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VOLUME 15 NUMBER 6 NOVEMBER - DECEMBER 2004

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- **USAR National Doubles**
- **Rankings Q & A**
- **Tour Coverage**

And More!

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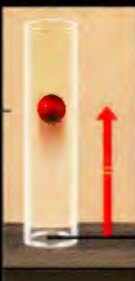
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Mission Statement

USA Racquetball (USAR) is the National Governing Body for the sport of racquetball, recognized by the U.S. Olympic Committee and is committed to excellence and service to our members. We provide opportunities for members and enthusiasts to actively participate in the sport, through sanctioning of events, administration of programs and development of competitive teams.

Vision Statement

To provide racquetball opportunities in the sport of racquetball for all levels of participation through:

Objectives:

- **MEMBERSHIP SUPPORT** - USAR values its members and will strive to provide the best possible member services at all levels.
- **MEMBERSHIP RECRUITMENT** - USAR believes that racquetball is a lifetime endeavor and the benefits of health, recreation, and competition should be available to everyone. USAR will strive to expand its membership in order to share these benefits with as many players and supporters as possible.
- **PROMOTION OF THE SPORT** - in order to sustain a strong player base USAR will promote the numerous benefits of participation through mass marketing efforts.
- **COMPETITIVE SUCCESS** - USAR strives to maintain America's position as the number one racquetball nation in the world. Success at the elite levels has a positive influence on every other facet of our sport.
- **SPONSORS AND SUPPORTERS** - USAR values its relationship with sponsors and will continue to maximize benefits and exposure.

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FEATURES



USAR National Doubles

Jackie Rice and Kim Russell earned their third straight USAR National Doubles title, putting them in a league of their own. Rocky Carson and Jack Huczek earned the title on the men's side of the draw.



Special USAR Official Rules Pullout

Be sure to save this special pullout section of the magazine for the next time you and your playing partner have one of those arguments.

California Men's Ranking		
State Rank	Nat'l Rank	Player
1	1	JASON MARRINO
2	2	ROCKY CARSON III
3	3	MIKE GREEN
4	4	CHRIS CROWTHER
5	11	JOHN ELLIS
6	12	TIM DOYLE
7	20	JOSH TUCKER
8	22	MICHAEL BRONFELD
9	23	ADAM KARP
10	24	ZACK MILLER
11	25	DALE VALENTINE

Rankings Q & A

As the USAR is set to unveil the new ranking system, Executive Director, Jim Hiser, has provided a Q & A for potential questions that may arise.

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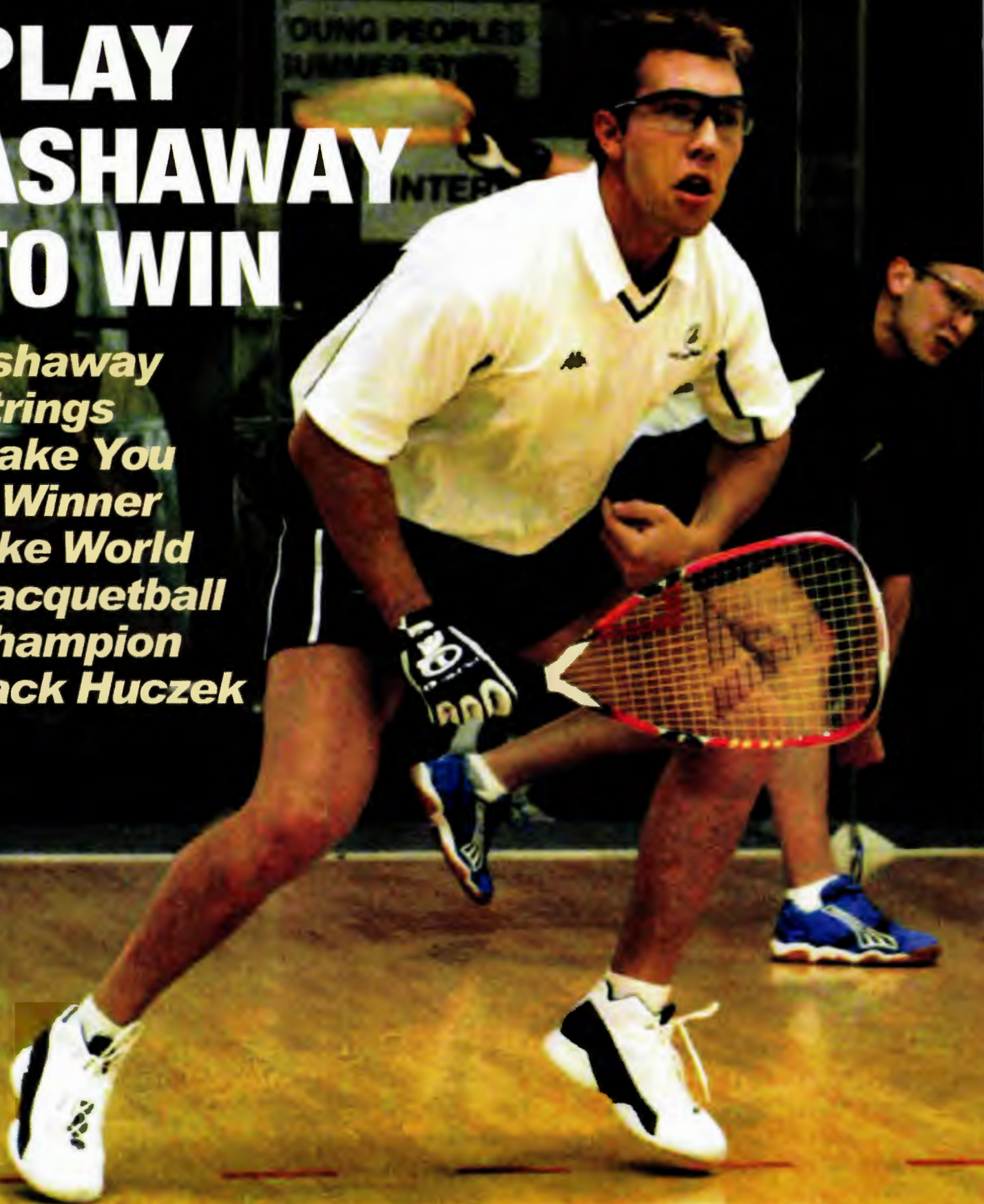
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EDITOR'S NOTE

RYAN JOHN
MANAGING EDITOR

A BIGGER BATTLE

Over 500 competitors vied for the 63 gold medals that were up for grabs at this year's USAR National Doubles Championships. Former U.S. National Team member Malia Bailey was fortunate enough to once again earn one of those gold medals, but it wasn't the lure of gold that drove Malia this year - it was just the opportunity to be on the court. Because Malia had already won the match of her life before the tournament had even started.



Upon discovering a lump in her left breast earlier this year, Malia made an appointment to have it examined by a doctor in March. All preliminary testing pointed more towards the lump being a benign cyst rather than a malignant tumor. So with little concern, Malia made an appointment to have it removed only to find out after its removal that the lump was indeed malignant.

"I have to admit that the first night after I found out that I had cancer was very emotional and very difficult," Malia explained. "But the next morning I woke up and was ready to take care of it."

She approached her battle with the disease in the same manner that earned her 12 U.S. National Team appointments; it wasn't a matter of "if" she would beat the cancer, but "how long would it take?" She immediately set her sights on competing at this year's national doubles championships and was determined to reach that goal.

In March she had a mastectomy and then began chemotherapy treatments in April. Malia, unlike many other patients under chemotherapy, had minimal ill effects from the treatments.

"I was very fortunate because I didn't react like many people did with chemo," she said. "Because I didn't get sick, I was able to live my life like I wanted to."

Not only was Malia able to make her goal of competing at this year's National Doubles Championships, but she earned three medals in doing so. She earned a gold medal in Mixed 40+ with Jimmy Lowe, a silver in Mixed 45+ with Glenn Bell, and another silver in Women's 40+ with Holly Remen.

Even if she wouldn't have earned any medals, Malia would have still been just as happy to be competing again. "This is probably the sweetest year I have ever had at nationals," she said. "Not because I made it to three finals, but because I was able to play and play at that level."

Malia credits her family, husband Jim, daughter Kelani (10), and son Warren (5), as well as her friends and an "overwhelming support from the racquetball community" for keeping her spirits high throughout her ordeal.

As of now it looks as though Malia is in the clear and plans to continue her playing career. "I still need to be tested often over the next five years, but we are very, very, very optimistic that things have been taken care of."



COUNTDOWN

10

years since Tempe last hosted the USAR National Doubles Championships

9

times that Jackie Rice has won the USAR National Doubles Championships

8

hundred plus are expected to compete in the 2004 Choice Hotels US OPEN Racquetball Championships

7

and a half minutes are allotted for injury timeouts in an IRT match. Each player receives two of these timeouts per match.

6

different women have won US OPEN titles (Michelle Gould, Cheryl Gudinas, Rhonda Rajsich, Jackie Rice, Christie Van Hees, and Kerri Wachtel)

5

times that Kim Russell has won the USAR National Doubles Championships

4

different men have won US OPEN titles (Jason Mannino, Sudsy Monchik, Cliff Swain, and Kane Waselenchuk)

3

national championships that Jack Huczek currently holds (Singles, Doubles, and Intercollegiates)

2

point margin is needed to win a game in both IRT and LPRA rules. Only a one-point margin is needed in USAR matches

1

first time that the IRF World Junior Championships will be held outside of the U.S. when they take place this December in San Luis Potosi, Mexico

PLAYERS HELPING PLAYERS

By **RANDY STAFFORD, PRESIDENT, USAR BOARD OF DIRECTORS**



As we near the end of the calendar year, it becomes one of the better times to finalize our charitable giving. One of the best ways to give is by supporting an organization that represents something that you truly love. Please consider including USA Racquetball in your list of charitable donations.

As you can see in our newly revamped incentives list, we have made it very advantageous for you to support racquetball. What would be a better Christmas gift for yourself or someone else than

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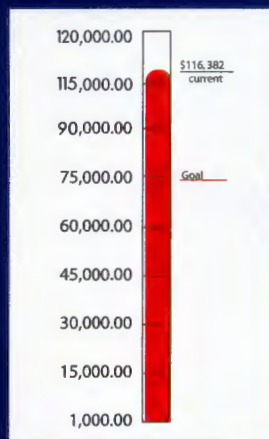
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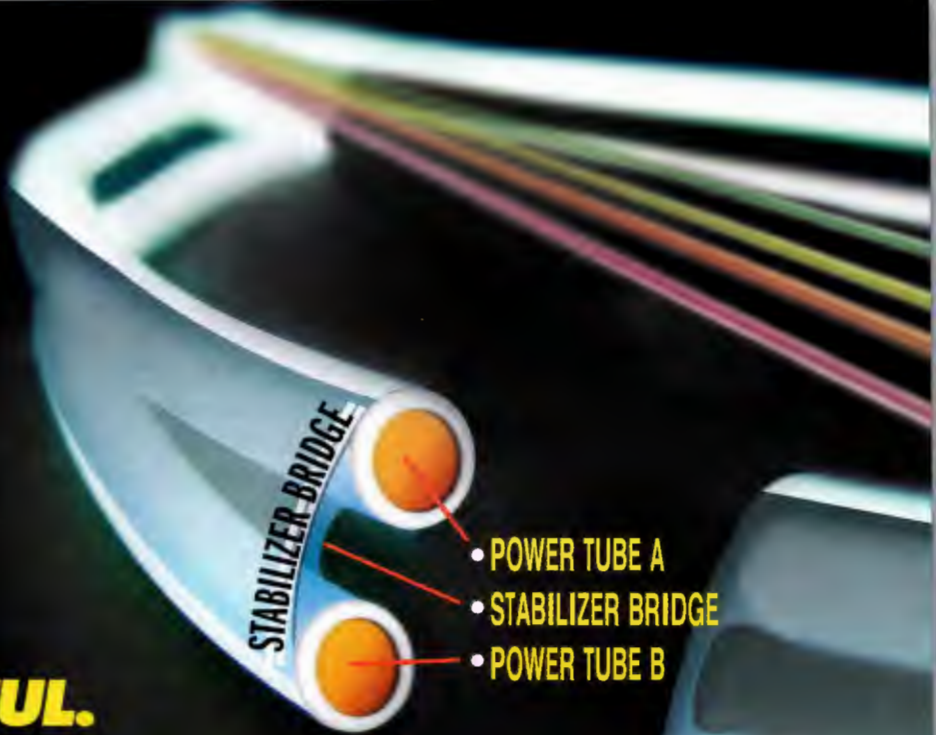


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JACKIE RICE & KIM RUSSELL

Successfully Three-Peat as National Doubles Champions

By RYAN JOHN • PHOTOS BY GEOFF THOMSEN

Jackie Rice and Kim Russell accomplished what no other team, male or female, has ever accomplished before - three straight USAR National Doubles Championships. There have been several teams that have won two straight championships, most of which included Jackie. There have even been a few individual players that have won three in a row with different partners, one of those being Kim. But there has never been a "team" that has completed the three-peat, until now.

Before they became a team, Jackie and Kim had already established themselves as two of the best doubles players around. Jackie had previously won six national doubles titles with partners Laura Fenton (2000), Michelle Gould (1990, '91) and her sister Joy MacKenzie (1994, '97, '98). She had also been a four time IRF World Doubles Champion, pairing up with Fenton (1994), Malia Bailey (1990), and her sister (1996, '98).

Kim was coming off an IRF World Doubles title with Kersten Hallander (2000) and had won two USAR National Doubles titles with Robin Levine (1999) and Cheryl Gudinas (2001). Kim actually has now won an unprecedented four straight doubles going back to her win with Gudinas the year before she joined ranks with Jackie.

"The bad thing is that I will never be able to pass her," Kim laughed. "But I do have more in a row than her."

Jackie and Kim first paired up to play doubles for the U.S. at the 1991 PARC Tournament of the Americas, in Santiago, Chile. They won the event, but went their separate ways afterwards until they were again teamed together to compete for the U.S. at the 2002 IRF World Championships. This time after winning the event, they decided to stick together.

"Right after we played together at the Worlds in 2002 we decided that we would partner up," Kim explained. "We just liked the chemistry that was between us."

"We were just talking afterwards and thought that we would make a good doubles team to play at Nationals," Jackie confirmed, perhaps in an understatement.

They arrived in Minneapolis as the top seeds in 2002 and lived up to their billing, defeating Laura Fenton and Rhonda Rajsich in the final. They then went on to win the 2003 PARC Pan American Championships before suffering their only loss as a team in the final of the 2003 Pan American Games to Mexico's Susy Acosta and Rosy Torres.



Although the loss to Mexico may be considered one of the biggest upsets in racquetball, those that saw it as a chink in Jackie and Kim's armor were wrong. The pair bounced back to win their second USAR National Doubles Championship and earn the women's doubles position for the IRF World Championships. They took to the courts in Korea playing like the defending champions that there were. Fittingly, they met Acosta and Torres in the final and were able to score a bit of sweet revenge by earning their second straight world title.

That brought them to Tempe where they made history with their third straight title. Now the debates are sure to start as to where they fit in the scheme of "Greatest Team Ever."

"I think Jackie, without question, is the best women's doubles player ever," said Jim Hiser, USAR Executive Director. "Together they rank as one of the best women's doubles teams ever. The only other comparable team was Jackie and her sister."

Jackie and Kim didn't want to comment on where they feel they rank among the greatest teams, but they do know that their accomplishment can stand alone.

"I think it's unbelievable. It's an amazing accomplishment," Jackie said. "To win one national championship, no matter what level it is, is an incredible feat. To win three is astonishing."

"I think it's awesome," Kim agreed. "It's a great accomplishment, especially when you know that people are gunning for you."

So what makes Jackie and Kim so good?

"Jackie is very athletic, covers the court well, and keeps a lot of balls in play," explained Hiser, "Kim shoots the ball well from the forehand side and is very consistent. They also use very good service selection."

Whereas Hiser credits their strategy and skills, Jackie and Kim give more credit to their camaraderie and communication.

"In all honesty I think it is our communication. That's the biggest key," Kim said of the key to their success. "Whether we think negatively or positively about what the other is doing, we aren't afraid to say it. You have to be able to do that."

"We are cohesive both on the court and off the court and I think that is important," Jackie added. "We also understand each others game styles."

With Jackie living in California and Kim in Texas, we wondered how often they were able to get together to train. The answer, quite surprisingly, was never. Of course each train on their own, but because of distance and other priorities, Jackie and Kim only get together at the tournaments they compete in. According to the players, and their results, there is no need to.

"We really don't need to train together because we are both experienced and qualified as doubles players. There's a lot to be said for experience," Kim said. "We always pick up right where we left off. It's pretty smooth."

Jackie agreed with Kim's assessment, "We go over the different teams that we are going to play and go over our mental notes on the players, but we pretty much just groove together."

"At this point, I know exactly where she is and what shot she is going to hit without even seeing where she is," Kim added.

So with three national doubles titles and two world titles together as a team, how long will Jackie and Kim continue to play together? Their fans should be glad to know that they don't plan on discontinuing their relationship anytime soon.

"We talked about playing until we can't play anymore," Jackie said. "I hope I can play for another five to ten years."

"We are going to play together until we retire and that's going to be a long time," Kim said. "We plan on being on the national team for as long as we can."

Jackie & Kim's Doubles Resume

A quick look at the major doubles titles that Jackie and Kim have earned throughout their careers.

	Jackie	Kim	Combined
USAR National Doubles	9	6	15
IRF World Doubles	6	3	9
PARC Pan American Championships	5	1	6
Pan American Games	2	0	2

U S A R A C Q U E T B A L L *National Doubles* **CHAMPIONSHIPS**

The 2004 37th USA Racquetball National Doubles Championships presented by Penn Racquet Sports took place September 29-October 3 on the beautiful Arizona State University campus in Tempe, Arizona. Over 500 competitors from across the country made the trek to compete in divisions separated by age, skill, and age/skill with the hopes of becoming a National Champion. As always, the marquee events were the men's and women's Open divisions where one-year appointments to the U.S. National Racquetball team were at stake for the finalists in each.

THE MEN'S DRAW

The men's draw went as scripted through the round of sixteen before the unthinkable happened in the quarterfinals - three of the top four seeds were eliminated on the same day.

Last year's runner-ups Mike Dennison and Shane Vanderson had just won the IRF World Doubles Championships and had earned the top seed at this year's event. They cruised through their first round match, but then ran into the California duo of Jonathan Dunn and Greg Solis, who weren't intimidated by the task at hand.

"We didn't think about that heading in," Solis said of facing the top seeds. "I know that Shane is awesome and Mike is just as good. You have to go in there and bring it or go home."

Dunn and Solis struck first by squeaking out a first game win, 15-14, capitalizing on mistakes by Dennison and Vanderson with savvy shot making and great court coverage. Dennison and Vanderson drastically cut down on their unforced errors in the second game and seemed to right the ship, winning easily, 15-4.

The tiebreaker was contested much like the first as the teams stayed close throughout. Again, timely shot making by Dunn and Solis, put pressure on Dennison and Vanderson, who kept it close, but were unable to sustain any momentum. Dunn and Solis advanced to the semifinals with an 11-9 upset of the World champs.

Earlier in the day, three-time USAR National Doubles champions Ruben Gonzalez and Mike Guidry, seeded second, fell to No.7 Chris Crowther and Josh Tucker in a match that ended in controversy.

After splitting the first two games, Crowther and Tucker took a 9-0 lead in the tiebreaker. Gonzalez and Guidry battled back to tie the score at 10-10, surviving several match-points along the way. Then, with Crowther and



ALL PHOTOS BY GEOFF THOMPSON



Tucker serving, a penalty hinder was called, which awarded the final point to Crowther and Tucker. Gonzalez and Guidry appealed to the line judges, but the call stood. There were mixed opinions on the call throughout the crowd, many of which were voiced loudly.

Crowther, who grew up idolizing Gonzalez and Guidry, was happy to escape with the win, especially after nearly giving up their huge lead in the tiebreaker.

"We felt comfortable with our lead, but we knew that we had to stay focused for the entire match and close it out," he said. "They both (Gonzalez and Guidry) are class acts and to beat them...I never imagined that growing up."

The third upset, although minor, came when No.5 Jason Thoerner and Mitch Williams ousted No.4 Doug Ganim and Jeff Bell in yet another match that went tiebreaker. Ganim and Bell won the first game, 15-9, only to have Thoerner and Williams even things up in the second with their own 15-9 victory. The tiebreaker was close in score, but was mainly controlled by Thoerner and Williams who earned an 11-7 win to advance into the semifinals.

Also winning were No.3 Rocky Carson and Jack Huczek, who defeated No.6 Jimmy Lowe and Jeff Stark in straight games, 15-9, 15-4. Even though they were seeded third, Carson and Huczek were many people's pick to win the championship. They seemed to be firing on all cylinders as they earned their way into the semifinals.

THE SEMIFINALS

After the excitement of the quarterfinals, the semifinals seemed anticlimactic with both matches being decided in straight games. Huczek and Carson dispatched of Crowther and Tucker, although it was the first time that they had given up double-digits in a game. Huczek led the way with crisp shots and even more impressive retrievals.

"If he could get to the ball then I ran from it," Carson joked after the match regarding his Huczek's play. "We feel focused, confident, and we are executing very well."

Thoerner and Williams ended Dunn and Solis' run in impressive fashion, 15-4, 15-4. Williams flew around the court with reckless abandon, getting ball after ball that seemed out of reach. Thoerner's frontcourt play also played a factor and they appeared to keep Dunn and Solis off balance for the entire match.

"We probably brought our best games today and had very few errors," Williams said after the match. "Hopefully we can bring that type of performance on the court tomorrow."

THE FINAL

Some thought the final between Carson and Huczek and Thoerner and Williams was a mismatch with Carson and Huczek having the upper hand. It seemed to be the case as Carson and Huczek took the first game 15-9, but Thoerner and Williams showed that they came to play in the second. They took a 14-10 lead and the match appeared to be headed to a tiebreaker. Carson and Huczek were able to keep their cool, however, and stayed off six game points before closing out the game, and the match, themselves, 15-14.

"They always impress me," Carson said after the match. "They didn't get in the final because they were kind of good; they got here because they are really really good."



THE WOMEN'S DRAW

Besides a few "rat tails" in the round of 16, the women's draw began in the quarterfinals. Two-time defending champions and top seeds Jackie Rice and Kim Russell advanced in straight games over Krystal Csuk and Diane Moore. Rice and Russell won the first game easily, 15-2, then outlasted Csuk and Moore in the second, 15-11.

No.2 Kersten Hallander and Janelle Tisinger however were tested a bit more by the current girl's 18- World and National doubles champions Adrienne Fisher and Jesi Fuller. Hallander and Tisinger won the first game, 15-11, but found themselves quickly down 7-0 in the second. They battled back to tie things up at 12-12 before Fisher and Fuller closed out the game, 15-13, to force a tiebreaker. The tiebreaker belonged to Hallander and Tisinger and they won going away, 11-3.

Cheryl Gudinas and Kristen Walsh had earned the third seed and found themselves up against No.6 Mary Lyons and Susan Pfahler in the first round for the third year in a row. Lyons and Pfahler won the first match-up between the teams two years ago, but Gudinas and Walsh have now won the last two including a 15-4, 15-4 win this year.

The newly formed team of Laura Fenton and Amy Ruiz made quick work of another new team, No.5 Rhonda Rajsich and Jo Shattuck, 15-3, 15-2, who appeared much better on paper than they did on the court. Fenton has captured one World and two National doubles titles and Ruiz had won two straight (three including this year) Mixed Open National doubles titles. Although it was their first national championship together as a team, they seemed to gel together and controlled the match throughout.

DOUBLE GOLD MEDAL WINNERS

Every year there seems to be a few players that stand out by having an exceptional tournament in which they win not just one, but two or even three gold medals. This year there was no one able to complete the trifecta, but there were several players that were able to double-up on their gold medal fun in Tempe.

Carmen Felicetti
Kelley Fisher
Andrew Goldman
Lisa Hjelm
Merijean Kelley
Christina Noe
Susan Pfahler
Vivian Rodriguez
Tammarrian Rogers
Kim Wilkerson
Cyn Wiswell

Men's 60+ (w/ Lee Graff)
Women's Elite (w/ Jesi Fuller)
Men's A (w/ Robert Morgan)
Women's 35+ (w/ Kari McDonough)
Women's 60+ (w/ Nidia Funes)
Women's C (w/ Cyn Wiswell)
Women's 45+ (w/ Mary Lyons)
Women's A (w/ Tammarrian Rogers)
Women's A (w/ Vivian Rodriguez)
Mixed Elite (w/ Jamie Sumner)
Women's C (w/ Christina Noe)

Men's 65+ (w/ Charles Gunn)
Women's 24- (w/ Adrienne Fisher)
Mixed A (w/ Renee Fish)
Mixed 35+ (w/ Mark Nomura)
Mixed 55+ (w/ Mike Pawka)
Women's 25+ B (w/ Cyn Wiswell)
Mixed 45+ (w/ Gordon Kirkland)
Women's 30+ (w/ Tammarrian Rogers)
Women's 30+ (w/ Vivian Rodriguez)
Mixed 25+ (w/ Jason Samora)
Women's 25+ B (w/ Christina Noe)

THE SEMIFINALS

Hallander and Tisinger faced Gudinas and Walsh in a rematch of last year's semifinal. Hallander and Tisinger were straight game winners a year ago and looked to repeat the performance. Gudinas and Walsh, however, have spent much training time with each other in the past year and had other plans.

With a 15-7 win in the first, Gudinas and Walsh put the pressure on Hallander and Tisinger, who responded in the second with a 15-4 win. The tiebreaker was another lopsided affair with Gudinas and Walsh coming out on top, 11-3.

"We feel more confident as a team this year because we have played more together," Walsh said. "There is more chemistry between us as a team."

Rice and Russell continued to matriculate through the draw with another straight game win, but they were tested by Fenton and Ruiz. Court coverage and communication seemed to be the key as Rice and Russell advanced, 15-9, 15-12. They were able to convert the opportunities that were presented to them and were now just one match away from setting the record for most consecutive doubles titles by a team.

