

# TOTAL RACQUETBALL



## RACQUETBALL'S ON A ROLL.

*Find out why it's one of the hottest sports of the 90's.*

## TAKE IT FROM A PRO.

*Tips to improve your game.*

## LEARN FROM THE BEST.

*How to eat right, stay fit, play hard.*

**PLUS OFFICIAL  
AARA RULES.**

**EKTELON** 





## INTRODUCING LADDER CLIMBING SHOES.

Quicker starts. Surer stops. More support for explosive lateral moves. And the comfort to energize you game after game. They're the new line of lightweight racquetball shoes from Ektelon. The perfect shoes for getting you to that top rung.

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



# Racquetball rebounds for the 1990's.

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In racquetball courts across the country, one of the biggest sports comebacks of the decade has started.  Because racquet-


ball is back. Racquetball is growing. Racquetball is hot. So if you're a veteran player, you can savor the knowledge that other people have come to realize what you've known all along.  And if you're a

new player, congratulations. You've discovered a sport that is sure to

become part of your lifestyle.  One key factor in the resurgence of


racquetball is the renewed interest in health and fitness. As


baby boomers look for ways to stay in shape, many return to

racquetball, the same sport they enjoyed through the 1970's. If they didn't play racquetball back then, they've found that it's quick and easy to learn. Indeed, people of all ages are attracted to racquetball because of the physical benefits it offers. 

Racquetball provides one of the most thorough cardiovascular workouts available. Recent studies indicate that, contrary to popular belief, racquetball uses both the anaerobic and the aerobic systems. In a


paper published by Dr. James Hiser and Dr. Alan Salmoni, it was shown that the typical player's heart rate reaches 80% of maximum during play.


Since the typical player plays for longer than the 20 minutes required for an aerobic workout, the aerobic benefits of racquetball are absolute.  Not to mention benefits

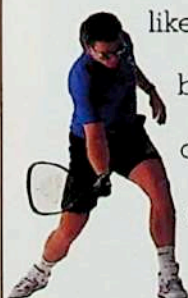
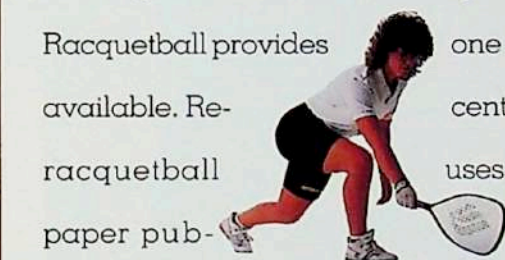
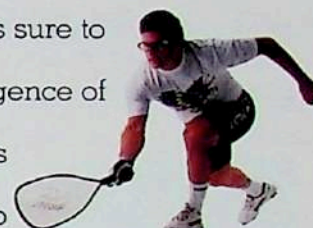
like increased stamina, a lowered body fat level, improved muscle tone, and better concentration.  Another key factor in the growing interest in rac-

quetball is the precious commodity of time. Today's hectic schedules increase stress while at the same time limiting the opportunities to blow off

steam. Racquetball, an intense, high-energy workout that can be fit comfortably into a lunch hour, is ideally suited for today's high-

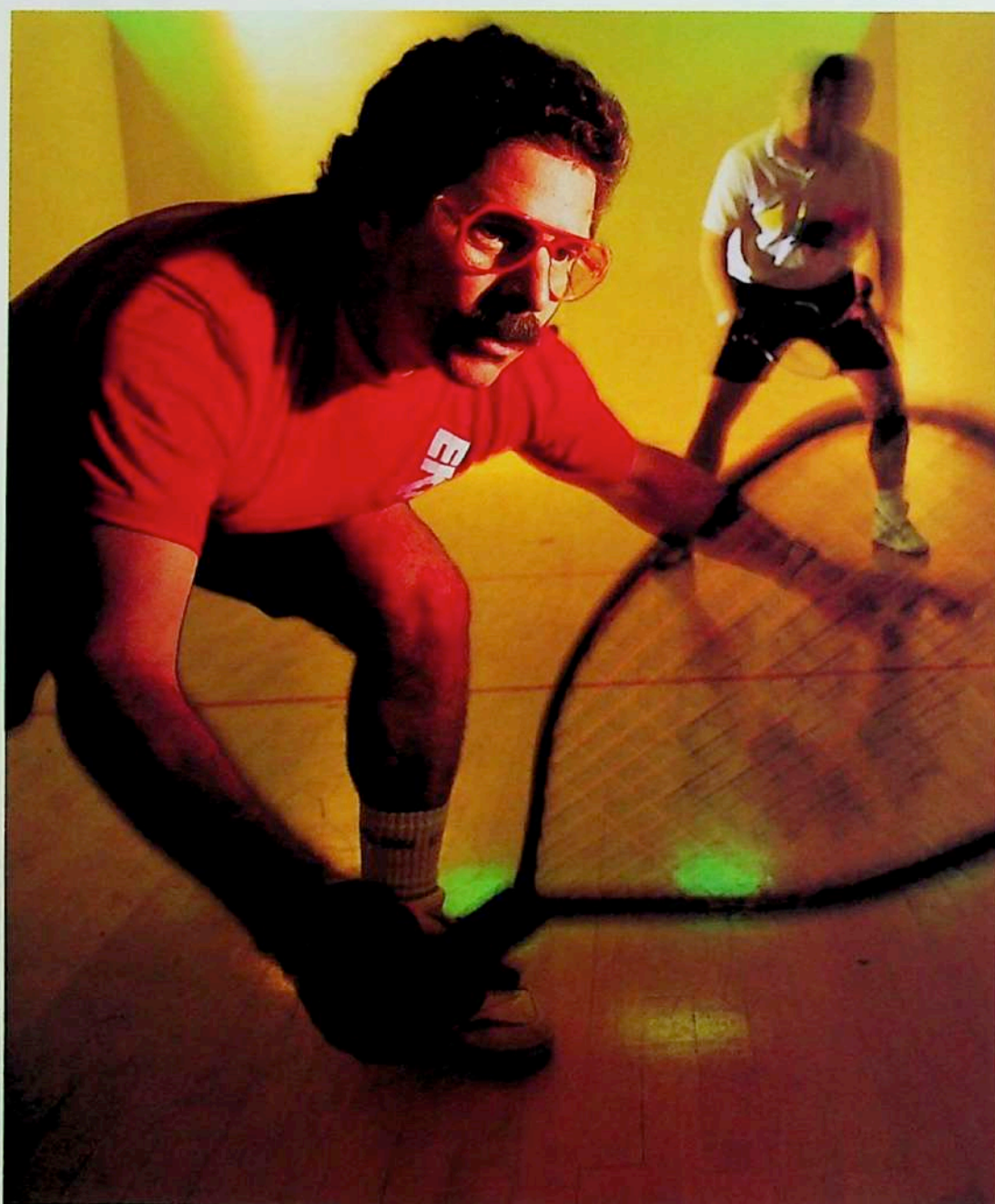
pressure lifestyle.  Growth has also been nurtured by grass roots movements and youth-oriented programs which attract and encourage the

next generation of champions.  This growth has not gone unnoticed. In 1989, the United States Olympic Committee (USOC) made (Continued on Page 4)

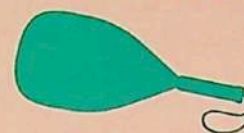




(Continued from page 3) racquetball the youngest sport ever to be recognized as a Group A member. 🏓 That opens the doors to Olympic participation, first as an exhibition sport, then as a full-medal event. Meanwhile, racquetball is approved as a full-medal event at the Olympic Festival as well as at the Pan American Games. From these games will come increased national and international exposure, leading to increased popularity. 🏓 Certainly racquetball's current growth sets the stage for an exciting future.



