest swimming ten laps of the pool, with enough rest after each length to completely catch your breath. Each time you get in the pool, you should decrease the amount of rest and add more laps. Swimming is a sport that needs to be practiced at least three times a week to build up stamina. One of the biggest challenges swimming poses is breathing control. While you may be able to go on forever



*Ektelon's swim caps are made from top-quality silicone or durable latex for comfort and longevity. Available in an array of colors, these lightweight caps are ideal for recreational and competitive swimmers.*



**MONSOON™**  
*UV and ANTI-FOG treated wide-angle lenses for excellent vision and thick neoprene seals for added comfort.*



**MEDALLION™**  
*Sleek design features a unique nose bridge, hypo-allergenic gaskets, and UV- and ANTI-FOG treated lenses.*



**SIREN™**  
*Swivel side clips, split silicone head-strap and snap nose bridge provide a secure, lead-free fit. Lenses are UV- and ANTI-FOG treated.*



**AQUATIC™**  
*ANTI-FOG and UV treated lenses eliminate fogging and protect eyes. Neoprene seal provides comfort and prevents leakage.*

body flexibility. And with the buoyancy of the water, it does all of this with minimal impact on the body. Which all translates to better endurance and more power in your racquetball game. The hardest part about swimming is getting started. If you haven't had much exposure to the sport, the first step is to sign up for some lessons. If you already know how to swim, start out slowly, with plenty



on a racquetball court, the first few times in the pool may leave you frustrated. The most important thing to remember is to exhale throughout your entire stroke, completing the stroke in sync with your need to take your next breath. Not only will you avoid the water-up-the-nose disaster, you will also be able to go longer and harder, in the pool and on the racquetball court.



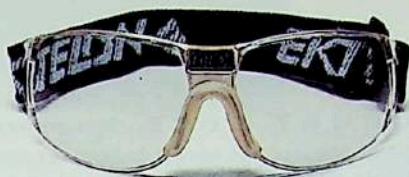


STILL SETTING  
STANDARDS IN THE GAME

## GOING THE DISTANCE

*Mike Yellen and Ruben Gonzalez — two champions whose names are synonymous with racquetball. In the 1980's, Yellen set new standards by being the only player in history to win five consecutive national championships and sweep the sport's prestigious Grand Slam. And the 31-year-old has maintained that pace into the '90s, with a current top-five ranking and two pro tour victories this season. Gonzalez continues to be the athletic marvel of the pro tour. At 39, the 1988 National Champion made the finals of two pro stops, looking more agile than ever. Gonzalez works just as hard off the court, introducing inner-city kids to racquetball by leading dozens of clinics and camps in his hometown of Staten Island, New York.*





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The Most Recommended Name in Racquetball  
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**COURT TOTE** This convenient bag has an inside zippered wet pocket to keep dry gear fresh. Full-length zipper gives easy entrance. Swivel hook hardware on the adjustable shoulder strap keeps it from tangling. Cotton core grips on handles for carrying comfort. (22"L x 9"W x 12"H)



**CHALLENGER** On the outside, this bag has a full-length sleeve with a snap closure, designed to fit a racquetball racquet. Inside is a full-length zippered wet pocket. Tangle-free, swivel hook hardware and cotton core handles make for comfortable carrying, while a reinforced floor board makes it sturdy. (24" L x 11"W x 12"H)



**RACQUETBALLER** The U-shaped zipper into the main compartment allows quick access, and an expandable zippered pocket at one end gives room for extra gear. There is room for a racquet in the outside zippered pocket, along with a removable glove cord. The tangle-free, swivel hook hardware and grippable cotton core handles combine for carrying ease. (23"L x 9.5"W x 13"H)



**CROSS SPORT** This bag features a moisture-resistant, U-shaped shoe compartment with a mesh panel at one end. On one side is a nylon pouch with a drawstring to fit a water bottle or can of racquetballs, and two handy gusset pockets. Inside is a full-length zippered wet pocket. A reinforced floor board for added support. And a padded shoulder strap for carrying ease. (26"L x 11"W x 12"H)

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*The Ektelon Court Classics. A collection of seven bags designed to meet all your sport and travel needs. Players on the go will appreciate the versatility of these bags. Available in a variety of sizes for a day at the court club or a week of tournament play. The Court Classics are constructed of rugged 210 denier nylon, and feature*



# Official AARA Rules

## 1—THE GAME

### Rule 1.1 Types of Games

Racquetball may be played by two or four players. When played by two it is called singles and when played by four, doubles. A non-tournament variation of the game that is played by three players is called cut-throat.

### Rule 1.2 Description

Racquetball is a competitive game in which a strung racquet is used to serve and return the ball.

### Rule 1.3 Objective

The objective is to win each rally by serving or returning the ball so the opponent is unable to keep the ball in play. A rally is over when a player (or team in doubles) is unable to hit the ball before it touches the floor twice, is unable to return the ball in such a manner that it touches the front wall before it touches the floor, or when a hinder is called.

### Rule 1.4 Points and Outs

Points are scored only by the serving side when it serves an irretrievable serve (an "ace") or wins a rally. Losing the serve is called a sidout in singles. In doubles, when the first server loses serve it is called a handout and when the second server loses the serve it is a sidout.

### Rule 1.5 Match, Game, Tiebreaker

A match is won by the first side winning two games. The first two games of a match are played to 15 points. If each side wins one game, a tiebreaker game is played to 11 points.

### Rule 1.6 Doubles Team

(a) A doubles team shall consist of two players who meet either the age requirements or player classification requirements to participate in a particular division of play. A team with different skill levels must play in the division of the player with the higher level of ability. When playing in an adult age division, the team must play in the division of the younger player. When playing in a junior age division, the team must play in the division of the older player.