Although they had yet to be taken to a tiebreaker and seemed to be cruising along, Rice and Russell weren't ready to rest on their laurels.

"The tournament is not over; we still have one more match to play," Russell said. "We're going to keep connecting and feeding off each other."

THE FINAL

The women's final was filled with controversy as the players jockeyed for position on the court resulting in accusations and long discussions with the referee. Not to be lost in all of the antics was the fact that a close match that went to a tiebreaker took place.

Gudinas and Walsh won the first game 15-13, only to drop the second 15-9. Both teams seemed determined and focused as they headed into the tiebreaker. Russell, who was unimpressed with her own play throughout the match, received some advice from her fiancé Kane Waselenchuk.

"Kane told me that it takes a true champion to win when you aren't playing your best," she said. "That really just stuck with me through the match."

The tiebreaker was again close, both in score and player proximity, with Rice and Russell pulling ahead in the end for an 11-7 win and their third straight National doubles title.



WHAT A VENUE!



JEFFBRICKER

USA Racquetball was lucky enough to secure the Arizona State University Student Recreation Center for his year's National Doubles Championships. Competitors in the event were greeted to a first rate facility, which includes 13 racquetball courts with glass back walls in addition to the championship court that features sidewall/backwall glass with stadium seating.

Jeff Bricker, Program Coordinator for the facility, welcomes racquetball tournaments to the campus and feels that it is an added bonus to the students that attend class at ASU.

"It's exciting for the students because they get to see the top level of competition," he said. "We've had some of the best racquetball players in the world compete here at our facility."

In addition to this year's National Doubles Championships, the recreation center has recently hosted other racquetball events including the USAR Intercollegiate Championships, the Legends Tour and LPRA Tour Pro Nationals, and several smaller events.

A few of the other amenities that are available at the 135,000 sq/ft facility are a million gallon outdoor swimming pool, 9,000 sq/ft weight room, 14 tennis courts, three basketball gyms, three group fitness gyms, and four sand volleyball courts. Outside, the facility is surrounded by several sports fields that were constantly bustling with activity.

Bricker hinted that the recreation center was open to the idea of having other marquee events take place there in the near future.

"The exposure to the campus and our facility is great," he said. "Our main purpose is to serve the students and I think that it is exciting for them and they are appreciative of the competitions."

The response from those that competed in the event was overwhelmingly appreciative so perhaps we will be seeing more events take place at the facility very soon.

2004 USA Racquetball National Doubles Championships

presented by Penn Racquet Sports



FINAL RESULTS

OPEN U.S. TEAM QUALIFIERS

Men's Open: Rocky Carson (Laguna Nigel, Calif.)/Jack Huczek (Rochester, Mich.) def. Jason Thoerner (Canton, Ga.)/Mitch Williams (Raleigh, N.C.) 15-9; 15-4
Women's Open: Jackie Rice (Ramona, Calif.)/Kim Russell (Austin, Texas) def. Cheryl Gudinas (Lisle, Ill.)/Kristen Walsh (Salt Lake City, Utah) 13-15; 15-9; 11-8

MEN'S DOUBLES

Men's Elite: Kevin Buehler (Shawnee, Kan.)/Dan Pflaster (Olathe, Kan.) def. Jeremy Hammond (Chandler, Ariz.)/Damian Zamorano (Tempe, Ariz.) 15-12; 15-10
Men's A: Andrew Goldman (Belleair, Fla.)/Robert Morgan (Clearwater, Fla.) def. Dan Pischke (Kenmore, Wash.)/Dean Selmer (Kirkland, Wash.) 15-8; 15-10
Men's B: Francisco Camarena (Encinitas, Calif.)/Jose Islas (Encinitas, Calif.) def. Steve Clark (Lansing, Mich.)/William Wolcott (Lansing, Mich.) 15-8; 15-11
Men's 24-: Michael L. Harmon (Sarasota, Fla.)/Matthew R. McElhiney (Bradenton, Fla.) def. Dan Sheppick (Milwaukie, Ore.)/Charlie Pratt (Portland, Ore.) 15-9; 15-11
Men's 25+: Jonathan C. Dunn (Palmdale, Calif.)/Greg Solis (Orange, Calif.) def. Jason Thoerner (Canton, Ga.)/Jason Bernerth (Alpharetta, Ga.) (ns)
Men's 30+: Mike Guidry (Carrollton, Texas)/Gregg Peck (Coppell, Texas) def. Tom Fuhrmann (Tucson, Ariz.)/Rob DeJesus (Gilbert, Ariz.) 15-12; 15-2
Men's 35+: Doug Ganim (Westerville, Ohio)/Jeff Bell (Tucson, Ariz.) def. Marty Hogan (Chesterfield, Mo.)/Woody Clouse (Littleton, Colo.) 9-15; 15-5; 11-9
Men's 40+: Scott Cullins (Woodstock, Ga.)/Scot Consoli (Orlando, Fla.) def. Gordon Kirkland (Orlando, Fla.)/Tim Hansen (Greenacres, Fla.) 15-10; 15-10
Men's 45+: Russ Bonanno (North Massapeque, N.Y.)/John Peterson (Huntington, N.Y.) def. Tom Travers (Westlake, Ohio)/David Azuma (Lake Oswego, Ore.) 6-15; 15-12; 11-3
Men's 50+: Tom Travers (Westlake, Ohio)/David Azuma (Lake Oswego, Ore.) def. Rick Howick (Sumner, Wash.)/Samuel C. Smith (Lakewood, Wash.) 15-3; 15-10
Men's 55+: Jim Bailey (Norfolk, Va.)/Eric Barkey (Foster City, Calif.) def. Ron Combs (Laguna Hills, Calif.)/RO Carson (Santa Maria, Calif.) 15-8; 15-14
Men's 60+: Lee Graff (Bend, Ore.)/Carmen Felicetti (Bloomington, Ind.) def. Glenn Allen (Virginia Beach, Va.)/Jon Walker (Phoenix, Ariz.) 15-8; 15-8
Men's 65+: Charles Gunn (New Castle, Ind.)/Carmen Felicetti (Bloomington, Ind.) def. Ronald McElwee (Huntsville, Ala.)/Ronald Adams (Camarillo, Calif.) 15-1; 7-15; 11-8
Men's 70+: Paul Banales (Phoenix, Ariz.)/Kenneth Moore (Granite Bay, Calif.) unchallenged
Men's 75+: Harold Hiles (Stillwater, Minn.)/Joe Lambert (Plano, Texas) unchallenged

WOMEN'S DOUBLES

Women's Elite: Kelley Fisher (Centerville, Ohio)/Jesi Fuller (Albuquerque, N.M.) def. Marsha Kazarosian (Haverhill, Mass.)/Janet Kurucz (North Kingstown, R.I.) 15-4; 15-9
Women's A: Vivian Rodriguez (Olympia, Wash.)/Tammarran Rogers (Renton, Wash.) def. Tina Joslin (Arlington, Texas)/Laura Lee (Gilbert, Ariz.) 15-6; 15-9
Women's B: Cheryl Kirk (Naperville, Ill.)/Lynne Weisbart (Highland Park, Ill.) def. Meredith Wilkes (Pepper Pike, Ohio)/Kelly Wood (Akron, Ohio) 15-8; 15-6
Women's C: Christina Noe (San Diego, Calif.)/Cyn Wiswell (Tacoma, Wash.) def. Richelle Kulju (Tacoma, Wash.)/Sandy Poling (Federal Way, Wash.) 15-9; 15-6
Women's 24-: Adrienne Fisher (Tuscaloosa, Ala.)/Kelley Fisher (Centerville, Ohio) unchallenged
Women's 25+: Jill Trachsel (St. Louis Park, Minn.)/Jamie Trachsel (Fargo, N.D.) unchallenged
Women's 30+: Vivian Rodriguez (Olympia, Wash.)/Tammarran Rogers (Renton, Wash.) def. Jean Trimble (Orlando, Fla.)/Cari Kresa (Dania Beach, Fla.) 15-9; 15-6
Women's 35+: Kari McDonough (Carmichael, Calif.)/Lisa Hjelm (Carmichael, Calif.) def. Karin Sobotta (Kennewick, Wash.)/Lorraine Galloway (Jamaica Estates, N.Y.) 15-9; 15-8
Women's 40+: Debra Tisinger (Simi, Calif.)/Kersten Hallander (San Diego, Calif.) def. Malia Bailey (Norfolk, Va.)/Holly Remen (Apex, N.C.) 15-7; 15-13
Women's 45+: Susan Pfahler (Neptune Beach, Fla.)/Mary Lyons (Neptune Beach, Fla.) def. Elaine Dexter (Pleasanton, Calif.)/Linda J. Moore (Madison, Neb.) 15-8; 15-5
Women's 50+: Karen Bouchard (Dunedin, Fla.)/Meena Evans (Advance, N.C.) def. Debbie Chaney (Indianapolis, Ind.)/Brenda White (Dunlap, Ill.) 15-13; 15-1
Women's 55+: JoAnn Johnson (Bellingham, Wash.)/Terry Rogers (San Mateo, Calif.) def. Judy Buckeye (Erie, Pa.)/Diane LaCastro (Erie, Pa.) 15-4; 15-11
Women's 60+: Nidia Funes (Novato, Calif.)/Merjean Kelley (Palo Alto, Calif.) def. Marquita Molina (Wasco, Calif.)/CeCe Palaski (Taso, N.M.) 15-1; 15-7

MIXED DOUBLES

Mixed Open: Aimee Ruiz (Stirling, N.J.)/Jason Thoerner (Canton, Ga.) def. Michael Harmon (Sarasota, Fla.)/Kristen Walsh (Salt Lake City, Utah) 9-15; 15-14; 11-9
Mixed Elite: Jamie Sumner (Portland, Ore.)/Kim Wilkerson (Portland, Ore.) def. Keely Franks (Dallas, Texas)/Jeremy Hammond (Chandler, Ariz.) 15-7; 15-7
Mixed A: Renee Fish (Dunedin, Fla.)/Andrew Goldman (Belleair, Fla.) def. Melody Butler (Palm Harbor, Fla.)/Robert Morgan (Clearwater, Fla.) (ns)
Mixed B: Sue Goodwin (Tujunania, Calif.)/Khachik Saakian (Tujunania, Calif.) def. Joel Matautia (Fife, Wash.)/Cyn Wiswell (Tacoma, Wash.) 14-15; 15-3; 11-7
Mixed C: Cathy Bremmer (Pittsburgh, Pa.)/James Walmsley (Pittsburgh, Pa.) def. Mike Lippitt (Danville, Calif.)/Bette Miller (Henderson, Nev.) 15-11; 11-15; 11-2
Mixed 25+: Kim Wilkerson (Portland Ore.)/Jason Samora (Sacramento, Calif.) def. Jody Nance (Stockton, Calif.)/Brian Klee (Dublin, Calif.) 15-10; 12-15; 11-7
Mixed 30+: John Amatulli (St. John, Ind.)/Diane Moore (Griffith, Ind.) def. Debra Bryant (Sneads Ferry, N.C.)/David Day (Summerfield, N.C.) 15-6; 15-5
Mixed 35+: Lisa Hjelm (Carmichael, Calif.)/Mark Nomura (Fremont, Calif.) def. B.J. Ehrigott-Haab (Madison, Conn.)/Jeff Stark (Olympia, Wash.) 15-11; 15-11
Mixed 40+: Malia Bailey (Norfolk, Va.)/Jimmy Lowe (Fairbanks, Alaska) def. Troy Stallings (Sioux Falls, S.D.)/Debra Tisinger (Simi, Calif.) 15-2; 15-14
Mixed 45+: Susan Pfahler (Neptune Beach, Fla.)/Gordon Kirkland (Orlando, Fla.) def. Glenn Bell (Nederland, Texas)/Malia Bailey (Norfolk, Va.) 15-12; 15-8
Mixed 50+: Thomas Rall (Chandler, Ariz.)/Karen Key (Gilbert, Ariz.) def. Mark Baron (Herndon, Va.)/Meena Evans (Advance, N.C.) 8-15; 15-8; 11-4
Mixed 55+: Mike Pawka (San Diego, Calif.)/Merjean Kelley (Palo Alto, Calif.) def. Ed Remen (Apex, N.C.)/Diane LaCastro (Erie, Pa.) 15-11; 15-14
Mixed 60+: Ronald Adams (Camarillo, Calif.)/Joy DeSantis (Oak Park, Calif.) def. Michael Arnolt (Indianapolis, Ind.)/Marquita Molina (Wasco, Calif.) 15-8; 15-10

AGE + SKILL DIVISIONS

Men's 24-B: Patrick Thorne (Broadway, N.C.)/Mike Peckinpugh (Moreno Valley, Calif.) unchallenged
Men's 25+A: Andrew Goldman (Belleair, Fla.)/Preston Tribble (Tempe, Ariz.) def. Andy Kulback (Maineville, Ohio)/Eric Jubin (Missouri City, Texas) 15-10; 15-6
Men's 25-B: Larry Hicks (Vine Grove, Ky.)/Jason Hicks (Vine Grove, Ky.) def. Dave Fellows (Goodyear, Ariz.)/David Piper (Goodyear, Ariz.) 15-14; 15-6; 11-8
Men's 25+C: Ed Dutton (Goodyear, Ariz.)/Tavo Garcia (Goodyear, Ariz.) unchallenged
Men's 35+A: Paul Whitten (Rocklin, Calif.)/Clinton Imholte (Sierra Vista, Ariz.) def. David Barnes (Warwick, R.I.)/Ben Mendoza (Foster, R.I.) 15-12; 15-10
Men's 35+B: William Wolcott (Lansing, Mich.)/Steve Clark (Lansing, Mich.) def. Ronald Harris (Killeen, Texas)/Benjie Osborne (Killeen, Texas) 15-8; 15-9
Men's 35+C: Mike Easthope (Harrison Twp., Mich.)/John Wilson (Chesterfield, Twp., Mich.) unchallenged
Men's 45+A: David Orgeta (Stockton, Calif.)/Bert Castelanelli (Lodi, Calif.) def. Charles Hauser (Wilmington, N.C.)/David Young (Wilmington, N.C.) 15-11; 15-10
Men's 45+B: Garry Carter (Napa, Calif.)/Saufoi Leutele (Sierra Vista, Ariz.) def. Bruce Adams (Tulsa, Okla.)/Dave Peckinpugh (Moreno Valley, Calif.) 15-4; 11-15; 11-6
Men's 45+C: Edward Wender (Baltimore, Md.)/Ralph Difelice (Owingsmill, Md.) unchallenged
Men's 55+A: Thomas Lundy (Tucson, Ariz.)/Jim Vergaeghe (Tucson, Ariz.) def. Daniel Takahashi (Las Vegas, Nev.)/Jim Anderson (Las Vegas, Nev.) 15-12; 4-15; 11-6
Men's 55+B: Bo Moore (Vandalia, Ohio)/Tom O'Reilly (Phoenix, Ariz.) def. Ronnie De Hays (Tipp City, Ohio)/Paul Baron (Cincinnati, Ohio) 12-15; 15-4; 11-5
Men's 55+C: Ronald Maestas (Las Vegas, N.M.)/Lloyd Ferran (Chinayo, N.M.) unchallenged
Women's 25+A: Clarie Kruse (Rochester Hills, Mich.)/Sandy White (Warren, Mich.) unchallenged
Women's 25+B: Cyn Wiswell (Tacoma, Wash.)/Christina Noe (San Diego, Calif.) def. Cathy Bremmer (Pittsburgh, Pa.)/Carla Phillips (Natrana, Pa.) 15-3; 15-13
Women's 25+C: Jan Stelma (New Bern, N.C.)/Lisa Winstead (New Bern, N.C.) unchallenged
Women's 35+A: Renee Fish (Dunedin, Fla.)/Melody Butler (Palm Harbor, Fla.) def. Mary Bennett (Shoreline, Wash.)/Katy Wood (Sitka, Alaska) 15-13; 15-11
Women's 45+A: Carmen Alatorre-Martin (Arlington, Va.)/Regina Bouie (Reston, Va.) def. Kathleen Trotter (Sarasota, Fla.)/Nancy Large (Napa, Calif.) 15-4; 15-6
Women's 45+B: Diana Easthope (Harrison Twp, Mich.)/Debbie Wilson (Chesterfield, Mich.) def. Bette Miller (Henderson, Nev.)/Valerie Cohen (Aurora, Colo.) 15-4; 9-15; 11-4
Women's 55+A: Judy Buckeye (Eria, Pa.)/Bette Miller (Henderson, Nev.) def. Gail Schaefer (Randallstown, Md.)/Joy DeSantis (Oak Park, Calif.) 5-11; 15-13; 11-5



The second IRT stop of the season featured something that we might not see for the rest of the season - neither Jack Huczek or Kane Waselenchuk made it through to the final. Huczek was the first to fall when he met up with Alvaro Beltran in the quarterfinals. Huczek took the first game, 11-5, but it was all Beltran after that as he took the next three games, 11-8, 11-3, 11-6.

Waselenchuk was the next to fall, although it didn't seem like a possibility after his first game with Swain in the semifinals. Points were hard to come by for each player at the beginning of the game until Waselenchuk began blistering z-serves to Swain's backhand. Waselenchuk takes game one, 11-3, and appeared to be headed to the final.

Swain had other ideas, however, and stepped up his game in the second. He had an answer for everything that Waselenchuk threw at him and slowly built a 10-5 lead. Waselenchuk hit an amazing backhand for side out, but an incredible diving get and a shoulder high backhand kill later, Swain tied the match at a game apiece, 11-5.

Swain continued his momentum into the fifth by taking advantage of a string of skips by Waselenchuk. After a few pinch shots into the left corner, Swain found himself up 8-0. Waselenchuk took an injury timeout at that point after appearing to pull a muscle in his right leg. He came back to the court with a noticeable limp and Swain easily finished off the game, 11-0. Before the fourth game began, Waselenchuk informed the referee that he was unable to continue and Swain found himself in the final.

The other semifinal pitted Jason Mannino and Beltran in a match that brought the crowd to its feet on several occasions.

Beltran continued to play well after his win over Huczek and was able to take advantage of untimely skips by Mannino. The result was an 11-5 first game win for Beltran.

Beltran's backhand was on fire in the second game as he built an early lead before Mannino knotted things up at 5-5 with some impressive crosscourt passes. After a few side outs, Beltran was able to score points on forehand rollouts to take the lead. He never looked back after that and went up two games to none, 11-7.

The third game began much like the first two with each player struggling to score points. Mannino seemed a little frustrated as he tried to figure out a way to keep Beltran out of the box. He found the answer in the form of down the line and crosscourt passing shots. Beltran also began to leave up his backhand, which he was burying in the first two games. Mannino finished the third game strong, putting himself back into the match with an 11-6 victory.

It looked as though Beltran would run away with the fourth game after going up early 8-3 and then 10-5. Mannino chipped away at the lead, surviving several match points along the way. He was able to pull within a point before Beltran closed out the match by cracking the last point.

Swain began the final against Beltran by shooting a 39' overhead pinch for a winner, showing that he came to play. Beltran also seemed to be in a competitive mindset, far from his normal calm demeanor that he usually possesses. The first game was nonstop action as both players were shooting, diving, and playing well. Swain was able to escape with a win, 12-10, to take the first game.

The second game was much different than the first in that there seemed to be more controversy than action. Swain jumped out to a 4-0 lead, but then two calls led to argument. One of the disagreements was whether or not a Beltran kill had glanced Swain on its way to the front wall. The other came after Beltran took Swain off of his feet on a diving get that took away Swain's chance at a re-kill. Both rallies were played over, much to the distaste of the players. Swain, however, continued to rack up points and took a two game lead, 11-3.

Beltran slowed the pace of the game in the third to try and change things up. The strategy seemed to work as he pulled away for an 8-4 lead. Swain attempted a run, pulling within two points, but an amazing between the legs shot by Beltran squashed any comeback attempt. Beltran stayed alive in the match by winning, 11-6.

Led by his trademark drive serve, Swain rebounded in the fourth, building a 9-2 lead. Another ace serve gave him match point, 10-2. Beltran was able to earn a side out and score another point, but it wasn't enough to keep Swain from winning his first tournament in over a year, 11-3.

FINAL

Cliff Swain def. Alvaro Beltran 12-10, 11-3, 6-11, 11-3



Cliff Swain

Wyoming Open

Wyoming Athletic Club • Casper, WY • October 7-10

For the past three seasons the Wyoming Athletic Club has hosted an IRT satellite event. This season they got to see all the big boy's play as the annual event was raised to a full fledged pro stop. The support from the club and the fans was incredible as every seat was filled from the quarterfinals on.

The first semifinal was a much anticipated match-up between Jack Huczek and Jason Mannino. The contest lived up to its billing as both players left it all out on the court. Both players earned comeback wins as they split the first two games, leading to a decisive fifth. Mannino was diving everywhere making his usual "impossible" gets. Huczek played his normal game of patience and strategic shot making. Huczek was able to play just a little better than Mannino on the match's last two points to win, 12-10.

Even though the first semifinal was a hard act to follow, Kane Waselenchuk and Rocky Carson did their best by providing the crowd with another five-gamer. Waselenchuk came out firing on all cylinders in the first game and Carson seemed a bit out of sorts. Carson was even assessed two technicals in the game after throwing the ball into the crowd.

Carson settled down in the second to even the match and the players proceeded to exchange the next two games as well. Waselenchuk appeared to have rolled his ankle at the end of the fourth game, but showed no ill effects in the fifth and he went on to win and earn a spot in his second final of the season.

A capacity crowd showed up for the final, despite a perfect day with temperatures in the mid-70's. Facing off for the third time in the last four events, both Waselenchuk and Huczek looked ready as match time approached. Waselenchuk took a 5-2 lead with hard z-serves to Huczek's backhand, but then a few unforced errors brought the match to a draw at 6-6. Waselenchuk again built a small lead, 9-6, but Huczek began having success with his drive serve to

take his first lead of the match, 10-9. A perfectly placed Z-serve to Waselenchuk's backhand resulted in a setup for Huczek, who was able to capitalize to close out the game, 11-9.

Huczek continued to use his newest weapon in the second game, mixing drive serves to Waselenchuk's forehand and backhand, and went up, 6-1. That's when Waselenchuk seemed to flip the switch that puts him at a different level than anyone else. By utilizing his quick hands and seemingly anticipating Huczek's every shot, Waselenchuk took control of the game by closing it out on a 10-1 run to win, 11-7.

Both players went back to the lob serve to start out the third game and Waselenchuk was able to sustain the momentum he had built in the second. He went on an early run to take a 6-2 lead. Huczek switched back to his drive serve only to leave it up for an easy setup that Waselenchuk capitalized on. Waselenchuk stayed with the lob-nick to the backhand and never looked back as he won, 11-2.

Waselenchuk resumed a hard z-serve to begin the fourth game that kept Huczek off-balance, leading to easy setups and an 8-0 lead. There was a standstill in point production as both players exchanged side outs several times before Waselenchuk hit a between the legs kill shot that seemed to get him fired up again. He was able to close out the match, 11-2, for his second win of the season.

FINAL

Kane Waselenchuk def. Jack Huczek 9-11, 11-7, 11-2, 11-2



Chicago Open Racquetball Championships

Schaumburg Tennis Plus • Chicago, IL • October 20-24 **By MIKE CERESIA**



It was like a trip down memory lane for the players lucky enough to attend the Chicago Open Racquetball Championships. AC/DC rang over the stereo system, Dave Negrete ran the show and it appeared as if Bret Harnett was warming up in the shadows of the famed exhibition court. The tournament was held at the World Gym in Palatine and the Schaumburg Tennis Plus, which were formerly named the Charlie Club and Woodfield Athletic Club, respectively. The World Gym has played host to Junior National events and its place in racquetball lore was solidified when it hosted the DP Leach Nationals in 1982. Mike Yellen beat an upstart named Ruben Gonzalez in the finals, but not before Ed Andrews had left a size 13 footprint on Mike Levine's chest and Dave Peck flattened Lindsay Myers after a particularly aggravating loss. Passions ran high back in the old days.

Today the confrontations are a rarity rather than the norm and the focus is squarely on scaling the wall. Kane Waselenchuk has built over the last two seasons. There were no climbers this weekend in Chicago.

Jack Huczek has forced his way into a solid No.2 ranking. He waltzed into the finals with a crushing defeat of Jason Mannino. Huczek was faster, stronger and much sharper in this three-game semi final drubbing. A dejected Mannino promised after the match that he "would do better next time". He is no stranger to come backs but clearly Plan B is becoming a necessity at this stage of his career.

Waselenchuk also cruised into the finals after defeating the tour's elder statesman Cliff Swain in the semifinals. Swain warmed up for about an hour before this match, but never



Huczek and Waselenchuk

seemed to get loose. Waselenchuk and Swain split the first two games and then Waselenchuk steamrolled his way through the last two. Swain never did get a bead on the kid's serve and Waselenchuk seemed to have won every rally that went beyond three shots. Swain is certainly playing better to start this season, but will need to win some easier wins in the round of 16 and quarterfinals in order to be more fresh for his almost inevitable match-up with either Waselenchuk or Huczek.

It was a much anticipated final by the knowledgeable crowd in Chi-town. However, those in the know realize that Huczek has not yet reached the point where he believes that he can defeat Waselenchuk regularly. Waselenchuk has better hands and more weapons than Huczek, although Huczek is the tour's hardest worker and the improvement in

his game is evident with each passing tournament. They split the first two games were dead heats, even though Huczek had squandered a huge 9-4 lead to lose the first, 11-9. Game three started out as more of the same when suddenly Huczek appeared to have lost heart and Waselenchuk went to town. The fourth was over before it started as a dejected Huczek could not find anything to penetrate the armor of the young Canadian.

Leo Klimaitis, Pat Taylor and Howard Miller were the three major sponsors of the Chicago event and have been for years. Dave Negrete is the glue holding the tournament together and, as usual, made all players from all divisions feel important. A sincere congratulations to these four and the volunteers that continue to make this tournament a must attend event.

