



Racquetball

Total



**THE EVOLVING
RACQUETBALL PLAYER**
Today's player isn't what he
used to be. He's better.

**INSIDE TIPS FROM THE
PROS** How to get the most
from your game.

**THE MAKING OF AN
EKTELON RACQUET**
An inside look at what it takes
to build the game's best
racquets.

OFFICIAL AARA RULES
Playing the game by the book.



IF YOU DON'T HAVE
SUPERIOR TRACTION, YOU'RE
ONLY STOPPING YOURSELF.

You're looking at Ektelon's exclusive Snapper® Rubber outsoles. The most dramatic improvement in traction ever engineered for indoor courts. Snapper lets you plant more firmly to drive through each shot. New GTS uppers stabilize your lateral moves. With ultra-light midsoles for greater quickness. So what's stopping you now?

EKTELON 
The Most Recommended Name In Racquetball
A **prince** Company



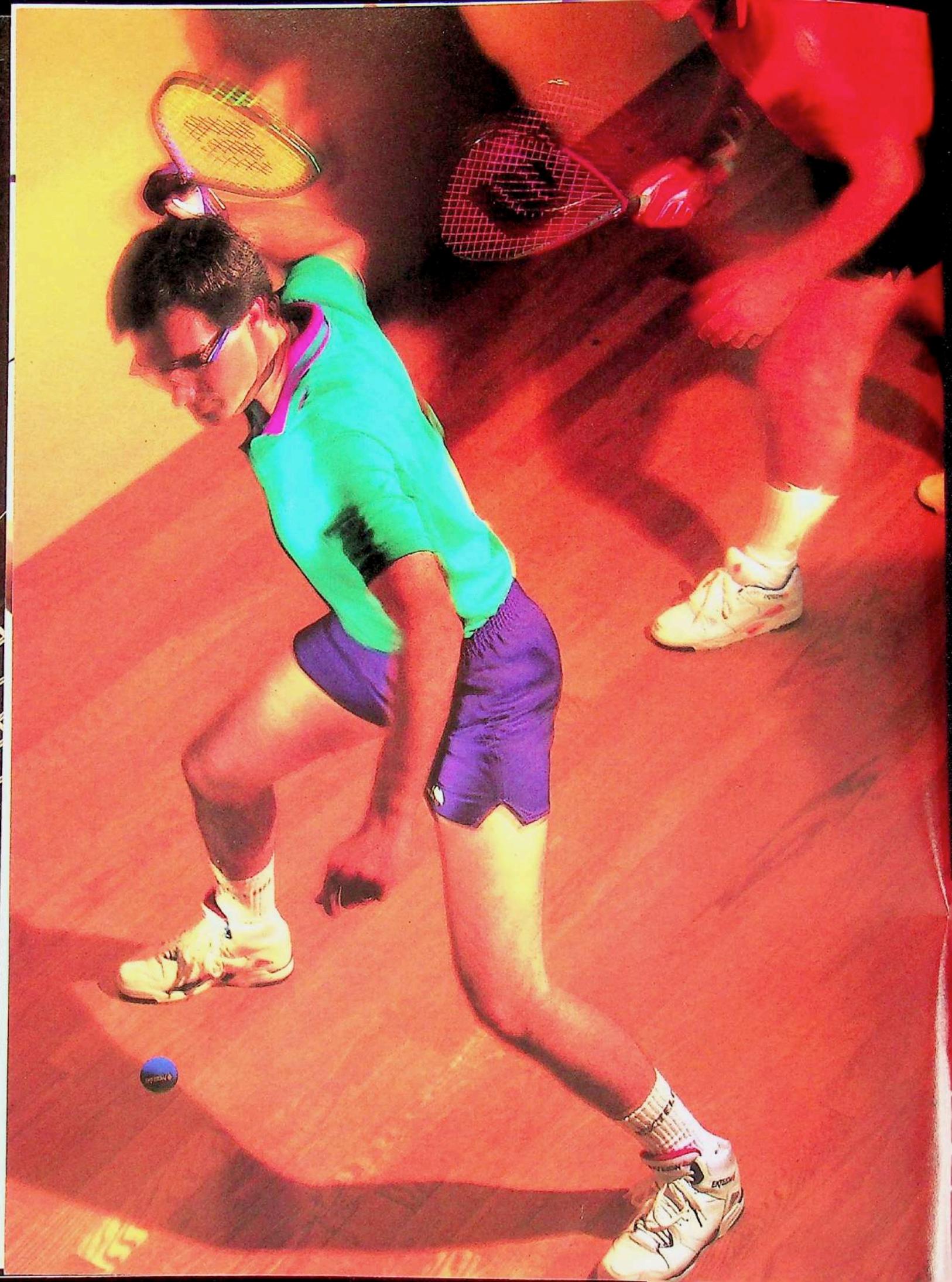


At Ektelon, we believe in putting only the best into everything that we do. We invest in state-of-the-art technology and the most advanced materials. Ektelon is the only manufacturer in the business with a research and development team in-house to design our products. To ensure that our exacting standards are met in the final product we have our own manufacturing facility. We have recently increased our investment in extended quality assurance personnel and procedures, and have significantly boosted our customer service resources. At Ektelon, every employee in every department works directly for you, the racquetball player. Our total focus and commitment is to put the highest level of quality attainable into enhancing your racquetball game.

Ektelon is dedicated to the development of new products and to increasing the investment required to improve those we already have. We have a deep commitment to the racquetball player. We realize that it takes an all-consuming dedication on every level to reach our goal of a satisfied customer.

It is a complete company effort to assure that excellence is achieved every step of the way. We want you to be an integral part of a loyal base of Ektelon players. We know that to secure your unwavering support of our company, we must provide exactly what you want and need for your game. For we realize that the devoted consumer base we work toward is comprised of individuals. We are rededicating ourselves to superior quality and service, and we are confident that you will be 100 percent satisfied with Ektelon. Only then can we continue to be what we strive to be—the most recommended name in racquetball.

Norm Peck
President



TIPS

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Powering Up Your Game

AARA National Singles Champion Tim Doyle tells you how to put your body in a position to deliver the ultimate power stroke.

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The most important shot in racquetball is the serve. Learn how to make it a more potent offensive weapon.

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Well Rounded Training

The U.S. Olympic Racquetball Head Coach addresses several areas that'll make you a better player overall.

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Keys To Building Endurance

Six-time National Champion Lynn Adams shares the ways she keeps her stamina up during those long, gruelling matches.

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Playing Winning Doubles

National Doubles Champion Michelle Gilman focuses on how to play more effectively and more consistently as a team.

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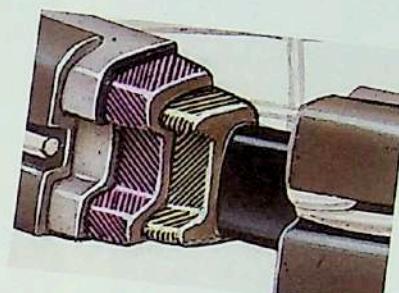
The Changing Racquetball Player

There's more to playing better than just playing. Conditioning has become essential to developing your ultimate potential. Learn why today's players aren't what they used to be. They're better.



How Ektelon's RTS™ And CRS Technologies Advance Your Game

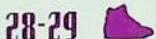
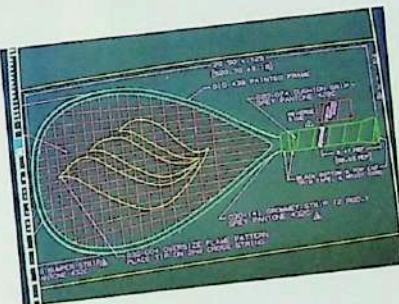
Forever a pioneer, Ektelon has engineered two exclusive features into their top frames: the Racquetball Taper System™ and Cushion Response System. Both make an amazing difference in a racquet's performance.



25

Ektelon Performance Can Be Summed Up In Two Letters. R&D

Long before an Ektelon racquet hits the shelf, it endures a barrage of design modifications and rigid performance testing. An in-depth look behind our legendary research and development process.



How Ektelon Shoes Keep Your Game On Solid Ground

Don't overlook the game's other vital equipment. See why our exclusive Snapper® Rubber soles and GTS Ultralam uppers make Ektelon the premier court shoe.

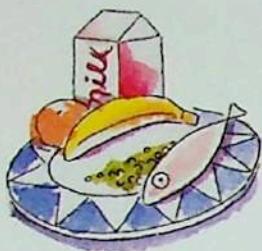


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Cross-Training: Using Other Sports To Improve Your Racquetball Game

A well-rounded fitness training program makes all the difference. Try a regimen combining swimming, cycling, and weightlifting. And watch your diet. You'll not only play better, you'll look and feel better, too.





Not too many years ago, the seri-

ous racquetball player did just

that—played racquetball. Six times

a week, season in and season out,

with no time allocated for other

activities. But times are changing

and so is racquetball. Today's rac-

quetball players realize the need

to be total athletes in order to play

the best game. Keeping this in mind,

they are heading off the court to

workout. And when they get back

on the court, they are executing

the ultimate racquetball game.

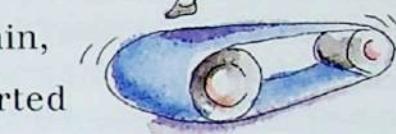
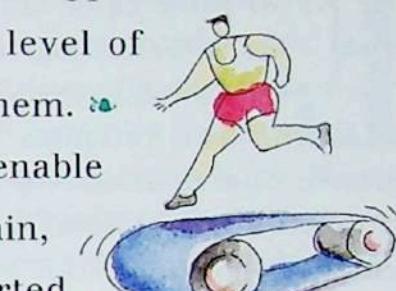


TODAY'S RACQUETBALL PLAYER CONDITIONED TO STAY ON TOP

Throughout the past few years, a technological revolution has been taking place. From fax machines to car phones to high-definition television, we are living in a rapidly changing world, and by no means are sports being left out of the picture. Just ten years ago, no one had heard of an oversize racquetball racquet, much less of high-modulus graphite fibers or a cushion grip system. But interestingly enough, the innovations created a problem for racquet-



ball players. Once upon a time, the serious racquetball player walked on the court and whipped his opponent through sheer talent. He was, quite simply, a better player. And he could foresee nothing that would endanger this position. So he continued to prepare for his game the way he always had—by playing lots of racquetball. Then one day, he walked off in a daze after being beaten by the same opponent he'd been handily defeating for years. But he soon learned that his opponent had a new racquet. One that dramatically increased his level of play, and greatly bridged the chasm between them. Realizing the need to gain the edge that would enable him to again emerge victorious, he began to train, and not just on the racquetball court. He started swimming to increase his cardiovascular capacity and rotator cuff power, and bicycling to build up leg strength and endurance. He developed a weightlifting program to develop muscle mass and strength. When he wasn't working out, he still worked on his game. He analyzed his style of play and developed strategies that would help him win. By coupling this with a new commitment to a healthy diet, he began to see steady and lasting improvement in his racquetball game. He discovered through yet more technology he could scientifically test his improvement. He ran uphill on a motorized treadmill to measure his VO₂—the maximum volume of oxygen that can be consumed per minute during strenuous exercise. He became familiar with his resting heart rate as it related to his graded and maximal heart rate. And he felt better and more productive in other facets of his life, as well. So when you look for the serious racquetball player at the club, don't expect to always find him on the racquetball court. He is just as likely to be in the pool or on the machines. But when he is found on the court, rest assured, he is playing the best racquetball he can.



Frame construction and design, the makings of an Ektelon classic. There are three general types of frame construction: Hand-laid composite graphite. Injection-molded graphite. And extruded aluminum alloy. All delivering distinct performance and playability attributes.

Hand-laid composite materials are integrated (or "laid up") in strategically determined combinations and locations around the frame, in precise amounts, and with specific continuous fiber orientations. The result is the ability to manipulate racquet stiffness, flex and swing weight, to produce a racquet with extremely specific playing characteristics.

Injection-molded composite frames are created by injecting a unique formulation of graphite, fiberglass and nylon compounds into specially designed molds.

Another exclusive, Ektelon's frames incorporate advanced tapering technology to produce higher quality racquets than ever for both serious and recreational players.

A taller tip profile provides more stiffness for greater power, while the tapered mid-section profile offers more flex for better accuracy.

Extruded aluminum alloy racquets were designed to offer excellent overall playability for competitive as well as recreational players.

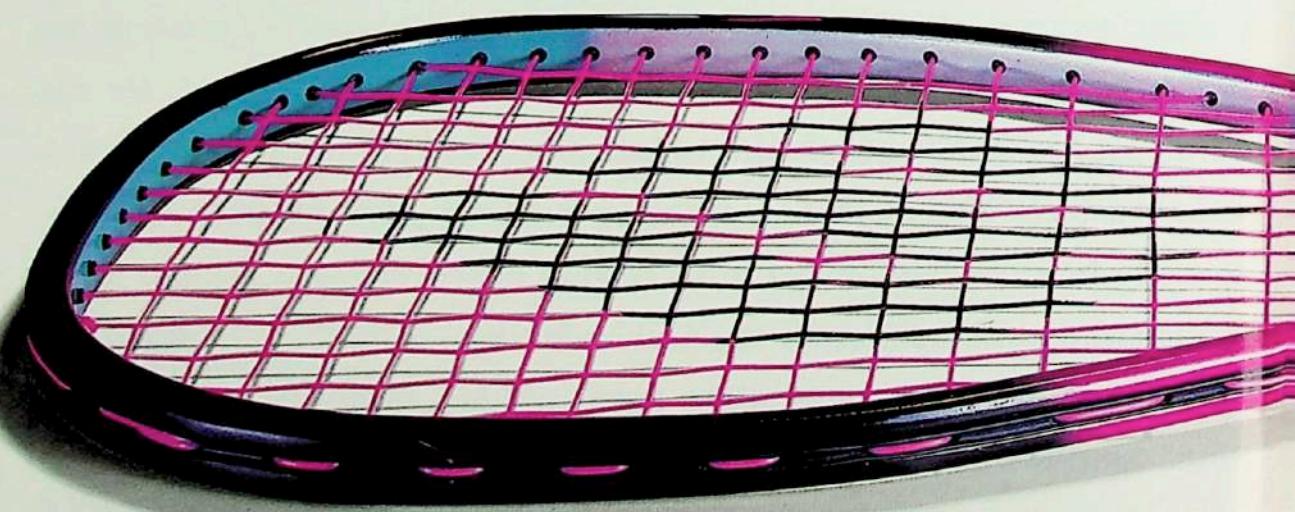
Ektelon's END (Extended X Section Design) racquets feature frames with heightened profiles. The resultant added stiffness delivers more power, while extra stability enhances control. An aero-dynamic design minimizes resistance, making our aluminum frames more maneuverable than competitive alloy types.

To determine which Ektelon frame is best for you, check the flex and power ratings, and vital statistics in our Racquet Selection Guide on page 27.

SELECTING YOUR RACQUET

FINDING THE RACQUET THAT FITS YOUR STYLE OF PLAY.

Even for racquetball's top players, determining which racquet is best for their game isn't that easy. Especially when Ektelon continues to blaze technological frontiers that set new standards for racquet performance every year. This year is no exception, with no less than 13 new racquets in the Ektelon line. Each racquet features performance characteristics designed for a particular playing style, as well as a certain level of talent. The most demanding players prefer high-performance racquets such as Ektelon's RTSTM Series. These racquets were specifically engineered to maximize a player's abilities, especially tour professionals and serious club players. For recreational players who enjoy racquetball as an invigorating part of their fitness regimen, other Ektelon racquets are better suited to their needs. **So which racquet is right for you?** First, figure out what your playing style is. If you attack each shot, relying on your ability to hit the ball hard, then you're a power player. In which case, you should select a racquet that will hit the ball the hardest with the least effort. If you rely more on finesse and accurate shot placement to win points, then you're a control player. Which means you should look for a racquet with features that control the flex and enhance the sta-



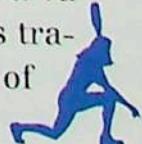
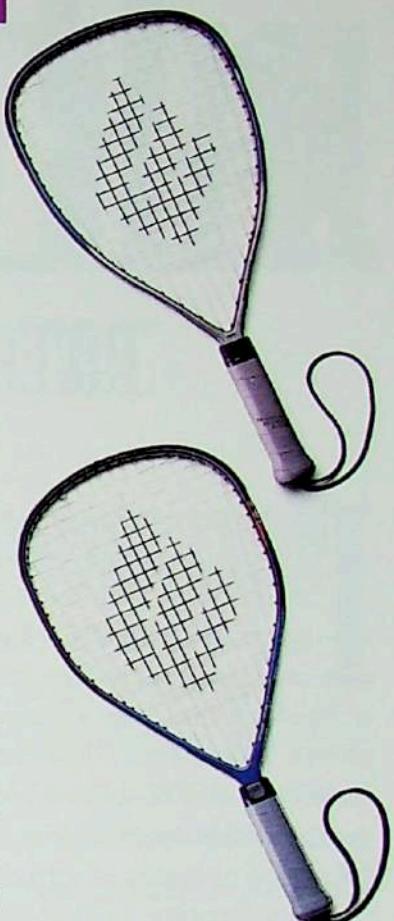
bility of the frame. Whatever your preferences, Ektelon offers the game's most impressive line of racquets. Which means you'll be sure to find a racquet offering the exact combination of features and player benefits that's ideal for you. **What size?** Oversize or mid-plus. Choosing the proper racquet size is an important decision. Both frame designs have their advan-

OUR RACQUET

tages. Today, more players are gravitating towards the larger head sizes, which offer expanded sweet spots, additional power, plus enhanced consistency and control. • Oversize frames generate greater ball velocity, although their maximized hitting area also poses a higher margin of error on off-center hits. On the other hand, many people feel more comfortable with mid-plus frames, that deliver better maneuverability and are generally more responsive than larger sizes. • If possible, the best way to decide is to play with one of each. And see which produces better results. • **What shape?** • The head shape of a racquet can vary to virtually infinite degrees. From the classic teardrop head shape to the squarer quadriform designs. Each offers players its own individual feel. • The sweet spot follows the basic head shape of a racquet. Teardrop head shapes move the sweet spot towards the tip of the frame, providing added power and control on shots hit in this area. • Quadriform head shapes center and elongate the sweet spot, providing a longer overall hitting area. You might want to talk to a teaching pro or an expert player before you decide. And again, try various-shaped racquets until you find the one that works best for your game. • **What else?** • No less a factor in a racquet's performance and feel are its strings. The type used makes a significant difference. Thinner gauges play with more resiliency and responsiveness. Thicker gauges are more durable. • Proper string tension is also critical to maximizing a racquet's power and overall playability. All racquets should be restrung regularly, according to manufacturers' recommendations and your own playing preferences. Ektelon recommends using USRSA certified stringers and Ektelon



stringing machines. • Reflecting the times, it's not just function that matters anymore. Fashion has also become a key consideration for the well-equipped player. Ektelon's extensive line of racquet accessories and enhancements will round out your game beautifully. Choose from stylish wristcords. Cushion response grips and overwraps. Plus a variety of Racq-Cords™. Rubber grips in a rainbow of colors. As well as traditional leather grips. • For a more in-depth look at the multitude of Ektelon racquet options, see page 40.





RACQUETBALL

THE THING TO LOOK FOR IN A RACQUET.

In the ever-evolving arena of racquetball technology, there's always been one way to sort product features that are truly meaningful from those that aren't. Just look for the Ektelon name. With RTS™ (Racquetball Taper System), Ektelon has developed something far beyond a product feature. It's a design technology that was engineered specifically for the competitive player. Essentially, RTS has redefined what a high-performance racquet should be, from top to bottom. A concept made possible by the compositional flexibility inherent in an Ektelon hand-laid frame. And the inclusion of advanced composite materials such as high modulus graphite, Kevlar® and boron. The principle behind RTS recognizes that the frame tip, mid-section and throat of the racquet require highly specialized degrees of stiffness, to ensure optimal performance from each zone. This selective stiffness, as Ektelon terms it, begins at the racquet tip, the region where maximum power is generated. There, the cross-section of an RTS frame is broadened by 30% for increased stiffness and stability. It also effectively expands the sweet spot by over 50%. Together, this added stiffness and larger sweet spot produce 20% greater power than conventional designs. Which is significant whether you play for recreation, or play for keeps. The mid-section of an RTS frame represents the area that delivers the control characteristics of a racquet. So Ektelon tapered and engineered this part for moderate stiffness. As a result, the ball stays on the strings longer, for superior accuracy. At the throat, high-modulus materials are hand-layered in exacting amounts to provide maximum stiffness. Thus eliminating frame twisting at impact, for improved shot placement. To put all this complex engineering simply, RTS is the most significant technological advance in racquetball memory. Which is saying a lot. But then, you're talking about Ektelon. The pioneer of innumerable racquetball innovations over the years. And the company more tournament players won't be caught on court without. On the next several pages, you'll see twelve racquets that all incorporate the dramatic benefits of RTS. Compelling proof that nobody takes winning racquetball more seriously than Ektelon. Except perhaps, you.

Special placement of highest-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.

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.

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



TAPER SYSTEM

AFTER THE EKTELON NAME.



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



Cushion Response System. The Fitting Touch For The Game's Premier Racquets.