# TOUR



## RTS.™ The Talk Of The Tour.

On the racquetball tournament tour, it's performance, not talk, that counts. But when successful champions begin talking about a revolutionary new racquet design that is raising performance levels of thousands of players across the country, including their own, you should probably listen to what they are saying. • National Amateur Champion Tim Doyle has always played a power game. But now, playing with a new Ektelon RTS racquet, he "feels extra snap" every time he makes contact with the ball. And in top-level tournament play, a split second often makes all of the difference between coming out on top or finishing as an also-ran. • Five-time National Champion Mike Yellen owes much of his

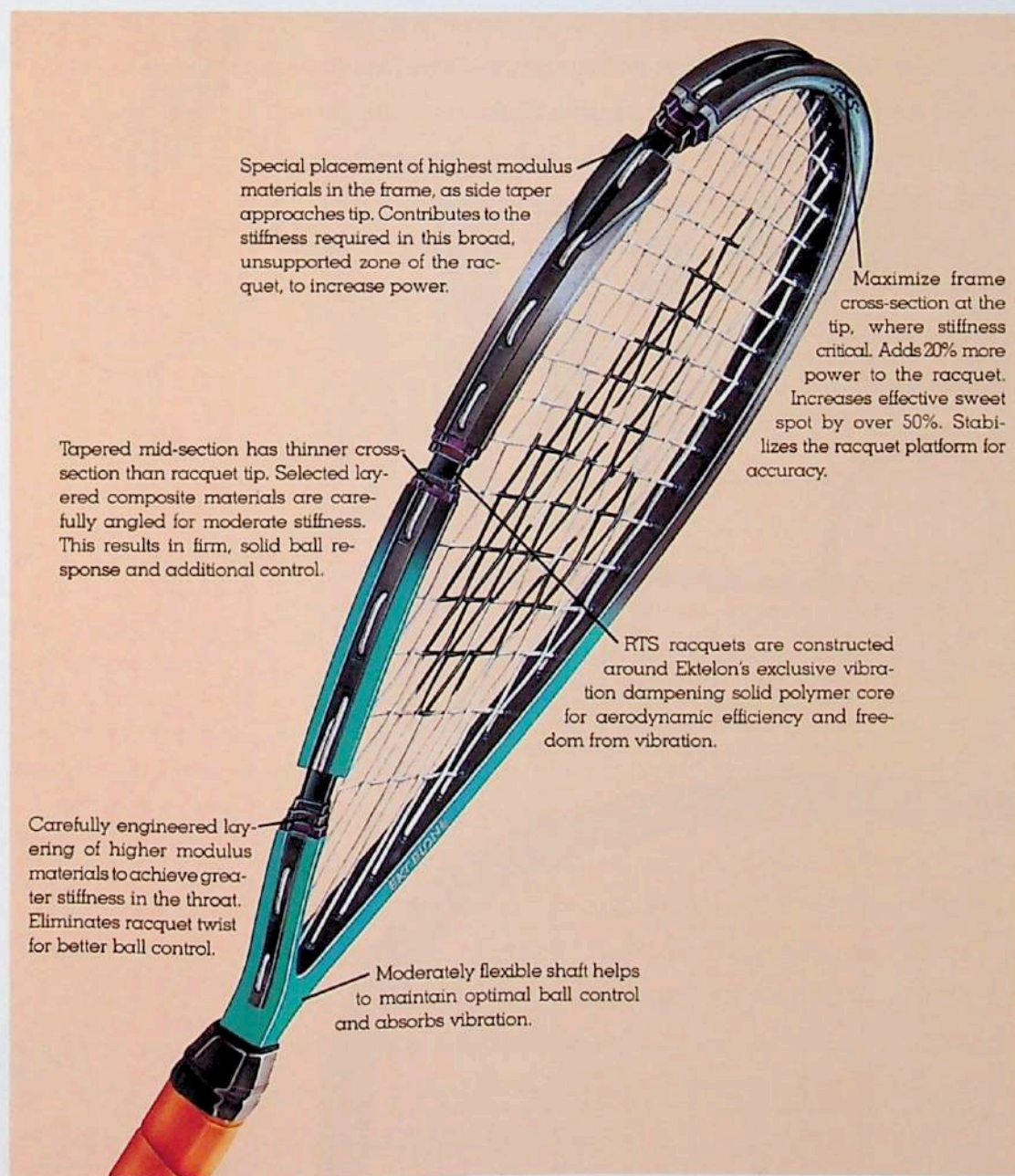
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## RTS.™ A quantum leap in performance standards.

Design changes are commonplace in products. But once in a great while, a technological breakthrough occurs that redefines the product itself. Ektelon's RTS™ (Racquetball Taper System) has proven to be one such breakthrough. 🏸 The key to RTS is selective stiffness. At the tip, the cross-section of an RTS frame is expanded for increased stiffness. This adds power to the racquet, by increasing the sweet spot by over 50%. 🏸 The tapered mid-section of the frame is engineered for moderate stiffness. So the ball stays on the strings longer for superior control. 🏸 At the throat, special hand-layering of high modulus materials maximizes stiffness. This prevents the racquet from twisting on impact, and greatly improves shot placement. The overall result of the RTS breakthrough is a racquet of incomparable performance.



(Continued from page 4)

success to more of an accuracy and finesse game. Control of his shots, and his opponents, has always been key to his style of play. And now, Ektelon's new RTS technology allows him to "put more pace" on his shots as well. "It's the best of both worlds," Yellen says. • The most successful professional in racquetball's history, six-time national champion Lynn Adams, relies on the overall playability of RTS to keep her game at its peak. "Whether the situation calls for power or control, RTS lets me respond," says Adams. "And this holds true, no matter what level of competition you play at." • It seems everyone, from local court club players, right on up through national champions, is talking about RTS. Power players are marvelling at the awesome levels of velocity that RTS racquets generate. Control players are relishing the enhanced accuracy delivered by the tapered frame's selected stiffness. And players that utilize a more balanced approach on the court can't say enough about the combined benefits of RTS. You should probably find out for yourself what all the talk is about.





# Selecting a racquet.

## Matching your racquet to your style of play.

Top-level tournament players know that technological advancements are stretching the performance boundaries of racquetball equipment at an astounding pace. 🏓

An important by-product of these advancements is the availability of a tremendous number of options in terms of racquet features that, when utilized properly, can seriously enhance player performance. Not only at the tournament level, but at the club and recreational levels. 🏓

If you are a serious player with aspirations of club or even tour championships, there are high-performance racquets, such as the Ektelon RTS™ series, designed specifically to maximize your abilities. 🏓

Or, if you just view racquetball as a fun and invigorating component of an overall fitness regimen designed to keep you in shape, Ektelon has a wide variety of racquets to suit your needs as well. 🏓 You identify your goals. And Ektelon will supply the equipment.

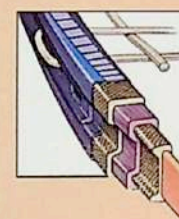
The first step in selecting the proper racquet to help maximize your play, is to define exactly what your style of play is. If you attack every shot and rely on your abilities to hit the ball hard to win points, then you are a power player and you should select a racquet that will hit the ball the hardest with the least effort. 🏓 However, if you rely more on precise shot placement to win games, then you are a control player and should look for a racquet with features that control flex and enhance the stability of the frame. Either way, Ektelon's careful engineering and design of an entire line of racquets ensure that there is a racquet with the precise combination of features and player benefits to match and enhance your particular style of play.

## Sizing up your racquet.

An important decision is choosing the proper racquet size. The popular move is towards larger head sizes, with increased sweet spots, and additional power, consistency and control. 🏓 Generally, mid-size frames deliver greater maneuverability and responsiveness. Oversize frames offer increased ball velocity and higher margins for error on off-center hits, due to their maximum hitting area.

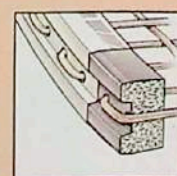
## Frame Construction And Design

Three main types of frame construction and design are available. Hand-laid composite graphite. Injection-molded graphite. And extruded aluminum alloy. Each delivering specific performance and playability benefits for you to consider. • Hand-laid composite construction involves

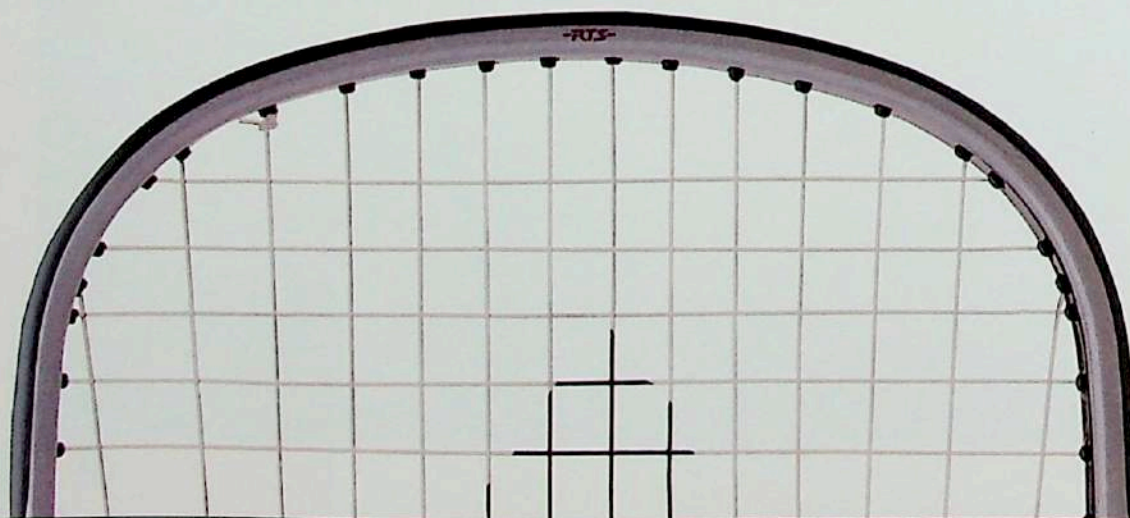


varying the combinations, amounts, locations and continuous fiber orientations

in a frame, thereby controlling features such as stiffness, flex and proper swing weight, creating superior racquets for specific styles of play. Ektelon's revolutionary Racquetball Taper System (RTS™) tapers the composite profile, engineering the correct degree of stiffness and flexibility throughout the frame. Resulting in racquets of uncompromising playability and performance in terms of both power and control for expert and advanced players willing to make an investment in their equipment. • Injection-molded composite frames are created by injecting specially-



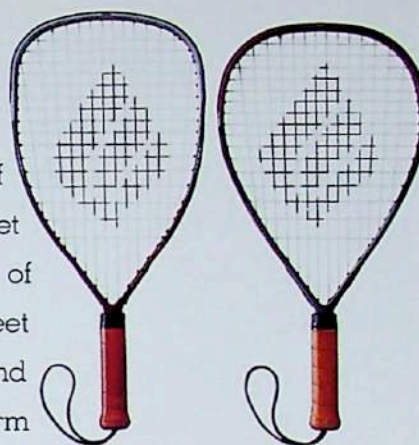
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### The shape of things to come.