Side notes: Mike Guidry is playing with renewed passion and he recorded a thrilling 20-18 game 5 victory in the Round of 16 over the multi-talented Alvaro Beltran of Mexico. Josh Tucker is starting to make his mark as he edged Derek Robinson in the Round of 16 as well. Shane Vanderson is looking for a breakthrough win over one of the top two. He almost had it when he took Huczek to a five-gamer in the quarterfinals. Rocky Carson, although off to a slow start this season, will have a major say in the 2004-2005 rankings race. Local rising star Ben Croft made it through the qualifying before being stopped by Mannino. The Open Draw was over 40 players deep and the 35+ draw featured 16 tough competitors. Agustin Tristan won the Open and former IRT Pro Mike Ceresia captured the 35+ with a hard fought win over Jim Frautschi.

FINAL

Kane Waselenchuk def. Jack Huczek 11-9, 9-11, 11-4, 11-3



2004-05 International Racquetball Tour Score Card

New Orleans	Kane Waselenchuk def. Jack Huczek	11-3, 10-12, 11-3, 6-11, 11-9
Stockton	Cliff Swain def. Alvaro Beltran	12-10, 11-3, 6-11, 11-3
Casper,	Kane Waselenchuk def. Jack Huczek	9-11, 11-7, 11-2, 11-2
Chicago*	Kane Waselenchuk def. Jack Huczek	11-9, 9-11, 11-4, 11-3

2004-2005 International Racquetball Tour Schedule

October 28-31	West Allis, WI	Milwaukee Open	Wisconsin Athletic Club
November 17-21		Memphis, TN	Choice Hotels US OPEN*
The Racquet Club of Memphis			
January 14-16	Orlando, FL	Florida Open	Orlando Health & Tennis
January 20-23	Syosset, NY	New York City Open	Sportime of Syosset
February 24-27	San Diego, CA	San Diego Open	American Athletic Club
March 10-13	Louisville, KY	Louisville Open	University of Louisville
March 17-20	Greensboro, NC	Greensboro Open	Pyramids Athletic Club
March 31-April 3		Chesapeake, VA	Virginia Open
Chesapeake YMCA			
April 21-24	Chicago, IL	Pro Nationals	Schaumburg Tennis Plus
April 28-May 1	Dallas, TX	The Players Championship*	Landmark Fitness Club
* - denotes "Grand Slam" event			

For information concerning any IRT events, contact IRT Commissioner Dave Negrete at 630-430-11RT (1478), send e-mail to negretz@mindspring.com, or go to www.irt-tour.com

Men's International Racquetball Tour 2003-2004 Season Rankings

(as of 10/25/04)

Points	Player	Hometown	Last Issue	Last Year
1. 4450	Kane Waselenchuk	Edmonton, Alberta	2	2
2. 3860	Jack Huczek	Rochester Hills, MI	1	3
3. 3580	Jason Mannino	San Diego, CA	3	1
4. 3234	Rocky Carson	Santa Maria, CA	4	6
5. 2901	Alvaro Beltran	Tijuana, Mexico	5	5
6. 2653	Cliff Swain	Braintree, MA	6	4
7. 2374	Derek Robinson	Denver, CO	7	9
8. 2204	Shane Vanderson	Berea, OH	9	13
9. 2161	Mike Green	Burlington, Ontario	8	11
10. 1877	Mike Guidry	Carrollton, TX	11	10
11. 1667	Dan Fowler	Rockville, MD	10	18
12. 1593	Josh Tucker	Joplin, MO	12	14
13. 1246	Chris Crowther	Riverside, CA	14	17
14. 984	Dan Llacera	Rehoboth Beach, DE	13	15
15. 933	Mike Dennison	Twinsburg, OH	15	16
16. 614	Ruben Gonzalez	Staten Island, NY	19	19
17. 604	Ben Croft	Lake Bluff, IL	23	25
18. 596	Alejandro Herrera	Miami, FL	24	27
19. 561	Rodrigo Urzua	Boca Raton, FL	20	37
20. 513	Agustin Tristan	San Luis Potosi, Mexico	21	26

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Ektelon AirLaunch	\$59.95
E-Force Chaos 22"	\$59.95
Ektelon AirDrive	\$64.95
Ektelon More Game	\$79.95
Head Intelligence IX-160	\$89.95
Wilson Triad 200	\$89.95
ProKennex Pure 1 Light Pro	\$94.95
Wilson XT Rok	\$99.95
Ektelon More Attitude	\$99.95
Wilson XT 145	\$99.95
ProKennex Pure 1 Shadow 185	\$99.95

Shoes Under \$60

Reebok Men's Court Macabee II	\$49.95
Wilson Men's ProStaff Impact Mid	\$49.95
Wilson Men's ProStaff Impact	\$49.95
ProKennex Friction 3/4	\$49.95
Ektelon Men's Vendetta Mid	\$49.95
Ektelon Men's Tour 3/4 Mid Black	\$49.95
Ektelon Men's NFS Classic	\$54.95
Wilson Men's Torque DST 02 Mid	\$59.95
Ektelon Women's QT SE	\$59.95
Ektelon Men's NFS Game	\$59.95
New Balance Men's CT652GM	\$56.95
New Balance Women's CT652GM	\$56.95

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Rosarito Beach Open

Rosarito Racquet Club • Rosarito Beach, Mexico • September 10-12

What a start to the 2004-2005 season! The LPRA rolled into Rosarito Beach, Mexico for the first stop of the year. The opening rounds featured some up-and-coming Mexican juniors vs. seasoned veterans. Nancy Enriquez took out No.13 Karen Morton in three games. Samantha Salas also needed just three games to beat No.11 Brenda Kyzer. If these chicas play more tournaments this year, they are going to be a serious threat.

The quarterfinals all presented very interesting match-ups. The first pitted No.2 Christie Van Hees and No.10 Jackie Rice. The games were closer than the scores indicate, but Christie won in three games 11-5, 11-6, 11-7. No.4 Kerri Wachtel topped No.5 Kristen Walsh in a four-game marathon. Looking to avenge her loss last season at the Pro Nationals, No.1 Cheryl Gudinas used her precise shot selection to overcome No.8 Tammy Brown in four games. No.3 Rhonda Rajsich played a 2 1/2 hour barn-burner against No.6 Kersten Hallender, winning 12-10 in the fifth game.

In the semi-finals, Wachtel upset Gudinas, 11-6, 4-11, 2-11, 11-6, 11-9. It was quite a match with both players serving several times at 9-9 in the fifth game. Wachtel was able to squeak it out with a backhand rollout to win. The match between VanHees and Rajsich was not the typical tight match these two usually have. Rajsich seemed to have run out of gas from her previous match with Hallender, and Van Hees won in three games, 11-3, 11-5, 11-3.

Van Hees came out shooting in the finals. She retrieved almost every ball, kept it in play, and forced Wachtel to make unforced errors. Wachtel made runs in the first and third game to keep it close, but Van Hees was able to hold them off. Fatigue seemed to be a factor at the end for Kerri, and Christie was able to capitalize on it and won 11-9, 11-6, 11-9.

Special thanks goes out to Rosy Torres and her staff for putting on an unbelievable event. The hotel, food, and competition was the best ever. If you have never been to the Rosarito Beach Hotel, plan on coming down next year for the 6th annual tournament. It is a great excuse to have a vacation and play racquetball all in one!

Final

Christie Van Hees def. Kerri Wachtel 11-9, 11-6, 11-9

Gaithersburg Pro-Am

Lakeforest Sport & Health Club • Gaithersburg, MD • October 8-10

The 1st Annual LPRA Pro-Am at Lakeforest Sport and Health Club in Gaithersburg, MD was held October 8-10, 2004. There was much on the line for No.1 Cheryl Gudinas. If No.2 Christie Van Hees could advance further in the draw than Gudinas, she would overtake the No.1 spot that Gudinas has held for over three years.

No.4 Kerri Wachtel and No.5 Kristen Walsh were only separated by a few points in the rankings as they headed into their quarterfinal match. A win would vault Walsh past Wachtel to give Walsh her highest ranking to date. The first game showed that both players had the desire to sit in the No.4 spot going into Memphis as they battled it out with Walsh coming out on top 16-14. Walsh carried her momentum into the second, winning it 11-4. Wachtel was able to take the third game, 11-9, but Walsh caught fire again in the fourth to close out the match, 11-2.

In the other quarterfinal matches, No.3 Rhonda Rajsich defeated No.6 Adrienne Fisher in straight games, 11-7, 11-2, 11-0. Gudinas and Van Hees stayed on a collision course as they both won in straight games over Angela Grisar and Tammy Brown, respectively.



Christie Van Hees



Cheryl Gudinas

In the first semifinal between Walsh and Gudinas, Walsh continued her diving and great retrieving, but Gudinas was far too consistent. A few unforced errors by Walsh cost her some tight games and Gudinas found herself in the finals with a 11-8, 11-6, 13-11 victory.



The first game between Van Hees and Rajsich was close until Rajsich made some unbelievable gets to put it away, 14-12. VanHees came out with renewed determination in the second. This time Van Hees had an answer to every dive Rajsich made, winning, 11-1. She then took the next two games, 11-7, 11-5, forcing the much anticipated final with Gudinas.

It was standing room only as Gudinas and Van Hees prepared to battle for the No.1 spot on tour. Van Hees began with drive serves, but had trouble keeping the ball down, setting Gudinas up for easy returns. Gudinas, on the other hand, effectively used a forehand lob-z that kept Van Hees off balance. Although Van Hees was able to keep the ball in play, Gudinas' patience and smart shot making was the difference as she was able to hold onto the No.1 ranking by defeating Van Hees in four games.

Final

Cheryl Gudinas def. Christie Van Hees 11-6, 9-11, 11-6, 11-5

2004-2005 Ladies Professional Racquetball Association Tour Schedule

2004-2005 Ladies Professional Racquetball Association Scorecard & Schedule

Rosarito Beach	Christie Van Hees def. Kerri Wachtel	11-9, 11-6, 11-9
Gaithersburg	Cheryl Gudinas def. Christie Van Hees	11-6, 9-11, 11-6, 11-5
Nov. 17-21	Memphis, TN	The Racquet Club of Memphis
Jan. 13-17	Honolulu, HI	The Honolulu Club
Jan. 27-30	Stockton, CA	InShape Sports Club
Feb. 10-13	Atlanta, GA	Southern Athletic Club
Feb. 24-27	Clinton, SC	Clinton YMCA
Mar. 18-20	Nashville, TN	Downtown YMCA
Mar. 25-27	Miami, FL	University of Miami
April/May TBA	Phoenix, AZ	Arizona State University

For information concerning LPRA events, contact Chris Wachtel at 513-383-0219, send e-mail to cwachtel@ladiesproracquetball.com, or visit www.LadiesProRacquetball.com

2004-2005 Ladies Professional Racquetball Association Season Rankings (Through Gaithersburg)

	Points	Name	Hometowns	Last Issue	Last Year
1.	673.5	Cheryl Gudinas	Lisle, IL	1	1
2.	629.25	Christie Van Hees	Canada	2	42
3.	450.75	Rhonda Rajsich	Phoenix, AZ	3	4
4.	315.75	Kristen Walsh	Salt Lake City, UT	5	8
5.	302	Kerri Wachtel	Cincinnati, OH	4	2
6.	174.75	Adrienne Fisher	Centerville, OH	7	7
7.	158	Tammy Brown	Boise, ID	8	19
8.	145.5	Kersten Hallander	San Diego, CA	6	5
9.	131.75	Angela Grisar	Chile	9	26
10.	125	Jackie Paraiso Rice	El Cajon, CA	10	3
11.	91	Johanna Shattuck	Denver, CO	13	14
12.	89	Brenda Kyzer	Lexington, SC	11	9
13.	81.75	Susy Acosta	Mexico	15	11
14.	80.5	Karen Morton	Erie, PA	14	23
15.	64.5	Lori-Jane Powell	Canada	20	10
16.	61.75	Diane Moore	Griffith, IN	NR	NR
17.	50.5	Laura Fenton	Overland Park, KS	22	16
18.	42.5	Ramona Vonondarza	Venezuela	19	21
19.	40	Krystal Csuk	Naperville, IL	18	24
20.	29.25	Rachel Gellman	Phoenix, AZ	16	17

GAME, SET, AND MATCH: In following with the article that was written about Woody Clouse last issue,

Ruben Gonzalez and a sponsor have decided to join the fight and help injured racquetball player Jeremy Lanosga. Ruben and his sponsor will be donating 50 cents per point that Ruben wins at every Legend's Tour event for the 2004-2005 season. If you would like to match the donations or make contributions, please make sure you find me at any of the Legend's events, or you can contact either myself, at bpointelin@aol.com, or Woody Clouse, at woody_clouse@hotmail.com.



The Cleveland Open has been a regular IRT stop the past two years, but this year, the Legends will make what we hope to be the first of many stops in Cleveland. "I enjoyed my two years running an IRT stop but it was time to go in a different direction. I want to thank all of my friends associated with the IRT for supporting the Cleveland Open", said Walker. You can contact Merle Walker, the event director by phone at 216-832-5694, email:

merle@clevelandracquetball.com or by visiting the event website at www.clevelandracquetball.com. We are very excited about going to Cleveland as the racquetball

community is very rich in tradition in the state of Ohio. Players such as Doug Ganim, Tom Travers, and maybe even Dan Obremski may make appearances at this event.

EVENTS ADDED TO THE SCHEDULE:

The first addition to our schedule for next spring will be the Cleveland Open at the Severance Athletic Club. The event will be held on the weekend of January 14-16.

"I am very excited about hosting a Legends Tour event", said event director Merle Walker. "I have prided myself in running the Cleveland Open like a major event, having the Legends just gives the event an additional boost. The racquetball fans in Cleveland, the state of Ohio and the surrounding states are the best. I know that they will embrace the opportunity to watch the pioneers of racquetball".

The Legend's Tour is also ecstatic to announce that we have added the city of San Francisco to our schedule for next spring. This event will coincide with the IHRSA National Convention the weekend of March 17-20. The event will be held at the Fitness West Sports Club near downtown San Francisco. We are looking forward to showcasing not only the players on our tour at this event, but we potentially have the opportunity to market the sport to participants at the National Convention. If you have any questions about the event, you can contact Dave George at the Fitness West Sports Club, or by e-mail at daveattheclub@yahoo.com.

2004 - 2005 LEGENDS TOUR SCHEDULE

Oct. 22-24	The Quad Athletic Club, Coral Springs, Florida
Nov. 12-14	The Joseph A. Coppola Sr. Memorial Tournament, Sarasota, Florida
Nov. 19-21	The US OPEN Racquetball Championships, Memphis, Tennessee
Jan. 7-9	Legend's Doubles Championships, Littleton, Colorado
Jan. 14-16	The Cleveland Open, Cleveland Heights, Ohio
Jan. 28-30	The Superbowl Open, Arlington, Texas
Feb. 4-6	The America's Cup-The Quad Athletic Club, Coral Springs, Florida
Feb. 11-13	The Honolulu Pro Bowl Open, Honolulu, Hawaii
Feb. 18-20	The Sports Mall Chiller-Salt Lake City, Utah
March 18-20	Fitness West Sports Club, San Francisco, California
April 1-3	Boston, Massachusetts
April 28-May 1	Phoenix, Arizona
May 12-15	The Legend's National Championships, St. Louis, Missouri
Events TBA	Baton Rouge, Kansas City, Washington DC, Salem, San Diego

SOLIS DOMINATES LABOR DAY PRO-AM

The Labor Day Pro/Am was heated to say the least as the top players in California battled in the first Ektelon Super Series event following the Nationals. With the temperature hovering at 108 degrees, this was the hottest event to date and so were the matches as players battled on the famous Golden West College courts in Huntington Beach. Greg Solis fought off the heat and Kevin Booth for a win in the Pro Singles. But the Pro Doubles was full of upsets as Rob Hoff & Gary Martin beat Booth & Mike Peters in the semi's. Solis & Craig Lane, coming off their July Nationals win, were upset in the semi's. The event also featured a strong Junior division with Jesse Reynolds defeating Misha Vincent in the final.



SOSTRE/RAMIREZ DEFEND HOME TURF WINNING ORCHARD BEACH DOUBLES PRO-AM

New York was another great WOR event that took place in boogie down Bronx, New York. With the leadership of Joey Vazquez of JV Sports and Maribel Sanchez the doubles tournament went without a hitch. Robert Martinez, WOR National Director was in New York to assist with new memberships and to introduce the new version of outdoor racquetball to the city. With great parks in the area, such as Orchard Beach, the event had a party atmosphere. Blue skies and temperatures in the 70's greeted players as they arrived at the 26 pristine courts which are located right on the beach of the eastern New York seaboard. The competition was intense as many players from different states came down to battle it out in the Bronx. Teams from California, Massachusetts, New Jersey, and Connecticut were represented, all looking to walk away with the title. In the end, locals Robert Sostre & Fred Ramirez showed their one-wall skills winning the Pro division over Joseph Zeller and Kim Sooho in a weather shortened final. In the B Doubles Albert Jimenez and Lori Casey beat Pilar Reinoso and Ed Naranjo 21-14 to capture the title.

The event was a tremendous success with JV Sports & WOR announcing next year's date September 9-11, 2005 that will also include Paddleball. Special thanks to JV Sports for their support of outdoor court sports in New York.

WOR TOUR MOVES TO CALIFORNIA FOR THANKSGIVING

While snow & cold weather have taken over most of the country, Thanksgiving is still outdoor for WOR as a Super Series event will be held at beautiful Marina Park in Huntington Beach November 27-28. Look for the California stars to be ready for this event and there will also be Junior Divisions for kids of all ages. WOR National Tournament Director Robert Martinez, who is running the event, is offering all current WOR members a free entry fee if they bring a new player to the event!

HOLLYWOOD BEACH, FLORIDA HOSTS WOR ONE WALL DOUBLES NATIONALS

Historic Garfield Street Courts in Hollywood Beach will be the host site for the first annual WOR One Wall National Doubles Championships, December 11-12, 2004. Make plans now for a great event in Florida including Pro Doubles featuring \$3,000 in prize money and WOR ranking points for all divisions. Tournament Directors Wally Schmidt & Scott Hirsch are planning a fantastic tournament with entries out soon.

The event will feature all the stars of outdoor with a number of indoor superstars including Marty Hogan, Cliff Swain, and Sudsy Monchik, who is playing with current WOR National Doubles Champion Greg Solis. New York one wall stars, Robert Sostre and Jesus Ustarroz, will be tough to beat on the beach. Hawaii will be more then represented by the 8th Wonder of the World, Big Rod Felton, and his partner Scotty Bauman. Finally, never count out the SoCal studs Rob Hoff and Gary Martin who are getting better every time they play one wall. The ladies will also be represented by Marie Martinez and Kris Kaskawall along with Sherri Knecht and Gay DeGree all from California



Many people think outdoor racquetball is only played in warm places like California, Hawaii, & Florida. Not True! Below are 10 places WOR has a scheduled event this season that might surprise you

1. New York
2. Washington, DC
3. Chicago
4. Detroit
5. Boston
6. San Francisco
7. Hartford
8. Columbus
9. Denver
10. New Jersey

2004-2005 WOR Season Rankings (as of 9/9/2004)

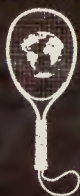
MEN'S PRO SINGLES

1.	Greg Solis	790
2.	Rocky Carson	600
3.	Dave Genevay	475
4.	Jesus Ocana	465
5.	Brian Hawkes	390
6.	Tim McGuire	375
7.	Mike Behar	340
8t.	Greg Freeze	275
8t.	Gary Martin	275
8t.	Kevin Booth	275

Men's Pro Doubles

1.	Gary Martin	1325
2.	Rob Hoff	1090
3.	Greg Solis	890
4.	Kevin Booth	825
5.	Craig Lane	790
6.	Robert Martinez	650
7.	Robert Sostre	575
8.	Greg Freeze	550
9.	Freddy Ramirez	500
10.	Mike Peters	475

International Scene



Guatemala

New Courts Planned

The construction of 8 new courts is planned for Guatemala, 2 stadium and 8 regular courts. "Contracts have been signed to authorize the planning for the construction", says Andy Burge, President of the Guatemala Racquetball Federation.

Netherlands

Dutch Racquetball Mourns Death

Worldwide Racquetball mourns the death of Jeanette Matla from the Netherlands. The wife of Karel Matla, President of Dutch Racquetball, died totally unexpected and way too soon last Friday on her way to work. Jeanette Matla was always involved in the Dutch tournament organization and will be missed within the European scenery.

Ireland

New Provincial Chairpersons

Two of Ireland's top players have taken up the positions of Chairperson of their respective provinces. 18 year old Triston Hickey from Tourannena in Co. Waterford has taken up the post of Chairman of the Munster Council to become the youngest ever chairman within the association while top player in Susan Neary from the Arklow club in Co. Wicklow has taken up the same position of the Leinster Council.

The IRF on Television

by Luke St. Onge



Recently the IRF announced the signing of an agreement with The Tennis Channel (TTC) to broadcast major IRF events. This has been a very important development for our sport. Without television a sport cannot be successful in today's market. The IRF now has US National Television Network to showcase its events. Few, if any, of the smaller IOC recognized sports have such an agreement with a major network. Plans with TTC to go international should begin in 2005.

Two key individuals have worked together to allow us to be part of their network. We first met Bruce Rider, Executive Vice President of TTC, at the Racquetball Summit that was held in Colorado Springs in 2003. Mr. Rider showed interest in broadcasting high quality Racquetball on TTC. He was very interested in the international flavor, which he thought would be excellent programming for the TTC viewers. It then became a challenge for the IRF to find a high quality producer who would work with us at a cost that we could afford.

Enter Dan Cochell of Adelphia Sports in Colorado Springs. Dan Cochell broadcasts local sports in the Colorado Springs area, likes racquetball, and wanted to help us with TTC. Dan broadcast a local event, The Lynmar Classic, and sent it to TTC for Broadcasting. TTC liked the production, liked Dan Cochell, and was interested in a long term agreement with the IRF. Dan Cochell signed an agreement with the IRF and TTC to provide product to TTC through 2009 and the IRF in turn signed an agreement with TTC to provide properties and events through 2009.

Our first major broadcast is the IRF World Championships that took place this past August in Anyang, Korea. Dan

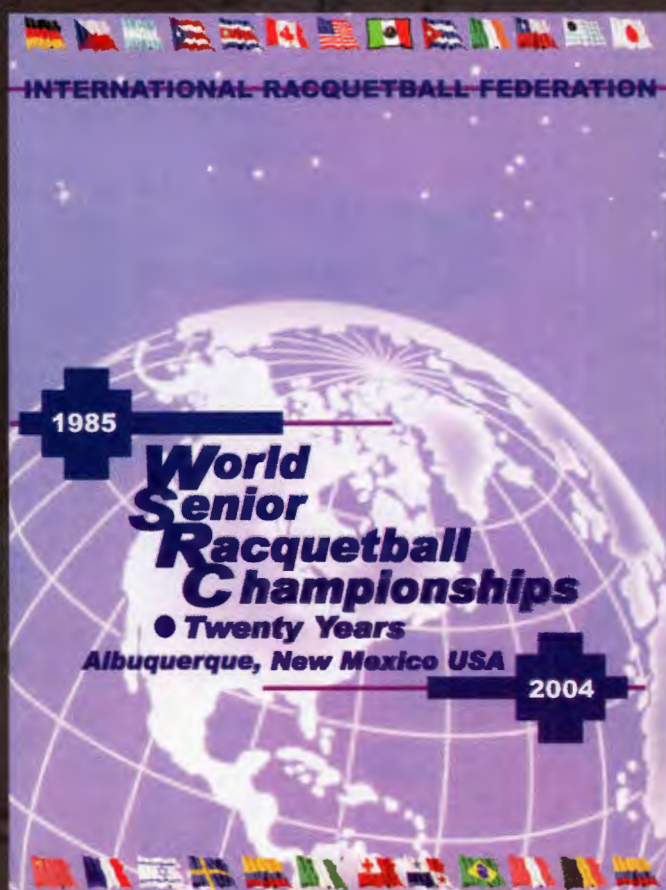
Upcoming IRF Events

DATE	EVENT	SITE	COUNTRY
2004			
November 22-27	7th Costa Rican National Doubles	San Jose	Costa Rica
November 26-28	3rd UK Open	Alconbury	England
December	Korea Championships	Seoul	South Korea
December 16-21	IRF 16th World Junior Championships	San Luis Potosi	Mexico
December	2nd Pakistan National Championships	Karachi	Pakistan
2005			
January	2005 French Open	Paris	France
January 14-16	Canadian National Team Selection - Doubles	Calgary	Canada
January 28-30	24th German National Championships	Hamburg	Germany
January 29	2005 English National Championships	Alconbury	England
February 4-6	Canadian National Team Selection - Singles	Brossard	Canada
February 25-27	Victoria Open	Victoria	Canada

brought all of his own equipment, staff, and we ended up with over 8 hours of high quality production that began to air in October. Other events to be broadcast on a yearly basis are the IRF Junior World Championships (Mexico), Pan American Championships (Venezuela), special events of the IRF, and the IRF World Championships held every two years. These broadcasts will be held in conjunction with the US OPEN TTC broadcast.

Plans are in the works to begin an instructional series for racquetball plus half-hour racquetball shows featuring celebrities, pros, and current events. Sales of IRF events will also be available through E-Commerce.

You can help this great effort by subscribing to TTC and if you do not have it in your area or in your country go to TTC web site at www.thetennischannel.com and ask how you can help spread the word.