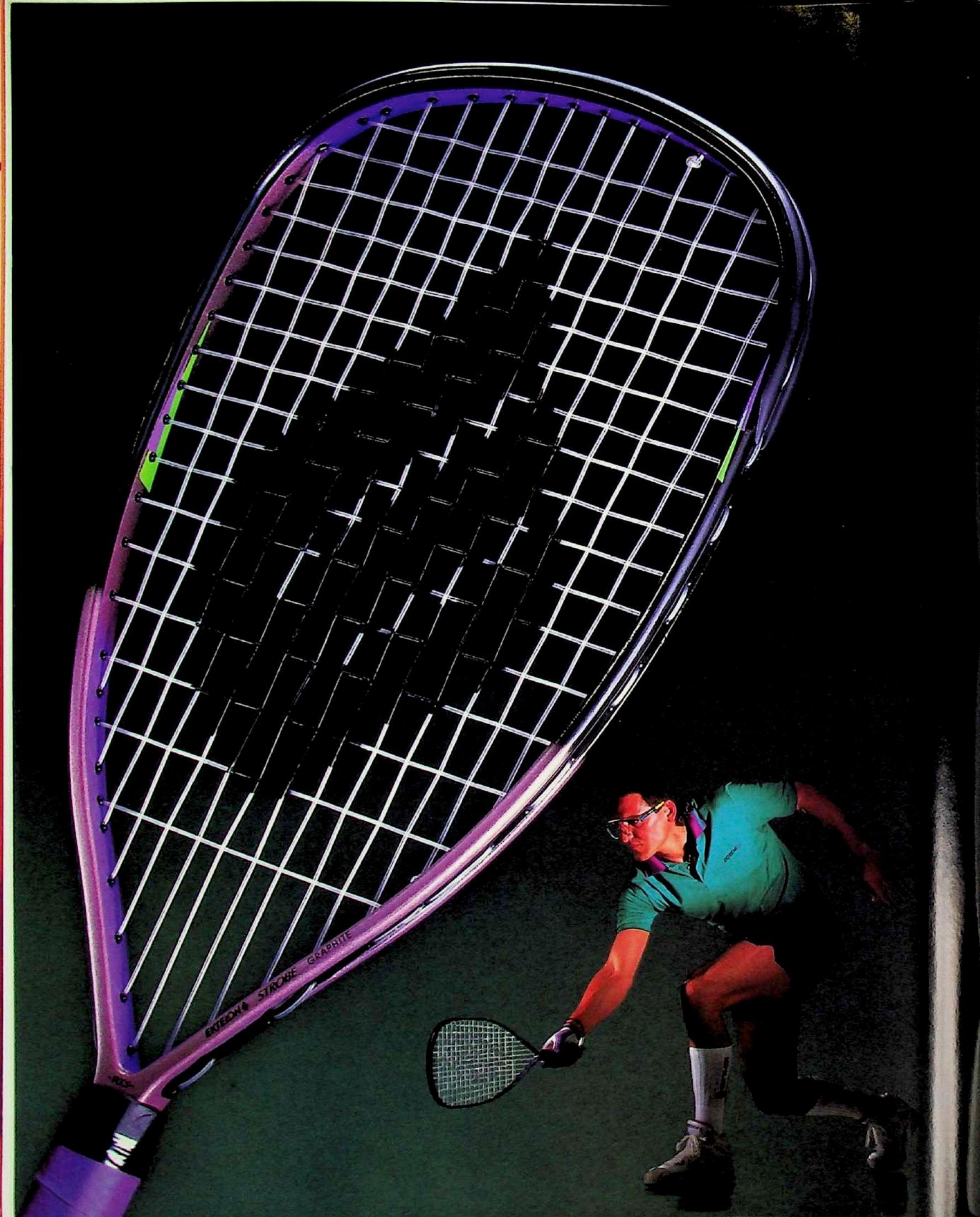
At Ektelon, the racquet is viewed not merely as an instrument, but instead as a fine-tuned system. Years of rigorous play-testing have shown it is the precise merging of many individual components that determines

~~X~~ how well a racquet performs. And how long it lasts. Nowhere is this design principle more evident than in the grip area of Ektelon's top racquets, with the unprecedented Cushion Response System (CRS).

~~X~~ CRS features a low-density polymer core specially designed to dampen vibration. Thermoplastic handle formulated to be light-weight and durable. Impact-

resistant Kevlar® for toughness and added vibration dampening. Plus a cushioned grip for extended playing comfort. By virtually eliminating racquet vibration, CRS delivers exceptional racquet feel. And produces a racquet that is extremely comfortable to play. Shot after shot.

The Cushion Response System. One more way Ektelon helps serious players perform better in the clutch.



Racquetball's Finest Hour. Ektelon's Latest Legacy.

RTS OVERSIZE SERIES

NEW STROBE™ GRAPHITE RTS

Racquetball's finest hour. Ektelon's latest legacy. After years of intensive design and exhaustive research, the definitive weapon has arrived. And to nobody's surprise, it's from Ektelon. A racquet of prodigious power, the Strobe is the direct result of a relentless quest for absolute perfection. An Ektelon RTS™ oversize that redefines racquetball technology in virtually every facet of design and performance. Historically, a tournament player's true potential was subject to the limitations of his racquet. A tenet no longer valid. In essence, the Strobe was designed to extract the maximum benefits of Ektelon's Racquetball Taper System. An engineering masterpiece, the Strobe is an unprecedented composite that integrates complex layers of **STROBE** materials, specifically designed for incomparable strength and durability.

Since extreme stiffness is a requisite for utmost power production, the Strobe features a radical new blend of high-modulus graphite fibers with Kevlar, which is precisely positioned at critical junctures along the frame. An exacting process that consistently generates ace serves and crisp passes. Its proprietary long quadriform head shape elongates the sweet spot, yielding the game's largest effective hitting area. In addition, Ektelon's advanced Cushion Response System and Kraton vibration dampeners are incorporated into the Strobe's frame work in unison to maximize comfort and racquet feel. Even the new modified Sunburst string pattern was specially designed for the Strobe, to significantly improve overall responsiveness. The result is a racquet that produces the quintessential balance of power, touch and maneuverability. In other words, the epitome of a player's racquet. Call the Strobe a powerhouse. Call it the pinnacle of achievement. But if you

play to win, make no mistake.

When it comes to supreme performance, this racquet calls the shots.

PLAYER LEVEL	FLEX / CONSTRUCTION
INTERMEDIATE	Graphite
ADVANCED	Graphite
EXPERT	Graphite
PRO	Graphite
RECREATIONAL	Graphite

New Strobe™ Graphite RTS™
High modulus, continuous graphite, Kevlar® 49,
vibration dampening solid polymer core



TIP#1

POWER

by Tim Doyle

1991 Tournament of the Americas Champion, 1990 and 1991 AARA National Singles Champion

Putting power into your game is the most decisive measure you can take to win. For ultimate power, remember: Your power point is straight down the center of your body on the forehand. ▲ The power zone is off the front foot on the backhand. ▲ The higher your racquet position on the set-up, the greater the power. ▲ Always shift weight from one foot to the other on your swing through. ▲ Hip should rotate into the ball, exploding each time. ▲ Racquet speed is generated through good wrist snap on your forehand. ▲ Shoulder rotation during your backhand creates racquet speed for maximum force. ▲ Always follow-through for maximum stroke efficiency. ▲ Develop proper timing of weight transfer and extension of arm and wrist. ▲ Perfect your form and your contact with the ball. ▲ Train to build up upper body strength for more hitting power.

TIP#2

POWER SERVING

by Tim Sweeney

Serving is the most important aspect of racquetball, and it should be used as an offensive weapon. Be totally focused on your serve. Concentration is the key factor. ▲ Bounce the ball out in front of you, so that you must extend your body to make contact. ▲ Push off your legs, and make sure you have full rotation of your hips. Swing through the ball, snapping your wrist as you follow through. Stay low to the floor by bending your knees through the entire motion. This will keep the ball low and prevent it from coming off the back wall with a set-up for your opponent. ▲ Your goal is to make sure the ball bounces twice before it strikes the back wall. Practice your serving motion in front of the mirror, using an imaginary ball.



RTS OVERSIZE SERIES NEW XITER™ GRAPHITE RTS

A gifted new combatant in the pro tournament arena, Xiter is another breakthrough that picks up where previous Ektelon legends have left off. A racquet that delivers unbridled power from first serve to match point. ▲ Featuring Ektelon's RTS™ engineering, Xiter's hand-laid composite design incorporates high-modulus graphite throughout. While impact-resistant Kevlar® is placed at critical points along the frame to dampen vibration. In addition, with Ektelon's widest sweet spot, Xiter's modified teardrop head shape helps you with exacting shot placement. Designed for optimum swing weight and balance, it's also an extremely responsive racquet. Which works to your advantage whether you're rolling it out or returning rocket serves. ▲ Add the benefits of Ektelon's comfort-enhancing Cushion Response System with built-in Kraton vibration dampeners, and you'll see why Xiter isn't just a new racquet. It's a standard few racquets will ever live up to.

PLAYER LEVEL	FLEX / CONSTRUCTION
INTERMEDIATE	Graphite
ADVANCED	Graphite
PRO	Graphite

New Xiter™ Graphite RTS™
Continuous graphite, Kevlar® 49,
vibration dampening solid polymer core



RTS OVERSIZE SERIES

NEW STRION™ GRAPHITE RTS

The game's top pros concur. In the hands of the tournament player, the new Strion is a force to be reckoned with. A racquet that's years ahead of competitive frames, Strion's dominating power is the result of Ektelon's exclusive RTS™ engineering. Its graphite and Kevlar® composition. And modified quadriform head shape. Strion's long, lean string bed extends the sweet spot to the racquet tip for greater responsiveness. Torsional stiffness reduces frame twisting for precise down-the-line shots. While Ektelon's Cushion Response System™ and Kraton vibration dampeners significantly enhance comfort. Strion. An exceptional performer for the exceptional player.

PLAYER LEVEL	FLEX / CONSTRUCTION
ELITE	
INTERMEDIATE	
RECREATIONAL	



RTS OVERSIZE SERIES

PRECIS™ GRAPHITE RTS

A proven tournament standout, Precis delivers commanding power and all-around playability to the elite player. Precis' innovative RTS™ design, strategically-placed, hand-laid graphite fibers and modified teardrop head shape work in tandem to provide raw power on every shot. Ektelon's Wishbone™ open-throat design and Sunburst string pattern improve racquet responsiveness for precise shot placement. While the Cushion Response System reduces frame vibration. If you want to keep your game on a roll, it's easy. Just put Precis in your court.

PLAYER LEVEL	FLEX / CONSTRUCTION
ELITE	
INTERMEDIATE	
RECREATIONAL	

TIP#3

TRAINING

by Jim Winterton

Head U.S. Olympic

Racquetball Coach

A complete training program should include:

RACQUET SKILLS- The most important area of training. See a local teaching pro for evaluation and lessons, if necessary.

STRENGTH PROGRAM

Essential to improve play and avoid injury.

FLEXIBILITY- 10 minutes of stretching before and after play will improve overall flexibility.

ANAEROBIC TRAINING

Improves the ability to get from "Point A" to "Point B" as quickly as possible.

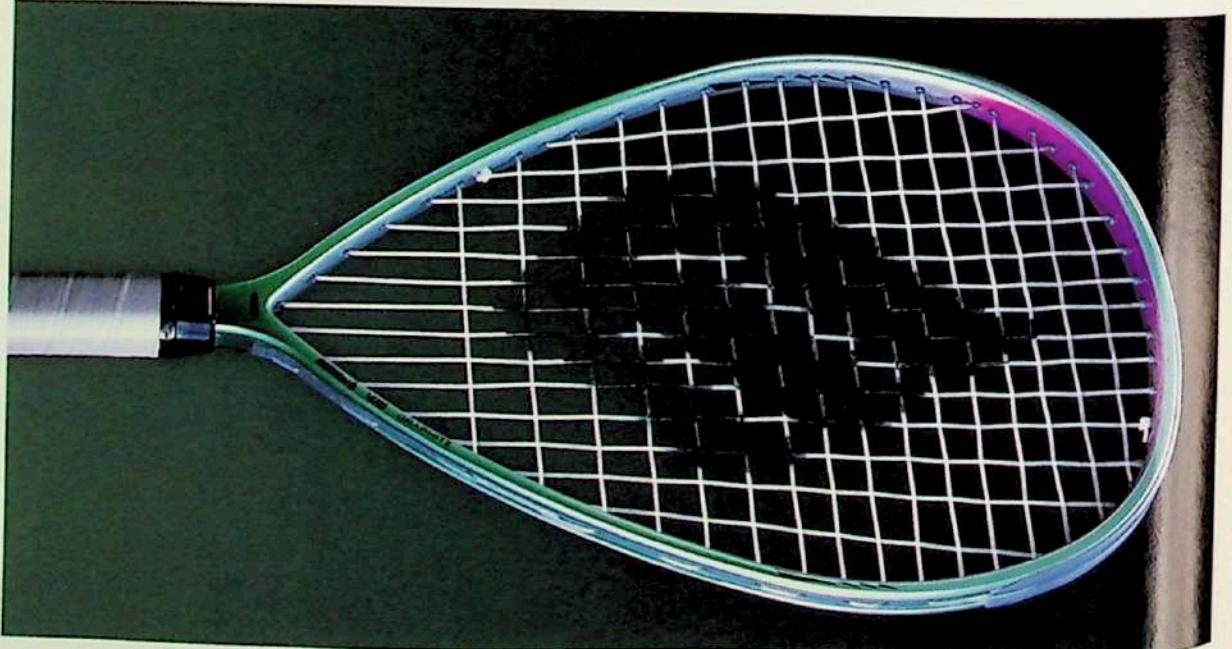
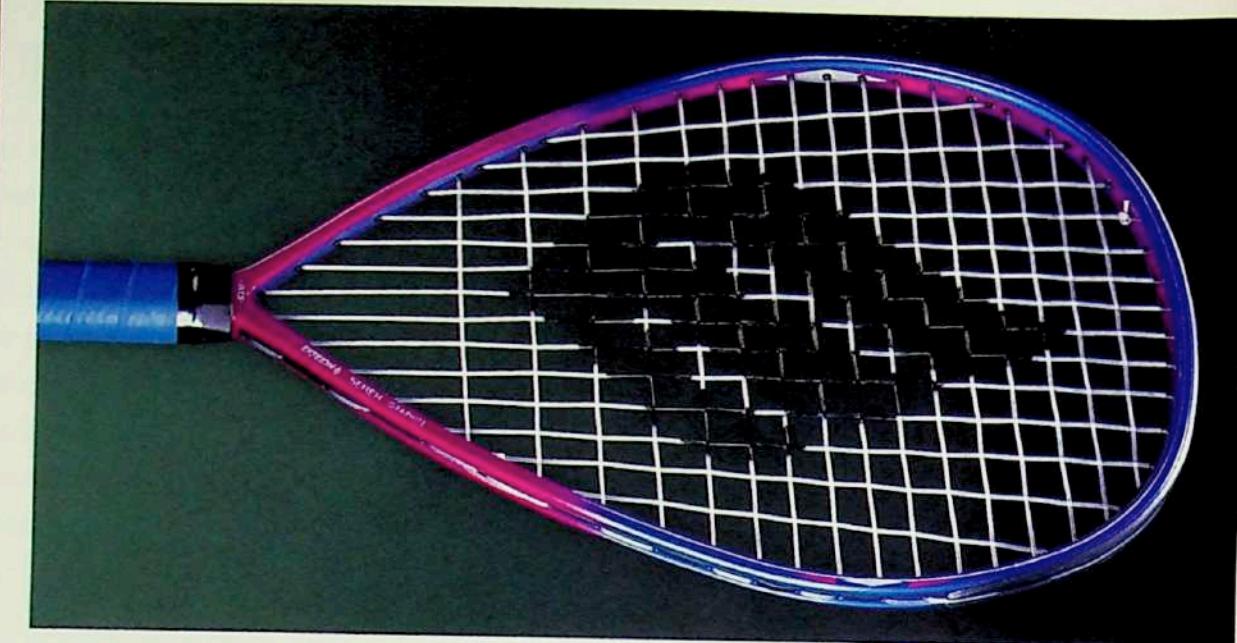
AEROBIC TRAINING- Helps with athletic endurance for long matches and tournaments.

CONCENTRATION- Mental skills can be improved along with the physical skills.

PRACTICE OBJECTIVES

Each day of practice, the player should plan which particular areas of improvement he/she wants to focus on.

Rewards- All racquetball players need to be rewarded when they attain goals.



RTS OVERSIZE SERIES

SEREX™ GRAPHITE RTS

Serious tournament players demand unrelenting performance from their racquet. Serex delivers. A design that combines the best of Ektelon's RTS™ engineering with multiple layers of graphite fibers, Serex lets you rip the ball with authority. A more forgiving racquet, its elongated teardrop head shape enlarges the sweet spot. So pinches stay down and passes die in the back court. And Ektelon's Cushion Response System effectively dampens vibration.

PLAYER LEVEL	FLEX / CONSTRUCTION
ADVANCED	
INTERMEDIATE	Serex™ Graphite RTS™ Continuous graphite, fiberglass, vibration dampening solid polymer core
RECREATIONAL	

Serex. A perfect way to keep the pressure on. And stay on top of your game.

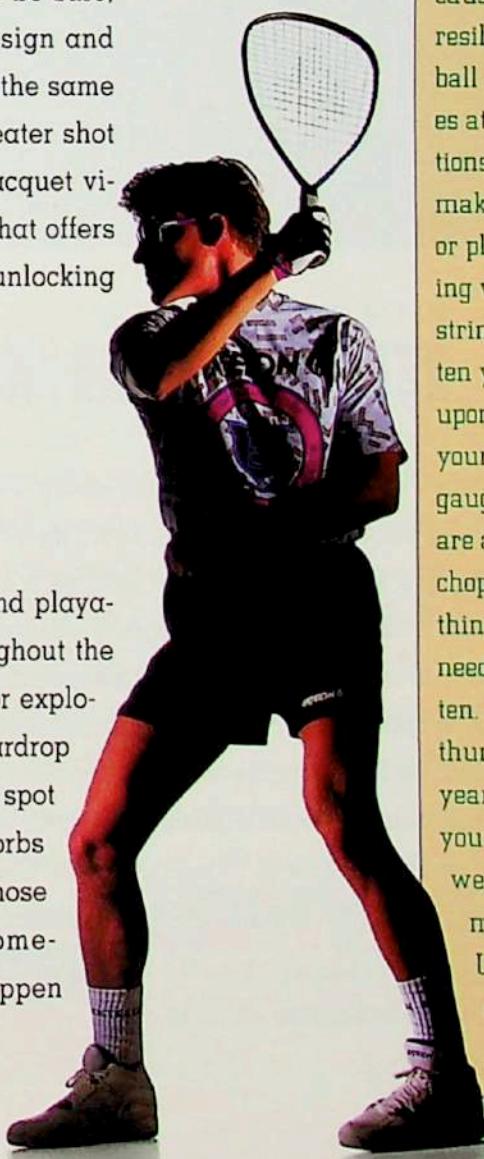
RTS OVERSIZE SERIES

NEW OPTIMA™ GRAPHITE RTS

For advanced players, Ektelon's winning streak continues with the new Optima. A potent combination of force and finesse. Powerful to be sure, Optima takes full advantage of RTS™ technology. Its hand-laid design and graphite composition allows for more masterful shotmaking. At the same time, Optima was engineered to widen the sweet spot, ensuring greater shot control and consistency. While a durable fiberglass core absorbs racquet vibration for increased comfort. Optima. A performance racquet that offers

PLAYER LEVEL	FLEX / CONSTRUCTION
ADVANCED	
INTERMEDIATE	New Optima™ Graphite RTS™ Continuous graphite, fiberglass core

you the key to unlocking your potential.