Ektelon offers a wide variety of head shapes, each designed to suit a particular player need in terms of desired feel. 🏸 The general rule is that the sweet spot of the frame follows the basic head shape of the racquet. Teardrop head shapes move the sweet spot towards the tip of the frame for more power and control on shots hit in this area. 🏸 And quadriform head shapes center and elongate the sweet spot for a longer overall effective hitting area. Talk to a teaching pro or an expert player when making your decision. Or demo various racquets with different head shapes until you find the one that's right for you.



### The final step: accessories and enhancements.

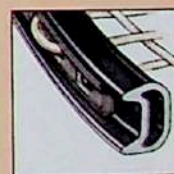
Fashion and function are both available with Ektelon's variety of stylish, high-performance racquet accessories and enhancements. 🏸 Traditional leather grips



deliver confident racquet feel, while Ektelon rubber grips offer improved gripping action in a rainbow of colorful options. 🏸 And Ektelon's new Cushion Response System Grips result in positive racquet feel with vibration-dampened comfort and control. Another major factor in a racquet's feel and performance is the type of string. Generally, thinner gauges play with more resiliency and responsiveness. While thicker strings are more durable. And proper tension will optimize any racquet's power and playability. 🏸 All racquets should be restrung on a regular basis, by a certified stringer, and according to manufacturers' recommendations, as well as your own playing preferences. Ektelon recommends using USRSA certified stringers and Ektelon stringing machines. Finally, Ektelon wristcords, tethers and a variety of colorful, new Racq-Cords™ offer multiple options for personalizing the securing of your racquet to your wrist during play.


(Continued from page 6)


graphite, fiberglass and nylon compounds into specially-designed molds. By nature, these frames are less expensive and offer greater flex than their hand-laid counter parts. This year, Ektelon has applied tapered technology to their injection molded line, thereby creating frames with the power-enhancing stiffness that comes from taller tip profiles. And control-enhancing flexibility from tapered mid-section profiles. The overall result is excellent racquets for higher intermediate to recreational players. • Extruded aluminum alloy racquets are economical, durable, and offer excellent overall playability to intermediate and recreational players. And Ektelon has enhanced this playability this year with the Extended X-Section Design line of frames. With heightened profiles throughout, EXD frames are stiff for added power, stable for more control and more aerodynamic for less resistance and better maneuverability relative to competitive alloy frames. Be sure to use the flex ratings, power ratings, and racquet descriptions in this publication to help you determine the best size racquet for your game.







# MIRADA™ A PROMISE WELL KEPT.

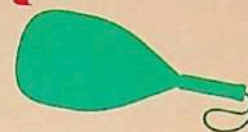
Last year, Ektelon promised that Mirada would redefine racquet performance for the 90's. This year, thousands of professional and tournament level players confirm that Mirada delivers on that promise. Engineered as the showcase of Ektelon's Racquetball Taper System™, Mirada's tapered profile design utilizes high modulus, carbon graphite fibers specifically selected for this frame.  This material,

originally developed for aerospace applications, is hand laid at strategic points throughout the frame for maximum stiffness. Combined with Ektelon's proprietary tapered design, it gives Mirada unprecedented power, while maintaining proper balance and light weight. Mirada innovations include a specially elongated quadriform head shape which, when utilized with RTS, creates the largest effective hitting area in the game. This optimum length not only helps you reach shots along the walls and in the corners, but helps you return them with unparalleled velocity.  For all of its power, Mirada makes no compromises on control. RTS and the strategic placement of high

modulus graphite in critical stress areas of the frame keep the racquet from twisting on contact. Less torsional bending means more accuracy. New, high performance Mirada 16-gauge string combines with the sunburst string pattern to improve responsiveness for precise shot placement.  For 1990, Mirada introduces Ektelon's new Cushion Response System. Featuring a low density polymer core, thermoplastic handle and new cushioned grip, the Cushion Response System

virtually eliminates racquet vibration. So the Mirada gives you exceptional racquet feel, and is extremely comfortable to play. Impact-resistant Kevlar® material further dampens vibration and maximizes Mirada's durability.  Mirada RTS Oversize and Mirada RTS Mid-size. Better than promised performance. Proven performance.

## QUOTES



### **In Other Words: Players On The Mirada.**

"I've played racquetball for more than a decade. And of all the changes I've seen, the Mirada is the biggest. It's really revolutionized the sport."

-- Mickey Bellah  
Team Ektelon Sr. Advisor

"It gives me what I need in my game. Power without losing control."

-- Chris Evon  
President, WPRA

"As a play tester, I've used hundreds of racquets over the years. But when I'm playing for me, to win, I wouldn't use anything but a Mirada."

-- Leo Gurnoe  
Racquet Development  
Play Tester

"The thing I like about the Mirada is that it's totally uncompromising. The power is awesome."

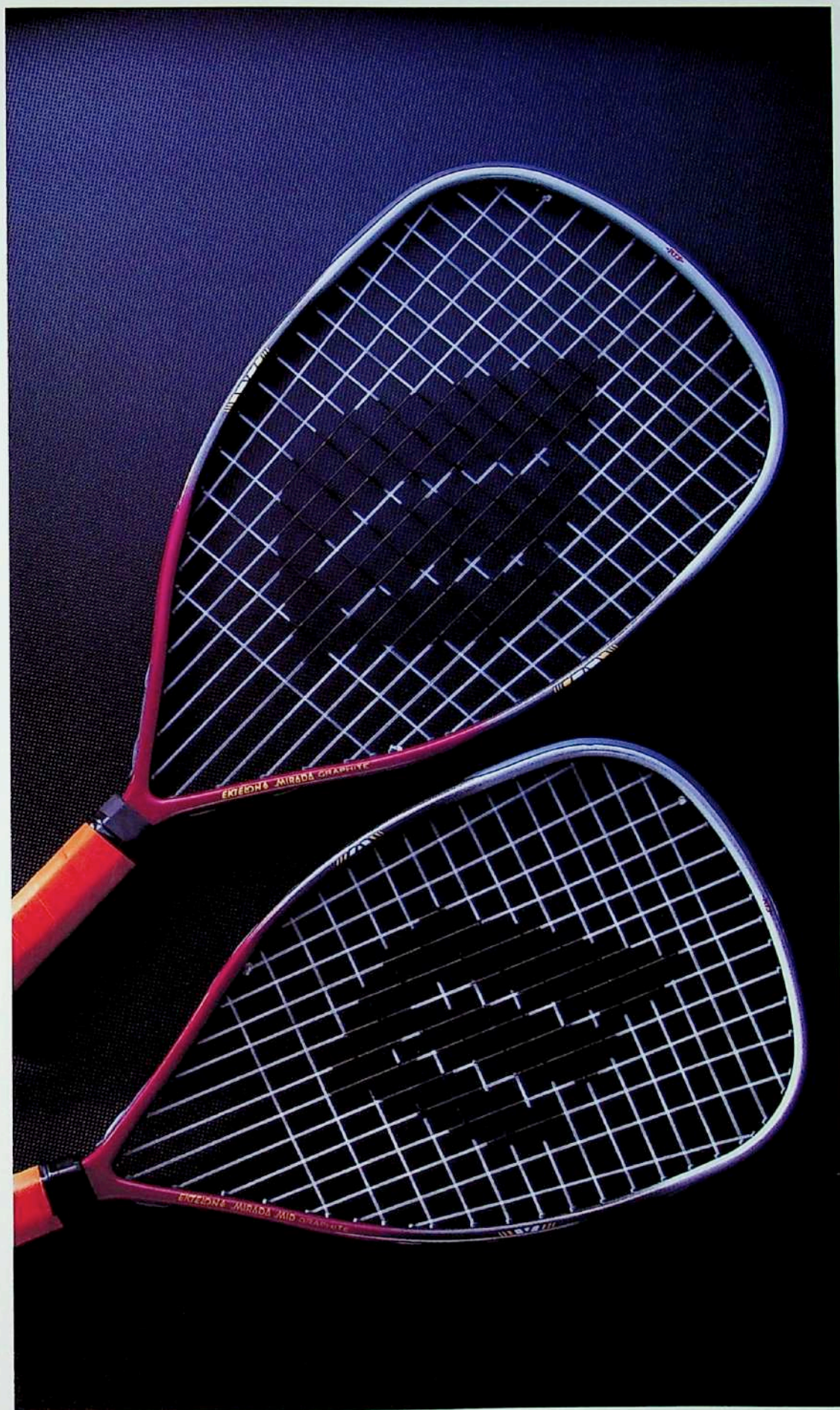
-- Michael Martinez  
Club Pro, Los Angeles Fitness

"It's the best racquet out there, no doubt about it. No matter what your style of play is, the Mirada can make it better."