2004 IRF World Senior Championships FINAL RESULTS

- Men's 35+:** 1. Doug Ganim (Ohio) - 434 pts. 2. Fabian Parrilla (Mexico) - 393 pts. - Round Robin
- Men's 40+:** Dave Watson (Ohio) def. Oscar Fierro (Mexico) 15-4; 8-15; 11-4
- Men's 45+:** Tom Neill (New Mexico) def. Steve Wattz (California) 15-3; 15-0
- Men's 50+:** John Vohland (Colorado) def. Russ Palazzo (Connecticut) 15-10; 15-6
- Men's 55+:** Greg Hasty (Illinois) def. Bill Welaj (New Jersey) 15-5; 15-2
- Men's 60+:** Glenn Allen (Virginia) def. Mitch Milewski (New Hampshire) 15-9; 15-7
- Men's 65+:** 1. Michael Jackson (England) - 412 pts. 2. Rex Lawler (Indiana) - 395 pts. - Round Robin
- Men's 70+:** 1. Toby DeCesare (Nevada) - 365 pts. 2. Aaron Vederoff (Washington) - 361 pts. - Round Robin
- Men's 75+:** 1. Duane Russell (Michigan) - 468 pts. 2. Joe Lambert (Texas) - 460 pts. - Round Robin
- Men's 80+:** 1. Robert McAdam (Texas) - 368 pts. 2. Sam Harry (Pennsylvania) - 334 pts. - Round Robin
- Men's 85+:** 1. Earl Acuff (North Carolina) - 207 pts. Unchallenged
- Women's 35+:** Genevieve Washington (Ohio) def. Francis Borunda (New Mexico) 15-1; 15-4
- Women's 40+:** 1. Lorraine Galloway (New York) - 392 pts. 2. Deborah Kessler (Costa Rica) - 323 pts. - Round Robin
- Women's 45+:** 1. Debra Tisinger (California) - 490 pts. 2. Cheryl Johnson (New Mexico) - 408 pts. - Round Robin
- Women's 50+:** 1. Karen Key (Arizona) - 261 pts. 2. Joanne Pomodoro (Massachusetts) - 251 pts. - Round Robin
- Women's 55+:** 1. Linda Neel (Oregon) def. Dee Stribling (North Carolina) 15-5; 15-8
- Women's 60+:** 1. Cecelia Palaski (New Mexico) - 362 pts. Unchallenged
- Women's 65+:** 1. Annabelle Kovar (Nebraska) - 222 pts. Unchallenged
- Women's 70+:** 1. Lola Markus (Illinois) - 356 pts. 2. Louise Kiss (New Mexico) - 125 pts. RR
- Women's 85+:** 1. Mary Low Acuff (North Carolina) - 174 pts.

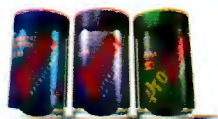
DATE	EVENT	SITE	COUNTRY
March	Dutch Open	Zoetermeer	Netherlands
April	18th Pan American Racquetball Championships	Caracas	Venezuela
April 1-2	Nova Scotia Open	Halifax	Canada
April 1-3	2005 23rd German Open	Hamburg	Germany
April 23-25	3rd English Open	Rendlesham	England
April 26-30	Canadian Junior National Championships	Winnipeg	Canada
April 29-May 2	Arklow Irish Open	Arklow	Ireland
May	2005 Japan Open	Tokyo	Japan
May 23-28	Canadian National Championships	Regina, Saskatchewan	Canada
May	38th USA Racquetball National Singles	Houston, TX	USA
May 14-15	Belgian Open	Antwerp	Belgium
August	IRF 17th World Senior Championships	Albuquerque, NM	USA
September	22nd Hamburg Open	Hamburg	Germany

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* Sports Tracking Europe (Germany/France: July-Dec 2003, Hitlist Total Market, in value), GfK (Austria: Aug-Dec 2003, Hitlist Tennis Racquets, in value), Sports Marketing Surveys USA, Specialty Store Retail Audit, (July-Dec 2003, in value); Yano-Kaizer Report, (Sept-Oct 2003, quote of 80 key retailers nationwide)

** IRT/LPRA rankings as of April, 2004

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Includes Rule Changes Effective September 1, 2004

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USAR National Office Information
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Rulebook Index

OFFICIAL RULES & REGULATIONS

1 — THE GAME

Rule 1.1 TYPES OF GAMES

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

Rule 1.2 DESCRIPTION

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

Rule 1.3 OBJECTIVE

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

Rule 1.4 POINTS AND OUTS

Points are scored only by the serving side when it serves an irretrievable serve (an ace) or wins a rally. Losing the serve is called a sideout in singles. In doubles, when the first server loses the 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. If each side wins one game, a tiebreaker game is played to 11 points.

2 — COURTS AND EQUIPMENT

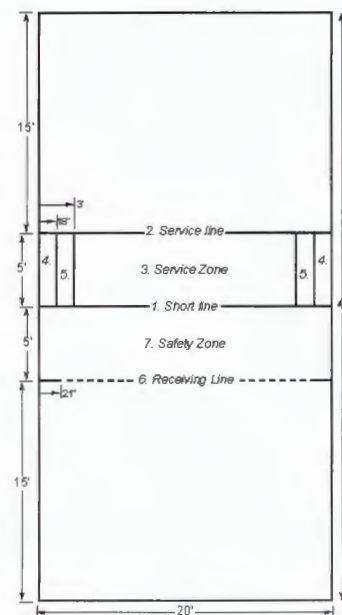
Rule 2.1 COURT SPECIFICATIONS

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

- (a) **Dimensions.** The dimensions shall be 20 feet wide, 40 feet long and 20 feet high, with a back wall at least 12 feet high. All surfaces shall be in play, with the exception of any gallery opening, surfaces designated as out-of-play for a valid reason (such as being of a very different material or not in alignment with the backwall), and designated court hindrances.
- (b) **Markings.** Racquetball courts shall be marked with lines 1 1/2 inches wide as follows:
 - 1. **Short Line.** The back edge of the short line is midway between, and is parallel with, the front and back walls.
 - 2. **Service Line.** The front edge of the service line is parallel with, and five feet in front of, the back edge of the short line.
 - 3. **Service Zone.** The service zone is the 5' x 20' area bounded by the bottom edges of the side walls and by the outer edges of the short line and the service line.
 - 4. **Service Boxes.** The service boxes, used in doubles play, are located at each end of the service zone and are designated by lines parallel with the side walls [see 4.2(b)]. The edge of the line nearest to the center of the court shall be 18 inches from the nearest side wall.
 - 5. **Drive Serve Lines.** The drive serve lines, which form the drive serve zones, are

parallel with the side wall and are within the service zone. For each line, the edge of the line nearest to the center of the court shall be 3 feet from the nearest side wall.

- 6. **Receiving Line.** The receiving line is a broken line parallel to the short line. The back edge of the receiving line is five feet from the back edge of the short line. The receiving line begins with a line 21 inches long that extends from each side wall. These lines are connected by an alternate series of six-inch spaces and six-inch lines. This will result in a line composed of 17 six-inch spaces, 16 six-inch lines, and 2 twenty-one-inch lines.
- 7. **Safety Zone.** The safety zone is the 5' x 20' area bounded by the bottom edges of the side walls and by the back edges of the short line and the receiving line. The zone is observed only during the serve. See Rules 3.10(i) and 3.11(a).



Rule 2.2 BALL SPECIFICATIONS

- (a) The standard racquetball shall be 2 1/4 inches in diameter; weigh approximately 1.4 ounces; have a hardness of 55-60 inches durometer; and bounce 68-72 inches from a 100-inch drop at a temperature of 70-74 degrees Fahrenheit.
- (b) Only a ball having the approval of the USAR may be used in a USAR 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, based on personal discretion or at the request of a player or team, replace the ball. Balls that are not round or which bounce erratically shall not be used.
- (b) If possible, the referee and players should agree to an alternate ball, so that in the event of breakage, the second ball can be put into play immediately.

Rule 2.4 RACQUET SPECIFICATIONS

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

Rule 2.5 APPAREL

- (a) All players must wear lensed eyewear that has been warranted by its manufacturer or distributor as (1) designed for use in racquetball and (2) meeting or exceeding either the full ASTM F803 standard or Canadian (CSA) impact standard. This rule applies to all persons, including those who wear corrective lenses. The eyewear must be unaltered and worn as designed at all times. A player who fails to wear proper eyewear will be assessed a technical foul and a timeout to obtain proper eyewear [see rule 3.17(a)(9)]. A second infraction in the same match will result in immediate forfeiture of the match.

Certifications & Compliance. The USAR maintains a reference list of eyewear so warranted by their manufacturers, and provides that list to each sanctioned event (an eyewear list dated more than 90 days prior to the first day of the tournament will be deemed invalid for the purpose of determining compliance with this eyewear rule). In addition, the list is available online at the USAR.org website (indexed under "eyeguards"), and individual copies may be requested by calling the USAR National Office at (719) 635-5396.

To be used in sanctioned competition, protective eyewear must:

- * bear a permanent, physical stamp of the appropriate "ASTM-F803" citation on the frame itself, OR
 - * appear on the ASTM reference listing, OR
 - * bear the "Protective Eyewear Certification Council" [PECC] seal of approval for the ASTM standard, OR
 - * be certified in writing by the maker that it complies with the required ASTM standard (in this instance, the player must be able to provide written, adequate proof - on demand - at any sanctioned event, before such eyewear may be used).
- (b) **Clothing and Shoes.** The clothing may be of any color; however, a player may be required to change wet, extremely loose fitting, or otherwise distracting garments. Insignias and writing on the clothing must be considered to be in good taste by the tournament director. Shoes must have soles, which do not mark or damage the floor.
 - (c) **Equipment Requirements During Warm-up.** Proper eyeguards [see 2.5(a)] must be worn and wrist cords must be used during any on-court warm-up period. The referee should give a technical warning to any person who fails to comply and assess a technical foul if that player continues to not comply after receiving such a warning.

3 – PLAY REGULATIONS

Rule 3.1 SERVE

In Open Division competition, the server will have one opportunity to put the ball into play [see section 5.0, for complete, one-serve modifications]. In all other divisions, the server will have two opportunities to put the ball into play.

The player or team winning the coin toss has the option to either serve or receive at the start of the first game. The second game will begin in reverse order of the first game. The player or team scoring the highest total of points in games 1 and 2 will have the option to serve or receive first at the start of the tiebreaker. If 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 3.2 START

The server may not start the service motion until the referee has called the score or "second serve." The referee shall call the score as both server and receiver prepare to return to their respective positions, shortly after the previous rally has ended—even if the players are not ready. The serve is started from any place within the service zone. (Certain drive serves are an exception. See Rule 3.6.) Neither the ball nor any part of either foot may extend beyond either line of the service zone when initiating the service motion. Stepping on, but not beyond, the lines is permitted. However, when completing the service motion, the server may step beyond the service (front) line provided that some part of both feet remain on or inside the line until the served ball passes the short line. The server may not step beyond the short line until the ball passes the short line. See Rule 3.9(a) and 3.10(i) for penalties for violations.

Rule 3.3 MANNER

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

Rule 3.4 READINESS

The service motion shall not begin until the referee has called the score or "second serve" and the server has visually checked the receiver's readiness.

Rule 3.5 DELAYS

Except as noted in Rule 3.5 (b), the referee may call a technical foul for delays exceeding 10 seconds.

- (a) The 10-second rule applies to the server and receiver simultaneously. Concurrently, they are allowed up to 10 seconds after the score is called to serve or be ready to receive. It is the server's responsibility to look and be certain the receiver is ready. If a receiver is not ready, they must signal by raising the racquet above the head or completely turning the back to the server. (These are the only two acceptable signals.)
- (b) Serving while the receiving player/team is signaling "not ready" is a fault serve.
- (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 3.6 DRIVE SERVICE ZONES

There is a drive serve line 3 feet from each side wall in the service zone. Viewed one at a time, each drive serve line divides the service zone into a 3-foot and a 17-foot section. The player may drive serve between the body and the side wall nearest to where the service motion began only if the player (as well as the racquet and the ball) starts and remains outside of that 3-foot drive service zone throughout. If the service motion begins in one 3-foot drive service zone and continues into the other 3-foot drive service zone, the player may not hit a drive serve at all.

- (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 3-foot line is part of the 3-foot zone and defines a plane that, if broken, is an infraction. (see Rule 3.9g)

Rule 3.7 DEFECTIVE SERVES

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

- (a) **Dead-Ball Serve.** A dead-ball serve results in no penalty and the server is given another serve (without canceling a prior fault serve).
- (b) **Fault Serve.** Two fault serves result in an out (either a sideout or a handout).
- (c) **Out Serve.** An out serve results in an out (either a sideout or a handout).

Rule 3.8 DEAD-BALL SERVES

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

- (a) **Court Hinders.** A serve that takes an irregular bounce because it hit a wet spot or an irregular surface on the court is a dead-ball serve. In addition, any serve that hits any surface designated by local rules as an obstruction rather than being out-of-play.
- (b) **Broken Ball.** If the ball is determined to have broken on the serve, a new ball shall be substituted and the serve shall be replayed, not canceling any prior fault serve.

Rule 3.9 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. At the start of or during the service motion, any part of the server (or doubles partner), including the racquet, touches the floor outside of the service zone.
 - 2. At the end of the serve, the server steps with either foot on the floor beyond the service line (with no part of the foot on the line or inside the service zone) before the served ball crosses the short line.
- (b) **Short Service.** A short serve is any served ball that first hits the front wall and, on the rebound, hits the floor on or in front of the short line either with or without touching a side wall.
- (c) **Three-Wall Serve.** A three-wall serve is any served ball that first hits the front wall and, on the rebound, strikes both side walls before touching the floor.
- (d) **Ceiling Serve.** A ceiling serve is any served ball that first hits the front wall and then touches the ceiling (with or without touching a side wall).
- (e) **Long Serve.** A long serve is a served ball that first hits the front wall and rebounds to the

back wall before touching the floor (with or without touching a side wall).

- (f) **Bouncing Ball Outside Service Zone.** Bouncing the ball outside the service zone, including the ball touching a side wall, as a part of the service motion is a fault serve.
- (g) **Illegal Drive Serve.** A drive serve in which the player fails to observe the 17-foot drive service zone outlined in Rule 3.6.
- (h) **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 take up good court position, near center court, to obtain that view.)
- (i) In one serve play, if a serve is called a screen, the server will be allowed one more opportunity to hit a legal serve. Two consecutive screen serves results in an out.
- (j) **Serving before the Receiver is Ready.** A serve is made while the receiver is not ready as described in Rule 3.5(b).

Rule 3.10 OUT SERVES

Any of the following results in an out:

- (a) **Two Consecutive Fault Serves** [see Rule 3.9], or a single fault serve in one serve play [see exceptions: 5.0].
- (b) **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, including the foot. Also, allowing the ball to bounce more than once during the service motion.
- (c) **Touched Serve.** Any served ball that on the rebound from the front wall touches the server or server's racquet before touching the floor, or any ball intentionally stopped or caught by the server or server's partner.
- (d) **Fake or Balk Serve.** Any movement of the racquet toward the ball during the serve that is non-continuous and done for the purpose of deceiving the receiver. If a balk serve occurs, but the referee believes that no deceit was involved, the option of declaring "no serve" and having the serve replayed without penalty can be exercised.
- (e) **Illegal Hit.** An illegal hit includes contacting the ball twice, carrying the ball, or hitting the ball with the handle of the racquet or part of the body or uniform.
- (f) **Non-Front Wall Serve.** Any served ball that does not strike the front wall first.
- (g) **Crotch Serve.** Any served ball that hits the crotch of the front wall and floor, front wall and side wall, or front wall and ceiling is an out serve (because it did not hit the front wall first). A serve into the crotch of the back wall and floor is a good serve and in play. A served ball that hits the crotch of the side wall and floor beyond the short line is in play.
- (h) **Out-of-Court Serve.** An out-of-court serve is any served ball that first hits the front wall and, before striking the floor, either goes out of the court or hits a surface above the normal playing area of the court that has been declared as out-of-play for a valid reason [See Rule 2.1(a)].
- (i) **Safety Zone Violation.** An immediate loss of serve shall result if, after the serve has been struck, the server or doubles partner steps into the safety zone before the served ball passes the short line.

Rule 3.11 RETURN OF SERVE

(a) Receiving Position

- 1. The receiver may not break the plane of the receiving line with the racquet or body until the ball either bounces in the safety zone or else crosses the receiving line.
- 2. The follow through may carry the receiver or the racquet past the receiving line, but neither may break the plane of the short line unless the ball is struck after rebounding off the back wall.
- 3. Any violation by the receiver results in a point for the server.

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

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

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

- (e) **Other Provisions.** Except as noted in this rule (3.11), the return of serve is subject to all provisions of Rules 3.13 through 3.15.

Rule 3.12 CHANGES OF SERVE

- (a) **Outs.** A server is entitled to continue serving until one of the following occurs:

- 1. Out Serve. See Rule 3.10.
- 2. Two Consecutive Fault Serves [see Rule 3.9], or a single fault serve in one serve play [see exceptions: 5.0].
- 3. Failure to Return Ball. Player or team fails to keep the ball in play as required by Rule 3.11(c).
- 4. Penalty Hinder. Player or team commits a penalty hinder which results in an out. See Rule 3.15.

- (b) **Sideout.** Retiring the server in singles is called a sideout.

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

Rule 3.13 RALLIES

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

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

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

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

- 1. The ball bounces on the floor more than once before being hit.
- 2. The ball does not reach the front wall on the fly.

- 3. The ball is hit such that it goes into the gallery or wall opening or else hits a surface above the normal playing area of the court that has been declared as out-of-play [See Rule 2.1(a)].
- 4. A ball that obviously does not have the velocity or direction to hit the front wall strikes another player.
- 5. A ball struck by a player hits that player or that player's partner.
- 6. Committing a penalty hinder. See Rule 3.15.
- 7. Switching hands during a rally.
- 8. Failure to use a racquet wrist safety cord.
- 9. Touching the ball with the body or uniform.
- 10. Carrying or slinging the ball with the racquet.

- (d) **Effect of Failure to Return.** Violations of Rules 3.13 (a) through (c) result in a loss of rally. If the serving player or team loses the rally, it is an out. If the receiver loses the rally, it results in a point for the server.

- (e) **Return Attempts.** The ball remains in play until it touches the floor a second time, regardless of how many walls it makes contact with — including the front wall. If a player swings at the ball and misses it, the player may continue to attempt to return the ball until it touches the floor for the second time.

- (f) **Broken Ball.** If there is any suspicion that a ball has broken during a rally, play shall continue until the end of the rally. The referee or any player may request the ball be examined. If the referee decides the ball is broken, the ball will be replaced and the rally replayed. The server resumes play at first serve. 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 that struck the ball after the rally.)

(g) Play Stoppage

- 1. If a foreign object enters the court, or any other outside interference occurs, the referee shall stop the play immediately and declare a replay hinder.
- 2. If a player loses any apparel, equipment, or other article, the referee shall stop play immediately and declare a penalty hinder or replay hinder as described in Rule 3.15 (i).
- (h) **Replays.** Whenever a rally is replayed for any reason, the server resumes play at first serve. A previous fault serve is not considered.

Rule 3.14 REPLAY HINDERS

A rally is replayed without penalty and the server resumes play at first serve whenever a replay hinder occurs. Also, see Rule 3.15 which describes conditions under which a penalty hinder might be declared and result in loss of the rally.

(a) Situations

- 1. **Court Hinders.** The referee should stop play immediately whenever the ball hits any part of the court that was designated prior to the match as a court hinder (such as a vent grate). The referee should also stop play (i) when the ball takes an irregular bounce as a result of contacting an irregular surface (such as court light or vent) or after striking a wet spot on the floor or wall and (ii) when, in the referee's opinion, the irregular bounce affected the rally.
- 2. **Ball Hits Opponent.** When an opponent is hit by a return shot in flight, it is a replay.

hinder. If the opponent is struck by a ball that obviously did not have the velocity or direction to reach the front wall, it is not a hinder, and the player who hit the ball will lose the rally. A player who has been hit by the ball can stop play and make the call though the call must be made immediately and acknowledged by the referee. Note this interference may, under certain conditions, be declared a penalty hinder. See Rule 3.15.

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

4. **Screen Ball.** Any ball rebounding from the front wall so close to the body of the defensive player that it prevents the offensive player from having a 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 a player who has just returned the ball is not automatically a screen. It depends on whether the other player is impaired as a result. Generally, the call should work to the advantage of the offensive player.

5. **Backswing Hinder.** Any body or racquet contact, on the backswing or on the way to or just prior to returning the ball, which impairs the hitter's ability to take a reasonable swing. This call can be made by the player attempting the return, though the call must be made immediately and is subject to the referee's approval. Note the interference may be considered a penalty hinder. See Rule 3.15.

6. **Safety Holdup.** Any player about to execute a return, who believes that striking the opponent with the ball or racquet is likely, may immediately stop play and request a replay hinder. This call must be made immediately and is subject to acceptance and approval of the referee. (The referee will grant a replay hinder if it is believed the holdup was reasonable and the player would have been able to return the shot. The referee may also call a penalty hinder if warranted.)

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

(b) **Effect of Hinders.** The referee's call of hinder stops play and voids any situation that follows, such as the ball hitting the player. The only hinders that may be called by a player are described in rules (2), (5), and (6) above, and all of these are subject to the approval of the referee. A replay hinder stops play and the rally is replayed. The server resumes play at first serve.

(c) **Responsibility.** 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 and swing at the ball. However, the receiver is responsible for making a reasonable effort to move towards the ball and must have a reasonable chance to return the ball for any type of hinder to be called.

Rule 3.15 PENALTY HINDERS

A penalty hinder results in the loss of the rally. A penalty hinder does not necessarily have to be an intentional act. Replay hinders are described in Rule 3.14. Any of the following results in a penalty hinder:

(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. In addition, when a player moves in such a direction that it prevents an opponent from taking either of these shots.

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

(c) **Blocking.** Moves into a position which blocks the opponent from getting to, or returning, the ball; or in doubles, the offensive player who is not returning the ball hinders or impedes either defensive players' ability to move into a position to cover the pending shot.

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

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

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

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

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

(i) **Apparel or Equipment Loss.** If a player loses any apparel, equipment, or other article, play shall be immediately stopped and that player shall be called for a penalty hinder, unless the player has just hit a shot that could not be retrieved. If the loss of equipment is caused by a player's opponent, then a replay hinder should be called. If the opponent's action is judged to have been avoidable, then the opponent should be called for a penalty hinder.

Rule 3.16 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 once the service motion has begun. Calling for a timeout when none remain or after the service motion has begun will result in the assessment of a technical foul for delay of game. If a player takes more than 30 seconds for a single timeout, the referee may

automatically charge any remaining timeouts, as needed, for any extra time taken. Once all time allowed has expired, a delay of game technical foul can be assessed. A player who leaves the court should call a timeout or else advise the referee of the reason for leaving the court. If a player leaves the court without advising the referee, a timeout may be charged to that player. If none remain, the referee may assess a technical foul for delay of game; however, the referee may excuse a delay if the player's reason for leaving was to correct a problem affecting the playability of the court, such as obtaining a towel to dry the court or disposing of some foreign material from the court.

(b) **Injury.** If a player is injured during the course of a match because of contact, such as with the ball, racquet, wall, floor, or another player, an injury timeout will be awarded. While a player may call more than one timeout for the same injury or for additional injuries that occur during the match, a player is not allowed more than a total of 15 minutes of rest for injury during the entire 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.

1. Should any external bleeding occur, the referee must halt play as soon as the rally is over, charge an injury timeout to the person who is bleeding, and not allow the match to continue until the bleeding has stopped.
2. Muscle cramps and pulls, fatigue, and other ailments that are not caused by direct contact on the court will not be considered an injury. Injury time is also not allowed for pre-existing conditions.

(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 grant an equipment timeout not to exceed 2 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 2 minutes. If a tiebreaker is necessary, the rest period between the second and third game is 5 minutes.

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

Rule 3.17 TECHNICAL FOULS AND WARNINGS

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

1. Profanity.
2. Excessive arguing.
3. Threat of any nature to opponent or referee.
4. Excessive or hard striking of the ball between rallies.
5. Slamming of the racquet against walls or floor, slamming the door, or any action that

might result in damage to the court or injury to other players.

6. Delay of game. Examples include (i) taking too much time to dry the court, (ii) excessive questioning of the referee about the rules, (iii) exceeding the time allotted for timeouts or between games, (iv) calling a timeout when none remain, or after the service motion begins, or (v) taking more than ten seconds to serve or be ready to receive serve.
7. Intentional front line foot fault to negate a bad lob serve.
8. Anything the referee considers unsportsmanlike behavior.
9. Failure to wear lensed eyewear designed for racquet sports [See Rule 2.5(a)] is an automatic technical foul on the first infraction, plus a mandatory timeout (to acquire the proper eyewear) will be charged against the offending player. A second infraction by that player during the match will result in automatic forfeiture of the match.
- (b) **Technical Warnings.** If a player's behavior is not so severe as to warrant a technical foul, a technical warning may be issued without the deduction of a point.
- (c) **Effect of Technical Foul or Warning.** If a referee issues a technical foul, one point shall be removed from the offender's score. No point will be deducted if a referee issues a technical warning. In either case, a technical foul or warning should be accompanied by a brief explanation. Issuing a technical foul or warning has no effect on who will be serving when play resumes. If a technical foul occurs when the offender has no points or between games, the result will be that the offender's score becomes minus one (-1).

RULE MODIFICATIONS

The following sections (4.0 through 11.0) detail the additional or modified rules that apply to variations of the singles game described in Sections 1 through 3.

4.0 – DOUBLES

The USAR's rules for singles also apply in doubles with the following additions and modifications:

Rule 4.1 DOUBLES TEAM

- (a) A doubles team shall consist of two players who meet either the age requirements or player classification requirements to participate in a particular division of play. A team with different skill levels must play in the division of the player with the higher level of ability. When playing in an adult age division, the team must play in the division of the younger player. When playing in a junior age division, the team must play in the division of the older player.
- (b) A change in playing partners may be made so long as the first match of the posted team has not begun. For this purpose only, the match will be considered started once the teams have been called to the court. The team must notify the tournament director of the change prior to the beginning of the match.

Rule 4.2 SERVE IN DOUBLES

- (a) **Order of Serve.** Before the match begins, each team shall inform the referee of their team's order of service, which shall be followed throughout the match. The order of serve may be changed between games,

provided that the referee has been verbally notified before the first serve of the new game. At the beginning of each game, when the first server of the first team to serve is out, the team is out. Thereafter, both players on each team shall serve until the team receives a handout and a sideout.