(b) A change in playing partners may be made so long as the first match of the posted team has not begun. For this purpose only the match will be considered started once the teams have been called to the court. The team must notify the tournament director of the change prior to the beginning of the match.

### Rule 1.7 Consolation Matches

(a) Each entrant shall be entitled to participate in a minimum of two matches. Therefore, losers of their first match shall have the opportunity to compete in a consolation bracket of their own division. In draws of less than seven players, a round robin may be offered.

(b) Consolation matches may be waived at the discretion of the tournament director, but this waiver must be in writing on the tournament application.

(c) Preliminary consolation matches will be two of three games to 11 points. Semifinal and final matches will follow the regular scoring format.

## 2—COURTS AND EQUIPMENT

### Rule 2.1 Court Specifications

The specifications for the standard four-wall racquetball court are:

(a) Dimensions. The dimensions shall be 20 feet wide, 40 feet long and 20 feet high, with a back wall at least 12 feet high. All surfaces shall be in play, with the exception of any gallery opening or surfaces designated as court hindrances.

(b) Markings. Racquetball courts shall be marked with lines 1 1/2 inches wide as follows:

(1) Short line. The back edge of the short line is midway between, and is parallel with, the front and back walls.

(2) Service Line. The front edge of the service line is parallel with, and five feet in front of, the back edge of the short line.

(3) Service Zone. The service zone is the five-foot area between the outer edges of the short line and service line.

(4) Service Boxes. The service boxes are located at each end of the service zone and are designated by lines parallel with the side walls. The edge of the line nearest to the center of the court shall be 18 inches from the nearest side wall.

(5) Drive Serve Lines. The drive serve lines, which form the drive serve zone, are parallel with the side wall and are within the service zone. The edge of the line nearest to the center of the court shall be three feet from the nearest side wall.

(6) Receiving Line. The receiving line is a broken line parallel to the short line. The back edge of the receiving line is five feet from the back edge of the short line. The receiving line begins with a line 21-inches long that extends from each side wall. These lines are connected by an alternate series of six-inch spaces and six-inch lines. This will result in a line composed of 17 six-inch spaces, 16 six-inch lines, and two 21-inch lines.

(7) Safety Zone. The safety zone is the five-foot area bounded by the back edges of the short line and the receiving line. The zone is observed only during the serve. See Rules 4.11(k) and 4.12.

### Rule 2.2 Ball Specifications

(a) The standard racquetball shall be 2 1/4 inches in diameter; weigh approximately 1.4 ounces; have a hardness of 55-60 inches

durometer; and bounce 68-72 inches from a 100-inch drop at a temperature of 70-74 degrees Fahrenheit.

(b) Only a ball having the endorsement or approval of the AARA may be used in an AARA sanctioned tournament.

### Rule 2.3 Ball Selection

(a) A ball shall be selected by the referee for use in each match. During the match the referee may, at his discretion or at the request of a player or team, replace the ball. Balls that are not round or which bounce erratically shall not be used.

(b) If possible, the referee and players should agree to an alternate ball, so that in the event of breakage, the second ball can be put into play immediately.

### Rule 2.4 Racquet Specifications

(a) The racquet, including bumper guard and all solid parts of the handle, may not exceed 21 inches in length.

NOTE: Effective June 1, 1991, until August 31, 1992, the racquet length specifications have been extended to 21 1/2 inches for experimental purposes only. Racquets exceeding 21 inches in length may not be used in AARA regional, invitational, or national tournaments.

(b) The racquet frame may be of any material judged to be safe.

(c) The racquet frame must include a thong that must be securely attached to the player's wrist.

(d) The string of the racquet should be gut, monofilament, nylon, graphite, plastic, metal, or a combination thereof, providing the strings do not mark or deface the ball.

### Rule 2.5 Apparel

(a) Lensed Eyewear Required. Lensed eyewear designed for racquet sports is required apparel for all players. The protective eyewear must be worn as designed and may not be altered. Players who require corrective eyewear also must wear lensed eyewear designed for racquet sports. (Note: A list of approved eyewear is available by writing the AARA National Office. The AARA recommends that players select eyewear with polycarbonate plastic lenses with 3-mm center thickness.) Failure to wear protective eyewear will result in a technical foul and the player will be charged with a timeout to secure eyewear. The second infraction in the same match will result in immediate forfeiture of the match. See Rule 4.18(a)(9).

(b) Clothing and Shoes. The clothing may be of any color; however, a player may be required to change wet, extremely loose fitting, or otherwise distracting garments. Insignias and writing on the clothing must be considered to be in good taste by the tournament director. Shoes must have soles which do not mark or damage the floor.

## 3—OFFICIATING

### Rule 3.1 Tournament Management

All AARA sanctioned tournaments shall be managed by a tournament director, who shall designate the officials.

### Rule 3.2 Tournament Rules Committee

The tournament director may appoint a tournament rules committee to resolve any disputes that the referee, tournament desk, or tournament director cannot resolve. The committee, composed of an odd number of persons, may include state or national officials, or other qualified individuals in attendance who are prepared to meet on short notice. The tournament director should NOT be a member of this committee.

### Rule 3.3 Referee Appointment and Removal

The principal official for every match shall be the referee who has been designated by the tournament director, or his designated representative, and who has been agreed upon by all participants in the match. The referee may be removed from a match upon the agreement of all participants (teams in doubles) or at the discretion of the tournament director or his designated representative. In the event that a referee's removal is requested by one player or team and not agreed to by the other, the tournament director or his designated representative may accept or reject the request. It is suggested that the match be observed before determining what, if any, action is to be taken. In addition, two line judges and a scorekeeper may also be designated to assist the referee in officiating the match.