-- Lynn Adams  
6-time Pro Women's National  
Champion

(Continued on page 9)





(Continued from page 8)

"There is no other racquet."

-- Mike Yellen

5-time Pro Men's National  
Champion



**Mirada™ RTS**  
OVERSIZE

High modulus, continuous  
graphite, Kevlar® 49

**FLEX/CONSTRUCTION**



PLAYER LEVEL  
**EXPERT**

**Mirada™ Mid RTS**  
MID-SIZE

High modulus, continuous  
graphite, Kevlar® 49

**FLEX/CONSTRUCTION**



PLAYER LEVEL  
**EXPERT**



# TIP



## Power Racquetball.

by Tim Doyle

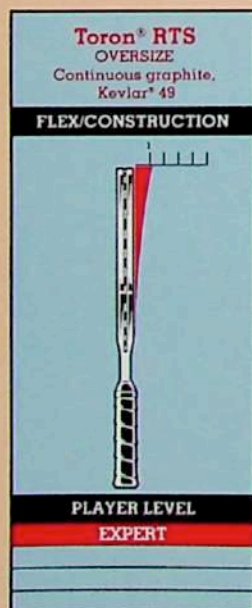
Power is the ultimate tool of any racquetball player.

Most professionals use a game style that combines both power and control, using a combination of body strength, stroke technique and equipment. •


**BODY STRENGTH:** Weight training can increase your body strength. To maintain consistency, work out four days a week, alternating upper and lower body muscles. The power edge exists also in the mental aspect of the game. •



**STROKE:** Determine where your opponent's shot is directed, then quickly set your racquet. Elbow exten-

(Continued on page 11)



## NEW TORON® GRAPHITE RTS

Tournament pros playing the power game in the 1980's, played Toron. Reputations of champions like Mike Yellen, Lynn Adams, and Ruben Gonzalez were built on Toron power.  And now, Ektelon's exclusive RTS™ design and maximum graph-




ite content combine to create the hardest-hitting Toron ever made.  RTS stiffness and Toron's modified teardrop head shape enlarge and move the sweet spot toward the racquet tip, creating explosive ball velocity. This stiffness also reduces frame twisting for improved control.  Ektelon's exclusive Cushion Response System

combines a solid polymer core, thermoplastic handle and Kevlar® to eliminate vibration. So you enjoy greater comfort and feel. Toron. A powerful reputation for success.





# NEW PRECIS™ GRAPHITE RTS

For the elite tournament player who demands both power and playability from a racquet, Ektelon introduces the new Precis.  The exclusive RTS™ design, combined with strategically-placed carbon fibers, increase the overall stiffness of the frame for superior power.  The optimum graphite content in the racquet helps reduce frame torque for greater control. And the Precis features Ektelon's Wishbone™ open-throat design and sunburst string pattern, which improve ball responsiveness for precise shot placement. The newly-developed Cushion Response System eliminates frame vibration. So you get a solid feel on every shot.  Join the elite. Step up to the new Precis.




(Continued from page 10)

sion and wrist snap upon contact are critical elements of the power swing. On the forehand, lead down through the shot with your elbow bent and your wrist cocked back. On your backhand, drive through with the hitting shoulder. Don't forget your follow through. • EQUIPMENT: New racquet technologies, aerospace materials, and specially formulated strings now offer greater power and performance. Find a racquet that fits your style of game for the most in power and control.



**Precis™ RTS**  
OVERSIZE  
Continuous graphite,  
fiberglass

**FLEX/CONSTRUCTION**



**PLAYER LEVEL**  
**EXPERT**



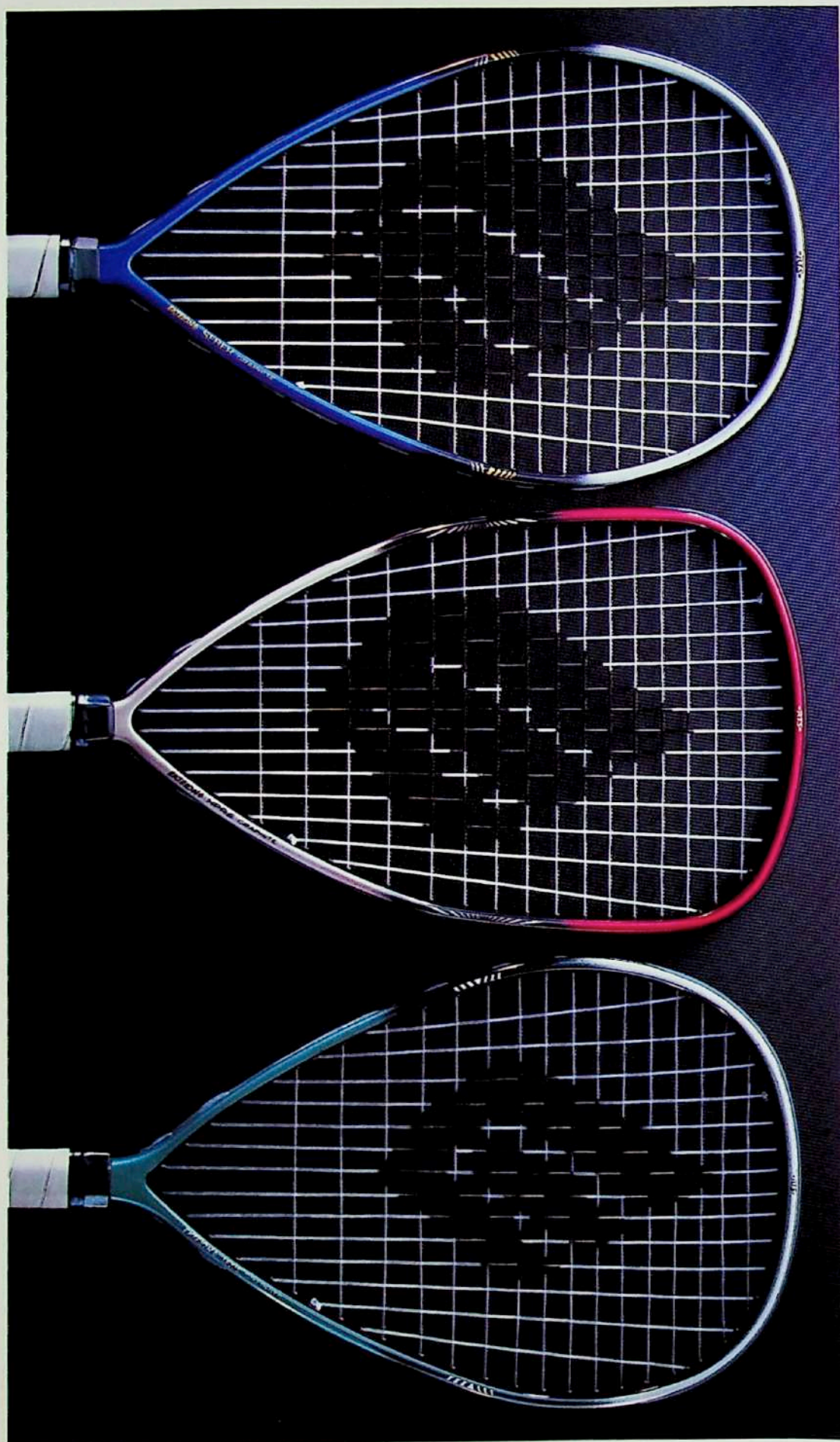
# TIP

## 2

### **Serve To Your Advantage.**




by Andy Roberts

The only time you're in total control in racquetball is with your serve: use it to your advantage. It's impossible to ace every serve, so the best strategy is to set the ball up for a weak return. • There are three basic types of serves: **DRIVE SERVES:** A hard-hit, offensive serve that strikes the front wall and rebounds in a straight line to deep court. • **LOB SERVES:** The high lob and half lob serves are hit using a lifting motion that results in a soft service. • **Z SERVES:** The hard low Z and the slow high Z should bounce near the receiving line into the deep corner, rebounding almost parallel to the back wall. • Use drive and low Z serves to put pressure on an opponent's mobility and reaction time. Use lob and high Z serves to minimize offensive return opportunities and tempt an impatient opponent into low-percentage kill attempts. • Just as important, use a combination of serves and vary your pace to keep your opponent guessing.