RTS OVERSIZE SERIES

LEXIS™ GRAPHITE RTS

A perennial favorite, Lexis offers the serious player superb all-around playability. Incorporating RTS™ engineering and graphite fibers throughout the frame, it offers you an instant competitive edge: a stiffened frame for explosive power, and greater accuracy. Designed with a modified teardrop head shape and Wishbone™ throat, Lexis features an expanded sweet spot that keeps off-center hits on target. Plus a fiberglass core that absorbs shock and enhances racquet durability. Lexis. An oversize for those

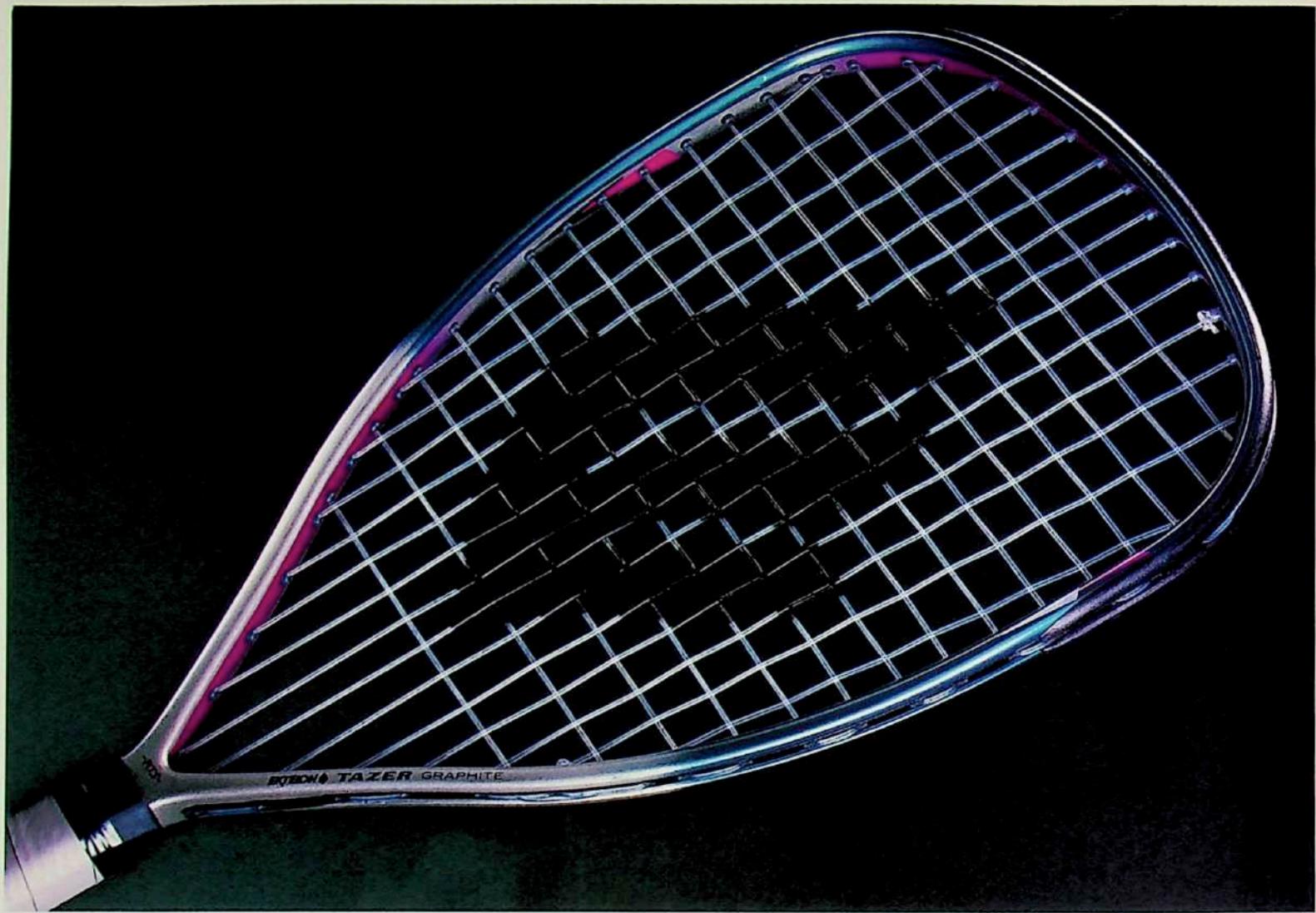
PLAYER LEVEL	FLEX / CONSTRUCTION
ADVANCED	
INTERMEDIATE	Lexis™ Graphite RTS™ Continuous graphite, fiberglass core

who want something big to happen to their game.

TECH

Keeping Your Racquet In Shape

Your racquet is the most important piece of equipment for your game. But even the best equipment will play only as well as it is strung. Regular maintenance will not only improve your racquet's performance, it will also extend its life. Normal use necessitates re-stringing your racquet on a regular basis, as normal play causes the string to lose resiliency, and constant ball impact causes notches at the string intersections. Loss of tension can make a racquet lose feel or play "dead," and notching will lead to premature string breakage. How often you re-string depends upon how often you play, your style of play, string gauge and stroke. If you are a power player, use a chopping stroke, or play thin gauge string, you'll need to re-string more often. As a "general rule of thumb," re-string every year the number of times you play in an average week. And it is recommended that you use a USRSA-certified stringer for best results.

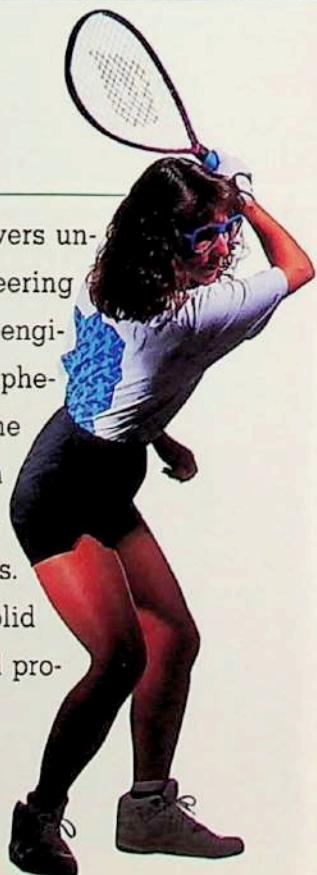


RTS MID-PLUS SERIES

NEW TAZER™ GRAPHITE RTS

This year, there's a new top seed on the mid-plus scene. The Tazer. A racquet that delivers unprecedented performance for the pro tour. To call Tazer a marvel of Ektelon engineering simply isn't enough. You have to play it. At Tazer's heart are Ektelon's unprecedented RTS™ engineering. A hand-laid composite design that integrates layers of graphite throughout. For phenomenal power. In addition, Kevlar® is strategically placed at critical junctures along the frame, for unsurpassed durability and vibration dampening. Put 16-gauge string in a quadriform head shape, and the result is blistering serves and flat-out splat shots. Engineered to control torsional stiffness, Tazer minimizes frame twisting for greater accuracy, even on the most difficult shots. In tournament play where comfort is a factor, Tazer's Cushion Response System combines a solid polymer core, thermoplastic handle and Kevlar® to eliminate frame vibration. Reduce fatigue. And provide a solid feel on each shot. A consummate performer, Tazer isn't just a new tour de force. It's a new force on the tour.

PLAYER LEVEL	FLEX/CONSTRUCTION
PRO	New Tazer™ Graphite RTS™ High modulus, continuous graphite, Kevlar® 49, vibration dampening solid polymer core



TIP#4

ENDURANCE

by Lynn Adams
Six-Time National
Champion

After building up your base of endurance, work on speed-oriented drills. Keep in mind that racquetball is made up of quick starts and stops. ▲ Train your muscles to be able to get places quickly. ▲ Hill sprints are great for sprint endurance. Try them on foot or on a bike. ▲ If you can't get outside, try a VersaClimber or stair-stepper. ▲ Try this two-person court drill.

Have one person give hand signals, requiring the second player to sprint quickly forward, backward, and to each side. Have them change direction often. Not only does this build up lung power, it also serves to help train for the fast starts and stops.

▲ When doing any endurance exercise, let your heart rate climb, return to normal, climb again, etc.



RTS MID-PLUS SERIES

NEMESIS™ GRAPHITE RTS

When you're an expert player, you simply don't settle for second best. Nemesis is a mid-plus racquet that doesn't back down to anybody. Anywhere. ▲ Offering the inherent advantages of Ektelon RTS™ technology, Nemesis was designed for top-level players who crank it up and roll it out. ▲ Its hand-laid design incorporates graphite throughout for maximum stiffness. While Kevlar® is integrated at crucial points along the frame for superior durability—and vibration dampening. ▲ Sporting a modified teardrop head shape, Nemesis features a widened sweet spot that's repositioned towards the racquet tip for improved string responsiveness and unerring accuracy. ▲ In addition, Ektelon's Cushion Response System absorbs frame vibration for optimum racquet feel and comfort. For overpowering performance, count on Nemesis. One of the fastest ways to 15 racquetball has ever seen.

PLAYER LEVEL	FLEX / CONSTRUCTION
EXPERT	
ADVANCED	
INTERMEDIATE	

Nemesis™ Graphite RTS™
Continuous graphite, Kevlar® 43,
vibration dampening solid polymer core

RTS MID-PLUS SERIES

NEW PHYCON™ GRAPHITE RTS

For the tourney player who's looking for superior playability, Ektelon presents one of its mid-plus masterpieces. The all-impressive Phycon.  Featuring the exclusive benefits of RTS™ design, Phycon's multiple layers of graphite fibers stiffen the racquet for added velocity.  While its quadriform head shape expands the sweet spot to help keep your ceiling balls in control. • And Ektelon's Cushion Response System minimizes vibration, while enhancing comfort.  With Phycon, you can wind it up. You can control it. You can win with it.

PLAYER LEVEL

FLEX / CONSTRUCTION

New Phycon™ Graphite RTS™
Continuous graphite, vibration
dampening solid polymer core

RTS MID-PLUS SERIES

NEW COMPRA™ GRAPHITE RTS

Yet another master stroke from Ektelon, Compra mid-plus puts high performance within the advanced player's grasp.  To help you own the bottom board, Compra is an RTS™-engineered, hand-laid composite that incorporates numerous layers of graphite throughout.  While ultra-tough, impact-resistant Kevlar® is precisely placed at critical points along the frame to minimize racquet vibration.  Its teardrop head shape enlarges the sweet spot, dramatically improving shot placement.  While Ektelon's Cushion Response System provides vibration-dampened comfort. Compra. It could be your ticket to the club championship.

PLAYER LEVEL

FLEX / CONSTRUCTION

New Compra™ Graphite RTS™
Continuous graphite, fiberglass,
vibration dampening solid polymer core

RTS MID-PLUS SERIES

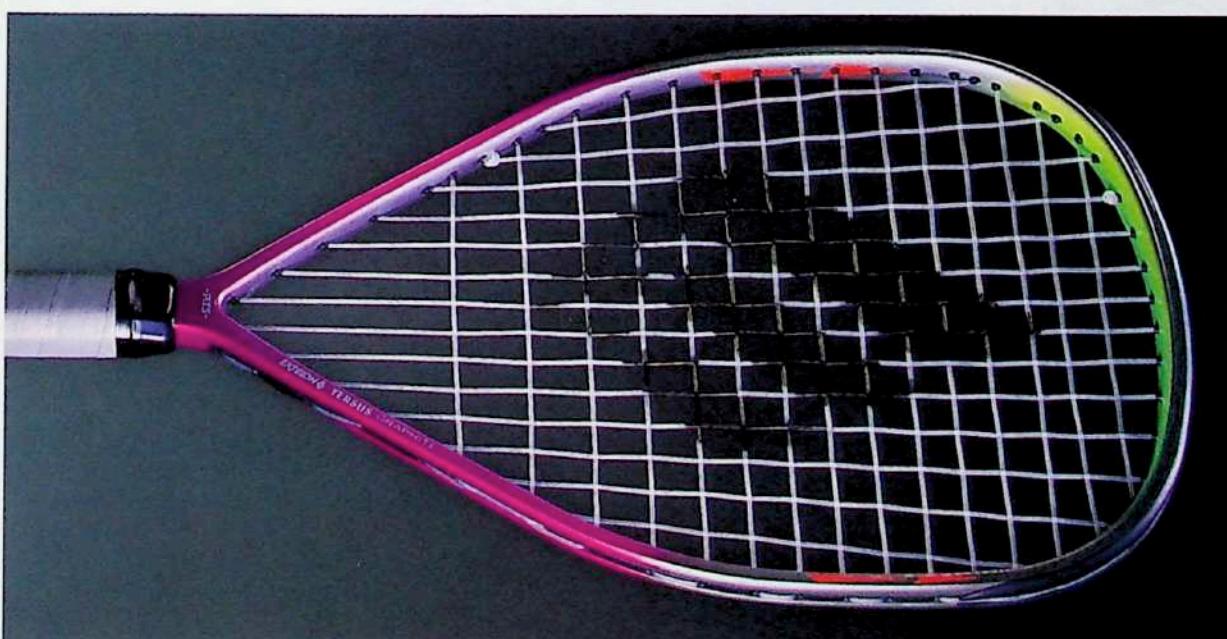
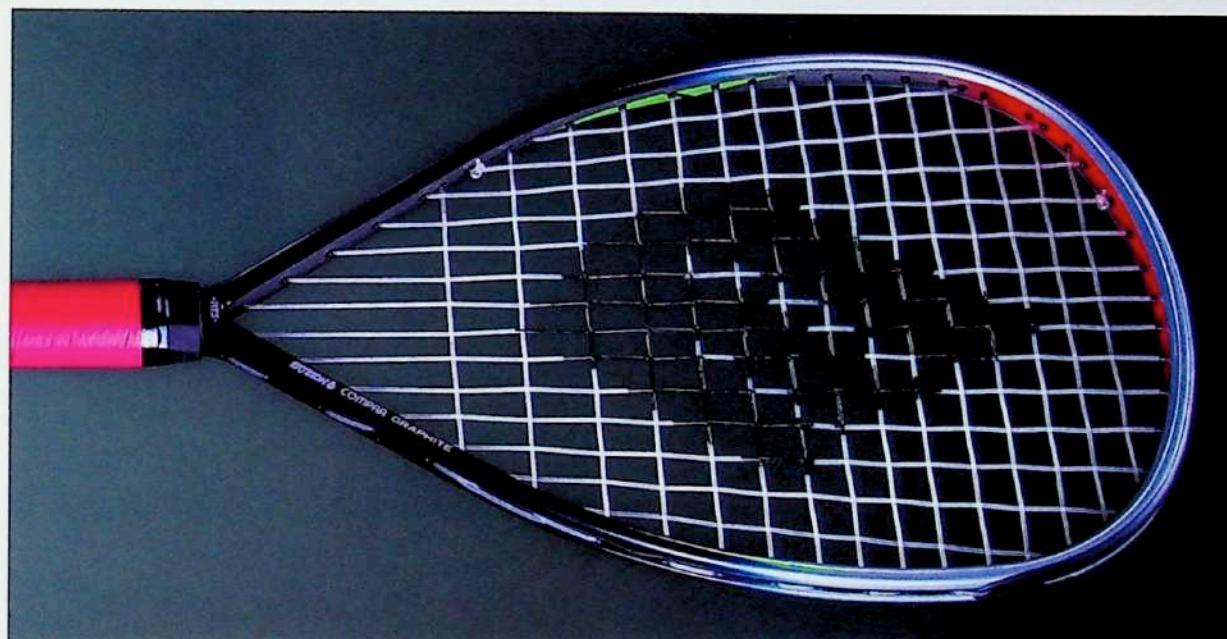
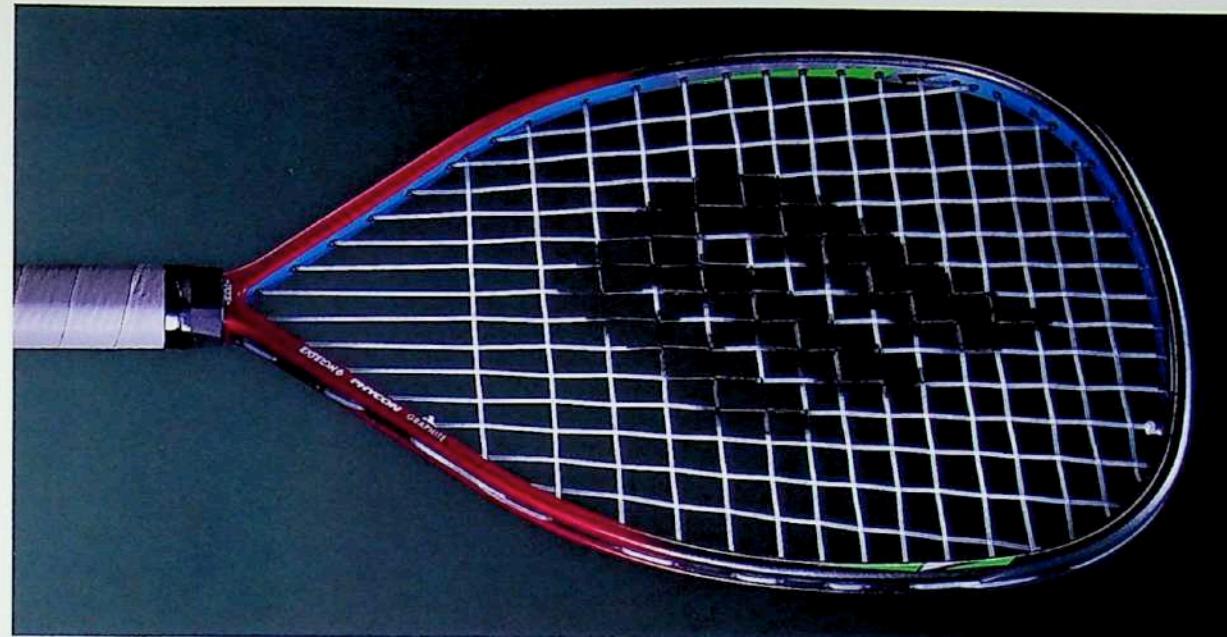
NEW TERSUS™ GRAPHITE RTS

For advanced players whose style calls for power and finesse, the new Tersus gives you a competitive advantage.  It's a mid-plus that features hand-laid continuous graphite construction in an advanced RTS™ design. Drive your serves and count your aces.  The modified quadriform head shape gives Tersus a broadened sweet spot, for more consistent shot placement.  While a durable fiberglass core absorbs vibration for enhanced comfort during grueling matches.  Tersus. For those who prefer a precise balance of power and control.

PLAYER LEVEL

FLEX / CONSTRUCTION

New Tersus™ Graphite RTS™
Continuous graphite, fiberglass core



TOUR

Team Ektelon's Winning Ways

This season has seen Team Ektelon players dominate the court in the full range of tournament competition. We are proud to list these accomplishments under the Ektelon name:

Men's Professional Racquetball

Stockton, CA / Drew Kachtik

Salem, OR / Tim Doyle

Chicago, IL / Tim Sweeney

Memphis, TN / Andy Roberts

Pittsburgh, PA / Drew Kachtik

Women's Professional Racquetball

Santa Ana, CA / Lynn Adams

Atlanta, GA / Michelle Gilman

St. Louis, MO / Michelle Gilman

Anchorage, AK / Michelle Gilman

Chalfont, PA / Lynn Adams

San Francisco, CA / Michelle

Gilman

AARA National Singles Champions

Men's Open / Tim Doyle

(1989 & 1990)

Women's Open / Michelle Gilman

(1989 & 1990)

AARA National Doubles Champions

Men's Open:

Tim Hansen & Jimmy Floyd

Women's Open:

Michelle Gilman & Jackie Paraiso

AARA National Intercollegiate Champion

Men's Open: Tim Sweeney

Tournament of the Americas

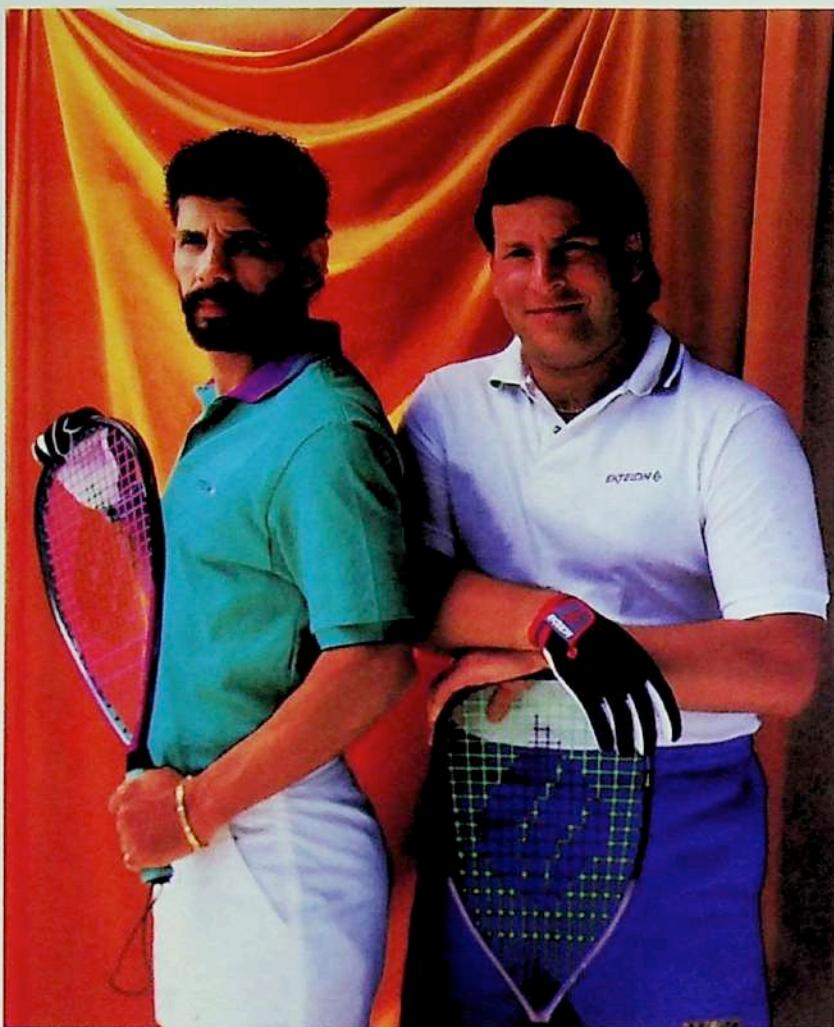
Men's Open: Tim Doyle

Women's Open: Michelle Gilman

PRO

Individually, Ruben Gonzalez and Mike Yellen have impressive lists of racquetball accomplishments. Together, the list becomes phenomenal. Gonzalez began playing racquetball at 24 and has been a member of Ektelon's professional playing staff since 1981. He won his first professional match in February of 1988. Also in 1988, he was the oldest pro to win the National Championship, and in so doing took the title from five-time winner, Mike Yellen. This past season, he was as strong as ever, competing neck-and-neck with the top players on the tour.