### Rule 3.4 Rules Briefing

Before all tournaments, all officials and players shall be briefed on rules as well as local court hindrances, regulations, and modifications the tournament director wishes to impose. The briefing should be reduced to writing. The current AARA rules will apply and be made available. Any modifications the tournament director wishes to impose must be stated on the entry form and be available to all players at registration.

### Rule 3.5 Referees

(a) Pre-Match Duties. Before each match begins, it shall be the duty of the referee to:

(1) Check on adequacy of preparation of court with respect to cleanliness, lighting and temperature.

(2) Check on availability and suitability of materials—to include balls, towels, scorecards, pencils and timepiece—necessary for the match.

(3) Check the readiness and qualifications of the line judges and scorekeeper. Review appeal procedure and instruct them of their duties, rules, and local regulations.

(4) Go on the court to introduce himself and the players; brief the players on court hindrances, local regulations, rule modifications for this tournament; explain misinterpreted rules.

(5) Inspect players' equipment; point out line judges; verify selection of a primary and alternate ball.

(6) Toss coin and offer the winner the choice of serving or receiving.

(b) Decisions. During the match, the referee shall make all decisions with regard to the rules. Where line judges are used, the referee

shall announce all final judgments. If both players in singles and three out of four in a doubles match disagree with a call made by the referee, the referee is overruled.

(c) Protests. Any decision not involving the judgment of the referee will, on protest, be accorded due process as set forth in the By-Laws of the AARA. For the purposes of rendering a prompt decision regarding protests filed during the course of an on-going tournament, the stages of due process will be first to the tournament director and second to the tournament rules committee. In those instances when time permits, the protest may be elevated to the state association and then to the National Board of Directors in the manner prescribed in the By-Laws.

(d) Forfeitures. A match may be forfeited by the referee when:

(1) Any player refuses to abide by the referee's decision or engages in unsportsmanlike conduct.

(2) Any player or team who fails to report to play 10 minutes after the match has been scheduled to play. (The tournament director may permit a longer delay if circumstances warrant such a decision.)

(e) Defaults. A player or team may be forfeited by the tournament director or official for failure to comply with the tournament or host facility's rules while on the premises between matches, or for abuse of hospitality, locker room, or other rules and procedures.

(f) Spectators. The referee shall have jurisdiction over the spectators, as well as the players, while the match is in progress.

(g) Other Rulings. The referee may rule on all matters not covered in the AARA Official Rules. However, the referee's ruling is subject to protest as described in Rule 3.5(c).

### Rule 3.6 Line Judges

(a) When Utilized. Line judges (2) should be used for semifinal and final matches, when requested by a player or team, or when the referee or tournament director so desires. However, the use of line judges is subject to availability and the discretion of the tournament director.

(b) Replacing Line Judges. If any player objects to a person serving as a line judge before the match begins, all reasonable effort shall be made to find a replacement acceptable to the officials and players. If a player objects after the match begins, any replacement shall be at the discretion of the referee and/or tournament director.

(c) Position of Line Judges. The players and referee shall designate the court location of the line judges. Any dispute shall be settled by the tournament director.

(d) Duties and Responsibilities. Line judges are designated to help decide appealed calls. In the event of an appeal, and after a very brief explanation of the appeal by the referee, the line judges must indicate their opinion of the referee's call.

(e) Signals. Line judges should extend their arm and signal as follows: (i) thumb up to show agreement with the referee's call, (ii) thumb down to show disagreement, and (iii) hand open with palm facing down to indicate "no opinion" or that the play in question wasn't seen.

(f) Manner of Response. Line judges should be careful not to signal until the referee acknowledges the appeal and asks for a ruling. In responding to the referee's request, line judges should not look at each other, but indicate their opinions simultaneously in clear view of the players and referee. If at any time a line judge is unsure of which call is being appealed or what the referee's call was, the line judge should ask the referee to repeat the call and the appeal.

(g) Result of Response. If both line judges signal no opinion, the referee's call stands. If both line judges disagree with the referee, the referee must reverse the ruling. If one line judge agrees with the call and one disagrees, the referee's call stands. If one line judge agrees with the call and one has no opinion, the call stands. If one line judge disagrees with the referee's call and the other signals no opinion, the rally is replayed. Any replays, with the exception of appeals on the second serve itself, will result in two serves.

### Rule 3.7 Appeals

(a) Appealable Calls and Non-Calls. In any match using line judges, a player may appeal only the following calls or non-calls by the referee: skip ball; fault serve, except screen serves; out serve; double bounce pickup; receiving line violation; and court hinder. At no time may a player appeal a screen serve, a hinder call (except court hindrances), a technical foul, or other discretionary call of the referee.

(b) How to Appeal. A verbal appeal by a player must be made directly to the referee immediately after the rally has ended. A player who believes there is an infraction to appeal, should bring it to the attention of the referee and line judges by raising his non-racquet hand at the time the perceived infraction occurs. The player is obligated to continue to play until the rally has ended or the referee stops play. The referee will recognize a player's appeal only if it is made before that player leaves the court for any reason including timeouts and game-ending rallies or, if that player doesn't leave the court, before the next serve begins.

(c) Loss of Appeal. A player or team forfeits its right of appeal for that rally if the appeal is made directly to the line judges or, if the appeal is made after an excessive demonstration or complaint.

(d) Limit on Appeals. A player or team may make three appeals per game. However, if either line judge disagrees (thumb down) with the referee's call, that appeal will not count against the three-appeal limit. In addition, the game-ending rally may be appealed even if the three-appeal limit has been reached.

### Rule 3.8 Outcome of Appeals

(a) Skip Ball. If the referee makes a call of "skip ball", the call may be appealed. If the call is reversed, the referee then must decide if the shot in question could have been returned had play continued. If in the opinion of the referee, the shot could have been returned, the rally shall be replayed. However, if the shot was not retrievable, the side which hit the shot in question is declared the winner of the rally. If the referee makes no call on a shot (thereby indicating that the shot did not skip), an appeal may be made that the shot skipped. If the "no call" is reversed, the side which hit the shot in question loses the rally.