## NEW SEREX™ GRAPHITE RTS

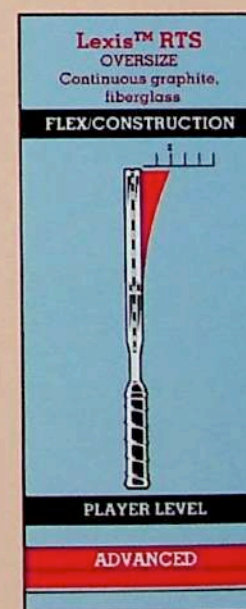
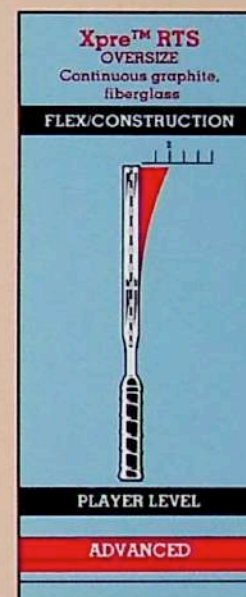
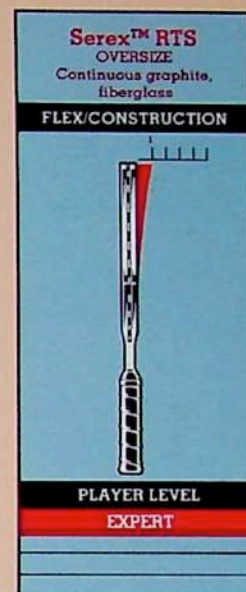
Serious tournament players will rely on the power of the new Serex.  Serex combines Ektelon's RTS™ design with multiple layers of graphite fibers. So you can drive the ball with more authority.  The Serex' lengthened teardrop head shape creates a larger sweet spot for greater accuracy.  And Ektelon's new Cushion Response System eliminates vibration throughout the frame. Serex will give your game a serious edge.

## XPRE™ GRAPHITE RTS

Xpre is specially engineered to deliver high performance to the advanced player.  Xpre features Ektelon's RTS design and continuous graphite construction. Together, they stiffen the frame and enlarge the effective hitting area for added power. A quadriform head shape and Wishbone™ throat lengthen Xpre's sweet spot for more control.  And a fiberglass core dampens racquet vibration for greater comfort. Advance to Ektelon's Xpre.

## LEXIS™ GRAPHITE RTS

Serious players demand the all-around playability of the Lexis.  The RTS design combines with continuous graphite fibers to stiffen the frame and add velocity to every shot.  Lexis' modified teardrop head shape and Wishbone™ throat create a larger sweet spot to keep even less-than-perfect hits in play. A fiberglass core absorbs shock and increases racquet durability.  Lexis will meet all your demands.





# PRO



**NAME:** Mike Yellen

**AGE:** 30

**HOMETOWN:** West Bloomfield, Michigan

**PLAYING STYLE:** Right-handed control. A patient, controlled style featuring high-percentage shot selection, steady execution and intense concentration.



## **RACQUETBALL CAREER HIGHLIGHTS:**

- Began playing the sport as a 13-year-old
- Turned professional at age 16
- A member of Ektelon's professional playing staff since 1977
- At age 22 captured the number one men's professional ranking for the first time
- The only winner of five consecutive National Championships 1983-1987
- First professional to sweep the sport's prestigious "Grand Slam" championships in a single year.

**OF INTEREST:** Yellen's tours in Japan and Europe, as well as across the U.S., have served to educate players and promote the sport of racquetball universally.



## Training keeps Mike Yellen in top form.

During his 14-year professional racquetball career, top-ranked Mike Yellen has seen many changes in the sport.  "Playing techniques have improved, equipment is state-of-the-art, new strategies have been introduced," he explains. "And today, there are some tremendous athletes playing racquetball." Yellen believes that now strength and endurance are essential to compete on the pro circuit. "I don't spend as much time on the court practicing the mechanics as I did ten years ago. Instead, I lift weights to add power to my shots, run for stamina, and round out my conditioning with stair climbing, exercise cycling and jumping rope."  Training keeps Mike Yellen in top form. At age 30, he has achieved a career pinnacle unsurpassed by any other player.





# TIP

3

## Footwork And Balance.

by Jacqueline Paraiso

Racquetball players can make over 1,200 explosive movements on the court during a one-hour workout. These quick one and two-step bursts require proper footwork for balance and court positioning. • **READY POSITION:** Your feet should be shoulder width apart, balancing your body weight and enabling you to be ready for any shot. • **APPROACH:** Keep your body weight moving toward the ball as it approaches, and toward the front wall as it is hit. • **RETURN:** As your opponent hits the ball, determine where it is directed, then find your position on the court so you can hit the ball squarely.

Nemesis™ RTS  
MID-SIZE  
Continuous graphite,  
Kevlar® 49

FLEX/CONSTRUCTION



PLAYER LEVEL

EXPERT

## NEW NEMESIS™ GRAPHITE RTS

Nemesis sets a new power standard for top tournament players who prefer a mid-size racquet. 🖐️ The primary source of Nemesis' power is the exclusive RTS™ design. This combined with maximum graphite content stiffens the frame in critical areas. So you get more muscle out of every shot. 🏃 In addition, the RTS design and unique teardrop head shape increase the effective hitting area for greater power. The RTS stiffness also stabilizes the throat area for superior control. Ektelon's new Cushion Response System and Kevlar® 49 materials are engineered to minimize vibration. And maximize comfort, racquet feel and ball responsiveness. 🏃 For players who set their own standards. Nemesis has the power to take you there.





# TIP

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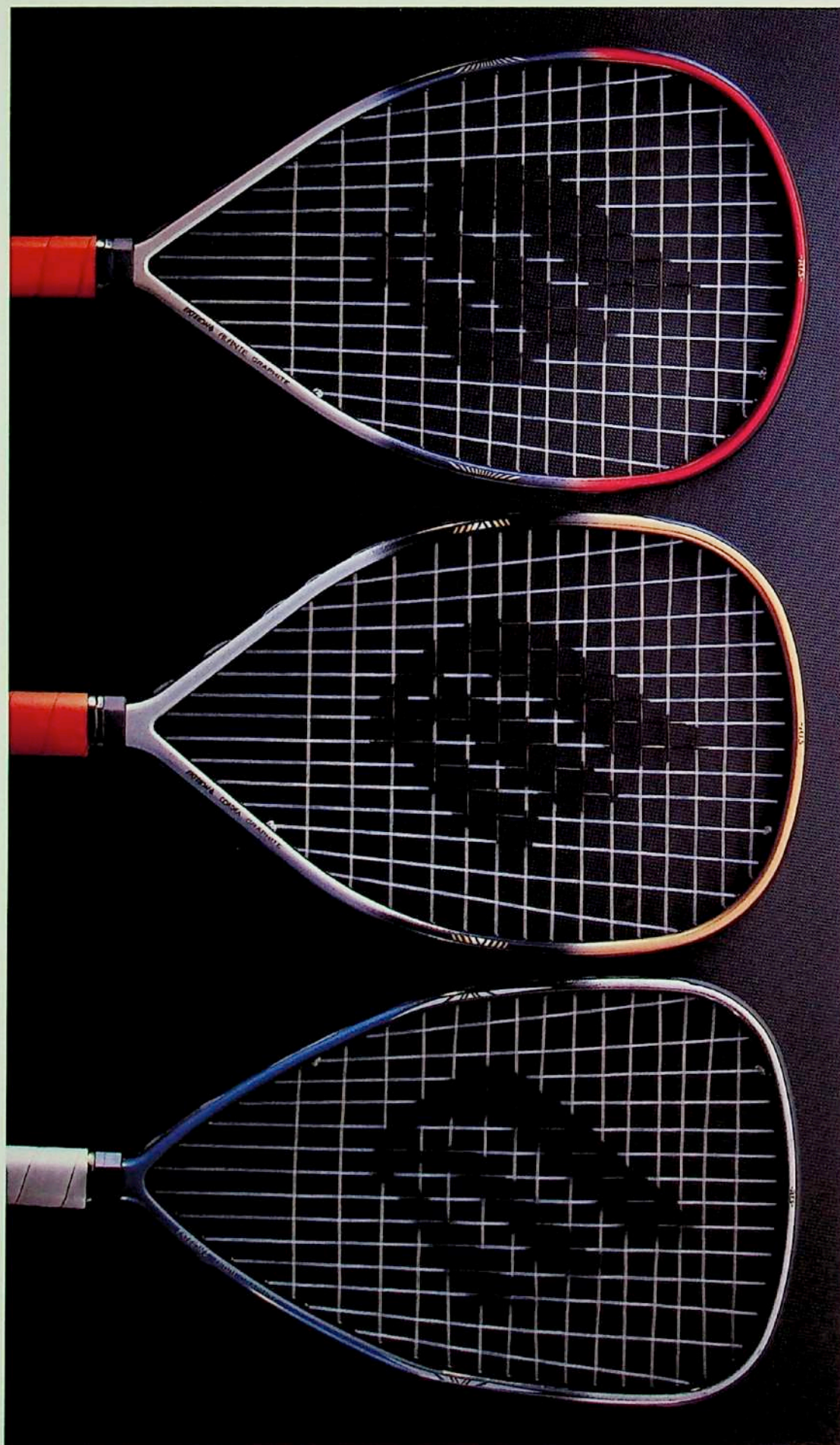
## The Kill Shot: Your Most Powerful Weapon.

by Michelle Gilman

The ball, hit low on the front wall, rebounds so close to the floor that it's unreturnable by your opponent. The kill shot is the most commonly used offensive shot, and could be your most powerful weapon. • There are four types of backhand or forehand kill shots.