Mike Yellen, who began playing racquetball at the age of 13, is the only winner of five consecutive National Championships, from 1983-1987. He also was the first professional to sweep the sport's prestigious "Grand Slam" championships in a single year.



RUBEN GONZALEZ / MIKE YELLEN



At 39 and 31, respectively, Ruben Gonzalez and Mike Yellen have been setting standards in men's racquetball for years. And through the years, they have witnessed and been part of the many changes the sport has seen. Both agree that the racquet revolution to oversized heads has made the sport what it is today: a well-tuned combination of power, fitness and finesse. "The oversized head has given players comparable hitting power," commented Yellen. "In the olden days, there was more of a shot sequence. Now there are more kill shots." ♦ Gonzalez feels the need to train to stay in top shape. "With players hitting the ball with so much power, it is imperative to be in good shape to win," said Gonzalez. "I spend extensive time conditioning myself to keep up with all the younger competitors." But Gonzalez heralds the ever-changing racquet technology as a very positive evolution for his sport. "These racquets are helping more people compete, and giving them confidence in their game. All of this helps racquetball grow and get stronger."

TECH

If you want more MPH on the ball, try a TGF.

Ektelon's Tapered Graphite Frame.

Sometimes, the deciding factor in a match is simply whose racquet performs a little bit better on each shot. ▲ Which is usually the guy with the Ektelon Tapered Graphite Frame (TGF). ▲ It's a frame whose secret can be found in the heightened cross-section at the top of its frame. A wider frame tip produces a stiffer frame and widened sweet spot. So you hit the ball with significantly greater power. Every shot. ▲ To provide further stiffness, Ektelon TGF racquets incorporate optimum amounts of graphite into the frame, helping you put even more pace on the ball. ▲ A Tapered Graphite Frame's unique design also makes it more flexible in its mid-section. This flexibility along with precise proportions of graphite and fiberglass ensure better touch and more consistent shot placement. ▲ The Tapered Graphite Frame. ▲ Engineered to help you and your racquet perform their best.



TGF OVERSIZE SERIES MONTRO™ GRAPHITE

Introducing a new oversize racquet for power-hungry competitive players. ▲ Incorporating optimal graphite throughout, Montro's TGF design features a tapered profile and stiffened frame tip. ▲ Engineered with a quadriform head shape, the result is increased ball velocity and greater power. Montro also features nylon matrix construction for rugged durability. Plus Ektelon's unique lightweight bumper guard on its frame tip. ▲ Montro. A smashing new success.

PLAYER LEVEL	FLEX / CONSTRUCTION
INTERMEDIATE	 New Montro™ Graphite Continuous graphite, fiberglass core

TGF OVERSIZE SERIES NEW AXCEL™ GRAPHITE

The new Axcel is as hard-hitting as it is good-looking. Which is saying a lot. ▲ TGF technology incorporates substantial amounts of graphite throughout the frame, making it a highly responsive racquet for the club player. ▲ Axcel's teardrop head shape produces an extended sweet spot, helping to keep off-center hits in play. While its tough nylon matrix construction and a slotted bumper guard ensure outstanding durability. ▲ Axcel. An oversize racquet for players who take their fun seriously.

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

TIP#5

PLAYING DOUBLES

by Michelle Gilman
1990 National Doubles
Champion

- ▲ Don't get caught on the side wall.
- ▲ After your partner has served, exit the service box as soon as the ball crosses the short service line.
- ▲ Make sure to always communicate with your partner.
- ▲ Follow the ball at all times.
- ▲ Know where your partner is, and be aware of his court positioning.
- ▲ When an opponent is taking a shot, be in proper court position.
- ▲ Most importantly, practice with your partner as much as possible to get used to each other's styles, allowing you to better anticipate moves and shots.



T G F M I D - P L U S S E R I E S

NEW INTEGRA™ GRAPHITE

An exciting new mid-plus racquet, Integra is good news for advancing players. And bad news for their foes. Ektelon's Tapered Graphite Frame design broadens and stiffens the frame where it counts most. At the tip. Helping you smoke the ball, on every single shot. Integra's teardrop design makes it a more forgiving racquet, for better accuracy. While Ektelon's nylon matrix construction and special slotted bumper guard ensure built-in durability. When it comes to improving your game, Integra is a graphite racquet that's as good as gold.

PLAYER LEVEL	FLEX / CONSTRUCTION
INTERMEDIATE	
INTERMEDIATE	New Integra™ Graphite Graphite, fiberglass, nylon matrix, Tapered Graphite Frame

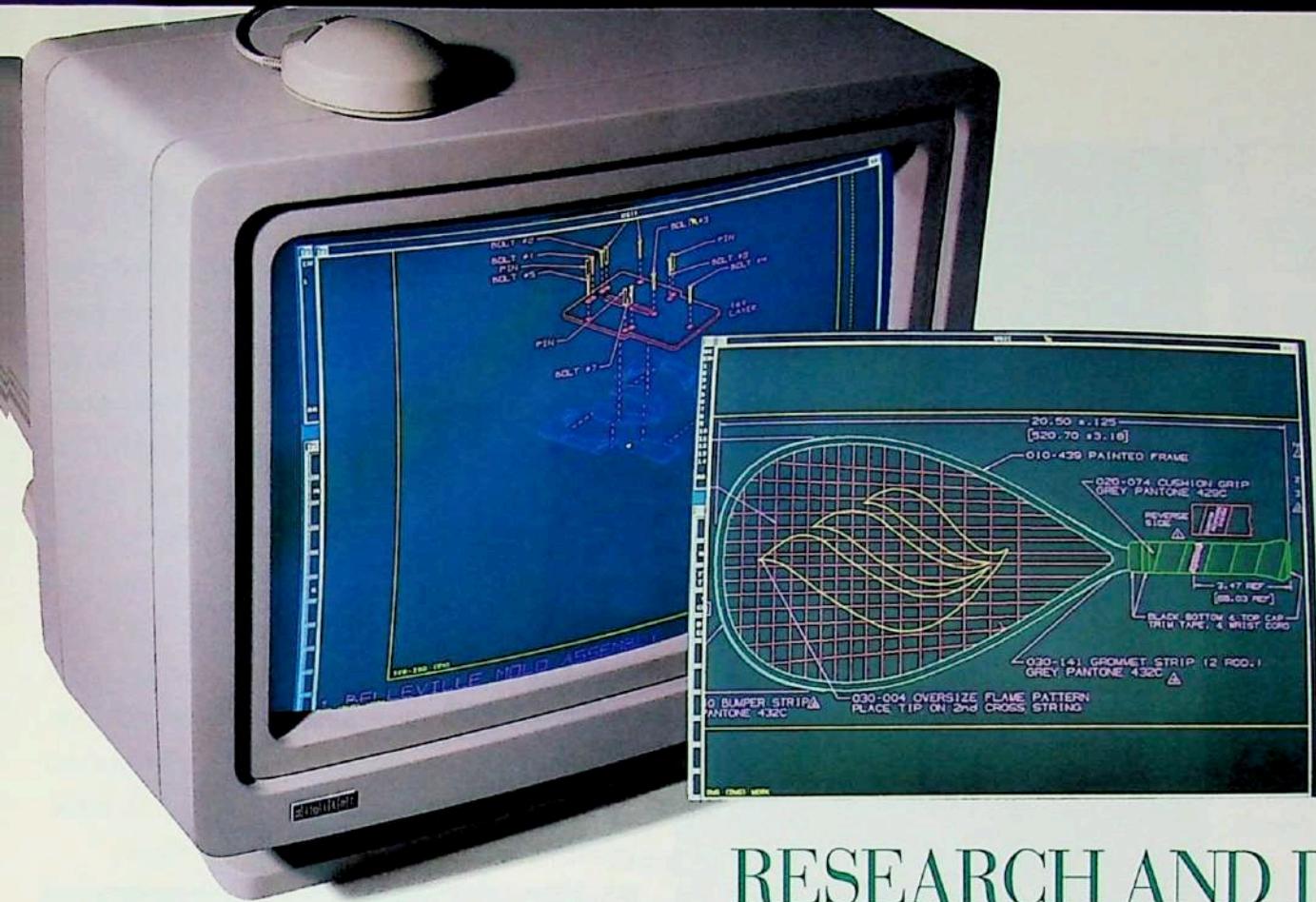


T G F M I D - P L U S S E R I E S

PROTEGE™ GRAPHITE

Protege offers improving players more control over their game, in mid-plus design. Taking advantage of TGF technology, Protege is engineered with a considerable amount of graphite. The result is a tapered frame profile that helps you put plenty of pace on the ball. Its modified quadri-form head shape features an enlarged sweet spot for better accuracy and control. Protege. It's a winning racquet. And a great confidence booster.

PLAYER LEVEL	FLEX / CONSTRUCTION
INTERMEDIATE	
INTERMEDIATE	New Protege™ Graphite Graphite, fiberglass, nylon matrix, Tapered Graphite Frame

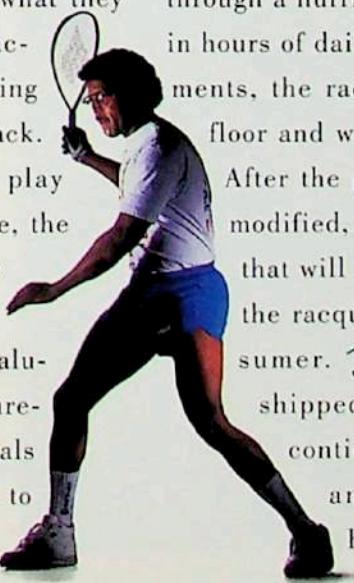


RESEARCH AND DESIGN COMBINING TECHNOLOGY & TESTING IN COMMITMENT TO QUALITY

When Ektelon makes racquetball racquets, it's a serious and scientific process. No hopping on a plane to select a generic racquet with the company logo hastily painted on. No vague guesswork about what the racquet should be, because Ektelon is the only manufacturer in the business where Research and Development is an in-house department and racquet construction takes place on premises. The process is long, and sometimes even tedious. Comprised of many racquetball players, the R&D and Marketing departments collaborate to determine what they think would make a good racquet, taking into account the particulars of the player that will be using it, along with market analysis and customer feedback. They solicit and carefully listen to what their play testers from Team Ektelon have to say. From there, the design is perfected and executed through the use of Computer-Aided Design (CAD) and high-tech software. Not only does the computer save valuable time, it also allows for more precise measurements. After taking into account the latest materials available for the lay-up design, and building them to exact specifications, several prototypes of each

racquet are built. Numerous combinations of swing weights and string tensions and types are analyzed. The flexure of each racquet is measured, and the racquet strength is tested through several impact and static tests, many of which have been designed exclusively for Ektelon. From there the racquet goes to some people who know what a racquet should be—the play testers. Usually Open level players with at least a decade of racquetball experience, these players test the racquet. Hard. The R&D group says that these are the hardest people to please, because they put the racquet through a hurricane of use and abuse. While participating in hours of daily play and competing in matches and tournaments, the racquets inadvertently make contact with the floor and walls, with strokes of up to 180 miles an hour.

After the play test reports are analyzed, the racquet is modified, and goes back to the play testers in a cycle that will repeat itself at least a half-dozen times before the racquet is manufactured and marketed to the consumer. But even after the new racquets are shipped out, R&D and Marketing don't rest. They continue to refine and improve existing racquets, and begin the process for the next line of Ektelon racquets.



TECH

How Ektelon's unique EXD technology makes a big impact on your game.

At Ektelon, we're always looking for new ways to help you get more from your game. ▲ One of last year's exciting innovations, our Extended X-Section Design (EXD) produces a frame that's 20% taller than traditional racquets. ▲ EXD racquets feature a heightened cross section at the frame tip that does two things. ▲ First, it increases racquet stiffness, which in turn generates more power on each shot. ▲ Second, this added stiffness reduces frame twisting on off-center hits, resulting in greater control and accuracy. ▲ The sleek aerodynamic design of Ektelon EXD frames minimizes resistance for better racquet quickness and maneuverability. ▲ And their rugged aluminum construction makes EXD racquets as durable as they are playable. ▲ Whether you prefer oversize or mid-plus, Ektelon EXD frames will take your game to new heights.



EXD MID-PLUS SERIES

NEW DYNAX™ EXD

Dynax is a new aerodynamically designed oversize that delivers impressive results for club players. ▲ The beneficiary of Ektelon's advanced Extended X-Section Design, Dynax features an extra-stiff frame for more hitting power. ▲ At the same time, this stiffness reduces racquet twisting on off-center hits, helping you place the ball with more consistency. ▲ In addition, Dynax's teardrop head shape along with Ektelon's Wishbone™ throat design elongate the main strings, producing a larger hitting area. ▲ All designed to help you stroke the ball with greater confidence, and authority. Dependable. Durable. Powerful. Dynax is unequalled in its category.

PLAYER LEVEL



FLEX/CONSTRUCTION



EXD MID-PLUS SERIES

NEW VICOR™ EXD

For recreational players who want a competitive mid-plus, Vicor is a real gamer. ▲ Sporting a sleek profile, Vicor's aerodynamic styling was designed for quick, agile response. ▲ Its advanced Extended X-Section Design increases frame stiffness, to put extra pop on the ball. While the modified teardrop head shape adds extra punch to off-center hits. ▲ Plus Ektelon's tough aluminum alloy construction delivers dependable performance, match after match. ▲ Vicor. A racquet that's very easy to swing. At a price that's very easy to swallow.

PLAYER LEVEL



FLEX/CONSTRUCTION



1991-92 EKTELON RACQUET SELECTION GUIDE.

Player Level	Flex/Construction	Weight (Grams)	Length	String Area	String Tension	Power Rating
Oversize	EXPERT New Strobe™ Graphite RTS™ High modulus, continuous graphite, Kevlar® 49, vibration dampening solid polymer core	240	21"	95 in ²	45 lbs.	13
	EXPERT New Xiter™ Graphite RTS™ Continuous Graphite, Kevlar® 49, vibration dampening solid polymer core	245	21"	95 in ²	45 lbs.	12
	EXPERT New Strion™ Graphite RTS™ Continuous graphite, Kevlar® 49, vibration dampening solid polymer core	245	20 1/2"	92 in ²	45 lbs.	11.5
	EXPERT Precis™ Graphite RTS™ Continuous graphite, vibration dampening solid polymer core	245	20 1/2"	92 in ²	45 lbs.	11
	EXPERT Serex™ Graphite RTS™ Continuous graphite, fiberglass, vibration dampening solid polymer core	245	20 1/2"	92 in ²	45 lbs.	10.5
	ADVANCED New Optima™ Graphite RTS™ Continuous graphite, fiberglass core	245	20 1/2"	94 in ²	45 lbs.	10
	ADVANCED Lexis™ Graphite RTS™ Continuous graphite, fiberglass core	245	20 1/2"	90 in ²	45 lbs.	9.5
	INTERMEDIATE New Montro™ Graphite Continuous graphite, fiberglass core	245	20 1/2"	91 in ²	40 lbs.	9
	INTERMEDIATE New Axel™ Graphite Graphite, fiberglass, nylon matrix, Tapered Graphite Frame	245	20 1/2"	90 in ²	40 lbs.	8.5
	INTERMEDIATE New Dynax™ EXD 6061 Aluminum alloy, Extended X-Section Design	245	20 1/2"	90 in ²	45 lbs.	8
Mid-Plus	EXPERT New Tazer™ Graphite RTS™ High modulus, continuous graphite, Kevlar® 49, vibration dampening solid polymer core	240	19 3/4"	83 in ²	40 lbs.	12
	EXPERT Nemesis™ Graphite RTS™ Continuous graphite, Kevlar® 49, vibration dampening solid polymer core	245	19 3/4"	85 in ²	40 lbs.	11.5
	EXPERT New Phycon™ Graphite RTS™ Continuous graphite, vibration dampening solid polymer core	245	19 3/4"	87 in ²	40 lbs.	10
	EXPERT New Compra™ Graphite RTS™ Continuous graphite, fiberglass, vibration dampening solid polymer core	245	19 3/4"	86 in ²	40 lbs.	9
	ADVANCED New Tersus™ Graphite RTS™ Continuous graphite, fiberglass core	245	19 3/4"	85 in ²	40 lbs.	8.5
	INTERMEDIATE New Integra™ Graphite Graphite, fiberglass, nylon matrix, Tapered Graphite Frame	245	19 3/4"	83 in ²	30-35 lbs.	8
	INTERMEDIATE Protege™ Graphite Graphite, fiberglass, nylon matrix, Tapered Graphite Frame	245	19 3/4"	81 in ²	30-35 lbs.	7.5
	RECREATIONAL New Vicor™ EXD 6061 Aluminum alloy, Extended X-Section Design	245	19 3/4"	80 in ²	40 lbs.	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 restrung 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.

Ektelon Perform Because It's Not Just The B

To win in racquetball, you have to do two things. Move fast. And stand tough. Introducing footwear that helps you do both. In spectacular style. Ektelon court shoes are the product of five years of exhaustive research and development. Intensive trials. Exacting refinement. And technical innovation. A painstaking process that ultimate-

engineered specifically to meet the rigorous demands of a slick, glossy racquetball court surface. And the punishing footwork of the most aggressive player. The result is a degree of traction never before thought possible. Court shoes that give you that all-important extra half step. So you can get to the ball quicker. Plant



Ektelon's exclusive Snapper® Rubber outsoles. A new standard in traction on indoor court surfaces.
When Ektelon designers first heard about the potential of Snapper Rubber, they hit the floor running. They took a material originally designed for your average indoor court surface. Refined its advanced technology to even greater degrees. And ultimately engineered an outsole that can best be described as phenomenal. The result is Ektelon's exclusive Snapper Rubber outsole. A sole specifically designed to meet the

tremendous tractional demands of slippery racquetball court surfaces. Snapper Rubber delivers a significantly higher coefficient of friction than any other synthetic rubber. So it has the extraordinary ability to grab and hold even extremely high-polished indoor courts that are slick with perspiration. What exactly does all this mean for your game? Lightning starts. Sure stops. Superior traction. And incredible toughness. Which means when you give your all from the opening serve, you can count on one thing. Ektelon shoes will be with you. Every step of the way.

ly produced the finest shoes a player can lace on. Ektelon performance footwear is precisely that. Footwear that performs. To understand what makes these shoes so impressive, let's start at the bottom. With Ektelon's exclusive Snapper® Rubber outsole. It's a sole that was

firmly. And unload. But gripping power is only half the story. Snapper Rubber doesn't give an inch in durability, either. These ultra-resilient soles were made to endure plenty of grueling matches. As well as run-ins with abrasive parking lot surfaces. And to help keep you light

ance Footwear. all That Takes A Pounding.

on your feet, Ektelon designed shoes that *feel* light on your feet. A simple concept to put on paper, but infinitely harder to execute.

Take our



GTS Ultralam uppers, for example. They incorporate the newest, most technologically advanced material on the market...a proven footwear innovation found also in the high-tech sail material used for ocean racing vessels. • GTS is extremely lightweight for added comfort. Flexible for maneuver-

GTS Ultralam uppers. Because your feet need all the support they can get. The average athletic shoe is a lot like a racquetball court. An incredible amount of heated action takes place between its walls. • Explosive starts. Screeching stops. Tortuous moves. • To provide needed reinforcement for your feet, Ektelon incorporates GTS... specially-formulated mylar base, laminated

ability. And rugged for durable performance, match after match.

• When GTS Ultralam uppers are combined with Snapper Rubber outsoles, there's simply no racquetball shoe that covers as much ground as Ektelon. • As the next pages vividly demonstrate, Ektelon shoes are more than just intelligently designed. They're sharp-looking. • Which means it's the kind of footwear that'll make your game look great. No mat-

fibers that are woven at strategic points into each side. The result is a shoe that offers unprecedented lateral foot support. Flexibility. And comfort. • In addition, GTS features an extremely high tear strength that ensures these uppers will take even the most severe punishment in stride. And bounce right back for more.

ter how well you play. • As the internationally recognized leader in racquetball for over 20 years, Ektelon has earned a reputation for unsurpassed technological excellence in racquetball products across the board. • Footwear was just the next logical step.

PERFORMANCE FOOTWEAR

Ektelon shoes aren't just a step up from the competition's. They're a considerable leap. Snapper® Rubber outsoles paired with GTS Ultralam uppers make Ektelon court shoes the best things to put between your feet and the floor. Superior in traction. Lightweight. Comfortable. It's footwear that stands up to the toughest court punishment. Right down the line.



RENEGADE

Racquetball's premier court shoe. Ideal for the tournament player. Renegade features the advanced Infinity® Snapper® Rubber outsole for supreme traction on wet surfaces. GTS Ultralam material for maximum support. Dynamic tongue contours and cushions the top of the foot. Garment leather upper and thick foam padded ankle collar provide optimum flexibility and comfort. Variable lacing system ensures customized fit and support.



MIRUANA™

A men's 3/4, high-performance shoe for serious players at all levels. Slip-resistant Snapper Rubber outsole ensures superior traction in wet spots. GTS Ultralam material offers maximum support. High-quality garment leather provides outstanding flexibility and comfort. Variable lacing system allows for individually customized fit and support. Available in a choice of Orange/Gray or Purple/Green color combinations.