(b) **Fault Serve.** If the referee makes a call of "fault serve", the call may be appealed. If the call is reversed, the serve is replayed, unless if the referee considered the serve to be not retrievable (an ace), in which case a point is awarded to the server. An appeal may also be made if the referee makes no call on a serve (indicating that the serve was good.) If the "no call" is reversed, it will result in second serve if the infraction occurred on the first serve or loss of serve if the infraction occurred on the second serve.

(c) **Out Serve.** If the referee makes a call of "out serve", the call may be appealed. If the call is reversed, the serve will be replayed, unless the serve was obviously a fault in which case the call becomes "fault serve." However, when the call is reversed and the serve is considered an ace, a point will be awarded. An appeal may also be made if the referee makes no call on a serve (indicating that the serve was good.) If the "no call" is reversed, it results in an immediate loss of serve.

(d) **Double-Bounce Pickup.** If the referee makes a call of "two bounces", the call may be appealed. If the call is reversed, the rally is replayed, except if the player against whom the call was made hit a shot that could not have been retrieved, then that player wins the rally. (Before awarding a rally in that situation, the referee must be certain that the shot would not have been retrieved even if play had not been halted.) An appeal may also be made if the referee makes no call thereby indicating that the "get" was not two bounces. If the "no call" is reversed, the player who made the two bounce pickup is declared the loser of the rally.

(e) **Receiving Line Violation (Encroachment).** If the referee makes a call of "encroachment", the call may be appealed. If the call is overturned, the service shall be replayed. An appeal may also be made if the referee makes no call. If the appeal is successful, the server is awarded a point.

(f) **Court Hinder.** If the referee makes a call of "court hinder", the rally is replayed. If the referee makes no call and a player feels that a court hinder occurred, that player may appeal. If the appeal is successful, the rally will be replayed.

#### Rule 3.9 Rules Interpretations

If a player feels the referee has interpreted the rules incorrectly, the player may require the referee or tournament director to show him the applicable rule in the rulebook. Having discovered a misapplication or misinterpretation, the official must correct the error by replaying the rally, awarding the point, calling sideout or taking whatever corrective measure necessary.

### 4—PLAY REGULATIONS

#### Rule 4.1 Serve

The player or team winning the coin toss has the option to either serve or receive at the start of the first game. The second game will begin in reverse order of the first game. The player or team scoring the highest total of points in games 1 and 2 will have the option to serve or receive first at the start of the tiebreaker. In the event that both players or teams score an equal number of points in the first two games, another coin toss will take place and the winner of the toss will have the option to serve or receive.

#### Rule 4.2 Start

The server may not start the service motion until the referee has called the score or "second serve". The serve is started from any place within the service zone. (Certain drive serves are an exception, see Rule 4.6.) Neither the ball, nor any part of either foot may extend beyond either line of the service zone when initiating the service motion. Stepping on, but not over, the lines is permitted. When completing the service motion, the server may step over the service (front) line provided that some part of both feet remain on or inside the line until the served ball passes the short line. The server may not step over the short line until the ball passes the short line. See Rules 4.10(a) and 4.11(k) for penalties for violations.

#### Rule 4.3 Manner

After taking a set position inside the service zone, a player may begin the service motion—any continuous movement which results in the ball being served. Once the service motion begins, the ball must be bounced on the floor in the zone and be struck by the racquet before it bounces a second time. After being struck, the ball must hit the front wall first and on the rebound hit the floor beyond the back edge of the short line, either with or without touching one of the side walls.

#### Rule 4.4 Readiness

The service motion shall not begin until the referee has called the score or the second serve and the server has visually checked the receiver. The referee shall call the score as both server and receiver prepare to return to their respective positions, shortly after the previous rally has ended.

#### Rule 4.5 Delays

Except as noted in Rule 4.5(b), delays exceeding 10 seconds shall result in an out if the server is the offender or a point if the receiver is the offender.

(a) The 10-second rule is applicable to the server and receiver simultaneously. Collectively, they are allowed up to 10 seconds, after the score is called, to serve or be ready to receive. It is the server's responsibility to look and be certain the receiver is ready. If the receiver is not ready, he must signal so by raising his racquet above his head or completely turning his back to the server. (These are the only two acceptable signals.)

(b) If the server serves the ball while the receiver is signalling not ready, the serve shall go over with no penalty and the server shall be warned by the referee to check the receiver. If the server continues to serve without checking the receiver, the referee may award a technical foul for delay of the game.

(c) After the score is called, if the server looks at the receiver and the receiver is not signalling not ready, the server may then serve. If

the receiver attempts to signal not ready after that point, the signal shall not be acknowledged and the serve becomes legal.

#### Rule 4.6 Drive Service Zones

The drive serve lines will be three feet from each side wall in the service box, dividing the service area into two 17-foot service zones for drive serves only. The player may drive serve to the same side of the court on which he is standing, so long as the start and finish of the service motion takes place outside the drive serve zone. Violations of this rule, either called or not called, may be appealed.

(a) The drive serve zones are not observed for cross court drive serves, the hard-Z, soft-Z, lob or half lob serves.

(b) The racquet may not break the plane of the 17-foot zone while making contact with the ball.

(c) The drive serve line is not part of the 17-foot zone. Dropping the ball on the line or standing on the line while serving to the same side is an infraction.

#### Rule 4.7 Serve in Doubles

(a) **Order of Serve.** Each team shall inform the referee of the order of service which shall be followed throughout that game. The order of serve may be changed between games. At the beginning of each game, when the first server of the first team to serve is out, the team is out. Thereafter, both players on each team shall serve until the team receives a handout and a sideout.