• **STRAIGHT KILL:** The ball is hit straight into the front wall as low as possible. The ball will rebound almost parallel to the side wall and so low that it's impossible to return. • **SIDE WALL-FRONT WALL KILL:** The ball, hit low with the racquet face opened slightly to the side wall, then bounces off the front wall, making it die. • **FRONT WALL-SIDE WALL KILL:** The ball is hit into the low corner of the front wall, then rebounds into the closest side wall and low onto the floor.

• **OFF-THE-BACK-WALL KILL:** Wait for the ball to drop low, get your racquet under it, and with a powerful hit, direct the ball into the front wall and away from your opponent.





## NEW ALANTÉ™ GRAPHITE RTS

Alanté provides the superior all-around playability that expert players demand. Exclusive RTS™ design and optimum graphite content stiffen the frame for greater overall power. Alanté's modified teardrop head shape creates a larger sweet spot closer to the racquet tip, for improved placement of hard-to-reach shots. Ektelon's exclusive Cushion Response System reduces vibration and provides greater comfort. Alanté. An expert blend of power and accuracy.

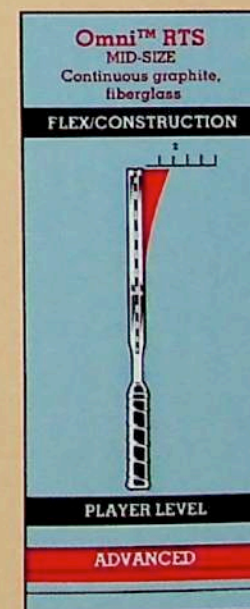
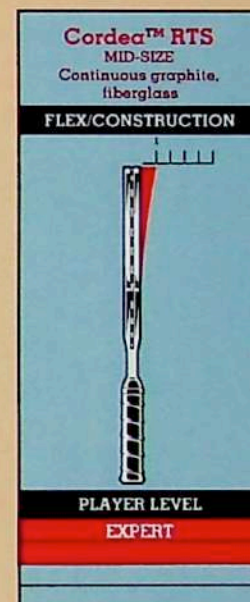
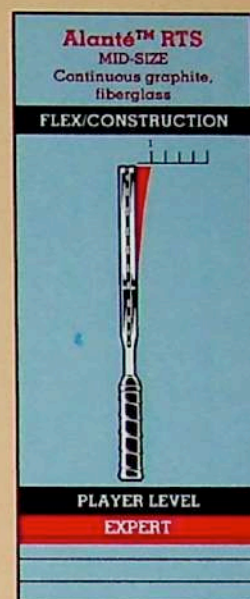


## NEW CORDEA™ GRAPHITE RTS

Cordea is the high-performance choice of serious tournament players, who prefer a mid-size racquet. RTS design and multiple layers of graphite fibers stiffen the racquet to give you more velocity on every shot. A modified quadriform head shape creates a larger sweet spot for greater accuracy. The newly-engineered Cushion Response System eliminates vibration for comfortable racquet feel. Choose a winner. Choose Cordea.

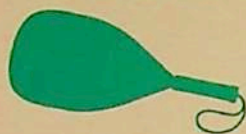
## OMNI™ GRAPHITE RTS

Competitive players have come to expect solid performance from the Ektelon Omni. RTS design and continuous graphite construction create a stiffer frame to put more snap in every shot. A modified quadriform head shape extends the sweet spot for enhanced control. The exclusive Wishbone™ throat's lengthened main strings further expand the sweet spot for even more power. And the highly responsive sunburst string pattern provides additional ball control. Play with Omni. And expect your game to improve.





# TECH





## The New Tapered Graphite Frame.



New for the 90's, Ektelon introduces the Tapered Graphite Frame, with performance advantages players demand. • The key to Tapered Graphite Frame design is the heightened cross-section at the racquet tip. This significantly increases the stiffness of the frame and enlarges the sweet spot to generate greater power on every shot. This, combined with the frame's optimum graphite content contributes additional stiffness for even more ball velocity. • The Tapered Graphite Frame design is engineered to allow flexibility in the mid-section of the frame. And, the correct proportion of graphite and fiberglass provides greater touch and enhanced shot placement. The nylon matrix construction makes a Tapered  
(Continued on page 19)

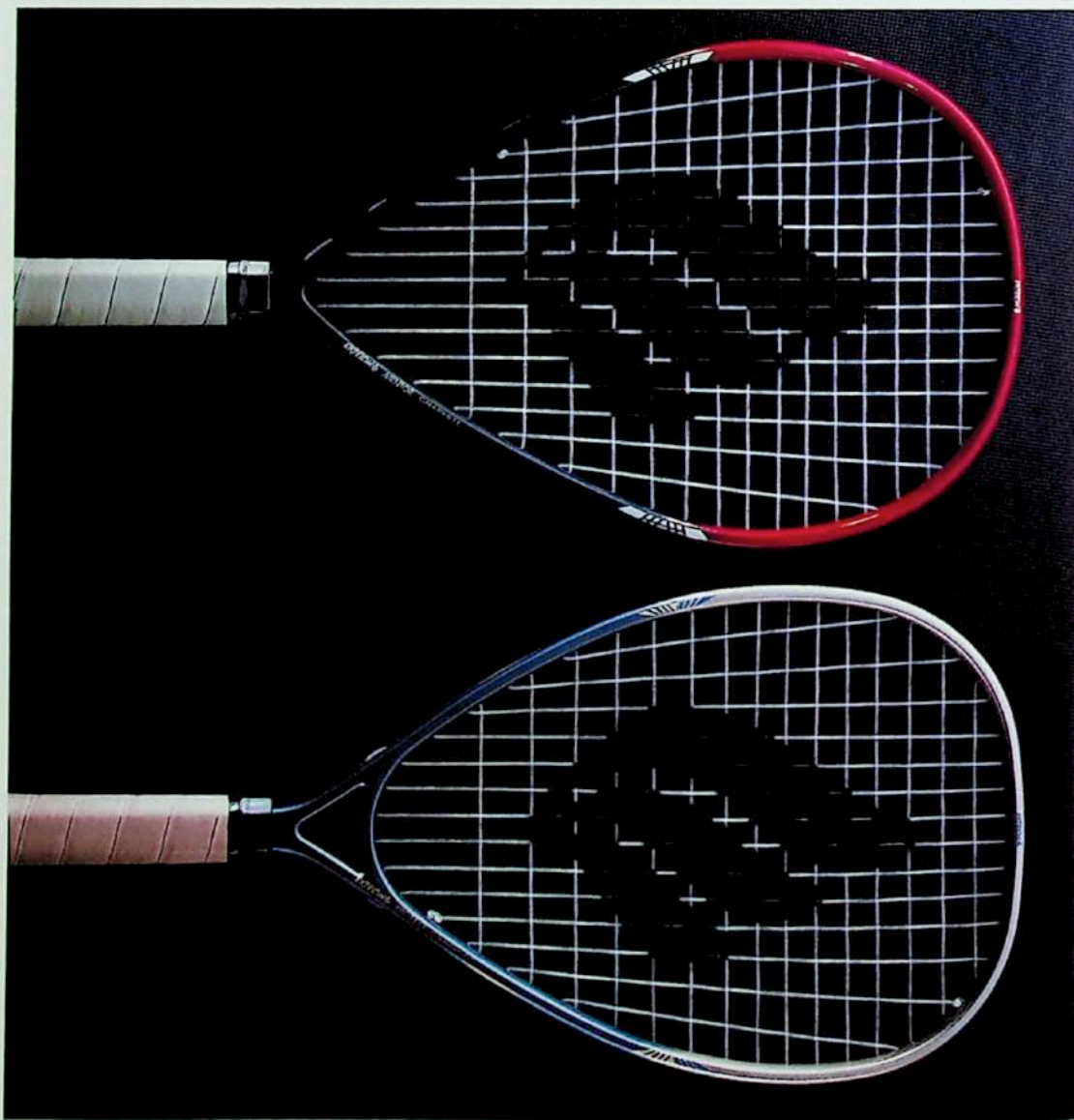


## NEW MENTOR™ GRAPHITE

Mentor introduces the advantages of Ektelon's new Tapered Graphite Frame design to advanced intermediate players.  Mentor's tapered design heightens the cross-section at the tip to stiffen the racquet for greater power. Maximum graphite content in a classic teardrop head shape results in additional stiffness for more ball velocity. The Wishbone™ throat extends the sweet spot for improved ball responsiveness and control.  Nylon matrix construction creates a tough, durable racquet.

## NEW PROTEGE™ GRAPHITE

Protege. Ektelon offers the performance advantages of the new Tapered Graphite Frame technology to the intermediate player.  The new tapered design heightens the cross-section, increasing stiffness at the tip for added power.  The correct proportion of graphite and fiberglass in the modified quadriform head shape adds flexibility for increased control. And nylon matrix construction for rugged durability.