CENTAUR™

A men's low-cut designed for exceptional court performance and comfort. Softer, superior-grabbing Snapper outsole provides superb traction all over the court. GTS Ultralam upper offers extra support. Garment leather for maximum flexibility. Variable lacing system allows customized fit. Available in a choice of Royal Blue/Orange or Emerald Green/Yellow color combinations.



STYLUS™

A men's leather/mesh low-cut engineered for greater breathability and comfort. Excellent all-around performance featuring Snapper Rubber outsole for superior traction and durability. GTS Ultralam provides added side support. Ballistic double-nylon mesh improves airflow for cooler comfort. Available in a choice of Green/Black or Black/White/Red color combinations.



LADY STYLUS™

A low-cut, leather/mesh shoe specifically designed to fit a lady's foot. Excellent all-around performance featuring Snapper Rubber outsole for superior traction and durability. GTS Ultralam provides added side support. Ballistic double-nylon mesh improves airflow for better breathability and cooler comfort.

F/C TRAINER 3/4"



A men's 3/4 height, high-performance trainer for the most demanding all-around athletes. Advanced GTS Ultralam provides unprecedented upper support. Padded ankle collar for superior comfort. Ultra-tough Infinity 1500[®] rubber outsole features a unique pattern specifically designed for exceptional durability and traction on all surfaces. Reflective quarter-panel area for safer night training.

F/C TRAINER 5/8"



A men's low-cut trainer designed for the most strenuous fitness training. GTS Ultralam offers optimum upper support for all kinds of conditioning exercises. Extremely rugged Infinity 1500 rubber outsole features a pattern designed to provide maximum durability and traction on all athletic surfaces. An ideal shoe for those who prefer a low-cut, high-quality trainer.

F/C LADY TRAINER"

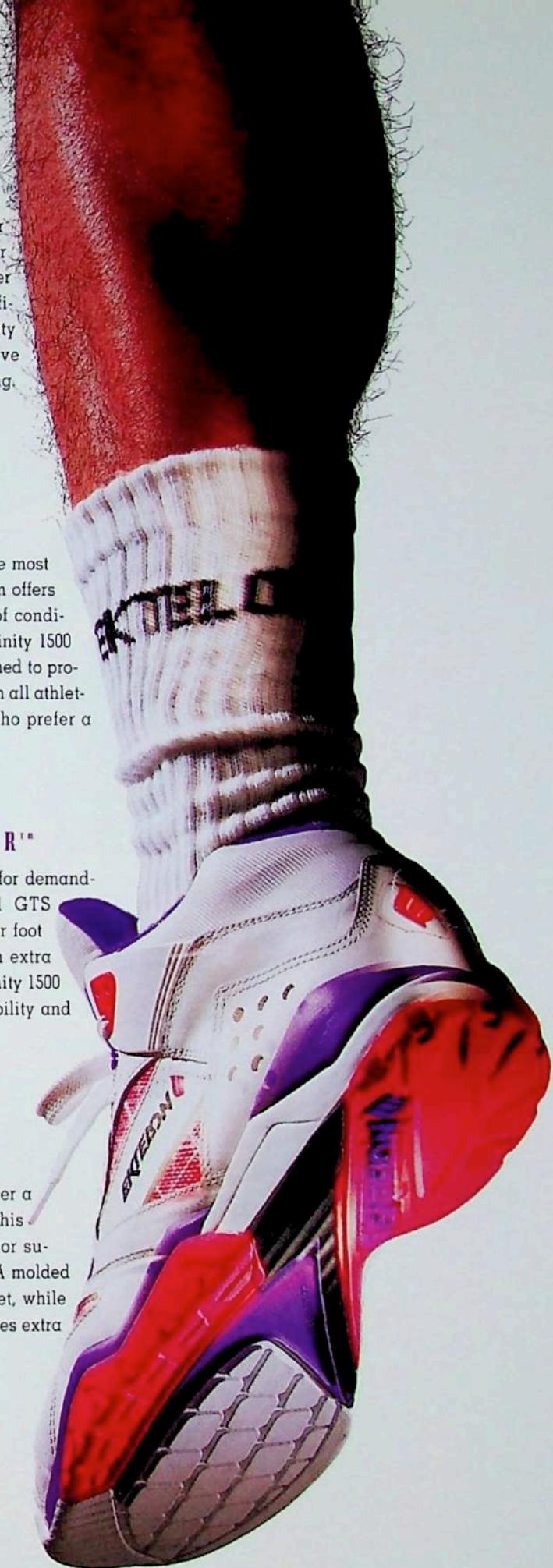


A ladies' 3/4 high-performance trainer for demanding all-around athletes. Advanced GTS Ultralam provides unprecedented upper foot support. Padded ankle collar offers an extra measure of comfort. Softer, tougher Infinity 1500 rubber outsole ensures unrivaled durability and firm footing on all athletic surfaces.



SHOWER SHOE

The perfect way to refresh your feet after a match, and protect while showering. This shower thong features an EVA strap for superb water-resistance and durability. A molded footbed cushions and comforts tired feet, while the "Wave" design of the outsole provides extra traction on wet surfaces.



The over 1,000 players from throughout the United States selected to be on Team Ektelon all have one thing in common—an impersonated commitment to racquetball. And through individual ways, they all work hard toward the common goal of growth at all levels of the sport.

Team Ektelon continues the active support of the base of racquetball through the recruitment and sponsorship of up-and-coming juniors like Heather Dunn and the 1990 Junior National Champion, Elkera Teonegle.

TEAM EKTelon



Eleanor Quakenbush keeps herself and other seniors feeling young through a racquetball program called Senior Play Day. Held at three different clubs in Salem, Ore., she gets close to 20 players to participate per club. She has been running this program for nine years, and has been a member of Team Ektelon since 1984. Pretty impressive for anyone, and Eleanor is 72 years old. ☺ In the Orange County area of Southern California, Darryl Warren introduces hundreds of people to racquetball through numerous exhibitions at clubs, schools and businesses. When Darryl took his program to a major car manufacturer with a sports complex on location, he drew over 100 participants. ☺ As the Junior Regional Director in Chicago, Ill., Rich Clay is concentrating his considerable efforts toward developing the grass roots of racquetball. He and partner Billy Lyman utilize junior camps, clinics and tournaments throughout the entire state to help kids become lifelong racquetball players. At one mini-junior clinic, Rich had 57 kids, most of them under the age of 14. ☺ Jim Winterton is a member of Ektelon's Senior Advisory staff, and has been voraciously promoting racquetball for close to two decades. He is also the coach for the U.S. National Racquetball Team, where he coaches several of the Team Ektelon players, including Michelle Gilman, Drew Kachtik, Andy Roberts, and Tim Doyle.

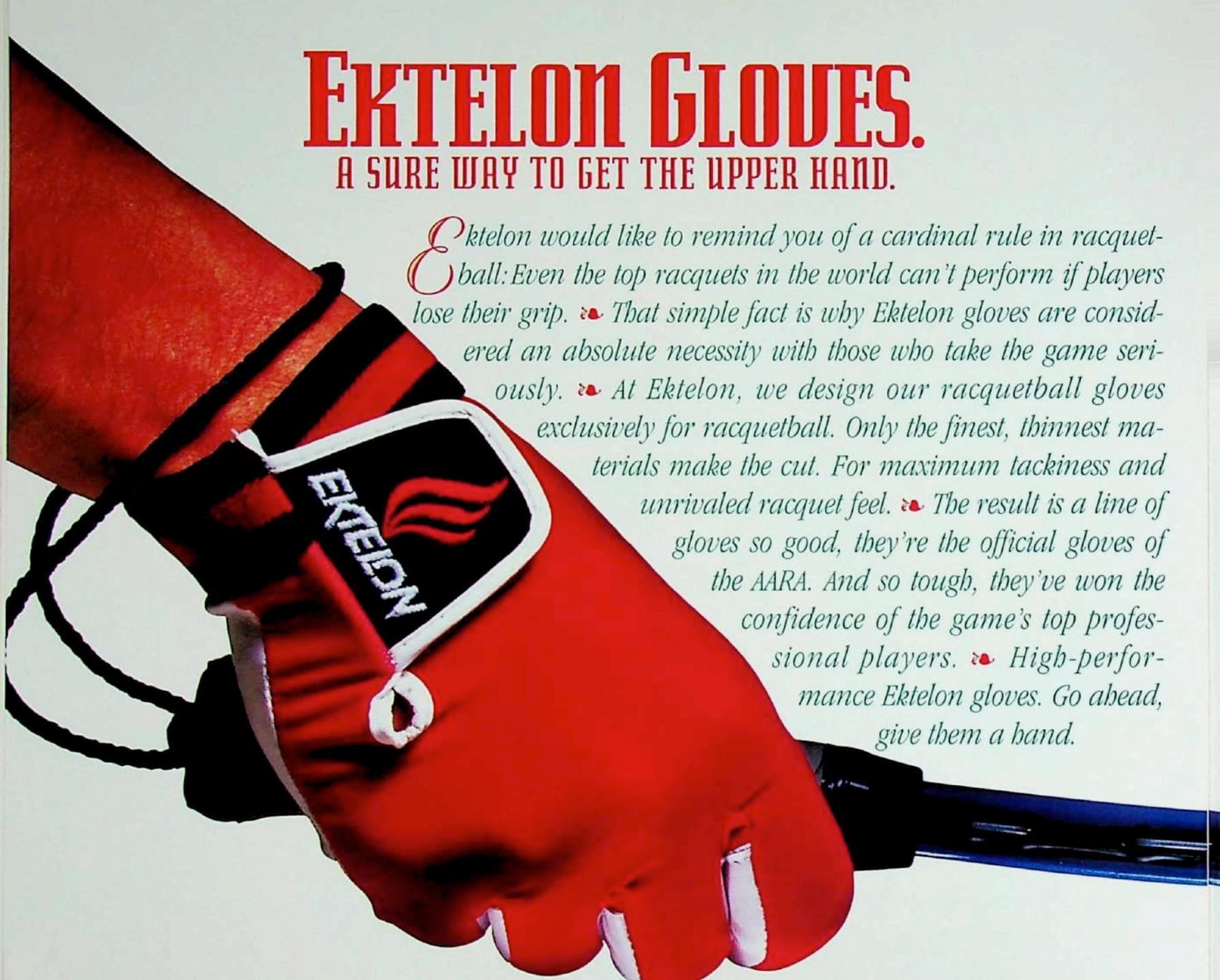
ACCESSORIES—BUILDING PERSONALITY AND PLAYABILITY

With just a bit of creativity and some Ektelon racquetball accessories, your racquet can become an extension of your personality. Customizing your racquet sets it apart from the crowd, while also enhancing your game. For instance, not only does a rubber grip or a Cushion Response System grip add a splash of color to your racquet, it also works to eliminate vibration throughout the frame and provide better handling. And a Racq-Cord is visually appealing, while securing your racquet for more control. Maximize power and performance with Ektelon string, available in an array of colors and different gauges to suit your playing style. Check out the full line of Ektelon accessories for additions that will make your racquet look good and play better.



EKTELON GLOVES.

A SURE WAY TO GET THE UPPER HAND.



Ektelon would like to remind you of a cardinal rule in racquetball: Even the top racquets in the world can't perform if players lose their grip. That simple fact is why Ektelon gloves are considered an absolute necessity with those who take the game seriously. At Ektelon, we design our racquetball gloves exclusively for racquetball. Only the finest, thinnest materials make the cut. For maximum tackiness and unrivaled racquet feel. The result is a line of gloves so good, they're the official gloves of the AARA. And so tough, they've won the confidence of the game's top professional players. High-performance Ektelon gloves. Go ahead, give them a hand.



NEW SENSOR™ For players who settle only for the best, Sensor introduces a dramatic new standard of performance. Ultra-thin (.4mm) Cabretta sheepskin produces a glove of unprecedented feel and fit. Designed for lasting toughness, a special tanning process delivers remarkable durability for such thinness. While its "no-stress" thumb design allows independent movement for unhindered flexibility. With Sensor, you'll feel the difference.



PERFORMER™ TACKIFIED™ A proven glove for demanding tournament-level players who want the ultimate grip. A patented tackifying process, along with top-quality, thin Cabretta sheepskin leather provide unsurpassed racquet feel and responsiveness. Ektelon's "no-stress thumb" design greatly enhances hand maneuverability. While leather panel insets on the side of each finger protect hands.



ENFORCER™ A specially-padded glove designed especially for the aggressive tournament-level player. Extra padding on the heel and lateral areas provides maximum protection during dives and all-out play. Top-quality Cabretta sheepskin leather ensures total grip and racquet feel. While an advanced STAY SOFT tanning process keeps the glove soft and supple.



CONTENDER™ TACKIFIED™ Designed for serious players who want a strong, sure grip that stands up under the rigorous demands of intense competition. A patented tackifying process all but eliminates slippage. High-quality goatskin leather delivers rugged durability, outstanding comfort and dependable performance.



CLASSIC™ An established favorite on the pro tour, Classic's naturally tacky Cabretta sheepskin leather is just 6mm in thickness, providing a solid grip and optimal feel. To help retain softness, a unique STAY SOFT tanning process allows the glove to dry soft and supple. For tried-and-true performance, match after match.

TECH

How To Put Your Finger On The Best Glove.

Ektelon's an old hand at coming up with new ways to improve your game. Take Ektelon gloves. The most durable gloves in the game, they feature double-reinforced stitching and a double-backed wristband that hangs tough in the clinches. Unsurpassed in comfort, all incorporate Power Net vents between each finger, and 2-way nylon mesh backing, resulting in better breathability and freedom of movement. For extra protection, we add paneled finger construction. For enhanced maneuverability, a set-in thumb. And for



ALL PRO™ You'll find this glove on hand at competitive tournaments across the country. Featuring high-grade Cabretta sheepskin leather found on more expensive gloves, All Pro provides exceptional racquet feel. Plus all the natural tackiness needed for a confident grip.



CONTROLLER™ For the recreational player who wants a high quality glove that delivers rugged durability. Long-lasting goatskin leather ensures a reliable grip, with excellent racquet feel. While Ektelon's tough, double-stitched seams provide extended glove life.

optimum fit, an elastic wristband with an oversized Velcro® closure. And for the truly fitting touch, we sew in the finest supple Cabretta sheepskin or soft, strong goatskin leather. With a special tackified or non-tackified grip. Fit. Feel. Comfort. Durability. Style. No matter which glove you choose, they all go hand in hand with Ektelon.



PRO

At the age of 34, six-time National Champion Lynn Adams has won more matches, titles and money than any other player on the WPRA tour. She is the only professional, man or woman, to win every tournament in a season and two consecutive Grand Slams. A member of Team Ektelon since 1980, Adams began playing racquetball at 19 and turned pro just two years later. During her illustrious career, she has been named "Rookie of the Year," "Player of the Year," and won the Steding Cup for outstanding achievement. Although unable to train due to rheumatoid arthritis, Adams is playing as strong as ever. This season, in addition to getting married and moving to Chicago, Adams added to her victories with two pro stop wins, in Santa Ana, Calif. and Chalfont, Penn. She went into the National Championships ranked number one.



LYNN ADAMS



*T*he name Lynn Adams is synonymous with women's racquetball. Adams, 34, has dominated the court for the better part of a decade, but she is also very active off-court promoting the sport of racquetball. Recently, racquetball's leading lady added the title of author to her extensive list of accomplishments when her book "Racquetball Today" was published. Written with Dr. Irwin Rosenbloom, the book is designed as an instructional tool and will be utilized at colleges and universities throughout the country. Additionally, Adams is personally promoting the book as an overall racquetball manual for players at all levels. "The publishing company specializes in this type of instructional sports book," explained Adams. "They paired each athlete up with a professor. It worked out great, because I wrote all the instructional segments of the book, and he worked on the more technical aspects. I'm excited, because racquetball hasn't really had a book out in years. I also like that it is a book written by a woman. That does a lot for our sport!"

EKTELON SPORTS EYEWEAR.

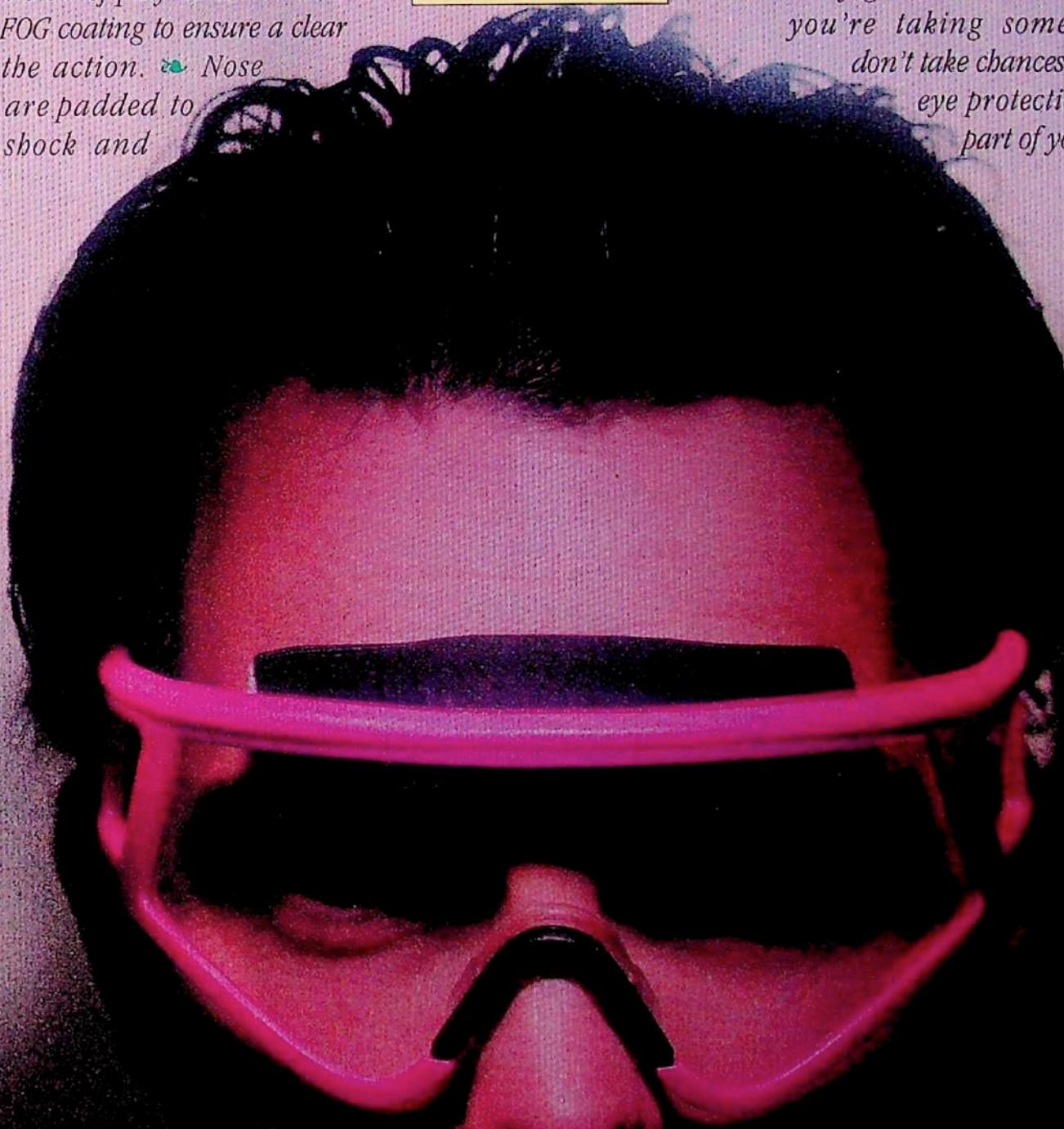
YOU'LL SEE A LOT OF GOOD THINGS IN THEM.

Protecting the lead is one thing. But nothing's more important than protecting your eyes. Ektelon eyeguards were specifically designed to keep your eyes out of harm's way. While keeping your mind on the business at hand. Ultralight, shatter-resistant lenses are made of optical-quality polycarbonate to provide a wide open view of play. And treated with an ANTI-FOG coating to ensure a clear look at the action. Nose bridges are padded to absorb shock and

**Anyway you look at it,
you'll feel comfortable
wearing Ektelon.**

**Designed to meet rigorous safety and performance standards,
Ektelon eyeguards
impede injury. Not
your game.**

enhance comfort. And they're translucent to minimize distraction. In addition, padded brow bridges are engineered to absorb impact and soak up perspiration. While headstraps are adjustable, detachable and washable. Available in a variety of styles, in both hinged and hingeless designs, you'll see a lot of merit in Ektelon eyeguards. So the next time you're taking someone on, don't take chances. Make eye protection a vital part of your game.



EKTELON OFFERS THESE IMPRESSIVE PERFORMANCE SPECS.