- (b) **Partner's Position.** On each serve, the server's partner shall stand erect with back to the side wall and with both feet on the floor within the service box from the moment the server begins the service motion until the served ball passes the short line. Violations are called foot faults. However, if the server's partner enters the safety zone before the ball passes the short line, the server loses service.
- (c) **Changes of Serve.** In doubles, the side is retired when both partners have lost service, except that the team that serves first at the beginning of each game loses the serve when the first server is retired.

Rule 4.3 FAULT SERVE IN DOUBLES

- (a) The server's partner is not in the service box with both feet on the floor and back to (but not necessarily against) the side wall from the time the server begins the service motion until the ball passes the short line.
- (b) A served ball that hits the doubles partner while in the doubles box results in a fault serve.
- (c) In one serve play, if a serve hits the non-serving partner while standing in the box, the server will be allowed one more opportunity to hit a legal serve. Hitting the non-serving partner twice results in an out.
- (d) In one serve play, consecutive faults — either (i) a screen serve followed by hitting the non-serving partner or (ii) hitting the non-serving partner followed by a screen serve — results in an out.

Rule 4.4 OUT SERVE IN DOUBLES

- (a) **Out-of-Order Serve.** In doubles, when either partner serves out of order, the points scored by that server will be subtracted and an out serve will be called: if the second server serves out of order, the out serve will be applied to the first server and the second server will resume serving. If the player designated as the first server serves out of order, a sideout will be called. The referee should call "no serve" as soon as an out-of-order serve occurs. If no points are scored while the team is out of order, only the out penalty will have to be assessed. However, if points are scored before the out of order condition is noticed and the referee cannot recall the number, the referee may enlist the aid of the line judges (but not the crowd) to recall the number of points to be deducted.
- (b) **Ball Hits Partner.** A served ball that hits the doubles partner while outside the doubles box results in loss of serve.

Rule 4.5 RETURN IN DOUBLES

- (a) The rally is lost if one player hits that same player's partner with an attempted return.
- (b) If one player swings at the ball and misses it, both partners may make further attempts to return the ball until it touches the floor the second time. Both partners on a side are entitled to return the ball.

5.0 – ONE SERVE

The USAR's standard rules governing racquetball play will be followed, but only one serve is allowed. Therefore, any fault serve is an out serve,

with a few exceptions [noted separately below, and within the text rules cited].

See Rule 3.9 FAULT SERVES

[Screens]

- (i) In one serve play, if a serve is called a screen, the server will be allowed one more opportunity to hit a legal serve, except if the serve is also defective for some other reason, such as being long or short. Two consecutive screen serves results in an out.

See Rule 4.3 FAULT SERVES IN DOUBLES

[Serve hits partner]

- (c) In one serve play, if a serve hits the non-serving partner while standing in the box, the server will be allowed one more opportunity to hit a legal serve. Hitting the non-serving partner twice, results in an out.

[Consecutive faults]

- (d) In one serve play, consecutive faults — either (i) a screen serve followed by hitting the non-serving partner or (ii) hitting the non-serving partner followed by a screen serve — results in an out.

6.0 – MULTI-BOUNCE

In general, the USAR's standard rules governing racquetball play will be followed except for the modifications that follow.

Rule 6.1 BASIC RETURN RULE

In general, the ball remains in play as long as it is bouncing. However, the player may swing only once at the ball and the ball is considered dead at the point it stops bouncing and begins to roll. Also, anytime the ball rebounds off the back wall, it must be struck before it crosses the short line on the way to the front wall, except as explained in Rule 6.2.

Rule 6.2 BLAST RULE

If the ball caroms from the front wall to the back wall on the fly, the player may hit the ball from any place on the court—including past the short line—so long as the ball is still bouncing.

Rule 6.3 FRONT WALL LINES

Two parallel lines (tape may be used) should be placed across the front wall such that the bottom edge of one line is 3 feet above the floor and the bottom edge of the other line is 1 foot above the floor. During the rally, any ball that hits the front wall (i) below the 3-foot line and (ii) either on or above the 1-foot line must be returned before it bounces a third time. However, if the ball hits below the 1-foot line, it must be returned before it bounces twice. If the ball hits on or above the 3-foot line, the ball must be returned as described in the basic return rule.

Rule 6.4 GAMES AND MATCHES

All games are played to 11 points and the first side to win two games wins the match.

7.0 – OUTDOOR RACQUETBALL

[World Outdoor Racquetball Association/WOR]

There are many rule variations in the outdoor game. Generally, the standard USAR rules also apply outdoors. Variations acknowledged by WOR are described below, but there may be local rule exceptions that supercede them. Tournament directors are advised to put any local rule exceptions in writing and all participants are advised to ask about them prior to playing.

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7.1 COURT SPECIFICATIONS

Outdoor courts vary in size and there is no "official size." Generally, outdoor courts either have no or a very limited ceiling. They usually have no back walls; however, some courts may have a non-connected back wall surface considered part of the playing area. Outdoor courts can be classified as one of two general types.

- (a) **One-Wall.** A one-wall court has no side walls that do not extend more than a few feet.
- (b) **Three-Wall.** The front wall is usually at least 20 feet wide and at least 20 feet high. The side walls generally are at least 20 feet long and 20 feet high where they meet the front wall and are often tapered as they come toward the back court.

7.2 COURT MARKINGS

Generally, the markings are the same as the USAR's standard rules, except that on an outdoor court, there is no receiving (5-foot) line. Since the size of outdoor courts may vary, the exact placement of other lines may also vary. Both side lines and a back line are drawn, as needed, to denote a 20 foot by 40 foot "in-play" area on the surface of the court. Some outdoor courts may also have singles service lines to reduce the server's advantage. These lines are usually placed 18 inches inside each side line and run from the short line to the back line. These lines are only in force during the serve and are not used for doubles play.

7.3 APPAREL

Shirts are not required in the outdoor game.

7.4 PLAY REGULATIONS

- (a) All divisions follow the USAR's basic one serve rules. Generally, a rally must be played for the receiver(s) to win a point or take possession of the serve.
- (b) Serving when the receiver(s) are not ready is generally excused. However, persistent serving without checking the receiver(s) can result in a technical foul (loss of point) for delay of game.
- (c) In doubles, the non-serving partner may take a position in the normal doubles box or outside the court beyond the back line or side line. If the non-serving partner hinders the receiving team on the return of serve, the referee may call a penalty hinder. In one wall, the non-serving partner may not step onto the playing zone of the court until serve has passed the short line.
- (d) On the return of serve, the receiver(s) may not break the plane of the short line and doing so results in a point for the server.
- (e) If the ball bounces on a side line or the back line on its first bounce, the ball is considered out. When the singles service line is used, a served ball that bounces on it is out. If the ball hits the beveled end of a side wall or the beveled top of the front wall or a side wall and remains in play, the shot is good. A ball that bounces over a side wall is legal, however, local rules may declare that such a shot is out when long-wall courts are used.
- (f) Generally, there are no court hinders. Local rules, however, may designate a particular feature of the court as a court hinder. The elements of nature, such as sun, wind, rain, etc., may not serve as the basis for a hinder. A ball that strikes a light pole that is inside the playing area, but outside the "in" zone, without bouncing is considered out. However, if the ball first bounces "in", and then hits such a light pole, it is a court hinder as soon as the ball touches the pole. A court hinder

may also be called when a returned ball hits a light attached to the end of a side wall if the ball would have otherwise reached the front wall.

- (g) A safety holdup (replay hinder) also includes consideration given to players on an adjacent court or any spectators who are not part of the stationary crowd. The player must be able to hit the ball prior to it reaching the stationary crowd. Any vehicle that enters the playing area can be grounds for a safety holdup. Parked vehicles are classified as part of the stationary crowd.
- (h) Intentionally launching a ball following a rally is a technical foul for delay of game against the player who sent the ball sailing. This includes launching a ball prior to the referee or opponent confirming that it is broken.

8.0 – WHEELCHAIR

Rule 8.1 CHANGES TO STANDARD RULES

In general, the USAR's standard rules governing racquetball play will be followed, except for the modifications that follow.

- (a) Where USAR rules refer to server, person, body, or other similar variations, for wheelchair play such reference shall include all parts of the wheelchair in addition to the person sitting on it.
- (b) Where the rules refer to feet, standing or other similar descriptions, for wheelchair play it means only where the rear wheels actually touch the floor.
- (c) Where the rules mention body contact, for wheelchair play it shall mean any part of the wheelchair in addition to the player.
- (d) Where the rules refer to double bounce or after the first bounce, it shall mean three bounces. All variations of the same phrases shall be revised accordingly.

Rule 8.2 DIVISIONS

- (a) **Novice Division.** The novice division is for the beginning player who is just learning to play.
- (b) **Intermediate Division.** The Intermediate Division is for the player who has played tournaments before and has a skill level to be competitive in the division.
- (c) **Open Division.** The Open Division is the highest level of play and is for the advanced player.
- (d) **Multi-Bounce Division.** The Multi-Bounce Division is for the individuals (men or women) whose mobility is such that wheelchair racquetball would be impossible if not for the Multi-Bounce Division.
- (e) **Junior Division.** The junior divisions are for players who are under the age of 19. The tournament director will determine if the divisions will be played as two bounce or multi-bounce. Age divisions are: 8-11, 12-15, and 16-18.

Rule 8.3 RULES

- (a) **Two Bounce Rule.** Two bounces are used in wheelchair racquetball in all divisions except the Multi-Bounce Division. The ball may hit the floor twice before being returned.
- (b) **Out-of-Chair Rule.** The player can neither intentionally jump out of the chair to hit a ball nor stand up in the chair to serve the ball. If the referee determines that the chair was left intentionally, it will result in loss of the rally for the offender. If a player unintentionally leaves the chair, no penalty will be assessed. The referee will warn repeat

offenders.

- (c) **Equipment Standards.** To protect playing surfaces, the tournament officials will not allow a person to participate with black tires or anything that will mark or damage the court.
- (d) **Start.** The serve may be started from any place within the service zone. Although the front casters may extend beyond the lines of the service zone, at no time shall the rear wheels cross either the service or short line before the served ball crosses the short line. Penalties for violation are the same as those for the standard game.
- (e) **Maintenance Delay.** A maintenance delay is a delay in the progress of a match due to a malfunction of a wheelchair, prosthesis, or assistive device. Such delay must be requested by the player, granted by the referee during the match, and shall not exceed 5 minutes. Only two such delays may be granted for each player for each match. After using both maintenance delays, the player has the following options: (i) continue play with the defective equipment, (ii) immediately substitute replacement equipment, or (iii) postpone the game, with the approval of the referee and opponent.

Rule 8.4 MULTI-BOUNCE RULES

- (a) The ball may bounce as many times as the receiver wants though the player may swing only once to return the ball to the front wall.
- (b) The ball must be hit before it crosses the short line on its way back to the front wall.
- (c) The receiver cannot cross the short line after the ball contacts the back wall.

9.0 – VISUALLY IMPAIRED

In general, the USAR's standard rules governing racquetball play will be followed except for the modifications that follow.

Rule 9.1 ELIGIBILITY

A player's visual acuity must not be better than 20/200 with the best practical eye correction or else the player's field of vision must not be better than 20 degrees. The three classifications of blindness are B1 (totally blind to light perception), B2 (able to see hand movement up to 20/600 corrected), and B3 (from 20/600 to 20/200 corrected).

Rule 9.2 RETURN OF SERVE AND RALLIES

On the return of serve and on every return thereafter, the player may make multiple attempts to strike the ball until (i) the ball has been touched, (ii) the ball has stopped bouncing, or (iii) the ball has passed the short line after touching the back wall. The only exception is described in Rule 9.3.

Rule 9.3 BLAST RULE

If the ball (other than on the serve) caroms from the front wall to the back wall on the fly, the player may retrieve the ball from any place on the court—including in front of the short line—so long as the ball has not been touched and is still bouncing.

Rule 9.4 HINDERS

A replay hinder will result in the rally being replayed without penalty unless the hinder was intentional. If a hinder is clearly intentional, a penalty hinder should be called and the rally awarded to the non-offending player or team.

10.0 – DEAF

In general, the USAR's standard rules governing racquetball play will be followed except for the modifications that follow.

Rule 10.1 ELIGIBILITY

An athlete shall have a hearing loss of 55 dB or more in the better ear to be eligible for any tournament for deaf athletes.

11.0 – MEN'S PROFESSIONAL [International Racquetball Tour/IRT]

In general, competition on the International Racquetball Tour [IRT] will follow the standard rules governing racquetball established by the USAR, except for the modifications that follow. Consult the tour commissioner regarding any changes after this publication. The commissioner will resolve all IRT rules questions.

Rule 11.1 GAME, MATCH

All games are played to 11 points, and are won by the player who reaches that score with at least a 2-point lead. If necessary, the game will continue beyond 11 points, until one player has a 2-point lead. Matches are played the best three out of a possible five games.

Rule 11.2 APPEALS

The referee's call is final. There are no line judges, and no appeals may be made.

Rule 11.3 SERVE

Players are allowed only one serve to put the ball into play.

Rule 11.4 SCREEN SERVE

In IRT matches, screen serves are replayed, except if the serve is also defective for some other reason, such as being long or short.

Rule 11.5 READINESS RULE

In IRT matches, any serve made while the opponent is not ready is replayed.

Rule 11.6 COURT HINDERS

No court hinders are allowed or called, except for a wet ball on the first surface—either the floor or side wall—that the serve touches after the front wall.

Rule 11.7 OUT-OF-COURT BALL

Any ball leaving the court results in a loss of rally.

Rule 11.8 BALL

All matches are played with the Penn Pro ball. The first, third, and fifth (if necessary) games of the match are started with a new ball.

Rule 11.9 TIMEOUTS

- Per Game.** Each player is entitled to one 1-minute timeout per game.
- Between Points.** The player has 15 seconds from the end of the previous rally to put the ball in play.
- Between Games.** The rest period between all games is 2 minutes, including between games 4 and 5.
- Equipment Timeouts.** A player does not have to use regular timeouts to correct or adjust equipment, if the need for the change or adjustment is acknowledged by the referee as being necessary for fair and safe continuation of the match.
- Injury Timeout.** Consists of two seven and one-half minute (7-1/2) timeouts within a match. Once an injury timeout is taken, the full seven and a half minutes (7-1/2) must be used, or it is forfeited.

Rule 11.10 FORFEIT TIME

A match can be forfeited when any player or team fails to report to play 15 minutes after the match was scheduled to be played.

Rule 11.11 APPAREL

Players must wear collared shirts that are clean and in good repair, however, T-shirts made of some type of performance fabric (Cool Max and Dri-Fit are examples) are acceptable substitutes. Shirts must present a professional appearance and are subject to approval/rejection by the tour commissioner.

12.0 – WOMEN'S PROFESSIONAL [Ladies Professional Racquetball Association/LPRA]

In general, competition in the Ladies Professional Racquetball Association [LPRA] will follow the standard rules governing racquetball established by the USAR, except for the modifications that follow. Consult the tour commissioner regarding any changes after this publication. The LPRA Tournament Director (or, if that person is on-court, the tour commissioner or designated official) will resolve all LPRA rules questions or disputes and has the final say.

Rule 12.1 GAME, MATCH

All games are played to 11 points, and are won by the player who reaches that score with at least a 2-point lead. If necessary, the game will continue beyond 11 points, until one player has a 2-point lead. Matches are played the best three out of a possible five games.

Rule 12.2 LINE JUDGES, APPEALS

Line judges are required for semifinal and final matches. Players may use three appeals in each game, plus a game-ending rally may be appealed even if all three appeals have been used.

Rule 12.3 SERVE

Players are allowed only one serve to put the ball into play.

Rule 12.4 REPLAY HINDERS – Other Interference

Play continue even if a fan or anything else outside the court makes a distracting noise.

Rule 12.5 TIMEOUTS

- Per Game.** Each player is entitled to two 45-second timeouts per game.
- Between Games.** The rest period between all games is 11/2 minutes, except between games 4 and 5 when 21/2 minutes are allowed.

COMPETITION POLICIES AND PROCEDURES

Sections A through D that follow contain mostly policies and procedures concerning competition, rather than "rules of play" which are subject to the formal rule change procedures. However, some of the topics that follow are still subject to the formal rule change procedures. In the next edition of the rulebook, they will be highlighted for ease of location.

A – TOURNAMENTS

A.1 DRAWS

- If possible, all draws shall be made at least two (2) days before the tournament commences. The seeding method of drawing shall be approved by the USAR.
- At USAR National events, the draw and seeding committee shall be chaired by the USAR's Executive Director, National Tournament Director, and the host tournament director. No other persons shall participate in the draw or seeding unless at the invitation of the draw and seeding committee.
- In local and regional tournaments, the draw shall be the responsibility of the tournament director.

A.2 CONSOLATION MATCHES

- 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 A.6 about how to determine the winner of a round robin event.
- Consolation matches may be waived at the discretion of the tournament director, but this waiver must be in writing on the tournament application.
- Preliminary consolation matches will be two of three games to 11 points. Semifinal and final matches will follow the regular scoring format.

A.3 SCHEDULING

- Preliminary Matches.** If contestants are entered in more than one division, it is likely that they will be required to play several times on the same day with little rest between matches. This is a risk assumed on entering multiple categories of play. If possible, schedules should provide at least one (1) hour of rest between matches.
- Final Matches.** Where the possibility exists of one or more players reaching the finals in multiple divisions, it is recommended that these matches be scheduled several hours apart to assure more rest between the final matches. If this is not possible, it is recommended that a singles final be scheduled before any doubles final, and that at least one (1) hour of rest be allowed between matches.
- Conflicts.** If a player reaches the finals of two divisions that are scheduled within the same hour, that player should be given the option of choosing which final is to be played first.

A.4 NOTICE OF MATCHES

After the first round of matches, it is the responsibility of each player to check the posted schedules to determine the time and place of each subsequent match. If any change is made in the schedule after posting, it shall be the duty of the tournament director to notify the players of the change.

A.5 FINISHES

Finalists must play off for first and second place, or determine a winner by some mutually acceptable method. Semi-finalists are not required to play off for third place. However, if one semifinalist wishes to play off and the other does not, the one willing to play shall be awarded third place. If no playoff for third place occurs, both semi-finalists will receive fourth place points.

A.6 ROUND ROBIN SCORING

The final positions of players or teams in round robin competition is determined by the following sequence:

- Winner of the most matches;
- In a two-way tie, winner of the head-to-head match;
- In a tie of three or more, the player who lost the fewest games is awarded the highest position.
 - If a two-way tie remains, the winner of the head-to-head match is awarded the higher position.
 - If a multiple tie remains, the total "points scored against" each player in all matches will be tabulated and the player who had the least "points scored against" them is

awarded the highest position. Note: Forfeits will count as a match won in two games. In cases where “points scored against” is the tiebreaker, the points scored by the forfeiting team will be discounted from consideration of “points scored against” all teams.

A.7 COURT ASSIGNMENTS

In all USAR sanctioned tournaments, the tournament director and/or USAR official in attendance may decide on a change of court after the completion of any tournament game, if such a change will accommodate better spectator conditions.

A.8 TOURNAMENT CONDUCT

In all USAR sanctioned tournaments, the referee is empowered to forfeit a match, if the conduct of a player or team is considered detrimental to the tournament and the game. See B.5 (d) and (e).

A.9 SPECTATOR CONDUCT

In the event of disruptive or threatening behavior on the part of any spectator, relative, parent, guardian, or coach at any USAR sanctioned event, the referee is empowered to address a first offense by enforcing sanction #1 detailed below. For additional infractions, the tournament director, or USAR official in attendance, either of their own accord or at the request of the referee, is empowered to enforce sanctions #2 and #3 as warranted.

1. For the first offense: violator may watch, but not speak, while the athlete's match is being played.
2. For the second offense: violator may not watch the athlete's match, but may remain within the building.
3. For the third offense: violator will be removed from the club for the duration of the tournament, and pertinent authorities advised of the restriction. If a given situation so warrants, the tournament director or USAR official may invoke this sanction immediately and without previous offenses - in the interest of safety.

B – OFFICIATING

B.1 TOURNAMENT MANAGEMENT

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

B.2 RULES COMMITTEE

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

B.3 REFEREE APPOINTMENT AND REMOVAL

The principal official for every match shall be the referee who has been designated by the tournament director, or a designated representative, and who has been agreed upon by all participants in the match. The referee's authority regarding a match begins once the players are called to the court. The referee may be removed from a match upon the agreement of all participants (teams in doubles) or at the discretion of the tournament director or the designated representative. In the event that a referee's removal is requested by one player or team and not agreed to by the other, the tournament director or the designated

representative may accept or reject the request. It is suggested that the match be observed before determining what, if any, action is to be taken. In addition, two line judges and a scorekeeper may also be designated to assist the referee in officiating the match.

B.4 RULES BRIEFING

Before all tournaments, all officials and players shall be briefed on rules as well as local court hinders, regulations, and modifications the tournament director wishes to impose. The briefing should be reduced to writing. The current USAR 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.

B.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 procedures and instruct them of their duties, rules, and local regulations.
 4. Go onto the court to make introductions; brief the players on court hinders (both designated and undesignated); identify any out-of-play areas [see rule 2.1(a)]; discuss local regulations and rule modifications for this tournament; and explain often-misinterpreted rules.
 5. Inspect players' equipment; identify the line judges; verify selection of a primary and alternate ball.
 6. Toss coin and offer the winner the choice of serving or receiving.
- (b) Decisions.** During the match, the referee shall make all decisions with regard to the rules. Where line judges are used, the referee shall announce all final judgments. If both players in singles and three out of four in a doubles match disagree with a call made by the referee, the referee is overruled, with the exception of technical fouls and forfeitures.
- (c) Protests.** Any decision not involving the judgment of the referee will, on protest, be accorded due process as set forth in the constitution of the USAR. For the purposes of rendering a prompt decision regarding protests filed during the course of an ongoing tournament, the stages of due process will be: first to the tournament desk, then to the tournament director, and finally to the tournament rules committee. In those instances when time permits, the protest may be elevated to the state association or, when appropriate, to the national level as called for in the USAR constitution.
- (d) Forfeitures.** A match may be forfeited by the referee when:
 1. Any player refuses to abide by the referee's decision or engages in unsportsmanlike conduct.
 2. Any player or team who fails to report to play 10 minutes after the match has been scheduled to play. (The tournament director may permit a longer delay if circumstances warrant such a decision.)
 3. A game will be forfeited by the referee for using an illegal racquet as specified in Rule

2.4(e).

- (e) Defaults.** A player or team may be forfeited by the tournament director or official for failure to comply with the tournament or host facility's rules while on the premises between matches, or for abuse of hospitality, locker room, or other rules and procedures.
- (f) Spectators.** The referee shall have jurisdiction over the spectators, as well as the players, while the match is in progress.
- (g) Other Rulings.** The referee may rule on all matters not covered in the USAR Official Rules. However, the referee's ruling is subject to protest as described in B.5 (c).

B.6 LINE JUDGES

- (a) When Utilized.** Two line judges should be used for semifinal and final matches, when requested by a player or team, or when the referee or tournament director so desires. However, the use of line judges is subject to availability and the discretion of the tournament director.
- (b) Replacing Line Judges.** If any player objects to a person serving as a line judge before the match begins, all reasonable effort shall be made to find a replacement acceptable to the officials and players. If a player objects after the match begins, any replacement shall be at the discretion of the referee and/or tournament director.
- (c) Position of Line Judges.** The players and referee shall designate the court location of the line judges. The tournament director shall settle any dispute.
- (d) Duties and Responsibilities.** Line judges are designated to help decide appeals. In the event of an appeal, and after a very brief explanation of the appeal by the referee, the line judges must indicate their opinion of the referee's call.
- (e) Signals.** Line judges should extend their arm and signal as follows: (i) thumb up to show agreement with the referee's call, (ii) thumb down to show disagreement, and (iii) hand open with palm facing down to indicate “no opinion” or that the play in question wasn't seen.
- (f) Manner of Response.** Line judges should be careful not to signal until the referee announces the appeal and asks for a ruling. In responding to the referee's request, line judges should not look at each other, but indicate their opinions simultaneously in clear view of the players and referee. If at any time a line judge is unsure of which call is being appealed or what the referee's call was, the line judge should ask the referee to repeat the call and the appeal.
- (g) Result of Response.** The referee's call stands if at least one line judge agrees with the referee or if neither line judge has an opinion. If both line judges disagree with the referee, the referee must reverse the call. If one line judge disagrees with the referee 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 resumption of play at first serve.

B.7 APPEALS

- (a) Appealable Calls and Non-Calls.** In any match using line judges, a player may appeal any call or non-call by the referee, except for a technical foul or forfeiture.
- (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 the non-racquet hand at the time the perceived infraction occurs. The player is obligated to continue to play until the rally has ended or the referee stops play. The referee will recognize a player's appeal only if it is made before that player leaves the court for any reason including timeouts and game-ending rallies or, if that player doesn't leave the court, before the next serve begins.

- (c) **Loss of Appeal.** A player or team forfeits its right of appeal for that rally if the appeal is made directly to the line judges or, if the appeal is made after an excessive demonstration or complaint.
- (d) **Limit on Appeals.** A player or team can make three appeals per game. However, if either line judge disagrees (thumb down) with the referee's call, that appeal will not count against the three-appeal limit. In addition, a potential game-ending rally may be appealed without charge against the limit—even if the three-appeal limit has been reached.