(Continued from page 18)

**Graphite Frame durable for long-lasting performance.** • Tapered Graphite Frame racquets from Ekte-lon. Specially-engineered to give you the winning edge.



**Mentor™**

MID-SIZE

Tapered Graphite Frame,  
fiberglass, nylon matrix

**FLEX/CONSTRUCTION**



**PLAYER LEVEL**

**INTERMEDIATE**

**Protege™**

MID-SIZE

Tapered Graphite Frame,  
fiberglass, nylon matrix




**FLEX/CONSTRUCTION**



**PLAYER LEVEL**

**INTERMEDIATE**

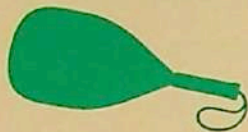
## Keep your racquet in high-performance condition.

Investing in high-performance equipment can be an expensive proposition. To ensure the quality of this investment, proper, ongoing maintenance must be employed. Here are a few tips to keep your racquet in top form.  **String:** Restringing is the most important of all maintenance procedures. Serious players restring their racquets on a regular basis. It's also important to have the job done by a certified stringer, and to select string that best fits your style of play. And many new strings are available which enhance looks as well as performance.  **Bumper & Grommets:** When you restring, be sure to also replace your bumper and grommets because chipped or dented bumpers can shorten your frame's life. And rough grommets can damage even new string.  **Grip:** Many grips are available, from colorful rubber grips and natural leather wraps, to our new Cushion Response System Grips. So you can match your grip to your playing style, and fashion preference.





# TECH






## Ektelon Introduces EXD.

Ektelon's new Extended X-Section Design (EXD) produces a frame that is 20% taller overall than traditional frames. This heightened cross-section significantly increases the stiffness of the racquet, maximizing the power generated on every shot. At the same time, this added stiffness reduces the racquet twisting that occurs on off-center hits. Your control of each shot improves, and so does your accuracy. • EXD frames feature a sleek, new aerodynamic design that minimizes resistance. So they are quick to respond and easy to maneuver. Aluminum construction makes them as durable as they are playable. • Ektelon's EXD technology is available in both oversize and mid-size models. Whichever you prefer, EXD racquets will heighten your performance.









## NEW SONATA™ EXD

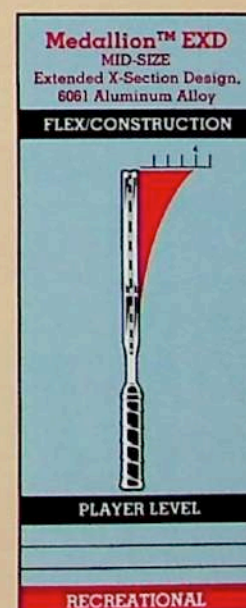
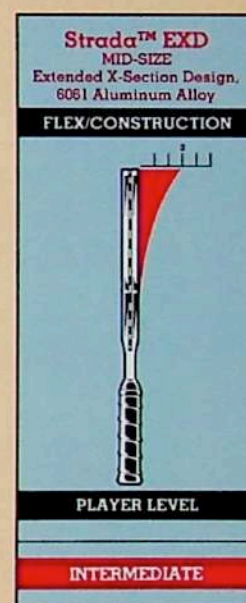
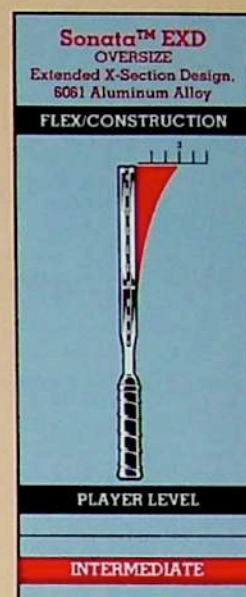
The Sonata combines the advantages of oversize technology with Ektelon's exclusive Extended X-Section Design (EXD) for the intermediate player.  EXD heightens the cross-section, increasing the frame's overall stiffness. This not only means greater hitting power, but also greater racquet stability. So the Sonata resists torque for improved shot placement.  The Sonata's aerodynamic profile quickens the racquet's response and heightens its maneuverability.  The Wishbone™ throat design elongates Sonata's main strings for a more effective hitting area. And aluminum construction makes Sonata as durable as it is playable.

## NEW STRADA™ EXD

The new Strada EXD brings advanced technology to the intermediate player.  The exclusive Extended X-Section Design heightens the cross-section, significantly stiffening the racquet frame. So you drive the ball with greater authority. This increased stiffness also stabilizes the racquet, which reduces torque and improves your control.  Strada's sleek profile design makes the racquet responsive and maneuverable. The modified teardrop head shape adds power to off-center hits. And aluminum construction makes the Strada one tough customer.




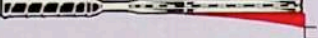
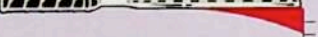
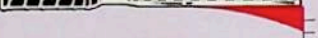
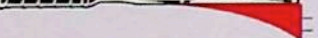




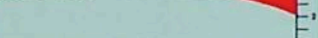




## NEW MEDALLION™ EXD

The new Medallion EXD is the ideal racquet for the recreational player.  Ektelon's exclusive Extended X-Section Design heightens the cross-section, creating an exceptionally stiff racquet frame.  This provides the power to put added pace on your shots, plus the stability to increase your accuracy. Medallion's profile is sleek and aerodynamic for quick, agile response. The modified teardrop head shape moves the sweet spot closer to the racquet tip, increasing ball velocity. And aluminum construction makes Medallion a dependable performer.





# Ektelon racquet selection guide.




	Player Level	Flex/Construction	Weight (Grams)	Length	String Area	String Tension	Power Rating
OVERSIZE	EXPERT	 <b>Mirada™ RTS</b> High modulus, continuous graphite, Kevlar® 49, solid polymer core	240	21"	95 in <sup>2</sup>	45 lbs.	12
	EXPERT	 <b>Toron® RTS</b> Continuous graphite, Kevlar® 49, solid polymer core	245	20 1/2"	92 in <sup>2</sup>	45 lbs.	11
	EXPERT	 <b>Precis™ RTS</b> Continuous graphite, fiberglass, solid polymer core	245	20 1/2"	92 in <sup>2</sup>	45 lbs.	10
	EXPERT	 <b>Serex™ RTS</b> Continuous graphite, fiberglass, solid polymer core	245	20 1/2"	92 in <sup>2</sup>	45 lbs.	9.5
	ADVANCED	 <b>Xpre™ RTS</b> Continuous graphite, fiberglass core	245	20 1/2"	94 in <sup>2</sup>	45 lbs.	9
	ADVANCED	 <b>Lexis™ RTS</b> Continuous graphite, fiberglass core	245	20 1/2"	90 in <sup>2</sup>	45 lbs.	8.5
	INTERMEDIATE	 <b>Sonata™ EXD</b> 6061 Aluminum alloy, Extended X-Section Design	245	20 1/2"	90 in <sup>2</sup>	45 lbs.	8
	EXPERT	 <b>Mirada™ Mid RTS</b> High modulus, continuous graphite, Kevlar® 49, solid polymer core	240	19 3/4"	83 in <sup>2</sup>	40 lbs.	12
MID-SIZE	EXPERT	 <b>Nemesis™ RTS</b> Continuous graphite, Kevlar® 49, solid polymer core	245	19 3/4"	85 in <sup>2</sup>	40 lbs.	11
	EXPERT	 <b>Alanté™ RTS</b> Continuous graphite, fiberglass, solid polymer core	245	19 3/4"	86 in <sup>2</sup>	40 lbs.	10
	EXPERT	 <b>Cordea™ RTS</b> Continuous graphite, fiberglass, solid polymer core	245	19 3/4"	87 in <sup>2</sup>	40 lbs.	9
	ADVANCED	 <b>Omni™ RTS</b> Continuous graphite, fiberglass core	245	19 3/4"	85 in <sup>2</sup>	40 lbs.	8
	INTERMEDIATE	 <b>Mentor™</b> Tapered Graphite Frame, graphite, fiberglass, nylon matrix	245	19 3/4"	83 in <sup>2</sup>	30-35 lbs.	7.5
	INTERMEDIATE	 <b>Strada™ EXD</b> 6061 Aluminum alloy, Extended X-Section Design	245	19 3/4"	80 in <sup>2</sup>	40 lbs.	7.5
	INTERMEDIATE	 <b>Protege™</b> Tapered Graphite Frame, graphite, fiberglass, nylon matrix	245	19 3/4"	81 in <sup>2</sup>	30-35 lbs.	6
	RECREATIONAL	 <b>Medallion™ EXD</b> 6061 Aluminum alloy, Extended X-Section Design	245	19 3/4"	79 in <sup>2</sup>	40 lbs.	5.5