(b) **Partner's Position.** On each serve, the server's partner shall stand erect with back to the side wall and with both feet on the floor within the service box from the moment the server begins the service motion until the served ball passes the short line. Violations are called foot faults. However, if the server's partner enters the safety zone before the ball passes the short line, the server loses service.

#### Rule 4.8 Defective Serves

Defective serves are of three types resulting in penalties as follows:

(a) **Dead-Ball Serve.** A dead-ball serve results in no penalty and the server is given another serve (without canceling a prior fault serve).

(b) **Fault Serve.** Two fault serves result in an out (either a sideout or a handout.)

(c) **Out Serve.** An out serve results in an out (either a sideout or a handout.)

#### Rule 4.9 Dead-ball Serves

Dead-ball serves do not cancel any previous fault serve. The following are dead-ball serves:

(a) **Ball Hits Partner.** A serve which strikes the server's partner while in the doubles box is a dead-ball serve. A serve which touches the floor before touching the server's partner is a short serve.

(b) **Court Hinder.** A serve that takes an irregular bounce because it hits a wet spot or an irregular surface on the court is a dead-ball serve. Also, any serve that hits any surface designated by local rules as an obstruction.

(c) **Broken Ball.** If the ball is determined to have broken on the serve, a new ball shall be substituted and the serve shall be replayed, not canceling any prior fault serve.

#### Rule 4.10 Fault Serves

The following serves are faults and any two in succession result in an out:

(a) **Foot Faults.** A foot fault results when:

(1) The server does not begin the service motion with both feet in the service zone.

(2) The server steps completely over the service line (no part of the foot on or inside the service zone) before the served ball crosses the short line.

(3) In doubles, the server's partner is not in the service box with both feet on the floor and back to the side wall from the time the server begins the service motion until the ball passes the short line. See Rule 4.7(b).

(b) **Short Serve.** A short serve is any served ball that first hits the front wall and, on the rebound, hits the floor on or in front of the short line either with or without touching a side wall.

(c) **Three-Wall Serve.** A three-wall serve is any served ball that first hits the front wall and, on the rebound, strikes both side walls before touching the floor.

(d) **Ceiling Serve.** A ceiling serve is any served ball that first hits the front wall and then touches the ceiling (with or without touching a side wall).

(e) **Long Serve.** A long serve is a served ball that first hits the front wall and rebounds to the back wall before touching the floor (with or without touching a side wall).

(f) **Out-of-Court Serve.** An out-of-court serve is any served ball that first hits the wall and, before striking the floor, goes out of the court.

(g) **Bouncing Ball Outside Service Zone.** Bouncing the ball outside the service zone as a part of the service motion is a fault serve.

(h) **Illegal Drive Serve.** A drive serve in which the player fails to observe the 17-foot drive service zone outlined in Rule 4.6.

(i) **Screen Serve.** A served ball that first hits the front wall and on the rebound passes so closely to the server, or server's partner in doubles, that it prevents the receiver from having a clear view of the ball. (The receiver is obligated to place himself in good court position, near center court, to obtain that view.) The screen serve is the only fault serve which may not be appealed.

#### Rule 4.11 Out Serves

Any of the following serves results in an out:

(a) Two Consecutive Fault Serves. See Rule 4.10.

(b) Failure to Serve. Failure of server to put the ball into play under Rule 4.5.

(c) Missed Serve Attempt. Any attempt to strike the ball that results in a total miss or in the ball touching any part of the server's body. Also, allowing the ball to bounce more than once during the service motion.

(d) **Touched Serve.** Any served ball that on the rebound from the front wall touches the server or server's racquet, or any ball intentionally stopped or caught by the server or server's partner.

(e) **Fake or Balk Serve.** Any movement of the racquet toward the ball during the serve which is non-continuous and done for the purpose of deceiving the receiver. If a balk serve occurs, but the referee believes that no deceit was involved, he has the option of declaring "no serve" and have the serve replayed without penalty.

(f) **Illegal Hit.** An illegal hit includes contacting the ball twice, carrying the ball, or hitting the ball with the handle of the racquet or part of the body or uniform.

(g) **Non-Front Wall Serve.** Any served ball that does not strike the front wall first.

(h) **Crotch Serve.** Any served ball that hits the crotch of the front wall and floor, front wall and side wall, or front wall and ceiling is an out serve (because it did not hit the front wall first). A serve into the crotch of the back wall and floor is a good serve and in play. A served ball that hits the crotch of the side wall and floor beyond the short line is in play.

(i) **Out-of-Order Serve.** In doubles, when either partner serves out-of-order, the points scored by that server will be subtracted and an out serve will be called: if the second server serves out-of-order, the out serve will be applied to the first server and the second server will resume serving. If the player designated as the first server serves out of order, a sideout will be called. The referee should call "no serve" as soon as an out-of-order serve occurs. If no points are scored while the team is out of order, only the "out" penalty will have to be assessed. However, if points are scored before the out of order condition is noticed and the referee cannot recall the number, the referee may enlist the aid of the line judges (if they are being used) to recall the number of points to be deducted.

(j) **Ball Hits Partner.** A served ball that hits the doubles partner while outside the doubles box results in loss of serve.

(k) **Safety Zone Violation.** If the server, or doubles partner, enters into the safety zone before the served ball passes the short line, it shall result in the loss of serve.

#### Rule 4.12 Return of Serve

(a) **Receiving Position**

(1) The receiver may not enter the safety zone until the ball bounces or crosses the receiving line.

(2) On the fly return attempt, the receiver may not strike the ball until the ball breaks the plane of the receiving line. The receiver's follow-through may carry the receiver or his racquet past the receiving line.