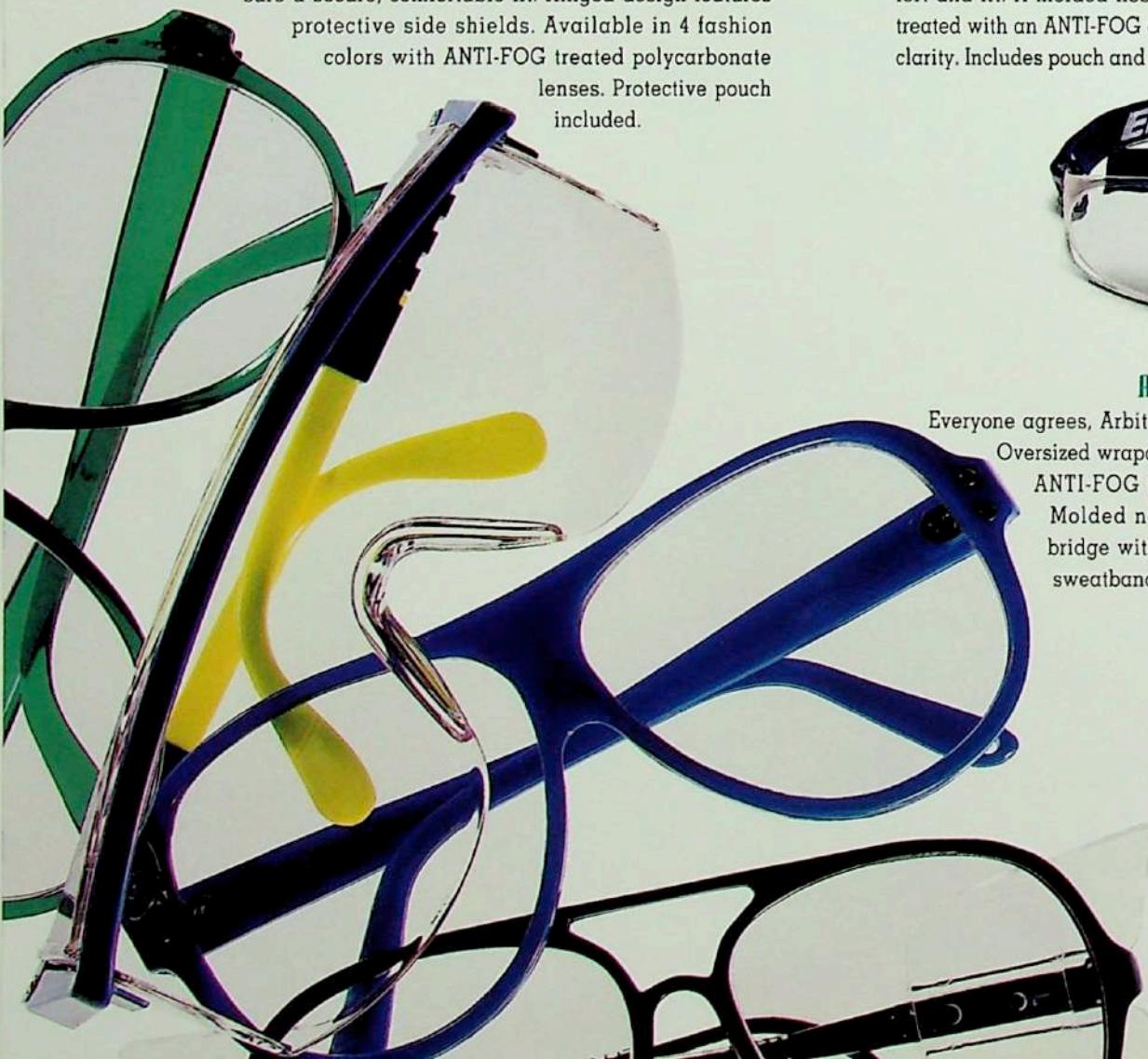
NEW OLYMPUS™

A stylish, lightweight model for players who demand exceptional comfort and fit. Classic hinged design. Pivoting headstrap mounts at the end of each temple allow for an adjustable, highly personalized fit. Frame comes in 6 fashion colors with ANTI-FOG treated lenses. Protective pouch included.



INTERCEPTOR™

Don't let its good looks fool you, this eyeguard's all business on the court. Zytel® ST nylon frame is lightweight. Flexible cable ear pieces ensure a secure, comfortable fit. Hinged design features protective side shields. Available in 4 fashion colors with ANTI-FOG treated polycarbonate lenses. Protective pouch included.



NEW TRITON™

Triton's oversized, hinged frame design features expanded distortion-free, scratch-resistant lenses. Providing an extra wide field of vision, it can also be worn over prescription eyeglasses. Removable foam brow bridge traps perspiration. Pivoting headstrap mounts provide an adjustable fit. Protective pouch included.



ARGUS™

With its sleek wraparound styling, Argus backs up its good looks with gutsy performance. The brow bridge's "roll bar" design enhances comfort and fit. A molded nose bridge absorbs shock. Oversized lenses treated with an ANTI-FOG coating maximize field of vision, and ensure clarity. Includes pouch and 3 replacement sweatbands.



ARBITOR™

Everyone agrees, Arbitor delivers superb all-around performance. Oversized wraparound design provides a full field of vision. ANTI-FOG treated lenses keep everything in focus. Molded nose bridge reduces shock. Padded brow bridge with sweatband traps perspiration. Includes 3 sweatband replacements.



NEW PRISM™

Contemporary styling isn't all that makes Prism a colorful performer. Hinged Zytel® ST nylon frame features wraparound lenses for all-important side protection. Adjustable arm piece, temple tilts and headstrap provide a more personalized fit. ANTI-FOG treated lenses. Frame comes in 3 fashion colors.



SENTRY®

Sentry's clear, one-piece wraparound design offers maximum protection, with outstanding peripheral vision. Lenses are treated with an ANTI-FOG coating. A specially molded, translucent nose bridge contours to your face to absorb shock. The headstrap adjusts for comfort, detaches for washing.



QUANTUM™

Quantum proves you don't have to sacrifice style for safety. Full-length, hinged temple arms provide added security and stability. ANTI-FOG lenses and perforated venting eliminate fogging. Padded, replaceable brow bridge traps perspiration. Pivoting headstrap mounts ensure a comfortable fit.



REGENT™

Lightweight by design, this one-piece wraparound eyeguard features a special ANTI-FOG treatment that eliminates fogging for distortion-free vision. The translucent, molded nose bridge cushions and protects. The adjustable headstrap detaches for washing.



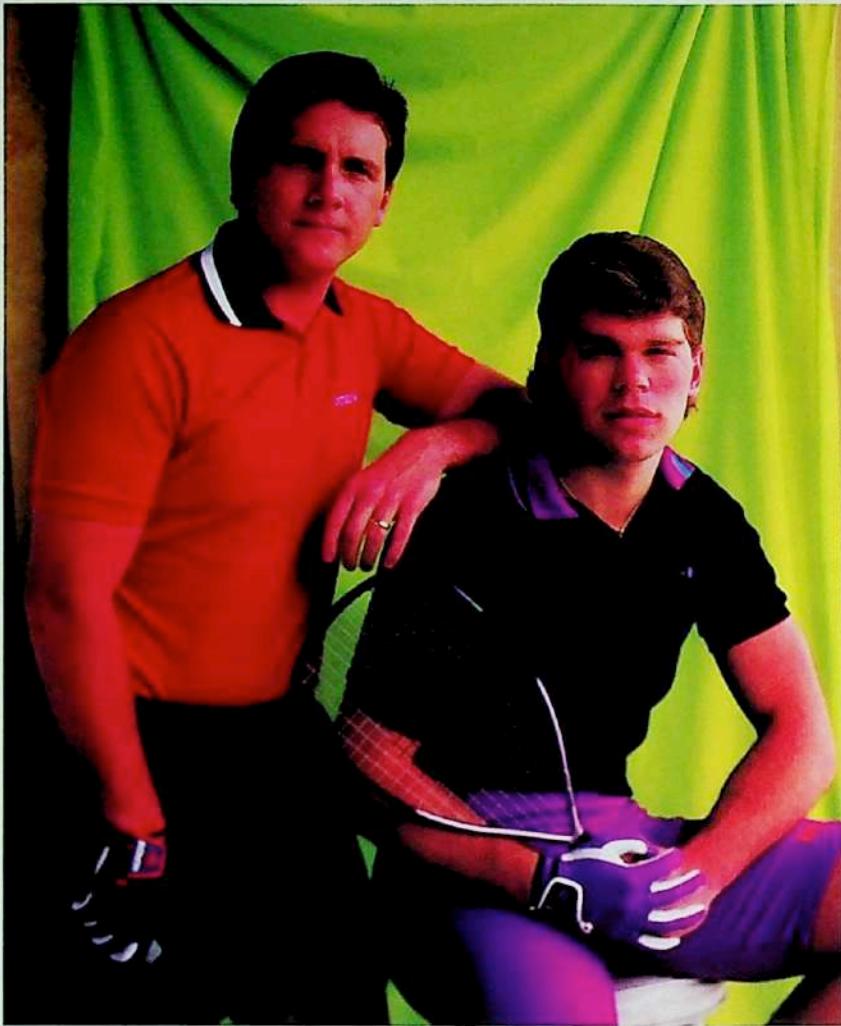
NEW SURVEYER™

This new one-piece wraparound offers excellent all-around protection in a lightweight design. ANTI-FOG, scratch-and shatter-resistant lenses provide distortion-free vision, as well as peace of mind. The adjustable headstrap easily detaches for washing.



PRO

Tim Doyle is on a winning streak. This season, he won the Men's Open at the AARA National Singles for the second consecutive year. In March, he traveled to South America and scored an impressive win in Chile at the Tournament of Americas. During his first year on the pro tour, he took the MPRA stop in Salem Ore. Although recently intensified, Doyle's winning goes back many years. He finished second at the National Junior Singles Championships six times before winning the title in 1987, at the age of 18. Doyle also has six National Junior Doubles titles under his belt. Andy Roberts is no less successful. This year, he scored his first pro win with a powerful victory in his hometown of Memphis, Tenn. In past years, Roberts has claimed five consecutive intercollegiate titles, and he won the 1988 National Singles Championships. And in 1985, Roberts emerged victorious at the prestigious World Championships.



ANDY ROBERTS / TIM DOYLE



Tim Doyle, 23, and Andy Roberts, 25, complement each other very well. So well, in fact, that they will be doubles partners on the U.S. National Team. And together, these two players are doing as much as they can to help the sport of racquetball. Since both compete in amateur and professional tournaments, it has been a challenge to budget their hectic schedules to allow time for additional racquetball involvement. Yet they succeeded. They both work on fundraisers for the U.S. National Team. Roberts spends a great deal of time as a member of the Athletes Advisory Board and the AARA Board. He is also co-chairperson of the Ektelon/AARA Junior Program. And Doyle does numerous clinics and exhibitions to promote the game of racquetball on both the professional and amateur level. They speak well together, many times finishing one another's thoughts. "We want to see the sport of racquetball grow in numbers, both nationally and internationally," said Roberts. "Anything we can do to help the growth of the sport—we'll do it," concluded Doyle.

WE PUT THE "BALL" In RACQUETBALL.

You don't have to play tournament caliber to appreciate what a true bounce can do for you. You just have to play. • Like everything else we make, Ektelon racquetballs are engineered for lively performance and unsurpassed durability. • At Ektelon, we won't use inferior materials for racquets. We're sure not going to cut corners with balls. • So what makes an Ektelon racquetball different? Specially formulated compound rubber. • It not only makes a ball incredibly responsive, it makes it last. And last. • That's why Ektelon offers this guarantee: If



one of our racquetballs breaks before the label has worn off, we'll replace it with two balls free. • We place a lot of trust in our racquetballs. But then, so do players who put their reputation and titles on the line. Every time out. • For years, Ektelon balls have been sanctioned by the AARA for top-level play, and meet all tournament specifications. • Which means they'll take all the punishment you can dish out. And keep coming back for more. • True blue racquetballs. Just one more reason to keep your eye on Ektelon. •

**HOW TO GET
TWO FREE
EKTELON
RACQUETBALLS
AND IMPROVE
YOUR GAME.**

(Please turn page.)



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 free can of top quality Ektelon balls. More importantly, you'll receive all of the benefits of being an AARA member:

- Membership card and eligibility for all AARA tournament play.
- National ranking with all AARA players.
- Discount coupons for merchandise and services.
- Official AARA Rulebook.

The cost is only \$15, so be sure to join today.

Name _____

Address _____

City _____

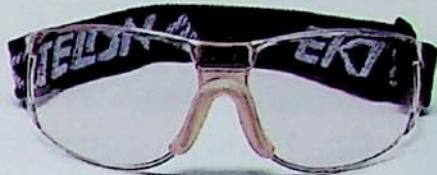
State/Zip _____

Mail to:
AARA
815 North Weber,
Suite 101
Colorado Springs, CO
80903
Or call (719) 635-5396



REACHING AND TEACHING TOMORROW'S STARS

The champions of the future today are still kids, but they are playing racquetball with an intensity which rivals their adult counterparts. In clubs across the country, Juniors from as young as the age of five are taking up racquetball, both for fun and competition. With today's busy lifestyles, Junior programs must be well-planned and organized events. With parents who have hectic work schedules and kids who want to try a "little of everything," it is important to know how to manage everyone's time to best maximize Junior racquetball play. With this in mind, Ektelon and the premier racquetball organization, the American Amateur Racquetball Association, have teamed together to create a Junior Kit, which addresses the numerous intricacies involved in running successful programs for young players. "There are over two million Juniors involved in the sport of racquetball," said Luke St. Onge, executive director of the AARA. "We believe that this sort of pro-active approach will encourage more kids to take up the sport for life." The effort is co-chaired by Michelle Gilman, 1989 and 1990 National Amateur Champion, and Andy Roberts, 1988 National Amateur Champion. Both these players are committed to growing the base of their sport through active participation. "It is exciting to work with kids, because they really are the future of racquetball," commented Gilman. For further information on Junior programming, call the AARA at (719) 635-5396.



YOU MAY FORGET YOU'RE WEARING OUR EYEWEAR. UNTIL SUDDENLY IT HITS YOU.

When the game's on the line, the last thing you should be thinking about is your eyewear. That's why Ektelon offers you a comfortable new line of eye protection. With anti-fog lenses, padded nose bridges, absorbent brow bridges and adjustable headstraps. In a variety of styles that let you look as good as you see. Ektelon eyewear. It helps keep your eye off the ball. And your mind on the game.

EKTELON 
The Most Recommended Name in Racquetball.
A **prince** Company

R

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Fitness. It has gone through many changes. From a fad in the '60s to forgotten in the '70s to fanaticism in the '80s. And what is fitness today? A well-balanced blend of activities designed to make you feel better, look better and play better. Today's racquetball player has realized the need to be conditioned to play his best game. And unlike conditioning enthusiasts a few years ago, athletes today know that working out doesn't have to take over your life to be successful. Before starting a fitness training program, it is important to do many things. Some of them basic. Like consult your doctor. Learn what your heart rate is,



and what it should be to assure maximum benefits while working out. But there are also some hurdles to overcome that aren't so obvious. Such as, don't do everything all at once. And don't expect to be a star

at every sport you undertake. Remember that along with helping out your racquetball game,



Swimming Sample

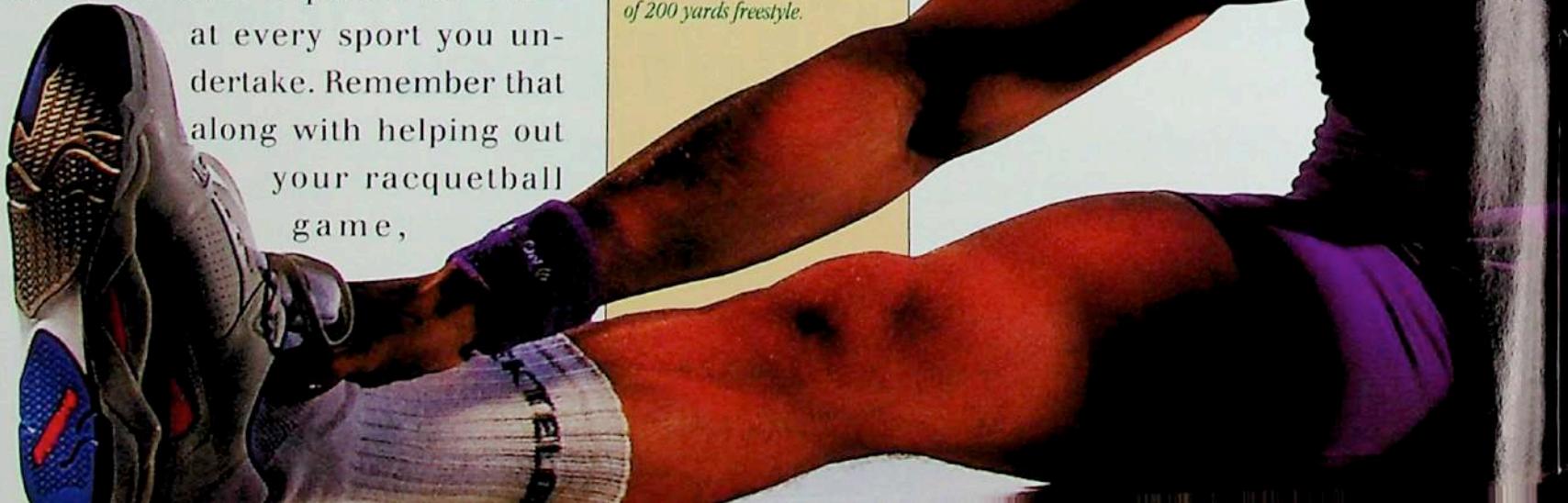
Workout: Start with an easy warm-up of 200 yards (1 lap = 25 yards). Then move on to 100s, alternating kicking with freestyle or backstroke. Do six of



these 100s. Complete a sprint set next of 10 25 yard sprints (one length of pool), going as fast as you can, with as few breaths as possible. Finish with a cool down of 200 yards freestyle.

cross-training should be fun. Evaluate your diet, and modify it if necessary. Again, don't take it to an extreme. Recent studies show that just about everything can be enjoyed in moderation, even some of the past taboos, such as red meat and caffeine. And get your vitamins from food, rather than from dozens of supplements. In fact, many doctors suggest only a calcium supplement, and only if you don't get enough naturally through your food. Check your cholesterol, because if you're putting all this time into getting your body fit, do the inside, too.

Start out easy, because pushing too hard can lead to discouragement. Plan your schedule so that you're not



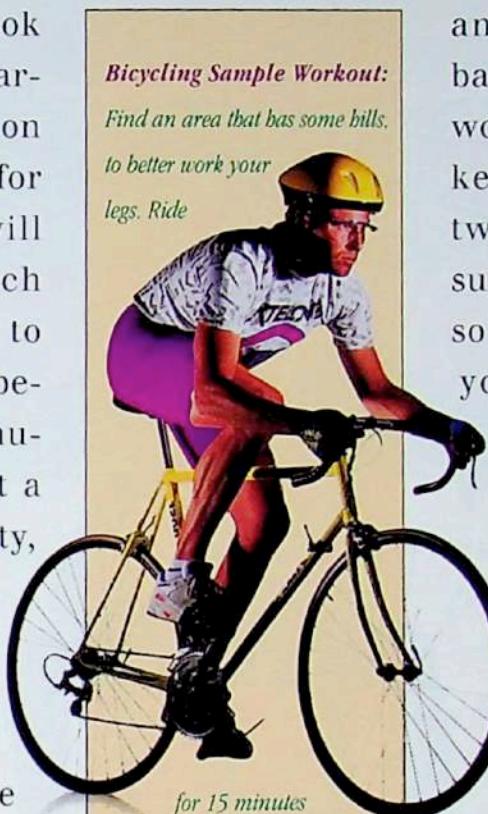
L L F I T N E S S

doing everything, every day. Look at your game and decide what areas you want to work on most, and plan time for the activities that will help you best reach those goals. Try not to work out too close to bedtime, because exercise works as a stimulant. For optimum results, eat a couple hours before the activity, giving your food plenty of time to digest, but not so much time that you feel starving.

Swimming helps build lung capacity and endurance, while

also increasing rotator cuff and upper body strength.

Additionally, isolating legs through the use of a kick board works the quadriceps



Bicycling Sample Workout:

Find an area that has some hills, to better work your legs. Ride

for 15 minutes

to warm-up, then stop and stretch your legs and back.

Continue to ride, monitoring your pulse to make sure your heart is getting a good workout.

Leave some time, about 20 minutes, for a sprint workout.