B.8 OUTCOME OF APPEALS

Everything except technical fouls and forfeitures can be appealed. The following outcomes cover several of the most common types of appeal, but not all possible appeals could be addressed. Therefore, referee's discretion and common sense should govern the outcomes of those appeals that are not covered herein:

- (a) **Skip Ball.** If the referee makes a call of "skip ball," and the call is reversed, the referee then must decide if the shot in question could have been returned had play continued. If, in the opinion of the referee, the shot could have been returned, the rally shall be replayed. However, if the shot was not retrievable, the side that hit the shot in question is declared the winner of the rally. If the referee makes no call on a shot (thereby indicating that the shot did not skip), an appeal may be made that the shot skipped. If the "no call" is reversed, the side that hit the shot in question loses the rally.
- (b) **Fault Serve.** If the referee makes a call of fault serve and the call is reversed, the serve is replayed - unless the referee considered the serve to have been irretrievable, in which case a point is awarded to the server. If an appeal is made because the referee makes no call on a serve (thereby indicating that the serve was good) and the "no call" is reversed, the result will be a fault serve.
- (c) **Out Serve.** If the referee calls an "out serve", and the call is reversed, the serve will be replayed, unless the serve was obviously a fault too, in which case the call becomes fault serve. However, if the call is reversed and the serve was considered an ace, a point will be awarded. Also, if the referee makes no call on a serve—thereby indicating that the serve was good—but the "no call" is reversed, it results in an immediate loss of serve.
- (d) **Double Bounce Pickup.** If the referee makes a call of two bounces, and the call is reversed, the rally is replayed, except if the player against whom the call was made hit a shot that could not have been retrieved, then that player wins the rally. (Before awarding a rally in this situation, the referee must be certain that the shot would not have been retrieved even if play had not been halted.) If an appeal is made because the referee makes no call thereby indicating that the get was not

two bounces, and the "no call" is reversed, the player who made the two-bounce pickup is declared the loser of the rally.

- (e) **Receiving Line Violation** (Encroachment). If the referee makes a call of encroachment, but the call is overturned, the serve shall be replayed unless the return was deemed irretrievable in which case a sideout (or possibly a handout in doubles) should be called. When an appeal is made because the referee made no call, and the appeal is successful, the server is awarded a point.
- (f) **Court Hinder.** If the referee makes a call of court hinder during a rally or return of serve, the rally is replayed. If the referee makes no call and a player feels that a court hinder occurred, that player may appeal. If the appeal is successful, the rally will be replayed. If a court hinder occurs on a second serve, play resumes at second serve.

B.9 RULE INTERPRETATIONS

If a player feels the referee has interpreted the rules incorrectly, the player may require the referee or tournament director to cite 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 other corrective measures.

C – ELIGIBILITY AND NATIONAL EVENTS

C.1 ELIGIBILITY

To be eligible to compete in any USAR sanctioned event, a player must only be a valid, registered member of USA Racquetball

C.2 WAIVER & RELEASE

Athletic Waiver and Release of Liability: In consideration of being allowed to participate in any USA Racquetball athletics/sports programs, and related events and activities, all member signatories:

1. Agree that prior to participating, they will inspect the facilities and equipment to be used, and if they believe anything is unsafe, they will immediately advise their coach, supervisor, or USAR personnel of such condition(s) and refuse to participate.
2. Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inaction, or negligence but the actions, inaction, or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time.
3. Assume all the foregoing risks and accept personal responsibility for the damages following such injury, permanent disability, or death.
4. Release, waive, discharge and covenant not to sue the USA Racquetball, its affiliated clubs, regional sports organizations, their respective administrators, directors, agents, coaches, and other employees of the organization, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessees of premises used to conduct the event, all of which are hereinafter referred to as "releasees" from any and all liability to the signator on the opposite side of this form, his or her heirs and next of kin for any and all claims, demands, losses or damages on account of injury including death or damage to property,

caused or alleged to be caused in whole or in part by the negligence of the release of otherwise.

C.3 RECOGNIZED DIVISIONS

Title opportunities at national championships will be selected from the division lists that follow. Combined Age + Skill divisions may also be offered to provide additional competitive opportunities for non-open entrants. For ranking consistency, state organizations are encouraged to select from these recognized divisions when establishing competition in all sanctioned events.

- (a) **Open Division.** Any eligible player, as defined in C.1.
- (b) **Adult Age Divisions.** Eligibility is determined by the player's age on the first day that the players division begins.
Divisions are:
24 & under - Varsity
25+ - Junior Veterans
30+ - Veterans
35+ - Seniors
40+ - Veteran Seniors
45+ - Masters
50+ - Veteran Masters
55+ - Golden Masters
60+ - Veteran Golden Masters
65+ - Senior Golden Masters
70+ - Advanced Golden Masters
75+ - Super Golden Masters
80+ - Grand Masters
85+ - Super Grand Masters

- (c) **Junior Age Divisions.** Player eligibility is determined by the player's age on January 1st of the current calendar year. Divisions are:
18 & Under
16 & Under
14 & Under
12 & Under
10 & Under
8 & Under (regular rules)
8 & Under (multi-bounce rules)
6 & Under (multi-bounce rules)

- (d) **Skill Divisions.** Player eligibility is determined by AmPRO skill level certification or verification by a state association official, at the entered level.
Elite [Open level drop-down]
A
B
C
D
Novice
- (e) **Age + Skill Divisions.** Player eligibility is determined by the player's age on the first that the players division begins, plus AmPRO skill level certification, or verification by a state association official, at the entered level. Such combinations may be offered as additional competition to players who do not fall into the "open" or designated skill levels of play. For example: 24- A/B; 30+ B; 35+ C/D; 40+ A; 65 + A/B, etc.

C.4 COMPETITION BY GENDER

Men and women may compete only in events and divisions for their respective gender during regional and national tournaments. If there is not sufficient number of players to warrant play in a specific division, the tournament director may place the entrants in a comparably competitive division. Note: For the purpose of encouraging the development of women's racquetball, the governing bodies of numerous states permit women to play in men's divisions when a comparable skill level is not available in the women's divisions.

C.5 USAR REGIONAL CHAMPIONSHIPS

(a) Adult Regional Tournaments

1. Regional tournaments will be conducted at various metropolitan sites designated annually by the USAR and players may compete at any site they choose.
2. A person may compete in any number of adult regional tournaments, but may not enter a championship division (as listed in C.4) after having won that division at a previous adult regional tournament that same year.
3. A person cannot participate in more than two championship events at a regional tournament.
4. Any awards or remuneration to a USAR National Championship will be posted on the entry blank.

(b) **Junior Regional Tournaments.** Separate regional qualifying events for juniors have been discontinued. In order to qualify for annual Junior National events, players must compete in a sanctioned Level Three State Championship.

C.6 U.S. NATIONAL SINGLES AND DOUBLES CHAMPIONSHIPS

The U.S. National Singles and Doubles Tournaments are separate tournaments and are played on different dates. National Singles are traditionally held in May; National Doubles in October.

(a) Competition in an Adult Regional singles tournament (or recognized qualifying event) is required to qualify for the National Singles Championship.

1. Recognized qualifying events are: WSMA Championships (January); NMRA Singles Championships (February); World Intercollegiate Championships (April).

(b) The National Tournament Director may handle the rating of each region and determine how many players shall qualify from each regional tournament.

C.7 U.S. NATIONAL JUNIOR OLYMPIC CHAMPIONSHIPS

It will be conducted on a different date than all other National Championships. Traditionally held in June.

C.8 U.S. NATIONAL HIGH SCHOOL CHAMPIONSHIPS

It will be conducted on a different date than all other National Championships. Traditionally held in March.

C.9 IRF WORLD INTERCOLLEGIATE CHAMPIONSHIPS

It will be conducted on a different date than all other National Championships. Traditionally held in April.

C.10 U.S. OPEN RACQUETBALL CHAMPIONSHIPS

It will be conducted on a different date than all other National Championships, and include both pro and USAR competitive divisions. Traditionally held in November.

D – PROCEDURES

D.1 RULE CHANGE PROCEDURES

To ensure the orderly growth of racquetball, the USAR has established specific procedures that are followed before a major change is made to the rules of the game.

NOTE: Changes to rules and regulations in Sections 1 through 10 must adhere to published rule change procedures. Remaining sections may be

altered by vote of the USAR Board of Directors*.

- (a) Rule change proposals must be submitted in writing to the USAR National Office by June 1st.
- (b) The USAR Board of Directors will review all proposals at its Fall board meeting and determine which will be considered.
- (c) Selected proposals will appear in RACQUETBALL Magazine — the official USAR publication — as soon as possible after the Fall meeting for comment by the general membership.
- (d) After reviewing membership input and the recommendations of the National Rules Committee and National Rules Commissioner, the proposals are discussed and voted upon at the annual Board of Directors meeting in May.
- (e) Changes approved in May become effective on September 1st. Exception: changes in racquet specifications become effective 2 years later on September 1st.
- (f) Proposed rules that are considered for adoption in one year, but are not approved by the Board of Directors in May of that year, will not be considered for adoption the following year.

* The following policies & procedures segments are subject to stated rule change procedures outlined in D.1:

- A.6 Round Robin Scoring
- A.8 Tournament Conduct
- B.5 (d-g) Forfeitures, Defaults ...
- B.6 Line Judges
- B.7 Appeals
- B.8 Outcome of Appeals

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ON CAMPUS

How to Join the Eastern Collegiate Racquetball Conference



**BY SHANE WOOD, EXECUTIVE DIRECTOR
EASTERN COLLEGIATE RACQUETBALL CONFERENCE
CHAIRMAN, USAR INTERCOLLEGIATE COUNCIL**

So you've got your team together, you've set up practices, you've set up your challenge ladder, and now you want to take it to the next step. Below you will find information on the steps it takes to become part of the Eastern Collegiate Racquetball Conference (ECRC), the most populated and active Intercollegiate Racquetball Conference in the United States.

First off, let me tell you that any College or University is eligible to participate in the ECRC. The requirement that all teams must adhere to is that every student must be recognized as a full-time student (undergraduate or graduate), as deemed by their particular school. You may be at any time required to present eligibility verification from your registrar.

A full-team in the league consists of eight (8) men and eight (8) women, however, while it's encouraged, you are not required to bring a full team to any of the meets. If you are an individual player and a full-time student that would like to participate in the league, you are eligible.

The ECRC will run four (4) meets per year. They are held in October, November, February and April. The Northeast Intercollegiate Regional Championships are held at the end of February, beginning of March and the USA Racquetball National Intercollegiate Championships are held at the end of March. As the exact dates and locations become finalized, they are all posted on our website at www.ecrracquetball.org. In addition, I will send out an e-mail with reminders of the events as they come up, so if you would like to be on that distribution, please e-mail me at racquetballchamp@hotmail.com or call me on my cell phone at (508) 479-6597.

The fees are minimal to participate in the meets. If you would like to sign up as a full team (again, does not mean you need the full 16 players), the cost for the year is \$350. If you have enough players to represent additional teams for your College or University, they are also eligible and the cost is reduced to \$200 for each additional team. This fee covers the entry fees to all four (4) official ECRC meets. The Northeast Regional, Intercollegiate Championships, or any additional events hosted by the ECRC will have separate fees associated. If you are not coming as a team, but rather one or two individual players, and it doesn't make sense to pay the full league dues, the cost to play up to three divisions (singles, doubles and mixed doubles) is \$25. These fees

supply you with court time, prizes, tons of racquetball, even more food and an incredibly great time.

Once you decide to play (highly recommended!), e-mail your final rosters on the Monday prior to the event. Each team will number their players 1-8 (or however many you have) in the order that they rank on your team (1 being the best, so on and so forth). You will also provide your men's, women's and mixed doubles teams in the order you would like. As a general statement, the 1-3 players from each team will play in Division I, numbers 4-5 will play in Division II, and 6-8 will play in Division III. However, I always reserve the right to classify players in other divisions where I see appropriate. I will explain the draws a little better at the events. Something that's new to the league this year will be the posting of starting times at the ECRC Website on Thursday mornings.

At the meets, I can't guarantee you any victories, but I can guarantee that you will play plenty of racquetball, eat tons of food, and have a great time. You will play individually in the division you are classified in by your rank, however, as you play each match, you will be earning points for your particular College or University, based on where you finish. At the end of each event, I will announce the winners of each particular meet. Another new change to the league this year, there will be prizes awarded to the winning team of each event. In addition to that, points from each meet will be totaled at the end of the year to announce the ECRC champions for that particular season.

There are several different areas of information that I can branch into, and tons of other activities and benefits, but this should give you the general idea of what it takes to join and participate in the ECRC. If you have more questions, or would like to get general ideas of how the league runs, you are always welcome to e-mail me or call me at racquetballchamp@hotmail.com or (508) 479-6597.

Please note that leagues such as the ECRC are capable of being organized all over the country. If you are interested in forming a league or organizing an intercollegiate tournament, please contact me at the above information. I look forward to working with all of you and seeing you all again during the ECRC Season once again or at the 2005 US Intercollegiate National Championships.

Junior Espirit Team

As the IRF Junior World Racquetball Championships approach, I thought it would be a good idea to introduce everyone to the youngest members of Team USA, those that will compete for the Espirit Cup. This is a separate competition for all players ages 12 and under. The format is the Olympic format consisting of Gold, Red, White, and Blue divisions with two players from each nation designated as point earners. Those point earners are determined based on results from this past summer's Junior Olympics Championships.

This year, the U.S. team is made up of some very talented players who hope to reverse last year's narrow seven point loss to Mexico. These players are:

GIRLS 8-

ABBEY LAVELY (Ohio) was very dominant as she won her second consecutive title in this division at the recent Junior Olympic Championships in Eau Claire, WI.

ELIZABETH VARGAS (Colorado) took home the silver in single bounce and gold in multi bounce.

BOYS 8-

ADAM MANILLA (Colorado) swept through the draw this summer to capture his first National Championship.

ZACH PELLOWSKI (Colorado) from Wisconsin at the time of the Junior Olympics, but has since relocated to Colorado.

GIRLS 10-

ELIZABETH BRENNER (Oregon) is no stranger to the Junior Worlds as she is 1/2 of the reigning World Champion Girls 10 Doubles team (with partner Kaitlin Inglesby).

COURTNEY CHISHOLM (Massachusetts) managed to double-qualify as she took silver in the singles and gold in doubles with Samantha Rosado (Connecticut).

BOYS 10-

CHASE STANLEY (Louisiana) continues his family legacy on the Junior National team as he took home the gold in the singles by defeating another regular family name on the team.

MARCO ROJAS (California) also double-qualified by finishing second in singles to Stanley and winning doubles with partner Jose Diaz (California).

GIRLS 12-

DANIELLE KEY (Arizona) repeated her national championship in Wisconsin and is anxiously awaiting a rematch with current World Champion, Veronica Sotomayer of Ecuador.

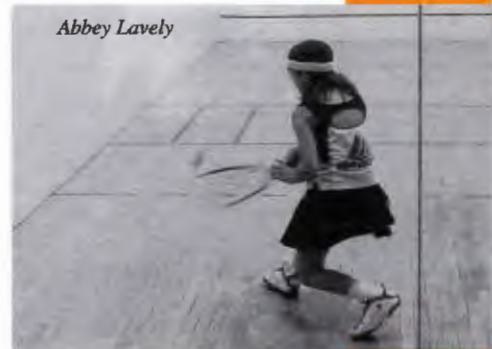
KAITLIN INGLESBY (Oregon) won the inaugural Espirit Female Athlete of the Year award at this summer's Junior Olympics and managed to double-qualify as well. She teamed with Girls 10- champion Elizabeth Brenner to win the doubles.

BOYS 12-

TAYLOR KNOTH (Oregon) is leading the next generation of talented players from this state as he again charged through the draw to claim the National Championship.

JAKE BREDENBECK (Minnesota) finished second to Knoth in singles and then teamed with him to win the doubles.

Abbey Lavelly



Adam Katz and Elizabeth Vargas



Elizabeth Brenner



Adam Manilla and Zach Pellowski



WHAT'S THE CALL?



By OTTO DIETRICH • USA RACQUETBALL NATIONAL RULES COMMISSIONER

The US OPEN brings together players from various sanctioning bodies from across the racquetball world, specifically the USAR, IRT (men pro's), and LPRA (women pro's). With many players entering events sanctioned by more than one of these organizations, the rule differences are bound to confuse several spectators, as well as a few players. Generally, the aforementioned pro sanctioning bodies have adopted the basic rules set forth in the USAR Rulebook and then merely identify their own exceptions. Here are the major ones:

WINNING GAMES AND MATCHES: A standard USAR match is best two of three games to 15 points with the third game, if necessary, being played to just 11. The first player to reach the designated score wins. The IRT and LPRA play best three out of five games to 11 points for the match, but a two-point lead is needed at 11 points or else each game goes on until there is one.

READINESS AND SCREEN SERVES: Unlike the USAR and LPRA, the IRT replays without penalty every screen serve and every serve made when the receiver is NOT READY.

SERVES: USAR allows the server two serves to put the ball in play in most of its divisions. But, just like the USAR's Open division, both the IRT and LPRA allow players only one serve.

COURT HINDERS: The USAR and LPRA basically replay any that happen, but the IRT calls for ignoring them as if they did not happen at all and for the players to play the ball anyway that it bounces. The only IRT court hinder exception is a wet ball hinder on the serve if it happens on the first surface that the ball touches after the front wall, e.g. it hits the floor or the side wall and then slides due to wetness. However, if the ball hits the floor cleanly and then the ball slides on a wet side wall, it is in play.

APPEALS: Linejudges may be used in both USAR and LPRA matches, but the IRT referee is on his own and his call is final! Furthermore, the LPRA allows only three appeals (win or lose) plus one more on the game-ending rally, whereas an appeal can be made, but NOT used, under USAR rules if one linejudge disagrees with the referee's call.

TIME ALLOWED: Here there are numerous differences.

BETWEEN RALLIES:	USAR AND LPRA - basically 10 seconds to serve. IRT - basically 15 seconds to serve.
PER GAME:	USAR - three 30-second timeouts, but two in the tiebreaker. IRT - one 1-minute timeout in all games. LPRA - two 45-second timeouts in all games.
BETWEEN GAMES:	USAR - 2 minutes and 5 minutes (games 2 and 3). IRT - 2 minutes between all games. LPRA - 11/2 minutes and 21/2 minutes (games 4 and 5).
EQUIPMENT TIMEOUTS:	USAR - must first use all regular timeouts. LPRA AND IRT - do not have to use regular timeouts.
INJURY TIMEOUTS:	USAR AND LPRA - 15 minutes taken in any increment. IRT - two 71/2 minutes timeouts per match—use or lose.
FORFEIT TIME:	USAR AND LPRA - 10 minutes. IRT - 15 minutes.

In addition to those I've listed above, there are a few other differences that really do not affect the game itself. Since the rules of both the IRT and the LPRA tend evolve more rapidly than the USAR's, be sure to check with the commissioner of the appropriate pro tour for any recent changes before tackling the duties of refing any of their matches.

Always "Play by the Rules." There is a copy included in this issue of RACQUETBALL and you can also find and review them on-line at: <http://www.usra.org/usra/pub&ref/Rulebook.htm>.

Do you have a rules/refereeing question? Be sure to email it to me at ODietrich@usra.org and you might find it featured in an upcoming issue of RACQUETBALL.

...check with the commissioner of the appropriate pro tour for any recent changes before tackling the duties of refing any of their matches.

GET WITH THE PROGRAM

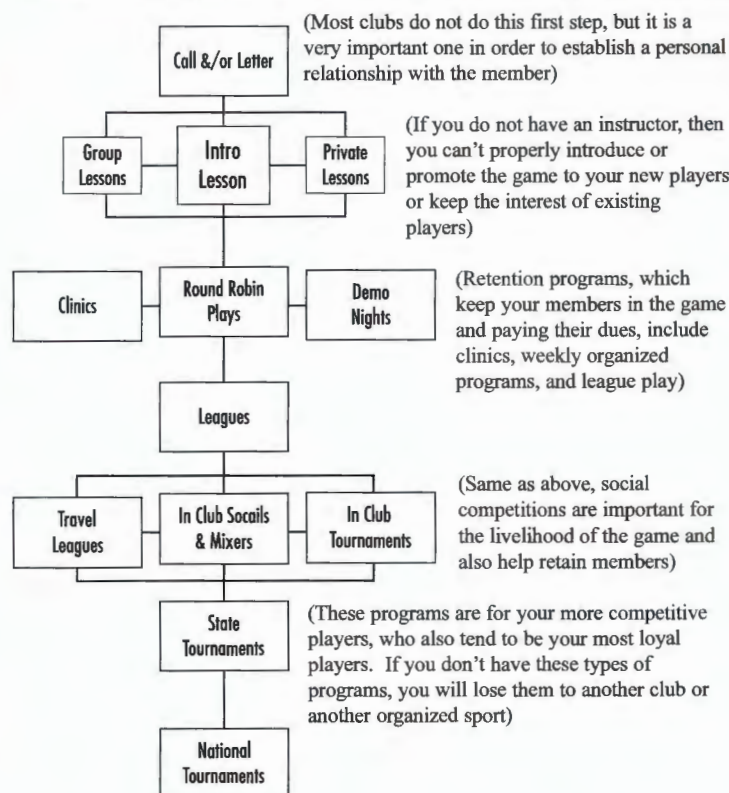
By **CONNIE MARTIN**



WHICH CUSTOMER GROUPS SHOULD WE BE TRYING TO DRAW FROM?

Besides keeping the racquetball members we have, it is always important to attract new players to the game. You can not really expect to draw more racquetball members from any targeted groups if you have nothing to offer them. You need to have a master plan of what you will do with new members as well as what you should do with your existing member base.

I recommend a master plan which includes most if not all of the following:



Current Racquetball Members

- * Offer Membership Specials
- * Two Week Pass To A Friend
- * Offer Lesson Specials
 - 2 for 1 Group Lessons
 - Lesson Package complete w/ racquet & instruction...
- * Social Event for Member/Guest Night
- * Guest Passes

Guest Base

Guest Pass Leads

- Invite to a Special Introductory Lesson (always welcome to bring a guest!)
- Invite to a Special Group Lesson
- If can't do it, put in your tickler data base to send info later

Participants from Special Events

- Past Racquetball Tournaments or Special Events
 - Be Careful - Don't cut throat for other clubs members (if you have a good working relationship with them)
- Special invitation to your club for a special activity or program
- Send out program flyers
- Have Club be in great shape for tournaments & special events

Current Non-Racquetball Members (or non-playing members)

- Offer Upgrade Specials
- Give Guest Passes Out
- Introductory Programs for These Members

CUSTOMER BASES TO DRAW FROM

Racquetball Membership Base

New Members

They are often the best ones in helping to get other new members to join because it gives them someone to work out with.

- Give out Guest Passes
- Offer Lesson Specials
 - Bring a Friend for Free
 - Beginner Lesson Package
- Special Member/Guest Night for New Members or Beginners

Ex-Racquetball Members

Past League Lists

Past Membership Roster Exit Forms (or past applications)

- Offer Membership Rejoin Specials
- Invitation to a Special Events Program

You can not expect to draw more racquetball members... if you have nothing to offer them.

Connie can be reached at: Connie@CascadeAthleticClubs.com
For more programming ideas, visit www.playracquetball.org

Christmas Gift Ideas from



Ektelon DPR 2500 and DPR 2500 Lite

Ektelon's new Double Power Ring (DPR) technology extends the main string length for ultimate power. The main strings wrap around two Power Rings in the throat, increasing main string length creating Ektelon's most powerful racquet ever with a power level of 2500. Grommet-less throat increases durability and stiffness. Ektelon racquets are the Official Racquet of USAR. Check with your local distributor for prices and availability or visit www.ektelon.com



Unique Tourna Specs

These distortion free lenses are available with either clear or yellow lenses. They offer a full view and come in both adult and junior sizes. Unique eyeguards are the Official Eyeguard of USAR. Check with your local distributor for prices and availability.



Wilson Grip N™

The Wilson Grip N(tm) features a one piece Cabretta Sheepskin leather palm. The soft terry cloth in the wrist area acts as a built in wristband. The glove also has dive padding for your protection. Sizes: RH - XXS-XL; LH - M, L. Wilson gloves are the Official Glove of USAR. Check your local distributor for prices and availability or visit www.wilson.com

Ashaway PowerKill® 17

Manufactured with innovative Zyex® fibers, Ashaway's Powerkill® 17 offers exceptional power and optimum durability in a 17-gauge string. It is ideal for use in all racquets and possesses superior tension stability at all tensions. Available in a 40' package or a 360' reel. Check with your local distributor for prices and availability or visit www.ashawayusa.com



Python Racquetball Grips

Python grips are the result of over 10 years of researching the ideal weight, thickness, flair and traction. Its herringbone pattern offers more gripping power both vertically and horizontally and the optional stabilizing rings at the base can offer even more stability. They are available in 14 colors. Wrap grips are also available. Python grips are the Official Grip of USAR. Check with your local distributor for prices and availability or visit www.pythonracquetball.com



USA Racquetball Membership

What could be a better gift than a USAR Membership? The basic one-year membership includes six issues of RACQUETBALL Magazine, enables the member to compete in USAR sanctioned events, and more! Two-year, Lifetime, and Junior memberships are also available. For more information visit www.usaracquetball.com or call 1-800-234-5396

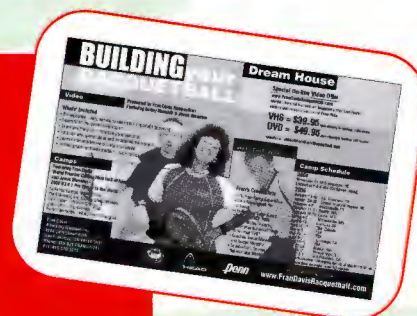
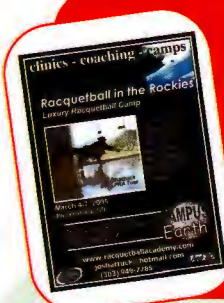


2003 Choice Hotels US OPEN DVD Set

The 2003 Choice Hotels US OPEN DVD set features the complete Tennis Channel Broadcast on a special edition two disc set. It features nearly seven hours of racquetball including the IRT final and semifinals, LPRA final, and Legends final. A must have for the true racquetball enthusiast! For more information visit www.usaracquetball.com or call 1-800-234-5396

Racquetball Camp or Coaching Session

Send someone to a racquetball camp or treat them to a coaching session. Fran Davis and Johanna Shattuck run two of the best, but many others are available. Help someone to improve their stroke mechanics, shot selection, strategy, court positioning and much more! Look for ads throughout RACQUETBALL for more information regarding camps and coaching sessions or visit one of these websites: www.frandavisracquetball.com or www.racquetballacademy.com



Alpine Villa in Breckenridge, CO

For the more extravagant gift giver (or perhaps for yourself!), this custom built Tuscan home in Breckenridge, CO is available for a getaway. Located just minutes from one of Colorado's premier ski resorts, this 6000 sq. ft. home features three levels with three bedrooms, four full bathrooms, a loft, a home theatre room, a steam room, a four car garage, heated balconies, two fireplaces, and of course, a racquetball court. For more information visit www.alpinelink.com or call 817-430-2240



TRAINING TIPS FOR BODY AND MIND



By **MARCY LYNCH**

PREVENTING INJURY

What's the best way to prevent injuries? We've all had them and they are never timely or welcome. Here are a few tips to keep you off the sidelines and on the court.