(3) Neither the receiver nor his racquet may break the plane of the short line, except if the ball is struck after rebounding off the back wall.

(4) Any violation by the receiver results in a point for the server.

(b) **Defective Serve.** A player on the receiving side may not intentionally catch or touch a served ball (such as an apparently long or short serve) until the referee has made a call or the ball has touched the floor for a second time. Violation results in a point.

(c) **Legal Return.** After a legal serve, a player on the receiving team must strike the ball on the fly or after the first bounce, and before the ball touches the floor the second time; and return the ball to the front wall, either directly or after touching one or both side walls, the back wall or the ceiling, or any combination of those surfaces. A returned ball must touch the front wall before touching the floor.

(d) **Failure to Return.** The failure to return a serve results in a point for the server.

(e) **Other Provisions.** Except as noted in this rule (4.12), the return of serve is subject to all provisions of Rules 4.14 through 4.16.

#### Rule 4.13 Changes of Serve

(a) **Outs.** A server is entitled to continue serving until:

(1) Out Serve. See Rule 4.11.

(2) Two Consecutive Fault Serves. See Rule 4.10.

(3) Ball Hits Partner. Player hits partner with attempted return.

(4) Failure to Return Ball. Player, or partner, fails to keep the ball in play as required by Rule 4.12(c).

(5) Avoidable Hinder. Player or partner commits an avoidable hinder which results in an out. See Rule 4.16.

(b) **Sideout.** In singles, retiring the server is a sideout. In doubles, the side is retired when both partners have lost service, except that the team which serves first at the beginning of each game loses the serve when the first server is retired. See Rule 4.7.

(c) **Effect of Sideout.** When the server (or the serving team) receives a sideout, the server becomes the receiver and the receiver becomes the server.

#### Rule 4.14 Rallies

All of the play which occurs after the successful return of serve is called the rally. Play shall be conducted according to the following rules:

(a) **Legal Hits.** Only the head of the racquet may be used at any time to return the ball. The racquet may be held in one or both hands. Switching hands to hit a ball, touching the ball with any part of the body or uniform, or removing the wrist thong results in a loss of the rally.

(b) **One Touch.** The player or team trying to return the ball may touch or strike the ball only once or else the rally is lost. The ball may not be carried. (A carried ball is one which rests on the racquet long enough that the effect is more of a sling or throw than a hit.)

(c) **Failure to Return.** Any of the following constitutes a failure to make a legal return during a rally:

(1) The ball bounces on the floor more than once before being hit.

(2) The ball does not reach the front wall on the fly.

(3) The ball caroms off a player's racquet into a gallery or wall opening without first hitting the front wall.

(4) A ball which obviously did not have the velocity or direction to hit the front wall strikes another player on the court.

(5) A ball struck by one player on a team hits that player or that player's partner.



- (6) Committing an avoidable hinder. See Rule 4.16.
- (7) Switching hands during a rally.
- (8) Failure to use wrist thong on racquet.
- (9) Touching the ball with the body or uniform.
- (10) Carry or sling the ball with the racquet.
- (d) Effect of Failure to Return. Violations of Rules 4.14 (a) through (c) result in a loss of rally. If the serving player or team loses the rally, it is an out. If the receiver loses the rally, it results in a point for the server.

#### (e) Return Attempts

(1) In singles, if a player swings at the ball and misses it, the player may continue to attempt to return the ball until it touches the floor for the second time.

(2) In doubles, if one player swings at the ball and misses it, both partners may make further attempts to return the ball until it touches the floor the second time. Both partners on a side are entitled to return the ball.

#### (f) Out-of-Court Ball

(1) After return. Any ball returned to the front wall which, on the rebound or the first bounce, goes into the gallery or through any opening in a side wall shall be declared dead and the server shall receive two serves.

(2) No Return. Any ball not returned to the front wall, but which caroms off a player's racquet into the gallery or into any opening in a side wall either with or without touching the ceiling, side wall, or back wall, shall be an out for the player failing to make the return, or a point for the opponent.

(g) Broken Ball. If there is any suspicion that a ball has broken during a rally, play shall continue until the end of the rally. The referee or any player may request the ball be examined. If the referee decides the ball is broken the ball will be replaced and the rally replayed. The server will get two serves. The only proper way to check for a broken ball is to squeeze it by hand. (Checking the ball by striking it with a racquet will not be considered a valid check and shall work to the disadvantage of the player or team which struck the ball after the rally.)

#### (h) Play Stoppage

(1) If a foreign object enters the court, or any other outside interference occurs, the referee shall stop the play immediately and declare a dead-ball hinder.

(2) If a player loses any apparel, equipment, or other article, the referee shall stop play immediately and declare an avoidable hinder or dead-ball hinder as described in Rule 4.16(i).

(i) Replays. Whenever a rally is replayed for any reason, the server is awarded two serves. A previous fault serve is not considered.

### Rule 4.15 Dead-ball Hinders

A rally is replayed without penalty and the server receives two serves whenever a dead-ball hinder occurs.

#### (a) Situations

(1) Court Hinders. The referee should stop play immediately whenever the ball hits any part of the court that was designated in advance as a court hinder (such as a door handle). The referee should also stop play (i) when the ball takes an irregular bounce as a result of contacting a rough surface (such as court light or vent) or after striking a wet spot on the floor or wall and (ii) when, in the referee's opinion, the irregular bounce affected the rally. A court hinder is the only type of hinder that is appealable. See Rule 3.7(a).

(2) Ball Hits Opponent. When an opponent is hit by a return shot in flight, it is a dead-ball hinder. If the opponent is struck by a ball which obviously did not have the velocity or direction to reach the front wall, it is not a hinder, and the player who hit the ball will lose the rally. A player who has been hit by the ball can stop play and make the call though the call must be made immediately and acknowledged by the referee.