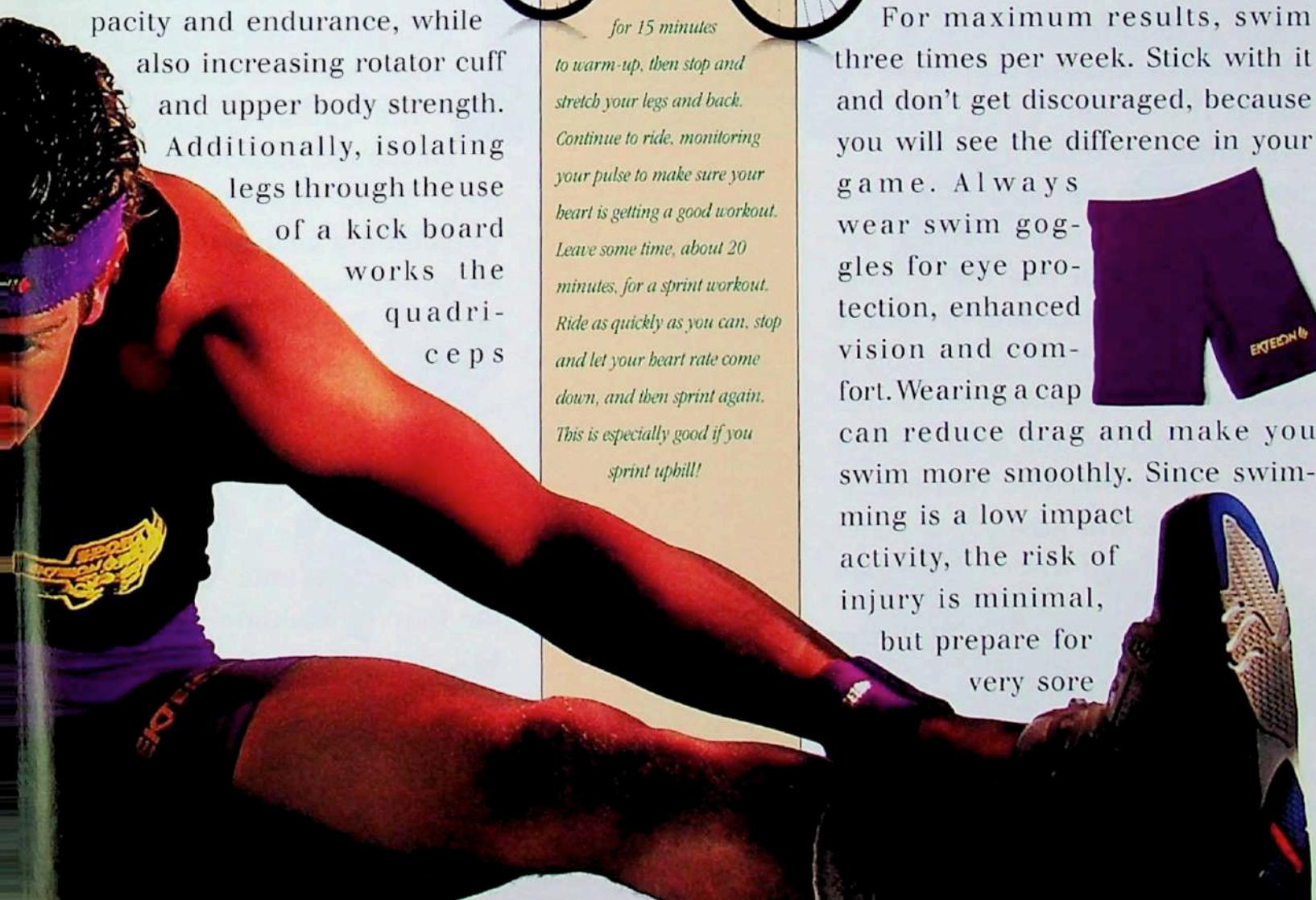
Ride as quickly as you can, stop and let your heart rate come down, and then sprint again. This is especially good if you

sprint uphill!

and helps abdominal and lower back muscles. For your swimming workout, scout out a local pool that keeps the water temperature between 78 and 81 degrees. Make sure that it has dedicated lap lanes, so you can swim uninterrupted. If you aren't confident with your

swimming ability, sign up for some adult lessons. Start by swimming the freestyle (forward crawl) for 15 minutes. Build up to a workout that takes about an hour. Include a variety of strokes and a sprint segment.

For maximum results, swim three times per week. Stick with it and don't get discouraged, because you will see the difference in your game. Always wear swim goggles for eye protection, enhanced vision and comfort. Wearing a cap can reduce drag and make you swim more smoothly. Since swimming is a low impact activity, the risk of injury is minimal, but prepare for very sore





muscles the first few times out. Bicycling is an excellent way to build up leg strength for endurance on the court, especially if done quickly, and in a hilly area. It also helps your cardiovascular strength. For your cycling, get your bicycle tuned up at a local shop. It is amazing what the right tire pressure does for a ride. The experts at the shop can help you make sure that your seat is set at the proper level, and that everything on your bike is in sound mechanical order. Try to find a place to ride where car traffic is minimal. Alternate bicycling with swimming, about three times per week. For maximum benefits, ride for at least an hour, and up to two hours is even better. Remember to hydrate during your ride with a water bottle. With the wind to dry you, it is easy to forget that you lose lots of moisture when you ride. Make sure to wear a helmet and sunglasses or goggles for protection. Wearing cycling gloves will give you a better grip, and also let you ride

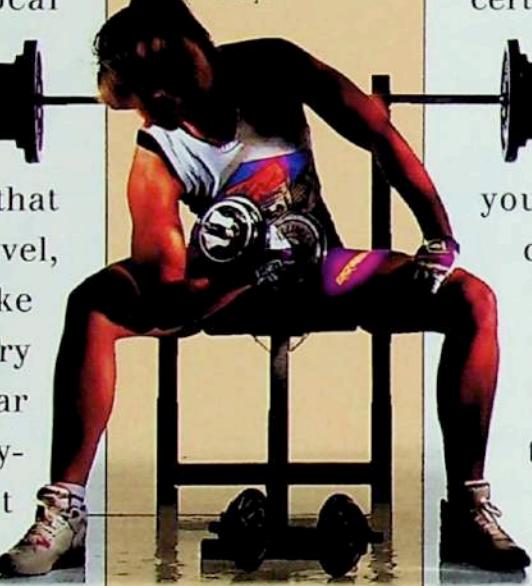
especially if done quickly, and in a hilly area. It also helps your cardiovascular strength. For your cycling, get your bicycle tuned up at a local shop. It is amazing what the right tire pressure does for a ride. The experts at the shop can help you make sure that your seat is set at the proper level, and that everything on your bike is in sound mechanical order. Try to find a place to ride where car traffic is minimal. Alternate bicycling with swimming, about three times per week. For maximum benefits, ride for at least an hour, and up to two hours is even better. Remember to hydrate during your ride with a water bottle. With the wind to dry you, it is easy to forget that you lose lots of moisture when you ride. Make sure to wear a helmet and sunglasses or goggles for protection. Wearing cycling gloves will give you a better grip, and also let you ride

Weightlifting Sample

Workout: At your club, you can do your weightlifting on the provided machines, or create your own workout, using some of the exercises listed below:

Three sets of ten repetitions

Bench press - Builds muscles in the chest, shoulders and triceps.



Arm curls - Isolates biceps

Pulley pushdowns -

Isolates triceps

Lunges - Strengthens quadriceps and hamstrings.

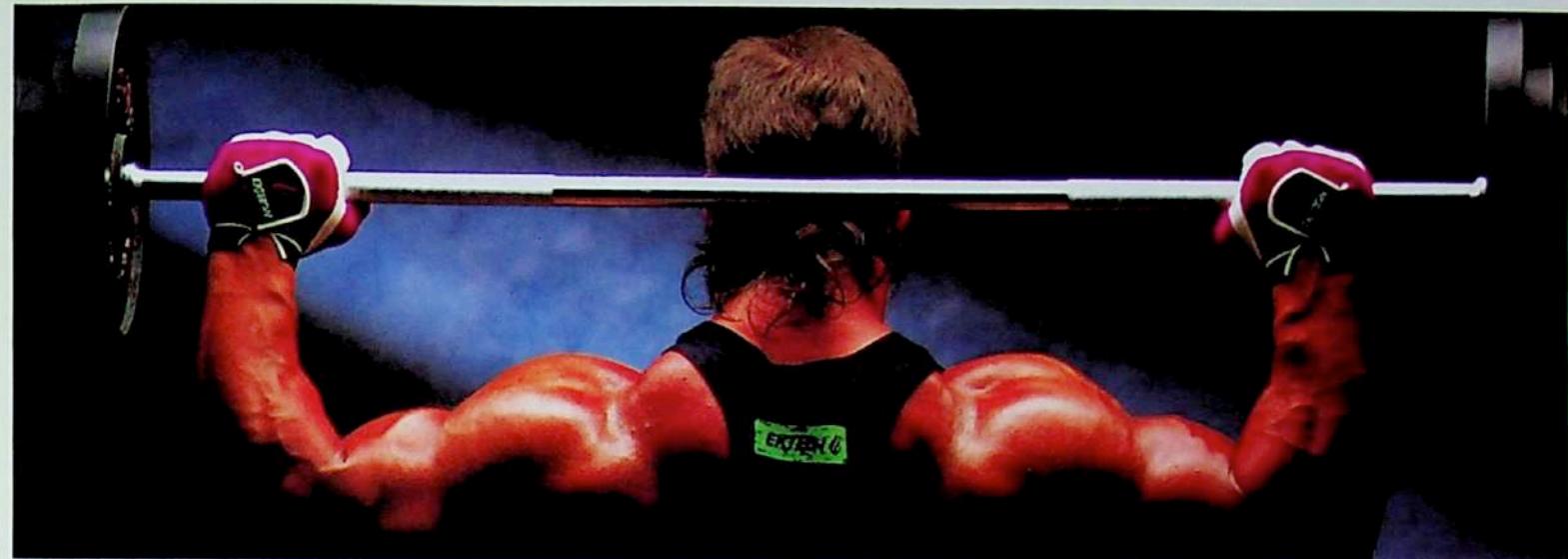
Sit-Ups/Crunches - Any strengthening/fitness program should include some abdominal work.

more comfortably. Weightlifting builds every muscle you use for your game, allowing you greater strength and control. It is also one of the most strenuous activities on your body, so it is extra important to build up slowly, starting with light weights and gradually increasing poundage. Learn how to use all the equipment at your club from a certified instructor, who can set the machines properly for weight and comfort.

Never try to rush through your workout, because hurrying can minimize effectiveness and maximize the risk of injury. Make sure to warm-up before lifting, and stretch regularly throughout your workout. High repetitions build endurance and quickness, low repetitions build muscle mass and power. Most experts agree that weightlifting goals can be met with 45 minute workouts, three times per week. Wear gloves for safety and comfort, and always use a belt for support during heavy lifting. Finally, after you have been on your fitness regime for a couple months, take the time to evaluate your racquetball game. It is safe to bet that you will notice a marked improvement.



Ektelon Weightlifting and Handball Gloves. To keep your performance from slipping.

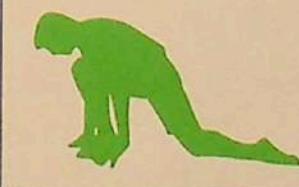


Renegade™ Weightlifting Glove Finest quality deerskin leather creates a soft, naturally tacky glove for superior grip under heavy loads. Special extended finger design and thumb padding maximize grip and hand protection. Spandex nylon mesh panels between fingers breathe to keep hands dry and comfortable. A choice of two color combinations.



Magnum™ Weightlifting Glove Naturally tacky Cabretta sheepskin provides an outstanding grip for the serious weight trainer. Specially treated leather maintains glove softness. Breathable Spandex nylon mesh panels between the fingers keep hands cool and dry. Padded thumb and palm reduce hand wear and tear. Available in a choice of five stylish color combinations.

Like their racquetball counterparts, Ektelon weightlifting and handball gloves are carefully crafted from the finest select materials. Designed to provide maximum feel and comfort, these gloves feature paneled finger construction for a more natural fit. Double-reinforced stitching for superior durability. Perforated finger vents for breathability and longer glove life. And two-way stretch nylon mesh for a more comfortable fit. Try one or two on. And see why Ektelon gloves are grabbing the attention of so many demanding athletes.



Apex™ Weightlifting Glove A unique long-fingered design and high-quality Cabretta sheepskin leather deliver exceptional gripping power. A special leather treatment keeps the glove soft, session after session. Palm and thumb padding enhance protection and comfort, while nylon mesh backing and finger gussets keep hands cool and dry.



Optima™ Weightlifting Glove Designed for the recreational lifter, tough, moisture-resistant pigskin leather produces a strong-gripping glove of lasting performance and durability. The padded palm and thumb and nylon mesh finger panels provide enhanced protection and comfort. Two-way stretch nylon mesh backing for a snug fit.



Rogue® Handball Glove The preferred glove among top handball players. Rogue's soft, naturally padded deerskin leather delivers excellent feel and absorbs moisture for precise shot placement. Perforated finger and stretch nylon mesh backing provide optimum comfort. Seamless palm and paneled fingers assure a close fit.

PRO

It has been a busy season for Michelle Gilman and Drew Kachtik. Gilman, who lists in her previous credits being the youngest athlete to win the Women's Open at the Adult Nationals and the youngest player to qualify for the National Racquetball Hall of Fame, this year won three pro stops (with only the National Championship remaining at press time). She additionally captured the Women's Open title at the AARA National Singles Championships, giving her back-to-back victories in 1989 and 1990. With partner Jackie Paraiso, Gilman also won the AARA National Doubles Championships. And finally, Gilman was victorious at the Tournament of the Americas, held in Chile. Kachtik also had an impressive season his first full year on the MPRA tour. He won pro stops in Stockton, Calif. and Pittsburgh, Penn. He also did well at the AARA events, finishing second at National Doubles, with partner and fellow Team Ektelon player, Mike Guidry.



MICHELLE GILMAN / DREW KACHTIK

*G*t seems like they came out of nowhere and shot straight to the top. But in actuality, 20-year-old Michelle Gilman and 23-year-old Drew Kachtik are both seasoned racquetball players. Both have been playing for a full ten years and both are top-ranked players on the professional tour. And the similarities don't end there. Both Kachtik and Gilman are holding onto their amateur ranking and are members of the highly successful U.S. National Racquetball Team. Even when they aren't competing during a combined season that goes all year, the two are still active in racquetball. Kachtik is the racquetball pro for a chain of clubs in Texas, and is busy producing a racquetball video with fellow Team Ektelon player, Aaron Katz. Gilman runs camps for kids, and is a co-chairperson of the Ektelon/AARA Junior program. "I think it's important that kids have the opportunity to learn about racquetball from people who know the sport," commented Kachtik. Concluded Gilman, "It is great to get an opportunity to transfer my energy and excitement for racquetball through to the kids."

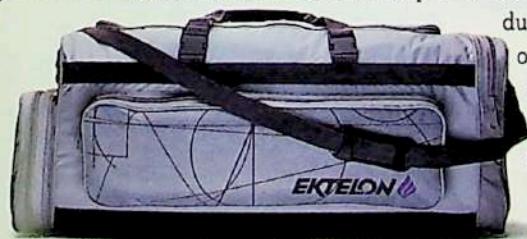
ELITE COLLECTION SPORT BAGS.

BECAUSE THE MOST IMPORTANT THING YOU CARRY IS YOUR REPUTATION.

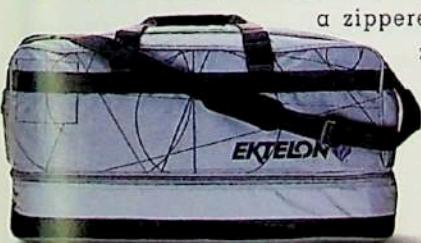


*Y*our playing style doesn't have to end off the court. Elite Collection sport bags add prestige to your game wherever you go. • Designed for utmost functionality and flexibility, they feature ultra-tough 420 Denier twill nylon fabric, Tifco® hardware and heavy duty zippers for unsurpassed durability • Plus attractive graphic design with Ektelon logo. Cotton core handle grips. Removable, adjustable, padded shoulder straps. Reinforced wrap and feet. And convenient zippered wet pouches. • Choose from 4 classic styles, in distinguished Silver with Charcoal trim. • Elite Collection sport bags. For quality and style, they're in a league all their own. •

ELITE TOUR This sporty bag provides two compartments with zippered top entries. Main compartment includes a large zippered wet pocket, with a shoe gusset pocket on one end, and a removable shower pocket on the other. Reinforced wrap and feet ensure exceptional durability. A glove cord is offered on one side, with a gusset pocket on the opposite side. (33" L x 12" W x 14" H)

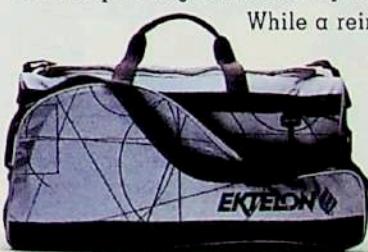


ELITE ACE Designed with top and bottom compartments. Accessed from a dual zipper, the roomy top compartment features a zippered wet pocket and a pouch. A zippered pocket on the main zipper flap, along with an outside zippered pocket offer additional storage flexibility. A heavy duty, 3-side zipper allows entry into large bottom wet compartment. (27" L x 12" W x 14" H)



ELITE EXPRESS As functional as it is durable, this unique design features a removable racquet bag. The main bag includes a zippered wet pocket inside, and a handy zippered pocket outside. The racquet bag features a nylon pouch and its own shoulder strap.

While a reinforced wrap and feet ensure lasting quality. (24" L x 10" W x 12" H) Racquet bag (24" L x 3" W)



ELITE SPORT Organized people will appreciate this bag's inside compartment. It features a removable divider to keep equipment and clothes in their proper places. Compact design fits perfectly into club lockers. An outside sleeve with snap closures offers easy access. Heavy duty zippers. And reinforced base, wrap and feet for added durability. (17" L x 8" W x 15" H)



COURT CLASSICS

SPORT BAGS THAT ARE PACKED WITH FEATURES.

Whether you're dashing to the club or heading across country, these handsome bags let you carry on in style. They feature extremely lightweight, tear-resistant nylon with durable PVC backing. Adjustable, detachable shoulder straps. Wet compartments. Webbed handles with cotton core grips. And distinctive Ektelon contemporary designs in 3 exciting new color combinations: Black with Teal. Purple with Hot Coral. Navy with Chartreuse. Ektelon craftsmanship, and it's easy to see why

graphics. Choose from 9 combinations: Black with Teal. Purple with Hot Coral. Navy with Chartreuse. Match those fashion colors with these bags are going places.



TOURNAMENT BAG Convenient U-shaped zipper into main compartment facilitates packing/unpacking. Zippered wet pocket inside. Equipped with a removable shower pocket at one end, shoe gusset pocket on the other end. Full length zipper opens into an additional storage compartment. Exterior gusset pocket on one side, and a removable glove cord on the other. (33" L x 12" W x 14" H)



RTS EXPRESS Two bags in one, designed to keep clothes and racquet neatly separated. Main bag features wide-entry U-shaped zipper, with zippered wet pocket inside. Reinforced base. Racquet bag holds 2 oversize racquets and includes a removable shoulder strap and nylon pouch for easy transport. Rotary hook hardware ensures tangle-free operation. Main Bag (24" L x 10" W x 12" H) Racquet Bag (24" L x 3" W)



COURT ACE A dual zipper with pulling cord into the top compartment features a cover flap. Includes many storage options, such as a zippered wet pocket on the inside of the zipper flap, a zippered wet pocket inside the main compartment, a zippered pocket on the outside, and a large wet compartment on the bottom. Both top and bottom compartments feature a reinforced base. (27" L x 12" W x 14" H)



NEW SPORT LOCKER Designed to fit compactly into club lockers. A 3-sided zipper on one end provides entry into the main compartment. The inside compartment features a handy center divider. Internal pouches and a wet pocket inside offer plenty of storage options. An outside sleeve with snap closure allows easy access. (17" L x 8" W x 15" H)



CROSS SPORT A U-shaped zipper allows easy access into the main compartment. Features 2 gusset pockets and a water bottle pouch on one side. At one end, a large U-shaped compartment designed for shoes. While a zippered wet pocket inside keeps dry gear from moisture. (25" L x 11" W x 12" H)



CHALLENGER For quick access, this bag offers a full length sleeve with snap closure on one side. In addition, a full length zipper that opens into the main compartment. Inside, a zippered wet pocket offers an ideal way to isolate wet gear. Reinforced bottom. (24" L x 11" W x 12" H)



STS CARRIER Designed for squash, this streamlined bag features full length zippers into both the main and racquet compartments. An inside zippered wet pocket provides moisture-proof storage. Racquet compartment includes a padded divider for racquet heads and Velcro® closure for handles. Reinforced bottom. (29" L x 9" W x 10" H)



CLUB TOTE The main compartment's U-shaped entry provides excellent access to gear. Inside, a zippered wet pocket keeps dry gear fresh. Rotary hook hardware ensures tangle-free use. Adjustable, two-tone shoulder strap. Twin zipper pull allows bag to be locked. (22" L x 10" W x 10" H)



PRO GEAR A convenient U-shaped zipper offers easy access into this bag's main compartment. A flap over the top zipper features a clear, zippered wet pocket inside. Includes a full length zippered wet pocket on one side, plus another full length zippered pocket on the other. Reinforced bottom. (24" L x 11" W x 13" H)



Official AARA rules

1—THE GAME

Rule 1.1. Types of Games

Racquetball may be played by two, three or four players. When played by two it is called *singles*; when played by three, *cut-throat*, and when played by four, *doubles*.

Rule 1.2. Description

Racquetball is a competitive game in which a 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 side makes an error, is unable to return the ball before it touches the floor twice, or when a hinder is called.

Rule 1.4. Points and Outs

Points are scored only by the serving side when it serves an ace or wins a rally. Losing the serve is called an *out* 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 *sideout*.

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. In the event each side wins one game, the tiebreaker game is played to 11 points.

Rule 1.6. Doubles Team

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 must be classified by the ability level (or player classification) of the higher-ranked player on the team. When playing in age divisions, the team must play in the division of the younger player.

(a) Changes in Partners. 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. See Rule 5.5 for determining round robin positioning.

(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. Courts

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 binders."