1

WARM-UP.

I'm always amazed at how many racquetball players step onto the court and immediately start hitting the ball at full strength. This is asking for an injury. The best warm-up is some light activity; easy racquetball swings on the court, light jogging, stationary bike, easy skipping, hopping, or leg swings. The goal is to get some blood flowing to the muscles and joints.

2

ACTIVE.

Use the technique of "active" stretching after the warm-up to prepare the body for the demands of activity. Active stretching requires that you move a joint into a range of motion, hold it for 2-3 seconds, relax, and repeat 8-10 times.

3

STRENGTHEN.

Strengthen your muscles through regular weight training. Muscles get injured because they are tired, weak, or are subjected to repeated microtraumas. The best way to be strong is to make sure you weight train at least 2 times a week.

4

DRINK WATER.

Dehydration can cause muscle cramping and lack of muscle elasticity. The "8 glasses of water a day" rule of thumb is just for maintenance - you must also replace what you lose through sweating, i.e. 2 cups of water for each pound of body weight lost through perspiration.

5

TECHNIQUE.

Learn good racquetball stroke mechanics and technique. Sore elbows, arms, and shoulders are generally a sign of using too much arm and not enough legs and core rotation.

6

REST.

Racquetball is a demanding sport. Your body needs rest as much as it needs practice and play. Find a balance between the two.

7

CROSS-TRAIN.

Find alternate ways to have fun, burn calories, and sweat. Repetitive motion leads to injury.

8

STATIC.

'Static' stretch at the end of your workout or racquetball match. Static stretching is passively taking a muscle to the point of tension and holding it for 20 seconds. Muscles are most pliable and receptive to increased flexibility when they are warm.

So there you have it. Good luck, take my advice, and stay in the game!

Marcy is a NASM Certified Personal Trainer and Flexibility Specialist, ICF Certified Personal Coach, USAR Certified Racquetball Coach and Ampro Clinician, and a Certified Nutrition Consultant. She can be reached at www.marcylynch.com.



QUESTION: Fran, I spoke with a few people who have done your camps and they told me about the journals you recommend keeping. Can you explain?

ANSWER: There are two types of journals I recommend keeping:

- 1 - A journal of your training.
- 2 - A journal of your matches.

First of all, what is a journal? A journal is keeping precise records of what is going on, how you performed, how you felt before, during and after your practice session or your match. Most people are familiar with doing this type of exercise because they have been keeping diaries all their lives - another form of a journal.

The reason why you want to keep a racquetball journal is so you can re-create successes and minimize your failures. Let's look at a few examples:

A - TRAINING SCHEDULES

- 1 - If you won a tournament or performed well at an event you can train EXACTLY the same way you trained prior to that event.
- 2 - Conversely, if you lost at a tournament or performed poorly you can change or adjust your training.

B - MATCH PLAY

- 1 - If you won a match or performed well during a match you could jot down your opponent's strengths and weaknesses (S & W) and what you did that worked or didn't work and use it to re-create another victory.
- 2 - If you lost a match or performed poorly during a match you could also jot down your opponent's strengths and weaknesses (S & W) as well what worked or didn't work and see where you could make any adjustments.

Keeping a racquetball journal will take your game to another level just ask some of the top pro's like Jason, Sudsy, Kane, Cheryl, Christie or Jackie. They all keep some form of records (a journal), but some are more detailed than others. There is no way the pro's or you could remember everything that happened so leave nothing to memory and write things down.

Now let's take a quick look at what I recommend in these two journals:

A - TRAINING JOURNAL ...days, times, duration, results, and how you felt during:

- 1 - Drilling Session
- 2 - Aerobic & Anaerobic Workouts
- 3 - Footwork Drills
- 4 - Nutrition
- 5 - Mental Skills

B - MATCH JOURNAL ...day, time, scores, results at tournament, who you played and how you felt. Use the following 8 areas for you to gather information on you and your opponent:

- 1. Stroke Mechanics
- 2. Court Position
- 3. Shot Selection
- 4. Serves
- 5. Return of Serve
- 6. Footwork
- 7. Emotional State
- 8. Type of Player

So in summary, by keeping accurate records you will be able to go back and review your journal and then assess your workouts/practices as well as your match play. With that information you can keep what is working and change what is not working...plain and simple.

Good luck in learning how to keep a journal...it's not really hard to do, but quite imperative if you are serious about bringing your game to the next level.

Hope to see you at one of my camps for live personal instruction or the next best thing - buy our video if you can't make a camp at this time. Go to www.FranDavisRacquetball.com for details on both.

In Part I of Shakers & Movers with Doug Ganim we delved into the US OPEN, it's inception, and how Ganim has been able to retain (even gain) sponsors in a shaky economy.

In Part II we explore his playing career, his position with Head/Penn, and what he feels racquetball needs to do in order to break out.



RACQUETBALL Magazine: Because of your age, some people reading this article may not realize the successful playing career that you had in the sport of racquetball. Did you ever play professional racquetball full-time?

Doug Ganim: With all the hats that I wear in the sport of racquetball, the area that most gives me enjoyment is that of being a player. I still play regularly to this day, twelve to fifteen tournaments per year.

My career started in the junior ranks playing in the national championships and when I won the Junior Nationals in 1983 in the 18 and under division (both singles and doubles), it really launched me on the national scene as being somewhat of an up-and-comer. At that time, I had to make the decision to play professional racquetball or go to college. I chose to go to college and try to play professional racquetball part time.

I really focused on major amateur events, like playing in Houston, which I made the semi-finals of national singles three times. I have always loved doubles, and have played the national doubles every year. I have been in the finals of the nine times in Men's Open, and I've won it four times. I won the world championships three times with three different partners and then two Olympic festival gold medals. I still play to this day. I have not completely embraced the age division scene, although I do play in the World Seniors Championship each year, and I've been fortunate enough to win the 35+ the last three years.

By choosing to go to college full-time to earn my Bachelor's and MBA instead of playing on the pro tour full-time, I still was able to reap most of the benefits of being an active competitive racquetball player. The only exception was not realizing my full potential as a pro singles player. That's the only part I had to give up to get an undergrad and a graduate education. Looking back, I think that was a great

trade-out and one that I think most young players can emulate.

RM: How did you move up to the position that you have at Head Penn Racquet Sports?

DG: That's an interesting story also. My career with Head started when I was fourteen years old. After unsuccessfully trying to earn a sponsorship from some of the major brands at the time, my next call was to a small fledgling brand that was called Head. The rep was very nice and told me that I did not have enough influence in the local community yet to qualify for sponsorship, but he told me what I had to do. I went back and worked hard on my game, and six months later, I started to win a lot of local junior tournaments. I called him back, and I told him what I'd done. He said, "Well, I think you've done exactly what I told you to do." And he gave me a racquet and a t-shirt. That is how I started my career with Head. I have stayed with Head my entire racquetball career mainly because of the loyalty and kindness that the rep showed me when I was a junior player.

Four years later, I was the top junior player in the United States, and I was offered contracts from most major racquet manufacturers. I chose to remain with Head, as loyalty is very important to me.

"\$4 million per year for marketing ownership of an entire sport is really a small amount of money in the world of sports sponsorships."

Now I was part of their national advisory staff and was starting to have more communication with the senior executives. During the next eight years, I was going to college getting a marketing degree. In almost any open-ended report I was assigned in school, I would do it on the sport of racquetball. Many times I was doing case studies on Head. I started to delve into the ideas and concepts of being a successful sporting goods manufacturer during my years at Head. I started to call the folks at Head and ask them questions so I could do my reports in college. Out of those reports came what I felt were pretty good ideas that could help grow our brand. I would present those ideas from time to time to the executives at Head. Often they would be received well, and some of those ideas would be implemented, and some of those ideas were quite successful. While I

was going to graduate school an opportunity came up for me to be an Assistant Product Manager at Head. I jumped at the opportunity and took it on as a part-time job and really spent the next ten years working my way up the ranks at the company.

RM: What do you think racquetball needs to do in order to break out?

DG: I think racquetball could double or triple in size in really a short amount of time. There are two things that have to happen for that to prove to be the case. The first one is we've got to get racquetball on TV on a regular basis. What I mean by regular TV, is nearly every single week of the year on a national cable network such as the Tennis Channel and at least once a month on a larger cable network such as ESPN, ESPN2, TNT, USA Network or other 80 million plus household networks. The second thing that needs to happen for racquetball to explode again is we need to put a major emphasis on collegiate racquetball in this country.

For the television portion, it would take about \$2.5 to \$3 million per year to get racquetball on TV on a regular basis. Then the collegiate program needs between \$500,000 and \$1 million to get it going properly. That would be seed money for scholarships around the country and seed money for coaching. It's really quite exciting to think that we can be a much larger sport in a short amount of time if we can really break into a sponsorship arena in a fairly small way. \$4 million per year entire year for marketing ownership of an entire sport is really a small amount of money in the world of sports sponsorships.

RM: Do you see room for racquetball to have more events similar to the US OPEN?

DG: I absolutely do. My vision is for the sport of racquetball to have a series of grand slam events like what golf calls their "Majors" and what tennis calls their "Grand Slams". It would be three to four US OPEN-style events, and they'd be separated about three months apart throughout the year. I don't necessarily believe that there's room for amateur participation in all four of those. I might only have amateurs in two of the four, and the other two would be strictly the pros and spectators. Much like when you go to the U.S. Open of tennis or the U.S. Open of golf. You don't play in those events, you go and you watch.

That really is my vision, four grand slam events. Probably two of them would have amateur divisions; all four of them would be nationally televised, major presentations of professional racquetball. That is a project that I am working on as we speak.

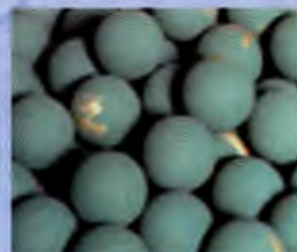


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For More Information Contact:

USA Racquetball - 719-635-5396

or

Dave George, RMC Project Coordinator

1-888-559-0099 or Dave@DaveattheClub



NATIONAL TEAM



Name ➡ Mitch Williams
Nickname ➡ Wild Thing



Did You Know? ➡

Mitch was an All-State goalkeeper for Washington High School, leading his team to the State Soccer Playoffs three out of four years.

National Team Appointments ➡ 1

Most Recent Qualifier ➡ 2004 National Doubles Championships (2nd with Jason Thoerner)

Sponsors ➡ Head, Python, Ashaway

Occupation ➡ Student

Date of Birth ➡ June 19, 1981 (age - 23)

Birthplace ➡ Coos Bay, Oregon

Hometown ➡ Raleigh, North Carolina

Current Residence ➡ Raleigh, North Carolina

Biggest Influence ➡ Father, Dale Williams

Strengths ➡ Power and Competitiveness

Training Schedule ➡ 2x's per week, the rest of his training schedule is worked around his class schedule

Goals ➡ Graduate from college, enter the workforce while pursuing his MBA, and compete in a few IRT stops along the way

Did You Know? ➡

In 1999 Kim competed in a triathlon consisting of a 1.25 mile swim, 30 mile bicycle ride, and finishing with a 6.2 mile run. She finished 4th in her age group.

National Team Appointments ➡ 10

Most Recent Qualifier ➡ 2004 National Doubles Championships (1st with Jackie Rice)

Sponsors ➡ Currently none

Occupation ➡ Anesthetist (CRNA)

Date of Birth ➡ May 13, 1968 (age - 36)

Birthplace ➡ Sault Ste. Marie, Michigan

Hometown ➡ Louisville, Kentucky

Current Residence ➡ Austin, Texas

Biggest Influence ➡ Her parents, Sharon Stoll and Rick Russell, and Kane Waselenchuk

Strengths ➡ Forehand

Training Schedule ➡ Strength - 4x's per week, Court time - 3x's per week, Cardio - 6x's per week, Speed Training - 2x's per week, Visualization - 20 minutes per day prior to tournaments

Goals ➡ Win the 2005 National Doubles Championships, 2006 IRF World Championships, Continue National Doubles Streak.

Name ➡ Kim Russell

Nickname ➡ Shorty or Right Side



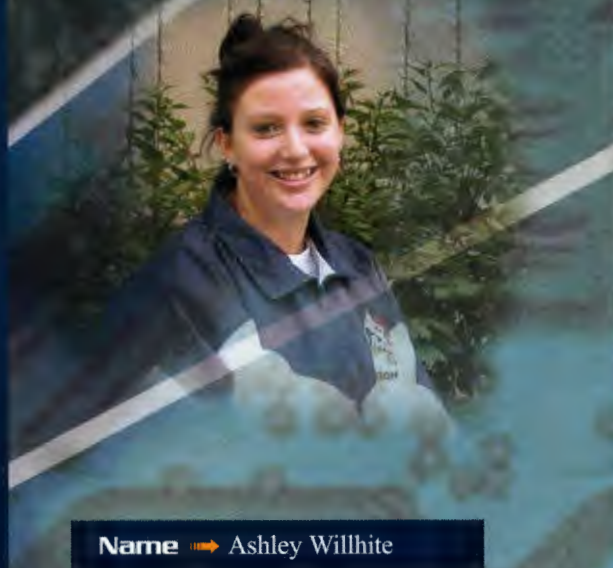


SPOTLIGHT

Junior National Team Appointments ➡ 2
Most Recent Qualifier ➡ 2004 Junior Olympics
(1st - 16- singles)

Sponsors ➡ Head
School ➡ Klamath Union H.S.
Date of Birth ➡ March 2, 1987 (age - 17)
Birthplace ➡ Klamath Falls, Oregon
Hometown ➡ Klamath Falls, Oregon
Current Residence ➡ Klamath Falls, Oregon
Biggest Influence ➡ Parents, Trudy & Clint Willhite

Strengths ➡ Serves
Goals ➡ To win the IRF World Championships
Favorite Class ➡ Anatomy
Favorite Animal ➡ Tiger
Favorite Team ➡ The Boston Red Sox



Name ➡ Ashley Willhite

Junior National Team Appointments ➡ 2
Most Recent Qualifier ➡ 2004 Junior Olympics
(1st - 16- singles, 1st in
16- doubles with Allan
Crockett)

Sponsors ➡ Head
School ➡ Bishop Rosecrans
Date of Birth ➡ October 21, 1987 (age - 17)
Birthplace ➡ Zanesville, Ohio
Hometown ➡ Zanesville, Ohio
Current Residence ➡ Zanesville, Ohio
Biggest Influence ➡ Shane Vanderson and Sudsy Monchik

Strengths ➡ Forehand, Court Positioning, and
Movement
Goals ➡ To win the IRF World Championships in
December.
Favorite Class ➡ English
Favorite Animal ➡ Cat
Favorite Team ➡ The Ohio State Buckeyes

Name ➡ Zachary Apperson
Nickname ➡ Zach



MEMBERSHIP UP DATE

USA Racquetball Membership Total
Current membership as of October 1 is 14,618



By KEVIN JOYCE USA RACQUETBALL MEMBERSHIP DIRECTOR

YOUR MEMBERSHIP

A current membership is required to participate in all USA Racquetball Sanctioned events. Failure to comply will result in jeopardizing the general liability coverage that is extended to the state association, host club and event staff. Additionally, results for the entire event cannot be processed into the new ranking system with non members or lapsed members. If you anticipate playing in an upcoming event then confirm your membership status as "current" and take the pressure off of the even director from validating and updating your membership on-site. Renew early and stay current.

RENEWING YOUR MEMBERSHIP

Each member will receive two reminders alerting them their membership is coming up for renewal. The first reminder will be sent via e-mail if a current e-mail address is on file; the second reminder will be mailed in the form of a reminder postcard. At this time, these are the only two reminders that you will receive.

E-MAIL CONFIRMATIONS

If you provide your email address on the renewal postcard or membership application you will receive an email confirmation that your membership has been received and processed. The email confirmation contains the membership type, date of transaction and important login information for the online membership management system.

FREQUENTLY ASKED QUESTIONS

"I received an e-mail confirmation and it stated rebate withheld and the price showed \$20. I paid \$30 for an adult membership. Where did the other \$10 go?"

A portion of all membership fees remain with your state organization to assist their efforts and fund programs directly in your state. For a \$30 adult membership there is a \$10 state rebate. For a \$20 junior membership, the state receives a \$7 rebate.

"My email confirmation stated \$30 does anything go to our state?"

Yes, memberships that are received and processed directly in the national office are entered for a rebate that is announced to the states on a quarterly basis.

"I joined at a tournament two months ago and have not received anything from you. My check cleared the bank. Where is my magazine and membership?"

Tournament directors are required to submit all memberships and results to their state organization within two

weeks after the completion of the event or as directed in the state sanctioning agreement. The state organization then compiles the memberships that were received and submits them to the national office. This turnaround time causes delays in processing memberships when you join or renew at a tournament.

"Where is my membership card?"

USA Racquetball began issuing a new style membership card earlier in the year. The card was being issued from OXL - Olympic Excel as part of a program through the US Olympic Committee. Since the beginning of the year we have experienced numerous problems with the slow turn around time (6 weeks), change in program benefits, limitations on insertions, lost mail, etc. On Nov 2 we were informed that the program has been placed on hold indefinitely by the USOC and card provider. In the meantime, we have roughly 2,000 members anxiously awaiting their membership cards since the last printing and mailing. At the time of this printing a new card is being designed and the details are not available. As a current member, whether you have a card or not, your name appears on the membership rosters that are provided to event directors. And, you can always access your membership online and print a confirmation showing proof of your current membership status. We apologize for the inconvenience and are currently working to correct the situation and regain control of printing membership cards for the members.

"Can I purchase videos and rulebooks online?"

The online store is open with limited merchandise. You can access the store from www.usaracquetball.com. It is highly preferred that you login and shop from your unique member profile. Orders can be tracked and all purchases will be archived in your customer history. Additionally, several items that are currently available offer a member discount if you login to the online membership system first.

THE BACKHAND STROKE COMPARED TO A SWITCH HITTER IN BASEBALL



BY **SUDSY MONCHIK**

Okay, last issue we discussed hitting a forehand stroke like a baseball swing because they are so similar. Since it is fresh in your minds I have decided to use the SAME baseball analogy as I did for the forehand for your backhand. I will discuss my "Magical Backhand Stroke as compared to a Switch Hitter in Baseball". Just as I did in the forehand I will go into depth and breakdown the mechanics of both and you will see just how similar they really are.

I have chosen to immediately focus on my backhand after my forehand as it will give you that solid foundation in your game from both sides as I talked about in "Building Your Racquetball Dream House" video.

Let's check out why my backhand was considered the most consistent, powerful and explosive backhand on tour:



TRICK 1 READY POSITION

BACKHAND

GRIP • Hand moves 1/8" towards back wall

STANCE

- Good powerbase - feet a little wide than shoulder width apart
- knees relaxed and flexed
- upper body erect
- shoulders level and rotated
- weight even 50/50

EARLY RACQUET PREPARATION (ERP)

• elbow up and in line with shoulder

SWITCH HITTER IN BASEBALL

GRIP • Bottom Hand moves 1/8" towards back wall

STANCE

- Good powerbase - feet a little wide than shoulder width apart
- knees relaxed and flexed
- upper body erect
- shoulders level and rotated
- weight even 50/50

EARLY RACQUET PREPARATION (ERP)

• elbow up and in line with shoulder



TRICK 2 STEP AND SWING

STEP • 45 degree angle - weight shifts slightly, but remains relatively even so you can drive off back leg (goes 60/40 then back to 50/50)

HIP ROTATION

- Back foot pivots
- hips open

UPPER BODY

- Shoulders leads then followed by elbow, wrist, racquet
- wrist relaxed snaps through

STEP • 45 degree angle - weight shifts slightly, but remains relatively even so you can drive off back leg (goes 60/40 then back to 50/50)

HIP ROTATION

- Back foot pivots
- hips open

UPPER BODY

- Shoulders leads then followed by elbow, wrist, bat
- wrist relaxed snaps through



TRICK 3 CONTACT POINT

CONTACT POINT

- Power zone - off lead foot (visualize 4 racquets on the floor)
- racquet flat and level
- arm at full extension
- knee high or lower depending on shot

CONTACT POINT

- Power zone - off lead foot (visualize 4 bats on the floor)
- bat flat and level
- arm at full extension
- chest to shoulder level depending on pitch



TRICK 4 FOLLOW THROUGH

FOLLOW THROUGH

- Racquet pointing toward back wall
- chest and belly button facing front wall
- non-hitting arm comes through and around

FOLLOW THROUGH

- Bat pointing toward the catcher
- chest and belly button facing the mound
- non-hitting arm comes through and around

Well, there you have it...my magical "Backhand Stroke Compared to a Switch Hitter in Baseball"...seeing is believing, as they say. By visualizing this motion it will undoubtedly help your backhand stroke obtain the consistency, power and accuracy you are looking for in your game...maybe even like mine.

Continue to work on you forehand from last issue, but start incorporating the backhand from this issue and you will be well on your way to building that solid foundation and have the forehand and backhand you've been looking for and dreamed of.

Hope to see you at one of our camps for live personal instruction or the next best thing buy our video if you can't make a camp at this time. Go to www.FranDavisRacquetball.com for details on both.

Shoulder Strengthening Drills...

ELLIS' STYLE

1 Instructions

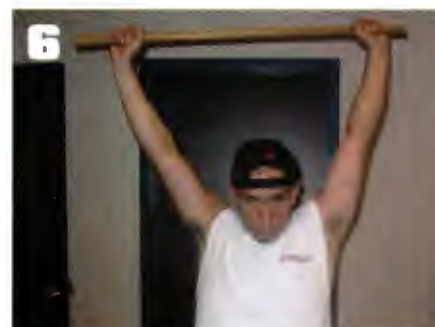
By JOHN ELLIS

Arm problems are a way of life if you're a serious racquetball player. For me it's been my shoulder that has given me problems for the past sixteen years, which finally resulted in a reconstructive surgery this past March. If you've had a shoulder surgery or your shoulder is constantly bothering you then this article is for you!! Here are some of the drills I'm currently doing during my therapy sessions to extend my range of motion and strengthen my shoulder. Remember, ice, massage, and ibuprofen when needed are a must when you're hurting bad. If you have access to electric stem and ultra sound than use it. Even if you're not hurting too bad you should incorporate these drills into your training.

PICTURES 1-3: All you need is a physioball for this basic drill. As shown this drill will help your range of motion with weight bearing for shoulder and abdominal training. Make sure to tighten your abs and keep breathing. Focus on the stretch in your shoulders as you work the ball out. I like to do three sets of eight.



PICTURES 4-6: Stick exercise, which help your range of motion for flexion. Again, keep your abs tight and breathe. This drill is a must for anyone coming off shoulder surgery. If this drill is very painful for you and you've had some shoulder discomfort then you may have a problem! Anyone whose arm feels good should be able to do this drill no problem.



PICTURES 7-9: Using the physioball and stick again, this drill will help with the range of motion in the shoulder while forcing you to use all of your upper body and arm muscles. Resistance from your training partner will dictate how aggressive you do the drill. Notice how the stick comes across my body from left to right for me.



PICTURES 10-12: Backhand rebounder with weighted ball. I love this drill because it allows me to really feel the whole motion of the backhand. Focus on keeping the ball at swinging distance from you. You want to promote getting low and creating that space needed to lead with your elbow and extend through the shot. If the ball's too close to your body you're practicing hitting a pendulum style of swing. Not good!! This drill also works your trunk rotation into the shot. Perfect for racquetball. You can do the same on forehand.



PICTURES 13-15: Cybex Pully cable forehand stroke. This cable has some length to it that allows me to step away from the machine to emulate a forehand stroke. The weight for me began very lightly but it's been increasing. I really focus on making my swing mechanics correctly not the speed of my swing. Slow down and allow yourself to feel the stretch at early racquet prep position before you begin the swing.



PICTURES 16-18: Same as 13-15 but switch to the backhand side.



I look forward to continuing these drills even after I'm fully recovered from this surgery. I hope they help all of you too. Keep 'em rollin'...

BIG Ds ROADSHOW

TRACK THE BALL TO A PERFECT SHOT!



EARLY TRACKING



MID TRACKING



CONTACT



If you can't see it, you can't hit it! Sounds simple, but when I coach beginner and even intermediate players, I have found that although most players look at the ball, they fail to track it correctly. Without tracking the ball, it is difficult to set up properly, which almost always results in poor execution.

EARLY TRACKING:

Tracking the ball early is key. This means you must pick up the ball with your eyes as soon as possible. However, seeing it is not enough. Once you see the ball hit the front wall, or off your opponent's racquet for advanced players, you should start to analyze where it is going. This becomes instinctive after awhile.

MID TRACKING:

If the ball is heading for the ceiling, a side wall, or the back wall, you must continue to watch it and anticipate the ball's path. NEVER take your eye off the ball! At the same time, you should be moving your feet to get in to the best position for contact.

CONTACT:

When it is time to contact the ball, you should lock in and try to see the ball as long as possible. Never let the ball control you. If you are not in the best position, continue moving your feet and adjusting your position to allow you to hit the ball where you want it to go.

Remember, there's more to just "keeping your eye on the ball"!

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STRATEGIC RACQUETBALL



- The mental side of the game.

By MALIA BAILEY AND CHRIS EVON

WHERE DO YOU SPEND *YOUR* TIME?

PRESENT

PAST



FUTURE

Do you ever feel like you play below your potential during important matches?

Or lose a match you think you should have won?