(3) Body Contact. If body contact occurs which the referee believes was sufficient to stop the rally, either for the purpose of preventing injury by further contact or because the contact prevented a player from being able to make a reasonable return, the referee shall call a hinder. Incidental body contact in which the offensive player clearly will have the advantage should not be called a hinder, unless the offensive player obviously stops play. Contact with the racquet on the follow-through normally is not considered a hinder.

(4) Screen Ball. Any ball rebounding from the front wall so close to the body of the defensive team that it interferes with, or prevents, the offensive player from having clear view of the ball. (The referee should be careful not to make the screen call so quickly that it takes away a good offensive opportunity.) A ball that passes between the legs of the side that just returned the ball is not automatically a screen. It depends on the proximity of the players. Again, the call should work to the advantage of the offensive player.

(5) Backswing Hinder. Any body or racquet contact, on the backswing or en route to or just prior to returning the ball, which impairs the hitter's ability to take a reasonable swing. This call can be made by the player attempting the return, though the call must be made immediately and is subject to the referee's approval. Note the interference may be considered an avoidable hinder. See Rule 4.16.

(6) Safety Holdup. Any player about to execute a return who believes he is likely to strike his opponent with the ball or racquet may immediately stop play and request a dead-ball hinder. This call must be made immediately and is subject to acceptance and approval of the referee. (The referee will grant a dead-ball hinder if he believes the holdup was reasonable and the player would have been able to return the shot, and the referee may also call an avoidable hinder if warranted.)

(7) Other Interference. Any other unintentional interference which prevents an opponent from having a fair chance to see or return the ball. Example: When a ball from another court enters the court during a rally or when a referee's call on an adjacent court obviously distracts a player.

(b) Effect of Hinders. The referee's call of hinder stops play and voids any situation which follows, such as the ball hitting the player. The on-

ly hinders that may be called by a player are described in rules (2), (5), and (6) above, and all of these are subject to the approval of the referee. A dead-ball hinder stops play and the rally is replayed. The server receives two serves.

(c) Avoidance. While making an attempt to return the ball, a player is entitled to a fair chance to see and return the ball. It is the responsibility of the side that has just hit the ball to move so the receiving side may go straight to the ball and have an unobstructed view of the ball. In the judgment of the referee however, the receiver must make a reasonable effort to move towards the ball and have a reasonable chance to return the ball in order for a hinder to be called.

### Rule 4.16 Avoidable Hinders

An avoidable hinder results in the loss of the rally. An avoidable hinder does not necessarily have to be an intentional act and is the result of any of the following:

(a) Failure to Move. A player does not move sufficiently to allow an opponent a shot straight to the front wall as well as a cross-court shot which is a shot directly to the front wall at an angle that would cause the ball to rebound directly to the rear corner farthest from the player hitting the ball. Also when a player moves in such a direction that it prevents an opponent from taking either of these shots.

(b) Stroke Interference. This occurs when a player moves, or fails to move, so that the opponent returning the ball does not have a free, unimpeded swing. This includes unintentionally moving the wrong direction which prevents an opponent from making an open offensive shot.

(c) Blocking. Moves into a position which blocks the opponent from getting to, or returning, the ball; or in doubles, a player moves in front of an opponent as the player's partner is returning the ball.

(d) Moving into the Ball. Moves in the way and is struck by the ball just played by the opponent.

(e) Pushing. Deliberately pushes or shoves opponent during a rally.

(f) Intentional Distractions. Deliberate shouting, stamping of feet, waving of racquet, or any other manner of disrupting one's opponent.

(g) View Obstruction. A player moves across an opponent's line of vision just before the opponent strikes the ball.

(h) Wetting the Ball. The players, particularly the server, should insure that the ball is dry prior to the serve. Any wet ball that is not corrected prior to the serve shall result in an avoidable hinder against the server.

(i) Apparel or Equipment Loss. If a player loses any apparel, equipment, or other article, play shall be immediately stopped and that player shall be called for an avoidable hinder. If the loss of equipment is caused by a player's opponent, then a dead-ball hinder should be called, unless the opponent's action is judged to have been avoidable, then the opponent should be called for an avoidable hinder.

### Rule 4.17 Timeouts

(a) Rest Periods. Each player or team is entitled to three 30-second timeouts in games to 15 and two 30-second timeouts in games to 11. Timeouts may not be called by either side after service motion has begun. Calling for a timeout when none remain or after service motion has begun, or taking more than 30 seconds in a timeout, will result in the assessment of a technical foul for delay of game.

(b) Injury. If a player is injured during the course of a match as a result of contact, such as with the ball, racquet, wall, or floor, he will be awarded an injury timeout. While a player may call more than one timeout for the same injury or for additional injuries which occur during the match, a player is not allowed more than a total of 15 minutes of rest during a match. If the injured player is not able to resume play after total rest of 15 minutes, the match shall be awarded to the opponent. Muscle cramps and pulls, fatigue, and other ailments that are not caused by direct contact on the court will not be considered an injury.

(c) Equipment Timeouts. Players are expected to keep all clothing and equipment in good, playable condition and are expected to use regular timeouts and time between games for adjustment and replacement of equipment. If a player or team is out of timeouts and the referee determines that an equipment change or adjustment is necessary for fair and safe continuation of the match, the referee may award an equipment timeout not to exceed two minutes. The referee may allow additional time under unusual circumstances.

(d) Between Games. The rest period between the first two games of a match is two minutes. If a tiebreaker is necessary, the rest period between the second and third game is five minutes.

(e) Postponed Games. Any games postponed by referees shall be resumed with the same score as when postponed.