(b) LINES AND ZONES. Racquetball courts shall be divided and marked with lines 1½ inches wide as follows:

(1) Short Line. The back edge of the short line is midway, and is parallel to 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 inside edges of the lines are 18 inches from the side walls.

(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 outside edge of the line is three feet from the side wall.

(6) Receiving Line. A broken line parallel to the

short line. The back edge of the receiving line will be five feet from the back edge of the short line. The receiving line will begin with a line 21" long that extends from each side wall; the two lines are connected by an alternate series of six-inch spaces and six-inch lines (17 six-inch spaces and 16 six-inch lines).

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

Rule 2.2. Ball Specifications

(a) The standard racquetball shall be 2 1/4" 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°F.

(b) Only a ball carrying 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) The referee and the players shall 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) DIMENSIONS. The racquet, including bumper guard and all solid parts of the handle, may not exceed 21 inches in length.

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

(c) The regulation 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 strings do not mark or deface the ball.

Rule 2.5. Apparel

(a) LENSED EYEWEAR REQUIRED (EFFECTIVE 12/1/87). 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: An updated list of lensed 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 and the player will be charged with a timeout to secure eyewear. The second infraction in the same match will result in a forfeit. (See Rule 4.18.a.10.)

(b) CLOTHING AND SHOES. The clothing may be of any color; however, a player may be required to change extremely loose fitting or otherwise distracting garments. Insignias and writing on the clothing must be designed to be in good taste by the Tournament Director. The shoes must have soles which do not mark or damage the floor.

3—OFFICIATING

Rule 3.1. Tournaments

All tournaments shall be managed by a committee or Tournament Director, who shall designate the officials.

Rule 3.2. Officials

The official shall be a referee designated by the Tournament Director or the floor manager or one agreed upon by all participants. Two line judges and a scorekeeper also may be designated by the Tournament Director.

Rule 3.3. Removal of Referee

A referee may be removed upon the agreement of all participants, or at the discretion of the Tournament Director or rules official. In the event that a referee's removal is requested by one player (team) and not agreed to by the other, the Tournament Director or officials may accept or reject the request.

Rule 3.4. Rule Briefing

Before all tournaments, all officials and players shall be briefed on rules and on court binders, regulation or modifications the Tournament Director

wishes to impose. This 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 court to introduce yourself; brief players on court binders, 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 allow winner 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 judgements. 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.

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

(c) PROTESTS. Any decision not involving the judgment of the referee may, on protest, be decided by the Tournament Director or designated official.

(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) A 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 or failure to referee, for improper conduct on the premises between matches or for abuse of hospitality, locker room, or other rules and procedures.

(f) OTHER RULINGS. The referee may rule on all matters not covered in the AARA Official Rules. However, the referee may be overruled by the Tournament Director.

(g) WHEN UTILIZED. Two line judges should be selected for all 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.

(h) REPLACING LINE JUDGES. If any player objects to the selection of 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 to a line judge after the match begins, any replacement shall be at the discretion of the referee and/or Tournament Director.

(i) POSITION OF JUDGES. The players and referee shall designate the court location of the line judges. Any dispute shall be settled by the Tournament Director.

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

(k) SIGNALS. The signal to show agreement with the referee is arm extended with thumbs up, disagreement is thumbs down. The signal to show no opinion or that the disputed play wasn't seen is open palm down.

(l) 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.

(m) 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 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. In any match using line judges, a player may appeal only the following calls or non-calls by the referee: killshot, skip ball; fault serves, except screen serves; out serves; double bounce pickups; receiving line violations. At no time may a player appeal a screen serve, hinder of any type, techniques or other discretionary calls 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 point of the serve or rally where the infraction occurred. The player is obligated to continue to play until the rally has ended or the referee stops play.

(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. For an appeal to be valid while a game is in progress, the appeal must be made by the player prior to leaving the court for a timeout, etc., or before the next serve begins.

(d) LIMIT ON APPEALS. A player or team may make three appeals per game. However, if either line judge disagrees 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. In the instance of a game or match-ending point, the appeal must be made before the player making the appeal leaves the court.

Rule 3.8. Outcome of Appeals

(a) OUTCOME OF VARIOUS APPEALS

(1) Killshot and Skip Ball. If the referee makes a call of good on a killshot, pinch or pass attempt, the loser may appeal. If the call is reversed, the side which originally lost the rally is declared the winner.

If the referee makes a call of skip ball on a pass, pinch, or killshot attempt, that call also may be appealed. If the call is reversed, the referee then must decide if the shot 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. If the shot was not retrievable, the side which originally lost the rally is declared the winner.

(2) Fault Serve. If the referee makes a call of fault on a serve, the server may appeal. If the call is reversed, the serve is replayed, except if the referee considered the serve an ace (not retrievable), a point is awarded to the server. If the referee makes no call on a serve (which indicated the serve was good), either side may appeal. If the non-call is reversed, it will result in second serve, or loss of serve if the infraction occurred on the second serve.

(3) Out Serve. If the referee makes a call of out serve, the server may appeal. If the call is reversed, the serve will be replayed. If the call is reversed and serve is considered an ace, a point will be awarded.

(4) Double-Bounce Pickup. If the referee makes a call of two bounces, play stops and the side against whom the call was made may appeal. If the call is reversed, the rally is replayed, except if the player against whom the call was made 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.)

(5) Receiving Line Violation (Encroachment). If

the referee makes a call of encroachment thereby stopping the play, the receiving side may appeal the call. If the appeal is successful, the service shall be replayed, except if in the opinion of the referee the shot was not retrievable it will result in a loss of serve. If the referee makes no call and the server feels there was encroachment, the server may appeal. If the appeal is successful the service results in a point. (For safety zone violation by server or doubles partner, see Rule 4.11.k.)

Rule 3.9. Rules Interpretations

If a player feels the referee has interpreted the rules incorrectly, he/she may require the referee or Tournament Director to show him/her 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

(a) ORDER. The player or team winning the coin toss has the option to serve or receive for 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 for the start of the tie breaker. 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 serve is started from any place within the service zone. (For exceptions, see Rule 4.6.) Neither the ball, nor any part of either foot may extend beyond the boundaries of the service zone. Stepping on, but not over, the lines is permitted. The serve must remain in the service zone from the moment the service motion begins 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 the serve.

The server may not start any service motion until the referee has called the score or second serve.

Rule 4.3. Manner

After taking a set position inside the service zone, a player may begin the service motion—or any continuous movement which results in the ball being served.

Once service motion begins, the ball is bounced in the zone and after the first bounce is struck by the racquet so that the ball hits the front wall first and on the rebound hits the floor behind the back edge of the short line, either with or without touching one side wall. A back serve or fake swing of the ball is an out serve. Bouncing the ball outside the service zone is a fault serve.

Rule 4.4. Readiness

Serves shall not begin until the referee has called the score or the server has visually checked the receiver. The referee shall call the score as both server and receiver prepare to return to their respective position, shortly after the previous point 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 that the receiver is ready. If the receiver is not ready, he/she must signal so by raising his/her racquet above his/her head or completely turning his/her back to the server. (These are the only two acceptable signals.)

(b) If the server serves the ball while the receiver is signaling "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" for delay of the game.

(c) After the score is called, if the server looks at the receiver and the receiver is not signaling, "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 rule 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 three-foot line. The call, or non-call, 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 three-foot 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) SERVER. At the beginning of each game in doubles, each side shall inform the referee of the order of service which shall be followed throughout the game. When the first server is out the first time up, the side is out. Thereafter, both players on each side 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 sidewall and with both feet on the floor within the service box from the moment the server begins 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 the serve.

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 cancelling a prior fault serve).

(b) FAULT SERVE. Two fault serves result in a handout.

(c) OUT SERVE. An out serve results in 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 serving 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. (See Rule 4.11.j.)

(b) COURT HINDERS. A serve that hits any part of the court, which under local rules is an obstruction, is a dead-ball serve.

(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 cancelling 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 over the front service line before the served ball passes 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 wall from the time the server begins the service motion until the ball passes the short line. (See Rule 4.7.b.)

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

(c) THREE-WALL SERVE. Any served ball that first hits the front wall and, on the rebound, strikes both side walls before touching the floor.

(d) CEILING SERVE. 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 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) is a long serve and a fault.

(f) OUT-OF-COURT-SERVE. Any served ball that first hits the front 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 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 PROMPTLY. Failure of server to put the ball into play within 10 seconds of the calling of the score by the referee.

(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.

(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. Such a serve is defined as a non-continuous movement of the racquet towards the ball as the server drops the ball for the purpose of serving. 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 contacting the ball twice, carrying, 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. If the served ball hits the crotch of the front wall and floor, front wall and side wall, or front wall and ceiling, it is an out serve (because it did not hit the front wall first). A serve into the crotch of the back wall and the floor is good and in play. A served ball hitting 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. In a match with line judges, the referee may enlist their aid to recall the number of points scored out-of-order.

(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.

(2) On the fly return attempt, the receiver may not strike the ball until the ball breaks the plane of the receiving (5') line. The 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 during the service return, except if the ball is struck after rebounding off the back wall. Any violation by the receiver results in a point for the server.

(b) DEFECTIVE SERVE. 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, 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 may not touch the floor before touching the front wall. (See Rule 4.11.l.)

(d) FAILURE TO RETURN. The failure to return a serve results in a point for the server.

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 (Rule 4.16.).

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

Each legal return after the serve is called a rally. Play during rallies shall be 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. In attempting returns, the ball may be touched or struck only once by a player or team, or the result is a loss of rally. The ball may not be "carried." (A carried ball is one which rests on the racquet in such a way 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's partner.

(6) Committing an avoidable hinder (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 Rule 4.14.a.b.c. result in a loss of rally. If the serving player or team loses the rally, it is an "out" (handout or sideout). 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, but misses the ball, 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, but 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 sidewall 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 sidewall 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 on the serve, or 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.

(2) If a player loses a shoe or other properly worn equipment, the referee shall stop the play if the occurrence interferes with ensuing play or player's safety however, safety permitting, the offensive player is entitled to one opportunity to hit a rally ending shot. (See Rule 4.16.1.)

(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. Play stops when a ball hits any part of the court that was designated as a court hinder or any that takes an irregular bounce off a rough or irregular surface in such a manner as the referee determines affected the rally.

(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 hits an opponent which obviously did not have the velocity or direction to reach the front wall, it is not a hinder, and the player that 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 dead-ball 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, if it is made immediately and is subject to the referee's approval. Note: The interference may be considered an avoidable (point or sideout) hinder. (See Rule 4.16.b.)

(6) **Safety Holdup.** Any player about to execute a return who believes he/she is likely to strike their 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 hold-up 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: The ball obviously skids after striking a wet spot on the court floor or wall.

(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 only hindrances a player may call are specified in 14.15 a, 2.5.6 and 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. Point Hinders (formerly Avoidable Hinders)

A point hinder results in the loss of the rally. A point 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) **STROKEINTERFERENCE** 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 in the wrong direction which prevents an opponent from making an open offensive shot.

(c) **BLOCKING.** Moving 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 manner of disrupting the player who is hitting the ball.

(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, have the responsibility to see that the ball is kept dry at all times. Any wetting of the ball, deliberately or by accident, that is not corrected prior to the beginning of the rally, shall result in a point hinder.

(i) **EQUIPMENT.** The loss of any improperly worn equipment, or equipment not required on court, which interferes with the play of the ball or safety of the players is a point/sideout hinder. Examples include improperly fastened eyewear, loss of hand towel, etc (Rule 4.14.h.)

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 for delay of game.

(b) **INJURY.** If a player is injured during the course of a match as a result of contact with the ball, racquet, opponent, wall or floor, he/she shall be granted an injury timeout. An injured player shall not be allowed more than a total of 15 minutes of rest during the 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. Technicals

(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 judgement, the player is being overtly and deliberately dishonest. The actual invoking of this penalty is called a "Referee's Technical." If the player or team against whom the technical was assessed does not resume play immediately, the referee is empowered to forfeit the match in favor of the opponent(s). Some examples of actions which may result in technicals are:

(1) Prolanly.
(2) Excessive arguing.
(3) Threat of any nature to opponent(s) 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 player(s).

(6) **Delay of game.** either in the form of taking too much time during timeouts and between games, in drying the court, in excessive questioning of the referee on the rules, or in excessive or unnecessary appeals.

(7) Intentional front line foot faults to negate a bad lob serve.

(8) Anything considered to be unsportsmanlike behavior.

(9) Player under age of 19 who fails to wear eyeguards or wear them properly is an automatic technical on the first infraction. (See Rule 2.5.b.)

(10) Failure to wear lensed eyewear designed for racquet sports is an automatic technical on the first infraction.

(b) **TECHNICAL WARNING.** If a player's behavior is not so severe as to warrant a "Referee's Technical," a technical warning may be issued without point deduction.

(c) **EFFECT OF TECHNICAL OR WARNING.** If a referee issues a "Referee's Technical," one point

shall be removed from the offender's score. If a referee issues a technical warning, it shall not result in loss of rally or point and shall be accompanied by a brief explanation of the reason for the warning. The awarding of the technical shall have no effect on service changes or sideouts. If the technical occurs either between games or when the offender has no points, the result will be that the offender's score will revert to minus (-1).

Rule 4.19. Professional

A professional is defined as any player (male, female or junior) who has accepted prize money regardless of the amount in any pro-sanctioned tournament (WPRRA, RMA) or any other association so deemed by the AARA Board of Directors.

(a) A player may participate in a pro-sanctioned tournament which awards cash prizes but will not be considered a professional if no prize money is accepted.

(b) The acceptance by a player of merchandise or travel expenses shall not be considered as prize money, and thus does not jeopardize a player's amateur status.

Rule 4.20. Return of Amateur Status

Any player who has been classified as a professional can recover amateur status by requesting, in writing, this desire to be reclassified as an amateur. This application shall be tendered to the Executive Director of the AARA or his designated representative, and shall become effective immediately as long as the player making application for reinstatement of amateur status has received no money in any tournament, as defined in Rule 4.19, for the past 12 months.

Rule 4.21. Age Group Divisions

Age is determined as of the first day of the tournament.

(a) MEN'S AND WOMEN'S AGE DIVISIONS:

Open: All players other than Pro • Junior Veterans: 19+ • Junior Veterans: 25+ • Veterans: 30+ • Seniors: 35+ • Veteran Seniors: 40+ • Masters: 45+ • Veteran Masters: 50+ • Golden Masters: 55+ • Senior Golden Masters: 60+ • Veteran Golden Masters: 65+ • Advanced Golden Masters: 70+ • Super Golden Masters: 75+

(b) OTHER DIVISIONS: Doubles • Mixed Doubles • Disables

(c) **JUNIOR DIVISIONS:** Age determined as of January 1st of each calendar year. Junior Boy's and Girl's age divisions: 18 & Under • 16 & Under • 14 & Under • 12 & Under • 10 & Under • 8 & Under • 6 & Under Multi-Bounce • Doubles • Mixed Doubles

Rule 4.22. Junior Division Exceptions

(a) **8 & UNDER MULTI-BOUNCE MODIFICATIONS.** After a legal serve, the ball remains in play as long as it is bouncing, though the player may swing only once at the ball. The ball is considered dead at the point it stops bouncing and begins to roll.

(1) During the serve or rally, and after rebounding off the back wall, the ball must be struck before it touches the short line en route to the front wall. The one exception is explained in the Blast Rule.

(2) **Blast Rule.** If the ball caroms from the front wall to the back wall on the fly, the receiver may retrieve the ball from any place on the court—including past the short line—so long as the ball is bouncing.

(3) **Front Wall Lines.** Tape is placed across the front wall one foot from the floor and three feet from the floor. If the ball hits the front wall between the one-foot and three-foot lines during a rally, the ball must be returned before the third bounce. If the ball hits below the one-foot level, it must be returned before the second bounce.

(4) **Matches.** All games in a match are to 11 points.

(b) **MANDATORY LENSED EYEWEAR.** See Rule 2.5.b.

5 — TOURNAMENTS

Information on tournaments is available through the AARA, 815 N. Weber, Suite 101, Colorado Springs, CO 80903, (719) 635-5396.

6 — NATIONAL WHEELCHAIR RACQUETBALL ASSOCIATION

Basically, the rules for wheelchair racquetball are similar to the standard rules with the following exceptions:

Two Bounce Rule: The ball may hit the floor twice before being returned in all divisions except the Multi-Bounce Division.

Complete wheelchair rules are available through the AARA.

7 — HOW TO REFEREE WHEN THERE IS NO REFEREE

Safety is the primary and overriding 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. Any time a player says he held up to avoid contact, even if he was overcautious, he is entitled to hinder (rally replayed without penalty).

Score

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

During Rallies

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 player 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 every 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 setup.

(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 technical calls really 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.

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.

Point Hinders

Since point hindrances are usually not intentional, they do occur even in the friendliest matches. The player who realizes he made such an error should simply award the rally to his opponent. If a player feels his opponent was guilty of a point hinder, and the player did not call it on himself, the offended player should appeal his opponent by pointing out that he thought it was a point hinder. The player may then call it on himself, or disagree, but the call can only be made on yourself. Often, just pointing out what you think is a point hinder, will put the player on notice for future rallies and prevent recurrence.

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 there is not a referee, and a question about a rule or rule interpretation comes up, seek out the club pro or a more experienced player. Then, after the match, contact your state racquetball association for the answer.

This is a condensed version of the Official AARA rules. To order a copy of the complete Official AARA rules, please contact the AARA, 815 North Weber, Suite 101, Colorado Springs, CO 80903, (719) 635-5396.

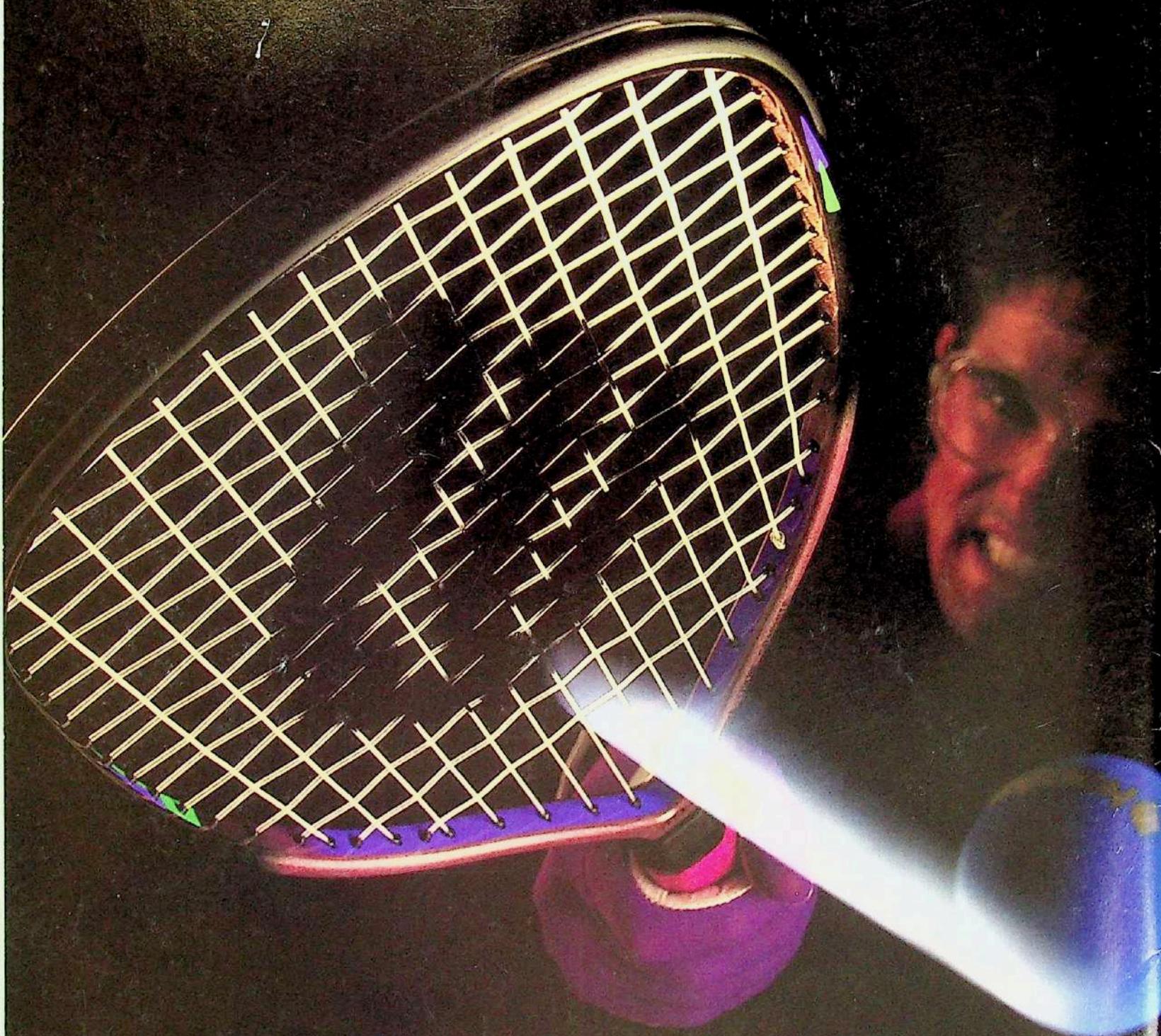


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