Or let a big lead slip by?

Check the following statements that apply to you. If you are honest, you may discover a simple solution to what is stopping you from achieving your goals.

- ☐ It takes me a long time to get over a bad shot.
- ☐ I often get upset with bad calls from the ref, or my opponent.
- ☐ I get discouraged after I lose a game, especially if it was close.
- ☐ I think a lot about matches where I played poorly.
- ☐ I have a hard time holding on to a big lead.
- ☐ I often think about my next opponent or later matches.

Take a close look at the statements you checked. Do you find yourself spending a lot of time thinking about past events? Thinking about future events? Or both? The key to performing at our true potential is the ability to stay focused in the present. The reason for this is simple. It is the only thing we really have any control over. Once our attention and our energy is pulled out of the present moment, we become distracted from the task at hand.

As many pro's will attest to: "Never think about winning before you win, or losing before you lose."

Why is it called the present? Because it is a gift! Relax, stay in it, and enjoy!!



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A **new** RANKING SYSTEM

▶ USAR is changing from a “participation” based ranking system to a “skill” based system. The advantages of the new system are numerous but the most obvious benefit is that players will receive a national ranking based solely on their performance against other players. Of course the system will take time to accumulate enough data to validate the rankings, but the intention is to eventually use these rankings for seeding at all national events.

Some anticipated questions and answers:

- 1 **What if my name is not on the ranking list?** It simply means you were not included in the initial ranking. Once you participate in a sanctioned event you will be ranked.
- 2 **Will USAR still use only matches from the quarters on?** No, every match of every event will be included in the new ranking system.
- 3 **What about forfeits?** Forfeits count as wins or losses once the match has begun.
- 4 **Do game points matter?** No - the ranking is compiled simply on wins and losses.
- 5 **If I play in 35+, how will my results be scored?** It makes no difference what division you play in but simply the skill of the player you are playing. Everyone will have a ranking from the #1 player to the #20,000 player. You will be able to pull out all 35+ players from the ranking list and see how you match up against others in your age group.
- 6 **How were the initial rankings formulated?** The 2003 Nationals, U.S. Open, and some state rankings were used as a guide and players were simply ranked from #1 through the total number of players that competed in these events. This was a very rough estimate of ability and we know there will be numerous discrepancies, but as people play, these differences will work themselves out. We simply needed a starting point.
- 7 **How will we be able to see our rankings?** The new membership system will allow you to pull up your membership records in which your tournament history and ranking will be included. You will be able to review every match and event you participated in for the last 13 months and also see your ranking.
- 8 **How will the tournament directors assure that all players get ranked?** The Tournament directors (in many cases the state directors) will be responsible for submitting all tournament results. Specific draw sheets, including all matches, will be sent to USAR for verification of membership and then submitted to our ranking director for tabulation of rankings. The ranking director then submits a ranking list to our membership files and your tournament history and results are automatically updated. Once submitted to USAR with all memberships verified, results will be tabulated within 48 hours.
- 9 **What if the tournament directors do not want the new ranking system?** All sanctioned events will be ranked once the tournament directors submit results. Tournament directors have up to 14 days after the event to submit results. Events that are not submitted of course receive no ranking points and the tournament directors will be removed from having future sanctioned events.

You will be able to pull out all players in a particular age bracket to see how you stack up.

10 Will doubles be ranked? Yes, doubles teams will be ranked, but not until 2005.

11 Why are pros and foreign players ranked? All players who participate in sanctioned events are ranked. This is a designated benefit of being a USAR member and available to all members.

12 How do I know where the A player ranking begins? The USAR will arbitrarily determine the point cut-off for A, B, C etc. divisions. State associations may determine their own point cut-off for players within their state.

13 Will I be able to see how I rank against just the players in my State? Yes, a report will be available that will indicate rankings by state name. This report will include lists for male, female, junior male, junior female, and age group by gender.

14 How do I obtain an initial ranking?

Players enter the system the first time they play a registered match whether they win or lose.

15 How do I move up the ranking system? Just win a match against a better-ranked player in the system.

16 How fast can I move up in ranking? Based on your present ranking, your opponents ranking, your last posted best win, the time since their last win and the time restrictions placed on the system by USAR's ranking committee, you will move up the rankings. If you are within the time limit allowed, you may move 1, 15, 100 or even hundreds of positions at a time. Your present ranking and the player rankings of your previous recorded wins will only dictate this movement. You are able to very quickly move up so that your ranking will reflect accurately your ability level.

17 What happens if I lose to a more poorly ranked player? Dependent on that player's previous win history one of two things can happen. You may stay right where you are in the rankings or you will move down only one position. You will not fall below any other players on the rankings due to this loss.

18 What happens if I am a junior and play in both junior and other divisions? Juniors are ranked in both "Junior Only" rankings and the "All Inclusive" rankings; therefore you will know where you stand in a junior's only tournament as well as open tournaments. This will help the tournament directors in properly seeding juniors in open events. When a junior plays another junior in an open event the match is ranked in both the "All Inclusive" list as well as in the "Junior Only" list.

19 Are there separate rankings for both men and women? Yes, matches played are not mixed together, therefore when two males or two females play the matches are ranked in the appropriate lists. Mixed gender matches are not ranked.

All USAR Members that compete in sanctioned events are ranked from top to bottom in the new system.

USAR Women's Rankings

Not' Rank	Player	City	State
1	CHRISTIE WHELAN	LYSE	IL
2	CHRISTIE WHELAN	LYSE	IL
3	RHONDA RAUSCH	PHOENIX	AZ
4	LARNA FORTON	OVERLAND PARK	KS
5	KERRI WACHTEL	CINCINNATI	OH
6	KRISTEN WALSH	SALT LAKE CITY	UT
7	KIM RUSSELL	AUSTIN	TX
8	BRENDA KYZEN	Gibson	SC
9	LORI-JANE POWELL	CALGARY	AB
10	ADRIENNE FIDLER	TUSCALOOSA	AL
11	RACHEL COLLINS	IL RIDGE	AR
12	MALIA BAILEY	BOSTON	MA
13	ELANIE ALBRECHT	DELAWARE	DE
14	DANIELA ACOSTA	CHICKENHILL, CHINA	CH
15	DANIELA ACOSTA	SILVER SPRING	MD
16	LIZ ALVARADO	SAN ANTONIO	TX
17	AMY FOSTER	WESTERLY	CT
18	DEBRA TESSER	SAN VALLEY	CA
19	SHARON PEASER	SILVER SPRING	MD
20	JANEY BROWN	CHARLOTTE	NC
21	HEATHER DUBIN	POCONO CROSSING	MA
22	STEPHANIE HUBER	Lewiston	KS
23	KAREN WORTON	ERIE	PA
24	JESS FALLER	ALBUQUERQUE	NM
25	KRYSTAL COOK	SARASOTA	FL
26	PATTY WILLYARD	AMARILLO	TX
27	SUZETTE SOLORNO	INDIANAPOLIS	IN
28	SYLVEIA KERYON	HOUSTON	TX
29	TERESA GREGG	PORT WASHINGTON	MD
30	KAREN KEY	CLUBBY	AR
31	SOLANNA TADAM	RENO BEACH	CA

USAR Men's Rankings

Not' Rank	Player	City	State
1	MARK WISSELSCHER	SEMPERON, ALBERTA	AB
2	JACK HANCOCK	HOUSTON	TX
3	JASON MANNING	SAN DIEGO	CA
4	ROCKY CARSON III	LADERA RANCH	CA
5	CLIFF SWAIN	SHARITREE	MA
6	MIKE GREEN	MARYSVILLE	CA
7	STEVE BISHOP	LAKE WORTH	FL
8	MIKE GURLEY	CAMBRIDGTON	TX
9	CHRIS CROWTHER	RIVERSIDE	CA
10	DEREK ROBINSON	LITTLETON	CO
11	JOHN ELLIS	STOCKTON	CA
12	DOUG GAMER	WESTERLY	CT
13	MIKE GROSSER	TWINSBURG	OH
14	JASON THOMPSON	CANTON	MA
15	WITCH WILLIAMS	RALEIGH	NC
16	DAN LACROIX	DRURY BEACH	NC
17	TIM DOYLE	SAN DIEGO	CA
18	MIKE GONZALEZ	STATEN ISLAND	NY
19	MARTY HOGAN	CHESTERFIELD	MO
20	JOHN TUCKER	LADERA RANCH	CA
21	JAMES HENNING	LADERA RANCH	CA
22	CHRISTIE WRIGHT	YUBA	PA
23	ANDY HARTSHORN	TALLAHASSEE	FL
24	BRIAN HEDDERBERG	DALLAS	TX
25	ALJO MARTINEZ	SHOENVILLE	TX
26	MICHAEL BROWNFELD	PACIFIC GROVE	CA
27	MIKE COBARRA	BURLINGTON	MA
28	MIKE COBARRA	BURLINGTON	MA
29	MIKE COBARRA	BURLINGTON	MA
30	MIKE COBARRA	BURLINGTON	MA
31	MIKE COBARRA	BURLINGTON	MA
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97	MIKE COBARRA	BURLINGTON	MA
98	MIKE COBARRA	BURLINGTON	MA
99	MIKE COBARRA	BURLINGTON	MA
100	MIKE COBARRA	BURLINGTON	MA

California Men's Ranking

State Rank	Not' Rank	Player	City
1	3	JASON MANNING	SAN DIEGO
2	4	ROCKY CARSON III	LADERA RANCH
3	5	MIKE GREEN	MARYSVILLE
4	6	CHRIS CROWTHER	RIVERSIDE
5	7	JOHN ELLIS	STOCKTON
6	8	TIM DOYLE	SAN DIEGO
7	9	JOHN TUCKER	LADERA RANCH
8	10	MICHAEL BROWNFELD	PACIFIC GROVE
9	11	ADAM KARP	STOCKTON
10	12	ZACK KELLER	ALTA LOMA
11	13	DALE VALENTINE	RIVERSIDE
12	14	FRANCO PALMER	WEST SACRAMENTO
13	15	ANDREW GROSSER	CAMPBELL
14	16	JAMES SWIFT	West Sacramento
15	17	RICK FERRIN	MODESTO
16	18	DARRYL WARREN	HARBOR CITY
17	19	KEITH FISHER	SHERMAN OAKS
18	20	RUSSELL MANNING	Poway
19	21	MICKEY BELLAH	Laguna Hills
20	22	GEORGE RUTKOWSKI	SAN FRANCISCO
21	23	MARK POWERS	CARLSBAD
22	24	RICHARD LOPEZ	HANFORD
23	25	RON JONES	
24	26	JEFF JOHNSON	PLACENTIA

A report will be available that will indicate rankings by state.

USA RACQUETBALL SANCTIONED EVENTS

Nov. 6	Delaware Racquetball Assoc. Fall Open @ University Of Delaware	Newark, DE	302-323-5706
Nov. 6-7	Las Vegas Racquetball Tourney @ Wilson Complex	Las Vegas, NM	505-321-1110
Nov. 6-8	Omni 41 Classic @ Omni 41	Schereville, IN	219-865-6969
Nov. 11-14	Glass Court Turkey Shoot @ Glass Court Swim & Fitness	Lombard, IL	630-629-3390
	New Mexico State Doubles @ Riverpoint Sports & Wellness	Albuquerque, NM	505-321-1110
Nov. 12-14	Minnesota State Doubles @ Northwest Athletic Club	Brooklyn Center, MN	320-251-3965
	Club Fit Turkey Shoot @ Club Fit	Briarcliff, NY	914-762-3444
	Fall Classic @ Gold's Gym	Dewitt, NY	315-453-2495
	MAC Benefits Tournament @ Michigan Athletic Club	E Lansing, MI	517-337-0002
	Noblesville Fall Classic @ Noblesville Athletic Club	Noblesville, IN	317-879-8100
	Nov. Madness @ North Jeffco Racquet & Fitness	Arvada, CO	303-403-2580
	Ohio Racquetball Assoc. Intercollegiate Doubles @ Baldwin Wallace College	Cleveland, OH	330-723-5086
	Puget Sound Challenge @ The Valley Athletic Club	Tumwater, WA	425-235-3186
	Reno City Championships @ Double Diamond	Reno, NV	775-348-9791
	Sims Open @ Sims Athletic Club	Charlton, MA	508-479-6597
	Sunset Turkey Shoot Pro-Am @ Sunset Athletic Club	Portland, OR	503-645-3535
	The Solon Challenge @ Solon Athletic Club	Solon, OH	440-349-3349
	The Turkey Shootout @ Springfield Athletic Club	Springfield, OH	937-399-2360
	1st Annual Sarasota Pro-Am @ Sarasota Bath & Racquet Club	Sarasota, FL	863-494-2975
	New England Regional Doubles @ Racquet's Edge	Essex Junction, VT	802-893-8014
Nov. 13	Dallas Doubles Series II @ Landmark Fitness Factory	Dallas, TX	972-392-1500
	E-Force Extreme Championship @ Northwest Fitness Center	Houston, TX	713-895-8688
	Juniors Only Tournament @ Fort Lee Athletic Club	Leesburg, VA	804-691-0055
	Lehigh Valley Open @ Allentown Racquetball Club	Allentown, PA	610-821-1300
Nov. 16-20	Mullett Hoover Open @ Orem Fitness Center	Orem, UT	801-229-7118
Nov. 19-21	All Valley Open @ Mid Valley Athletic Club	Reseda, CA	818-705-8500
	Cross Court Open @ Cross Court Athletic Club	Woodland, CA	530-666-1219
	Five Seasons Super 7 Doubles @ Five Seasons Country Club	Westlake, OH	440-871-2811
	Pennsylvania State Doubles @ Cocoa Court Club	Hershey, PA	717-540-5111
	Turkey Fest @ Saco Sport & Fitness	Saco, ME	207-284-5953
Nov. 20	Turkey Shoot @ Racquet & Fitness Clubs Of San Antonio	San Antonio, TX	210-344-8596
Dec. 1-4	Rocky Mountain Masters @ Redwood Center	West Valley City, UT	801-974-6923
Dec. 2-5	Happy Joe's Open @ Center Court Fitness Club	Grand Forks, ND	701-746-2790
	Colorado State Doubles @ Club TBA	Denver, CO	303-738-9797
Dec. 3-5	Auburn Freeze Out @ Auburn YMCA	Auburn, NY	315-253-5304
	Body Mill Annual Spring Classic @ The Body Mill	Clearwater, FL	727-538-0778
	Holiday Magic All Doubles Tourney @ Westerville Athletic Club	Columbus, OH	614-882-7331
	Key Sports Classic Series @ TBA	Phoenix, AZ	480-545-1363
	Long Island Holiday Classic @ Armitraj of Bayshore	Long Island, NY	718-429-8489
	Mistletoe Match Up @ Greenbrier North YMCA	Chesapeake, VA	757-681-0458
	Southern Christmas Classic @ Southern Athletic Club	Lilburn, GA	770-923-5400
	St. Nick Splat @ Severna Park Racquet & Fitness	Millersville, MD	410-987-0980
	Superstars of Racquetball @ Central Courts	Columbia Heights, MN	763-572-0330
	Indiana State Doubles @ Greenbriar Athletic Club	Indianapolis, IN	317-347-9590
	Michigan State Doubles @ Total Sports	Harrison Twp, MI	616-771-0312
	3rd Annual Prairie Life Tournament @ Prairie Life Center	Omaha, NE	402-454-2765
Dec. 8-12	Holiday Open @ Cascade Athletic Club	Gresham, OR	503-665-4142
Dec. 9-12	Racquetball Addicts Anonymous @ Denver Athletic Club	Denver, CO	720-931-6812
Dec. 10-12	Christmas Classic @ Tysons Sport & Health Club	McLean, VA	703-684-4146
	Holiday Gala @ Gold's Gym	Dewitt, NY	315-453-2495
	Interbay Winter Classic @ Interbay Family YMCA	Tampa, FL	813-765-5120
	Kent Open @ Kent Bally's Total Fitness	Kent, WA	253-431-3789
	Snowball Open @ Cedardale Athletic Club	Haverhill, MA	978-994-1184
Dec. 11	Maverick One Day Shootout @ Maverick Athletic Club	Arlington, TX	817-275-3348
	One Day Holiday Shootout @ Northwest Fitness Center	Houston, TX	713-895-8688
Dec. 17-19	American Family Fall Open @ American Family Fitness Center	Richmond, VA	804-382-7663
Dec. 18	San Antonio Blizzard @ Racquet & Fitness Clubs of San Antonio	San Antonio, TX	210-344-8596

2005

Jan. 4-8	Alta Canyon Avalanche @ Alta Canyon	Sandy, UT	801-942-2582
Jan. 7-9	Illinois State Junior Championships @ Glass Court Swim & Fitness	Lombard, IL	630-362-3313
	The Winter Freeze @ Springfield Athletic Club	Springfield, OH	937-399-2360
	Winter Chiller @ Suburban Health Club	St. Cloud, MN	320-251-3965
	Happy New Year Open @ Athletic Club	Wilkes Barre, PA	570-696-2642
	Massachusetts State Doubles @ TBD	Tbd, MA	978-927-3923
Jan. 14-16	Revie Sorey Celebrity Classic @ The Chalet	Willow Springs, IL	708-474-2440
	Oregon Junior Tour Stop #2 @ Griffith Park YMCA	Beaverton, OR	503-330-0624
	The Cleveland Open @ Severance Athletic Club	Cleveland, OH	216-832-5694
	16th Women's Senior/Masters @ Greenbriar Athletic Club	Indianapolis, IN	317-897-5481
Jan. 18-22	Orem Open @ Orem Fitness Center	Orem, UT	801-229-7118
Jan. 19-23	Griffith Memorial @ Courtsports Athletic Club	Eugene, OR	541-687-2255
Jan. 21-23	Five Seasons Super 7 Singles @ Five Seasons Country Club	Westlake, OH	440-871-2811
	Hall Of Fame @ Central Courts	Columbia Heights, MN	763-572-0330
	Head Liquidmetal Tour @ Waycross Sports Club	Cincinnati, OH	614-890-6073
	Winter Blast @ Lynnwood Bally's Total Fitness	Lynwood, WA	425-347-1856
Jan. 28-30	Illinois State Doubles Championships @ Glass Court	Lombard, IL	630-325-6410
	The Ohio State University Intercollegiate Tournament @ Westerville Athletic Club	Westerville, OH	330-354-3462
	Rochester Pro-Am @ Rochester Athletic Club	Rochester, MN	507-287-9308
Feb. 1-5	2005 Massacre @ Redwood Center	West Valley City, UT	801-974-6923
Feb. 4-5	Racquet for the Cure @ Denver Athletic Club	Littleton, CO	303-738-9797
Feb. 4-6	Super Bowl Splat @ Olympus Athletic Club	Northfield, MN	507-645-8007
Feb. 5	Puyallup Junior Open @ Puyallup Recreation Center	Puyallup, WA	253-848-9493
Feb. 11-13	Burnsville Hotshots @ Northwest Athletic Club	Burnsville, MN	952-435-7125
	Groundhog Open @ Metro South Athletic Club	Brockton, MA	508-588-3444
	Sweetheart Doubles @ Sawmill Athletic Club	Columbus, OH	614-889-7698
Feb. 15-19	Sports Mall Challenge @ Sports Mall	Murray, UT	801-261-3426
Feb. 17-20	Aurora City Open @ Colorado Athletic Clubs - Aurora	Aurora, CO	303-696-9313
	Beaverton Classic @ Griffith Park Family YMCA	Beaverton, OR	503-644-3900
Feb. 18-20	Five Seasons Super 7 Singles @ Five Seasons Country Club	Westlake, OH	440-871-2811
	Southern Ohio Championship @ Heights Health & Racquet Club	Dayton, OH	614-890-6073
Feb. 25-27	Countryside YMCA Charity Tournament @ Countryside YMCA	Loveland, OH	513-932-1424
	Northern Ohio Championship @ Solon Athletic Club	Solon, OH	440-349-3349
	Oregon Junior Tour Stop #3 @ Sunset Athletic Club	Portland, OR	503-330-0624
	Massachusetts State Juniors @ TBD	Tbd, MA	978-927-3923



NATIONAL & INTERNATIONAL EVENTS



Nov. 17-21	9th Choice Hotels US OPEN Racquetball Championships	Memphis, TN
Dec. 17-21	IRF 16th World Junior Championships	San Luis Potosi, Mexico
Jan. 14-16	WSMA 16th U.S. Women's Senior/Master Championships	Indianapolis, IN
March 4-6	18th USAR National High School Championships	St. Louis, MO
March 9-12	NMRA Masters National Championships	Canoga Park, CA
March 18-26	PARC 18th Pan American Championships	Caracas, Venezuela
March 30 - April 2	33rd USAR National Intercollegiate Championships	TBA
April 14-17	USRA Regional Championships	Nationwide
May 25-30	38th USAR National Singles Championships	Houston, TX
June 22-26	32nd USAR Junior Olympic Championships	Portland, OR
July 13-16	NMRA Masters International Championships	Canton, OH
July	USAR High Performance Training Camps	Colorado Springs, CO
Aug. 30 - Sept. 3	IRF 17th World Senior Championships	Albuquerque, NM

COURT RAT REDUX



by Eric Muller

When Jim Hiser approached me last year to write "The Inside Scoop" for RACQUETBALL Magazine, the idea was to hold up a mirror to the sport and describe some of the blemishes I see as a way to spark debate and maybe generate a few new ideas. Based on some letters to the editor, Internet posts and personal emails, the general

consensus seems to be that I've noticed a lot of acne but haven't provided much Clearasil. To those of you who have noted that I'm (1) too negative (2) not constructive (3) inaccurate (4) unoriginal (5) overly technical (6) mean spirited (7) self-indulgent and (8) hiding behind my elitist education, I genuinely appreciate that you have taken the time to read The Inside Scoop, and I take your comments to heart even though we might see things differently (although let the record reflect that I strongly disagree with numbers 1 and 2 above!).

Based on your comments, my need to be liked by everyone (I'm a middle child, what can I say?) and a desire to show my face at a tournament again some day, I'm determined to re-brand myself just in time for the holiday shopping season. So, rather than writing my usual "everything about racquetball sucks" drivel, I've decided to pop some St. John's Wort and, in a tribute to the Norm Blum "Court Rat" columns in the now defunct National Racquetball, lay out a collection of meandering, scattershot reflections on some of racquetball's positive attributes.

LPRA Renaissance. I can't remember a time when there was greater parity or a more interesting collection of personalities than we have today on the women's pro tour. Cheryl Gudinas just keeps winning tournaments and appears game to take on all comers ad infinitum. Everyone is excited about the return of Christie Van Hees, a class act reminiscent of the great Lynn Adams. Rhonda Rajsich plays with a contagious, unabashed joy, and Kerri Wachtel is the ultimate technician who finds a way to win against physically stronger opponents. Kristen Walsh, Adrienne Fisher and Tammy Brown hit for power and are primed for some big wins. Laura Fenton isn't done yet, and I suspect that we'll see some more great moments from 75-time national doubles champs Jackie Paraiso and Kim Russell. Now, if we could just get Michelle Gould back on the court....

Buy: A weekend with Fran Davis and Jason Mannino. You're game will never be the same.

Sell: My overly broad indictment of USAR certified referees in the September / October Inside Scoop article. I do not believe and did not mean to imply that only current and former pros are qualified to be referees (in fact many, me included, are lousy), and some of the best referees, including Barry Joyner and Jim Hiser, are amateur players. Had I chosen my words more carefully, I would have said that merely obtaining the certification does not qualify someone to referee at the pro level, however in my judgment and experience, many such people are given the scorecard in Houston.

Hold: Mike Yellen. With the extraordinary success of the Legends Tour, it may only be a matter of time before Yellen comes back to take on his former comrades. Although Yellen has been MIA for a decade, you can't blame a guy for holding out hope for another Hogan / Yellen classic!

Atlas Shrugged. I found the thoughtful interview with Cliff Swain that appeared in the September / October issue of

RACQUETBALL Magazine to be refreshing and insightful. Cliff aptly turns racquetball's conventional wisdom on its head - rather than waiting for a major sponsor to magically appear, we should be working everyday to improve our value proposition to attract corporate interest. This simple yet profound "value for value" concept should be the mantra for racquetball's leadership.

Racquetball Safety Net #1. Boy are we fortunate to have a large installed base of racquetball courts around the country. While thousands of courts have been removed since the early 1980's due to club closings and alternative uses, we benefit from the fact that racquetball remains an amenity within many facilities (if no longer the focal point of club life). I was heartened to learn recently that LA Fitness, an operator of health clubs around the country, has been building new courts and featuring them prominently within its facilities. LA Fitness, a by-the-books operator with top notch management, financial discipline and significant backing from a major Wall Street institution, clearly recognizes racquetball's value. The loyalty of racquetball-playing members translates into lower churn rates and higher capacity utilization (after all, one can run on a treadmill at any club, but most of us will drive across town to play racquetball).

Racquetball Safety Net #2. We are lucky that tennis companies have turned the racquetball equipment manufacturing industry into a product line extension. As the tennis industry's Double Stuff Oreo cookie, racquetball players get to choose from a wide selection of cutting edge equipment without paying full freight for the R&D to develop the new sticks. With limited SG&A expenses, racquetball is a small but incrementally profitable endeavor that allows Amer Sports (Wilson), Prince (Ektelon) and Head / Penn to spend more than they otherwise would on sponsorship and promotion.

World Beaters. Kudos to the 2004 USAR National Doubles champs Rocky Carson and Jack Huczek. With the victory, both of these guys have now won every major U.S. amateur title. Way to go guys! Wahoo! Yesssss! With the Doubles monkey off their backs, I expect that Rocky and Jack will redouble their efforts to try and catch Kane on the IRT.

BUY, SELL, HOLD

BEGINS EVERY RALLY:



TITANIUM TOUR™



CHAMPIONSHIP™

The good news about Wilson racquetballs is traveling fast. Twice as many players are using a Wilson ball this year as last year.

Top players **Derek Robinson** and **Christie Van Hees** have switched.

Several state governing bodies have switched.

The entire **LPRA tour** has switched.

Isn't it time you switched to Wilson?



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