### Rule 4.18 Technical Fouls and Warnings

(a) Technical Fouls. The referee is empowered to deduct one point from a player's or team's score when, in the referee's sole judgment, the player is being overly and deliberately abusive. If the player or team against whom the technical foul was assessed does not resume play immediately, the referee is empowered to forfeit the match in favor of the opponent. Some examples of actions which may result in technical fouls are:

- (1) Profanity.
- (2) Excessive arguing.
- (3) Threat of any nature to opponent or referee.
- (4) Excessive or hard striking of the ball between rallies.
- (5) Slamming of the racquet against walls or floor, slamming the door, or any action which might result in injury to the court or other players.
- (6) Delay of game. Examples include (i) serving before the receiver is ready, (ii) taking too much time to dry the court, (iii) questioning of the referee excessively about the rules, (iv) exceeding the time allotted for timeouts or between games, or (v) calling a timeout when none remain.
- (7) Intentional front line foot fault to negate a bad lob serve.
- (8) Anything considered to be unsportsmanlike behavior.
- (9) Failure to wear lensed eyewear designed for racquet sports is an automatic technical foul on the first infraction and a mandatory timeout will be charged against the offending player to acquire the proper eye-

wear. A second infraction by that player during the match will result in automatic forfeiture of the match.

(b) Technical Warnings. If a player's behavior is not so severe as to warrant a technical foul, a technical warning may be issued without point deduction.

(c) Effect of Technical Foul or Warning. If a referee issues a technical foul, one point shall be removed from the offender's score. If a referee issues a technical warning, it shall not result in a loss of rally or point and shall be accompanied by a brief explanation of the reason for the warning. The issuing of the technical foul or warning has no effect on who will be serving when play resumes. If a technical foul occurs between games or when the offender has no points, the result will be that the offender's score will revert to minus one (D1).

**Note:** The preceding was extracted from the 1991-92 OFFICIAL RULES OF RACQUETBALL published by the American Amateur Racquetball Association and were current as of April 1, 1992. Rule 5 concerning tournaments is not reprinted here. Other sections in the rulebook not reprinted here include rule modifications for:

#### Eight and Under Multi-Bounce (Rule 6)

#### National Wheelchair Racquetball Association (Rule 7)

#### Visually Impaired (Rule 8)

#### Women's Professional Racquetball Association (Rule 9)

#### One Wall and Three Wall Racquetball I (Rule 10)

A copy of the complete 1991-92 OFFICIAL RULES OF RACQUETBALL may be ordered by contacting the AARA at: 815 North Weber, Colorado Springs, CO 80903. Telephone (719) 635-5396 or FAX (719) 635-0685.

The AARA has approved the following guidelines for playing without a referee.

### How to Referee When There is No Referee

**Safety.** Safety is the responsibility of every player who enters the court. At no time should the physical safety of the participants be compromised. Players are entitled, and expected, to hold up their swing, without penalty, any time they believe there might be a risk of physical contact. Anytime a player says he held up to avoid contact, even if he was over cautious, he is entitled to a dead-ball hinder and the rally is replayed without penalty.

**Score.** Since there is no referee, or scorekeeper, it is important for the server to announce both the server's and receiver's score before every first serve.

**Making Calls.** During rallies, it is the hitter's responsibility to make the call. If there is a possibility of a skip ball, double-bounce, or illegal hit, play should continue until the hitter makes the call against himself. If the hitter does not make the call against himself and goes on to win the rally, and the opponent thought that one of the hitter's shots was not good, he may appeal to the hitter by pointing out which shot he thought was bad and request the hitter to reconsider. If the hitter is sure of his call, and the opponent is still sure the hitter is wrong, the rally is replayed. As a matter of etiquette, players are expected to make calls against themselves any time they are not sure. Unless the hitter is certain the shot was good, he should call it a skip.

**Service:** (a) Fault Serves. The receiver has the primary responsibility to make these calls, though either player may make the call. The receiver must make the call immediately, and not wait until he hits the ball and has the benefit of seeing how good a shot he can hit. It is not an option play. The receiver does not have the right to play a short serve just because he thinks it's a set-up.

(b) Screen Serves. When there is no referee, the screen serve call is the sole responsibility of the receiver. If the receiver has taken the proper court position, near center court, does not have clear view of the ball the screen should be called immediately. The receiver may not call a screen after attempting to hit the ball or after taking himself out of proper court position by starting the wrong way. The server may not call a screen under any circumstances and must expect to play the rally unless he hears a call from the receiver.

(c) Other Situations. Foot faults, 10-second violations, receiving line violations, service zone infringement, and other such calls usually require a referee. However, if either player believes his opponent is abusing any of the rules, be sure there is agreement on what the rule is, and to put each other on notice that the rules should be followed.

**Dead-Ball Hinders.** Generally, the hinder should work like the screen serve—as an option play for the hindered party. Only the person going for the shot can stop play by calling a hinder, and he must do so immediately—not wait until he has the benefit of seeing how good a shot he can hit. If the hindered party believes he can make an effective return in spite of some physical contact or screen that has occurred, he may continue to play.

**Avoidable Hinders.** Since avoidable hinders are usually unintentional, they can occur even in the friendliest matches. A player who realizes that he caused such a hinder should simply declare his opponent to be the winner of the rally. If a player feels that his opponent caused such a hinder, but the opponent does not make the call on himself, the offended player should point out that he thought that an avoidable hinder occurred. However, unless the opponent agrees that an avoidable hinder occurred, none will be called. Often just pointing out what appears to have been an avoidable hinder will prevent the opponent from such actions on future rallies.

**Resolving Disputes.** If either player, for any reason, desires to have a referee, it is considered common courtesy for the other player to go along with the request, and a referee suitable to both sides should be found. If a question about a rule or interpretation comes up, seek out a more experienced player or the club pro for help. Then, after the match, contact your state's racquetball association for the answer.





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