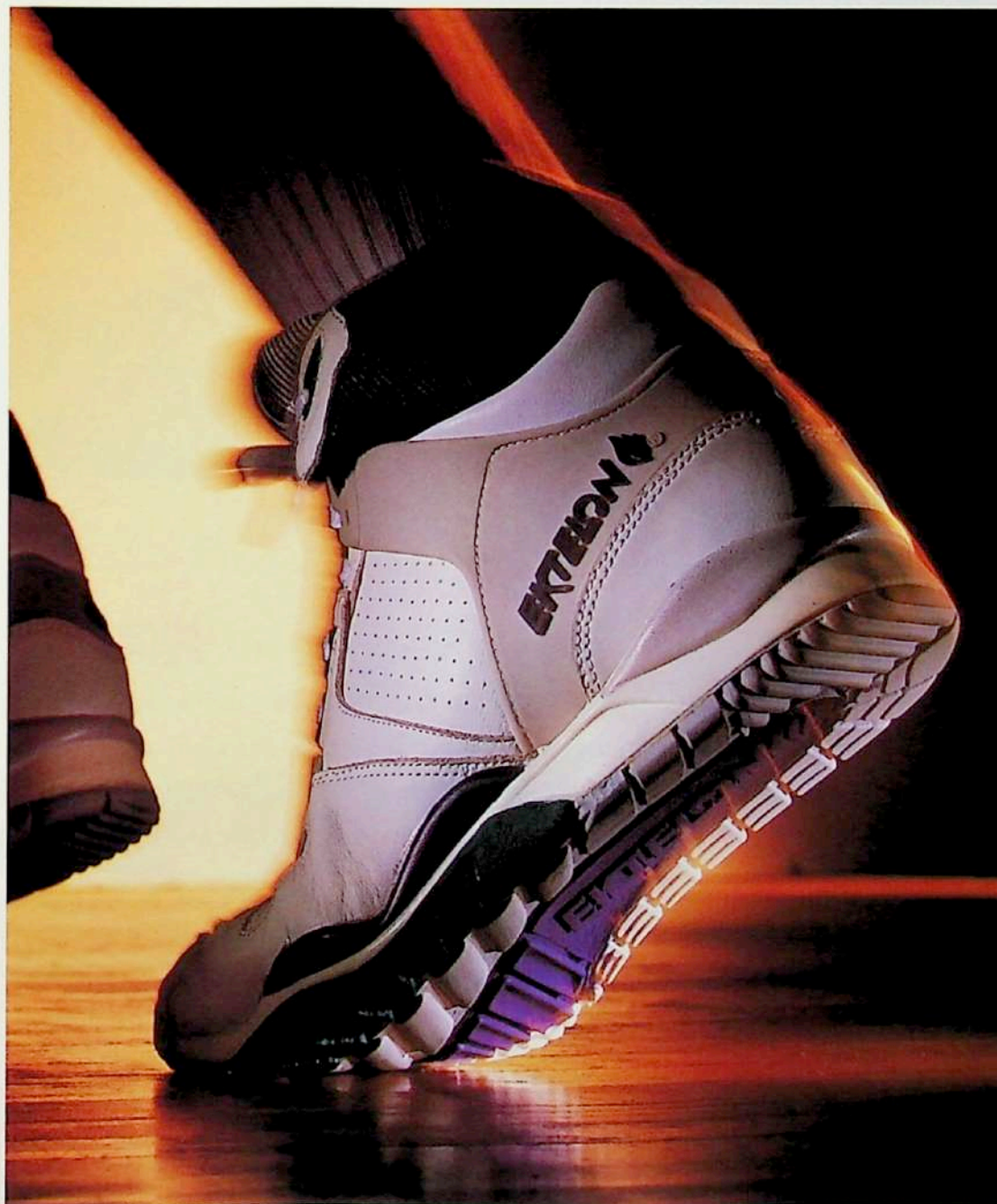
Ektelon racquets come in four grip sizes: super small, extra small, small, and flared. Every Ektelon racquet comes with a full one-year frame warranty and a 90-day string warranty with proof of purchase and return of product to Ektelon. When restringing your racquet, Ektelon recommends that you use a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





## Improve your game from the ground up.

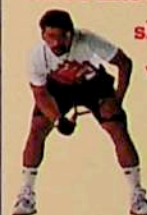
To win games, the shoes on your feet are as important as the racquet in your hand. Because you can't make winning shots if your feet can't get you into position.  First and foremost, your shoes should be comfortable, lightweight, and flexible. Avoiding foot fatigue and discomfort is crucial to your levels of concentration, mobility, and performance.  Stability is the other important consideration. To make those fast twists and turns, and to prevent injury, you need solid support. Look for motion control devices, good traction, and a secure fit.  So, when you're evaluating your racquetball equipment, remember to evaluate the performance levels of your footwear, as well as those of your racquet.



## TECH



Athletic shoes have to fit more than your feet. They have to fit your game. • And no shoe fits racquetball like Ektelon shoes. • They're light, so you can move faster and play longer. And, with built-in flexibility, you'll cover more of the court. • Shock-absorbing materials combine with ventilation features to increase comfort. So you can concentrate on your game. • Molded heel counters help prevent heel rise. Leather saddle straps and motion control bars increase lateral stability, which support you through those explosive starts and screeching stops. • Our specially designed tread patterns are made of a high-performance compound rubber for maximum traction on indoor surfaces. • And the hot new colors fit in both on and off the court. • It's no wonder these are the shoes endorsed by the AARA. After all, no one else puts all these features into their racquetball shoes. • Which is why you wouldn't want to put yourself in anyone's shoes but ours.





# TIP

## 5

### Getting Ready For A Tournament Match.

by Lynn Adams

To increase your chances of winning a racquetball match, take the time to be prepared. Here are three basic areas of your opponent's game that you should explore: • **SCOUTING YOUR OPPONENT:** Watch your prospective opponent play, and take note of anything that might help. Where does she stand for the serve? How are ceiling balls handled? Analyze your opponent's weaknesses and use them as a weapon. • **THE PHYSICAL ASPECT:** Take stock of your opponent. Does she have good strokes? Can she hit the ball hard? Is she fast or slow? Try to determine what her best shot might be and anticipate it. • **MENTAL ATTITUDE:** The attitude of your opponent can potentially affect your level of play. This doesn't necessarily mean a bad attitude. Have you ever played someone who is so nice that you can't seem to play hard?



## New performance footwear.

### NEW COMMODOR™

The ultimate in comfort, stability, and performance, as demanded by top tournament players, are engineered directly into Ektelon's new Commodor. A men's high-top racquetball shoe. Specially constructed with the finest quality full-grain leathers. Side stabilizing systems. Midsole cushioning. And court-grabbing tread patterns.



### NEW TRADEWIND™

Top men players looking for the perfect combination of comfort and support, will find it in Ektelon's new Tradewind. Specially-engineered for additional flexibility in the forefoot and added stability in the heel. EVA midsole cushions against shock. This all-leather, 3/4-cut racquetball shoe delivers top performance.



### NEW CLOUDSTER™

Ektelon's new ladies' Cloudster features premium, full-grain leather. Deluxe foam collar padding. And a comfortable, shock-absorbing EVA midsole. Special motion controlling devices deliver required support. And contemporary design and colors give these 3/4-cut, performance racquetball shoes a fashionable appeal.





## NEW COURIER™

Ektelon's new Courier is a top quality, all-leather racquetball shoe, specifically designed for men with a preference for low-cut comfort. Built-in motion control features ensure stability. And a high-performance, compound rubber outsole for durability and traction.



## NEW COURT CRUISER™

Ektelon utilizes quality leather and nylon mesh to build performance, flexibility, and breathability into the all new Court Cruiser. A men's, low-cut racquetball shoe designed to be lightweight, comfortable and cool. Motion control devices and double-stitched stress areas provide support and ensure durability.



## NEW COUPE™

Combination leather/mesh construction in Ektelon's new Coupe produces a lightweight, quality racquetball shoe, uniquely constructed to meet the performance and comfort demands of women players who prefer low-cut playability. Motion control features and durable double-stitching throughout key stress areas provide confident support.



# TIP

## 6

### How To Accelerate Your Passing Game.

by Mike Yellen

The pass is a great all-around offensive shot and one of the easiest shots you can use. • **DOWN-THE-LINE PASS:** The ball should hit the front wall about waist high and rebound into deep court without hitting the side wall. Hit this passing shot down the left wall when your opponent is standing to the right of center court, and vice versa. • **CROSS COURT PASS:** Use this passing shot when both you and your opponent are on the same side of the court. The ball should hit the front wall about waist high near the midpoint of the wall, rebounding cross-court opposite your opponent, and into the back corner of the court. • **WIDE ANGLE PASS:** This pass should be used only when your opponent is in the center court area. Hit this pass about waist high to either the left wall or right wall even with your opponent's center court position. A properly executed cross court pass should be very difficult to reach.



# PRO



**NAME:** Ruben Gonzalez

**AGE:** 38

**HOMETOWN:** Staten Island,  
New York

**PLAYING STYLE:** Finesse.  
Displays a spectacular  
showing of style, strength  
and strategy.




**RACQUETBALL CAREER  
HIGHLIGHTS:**

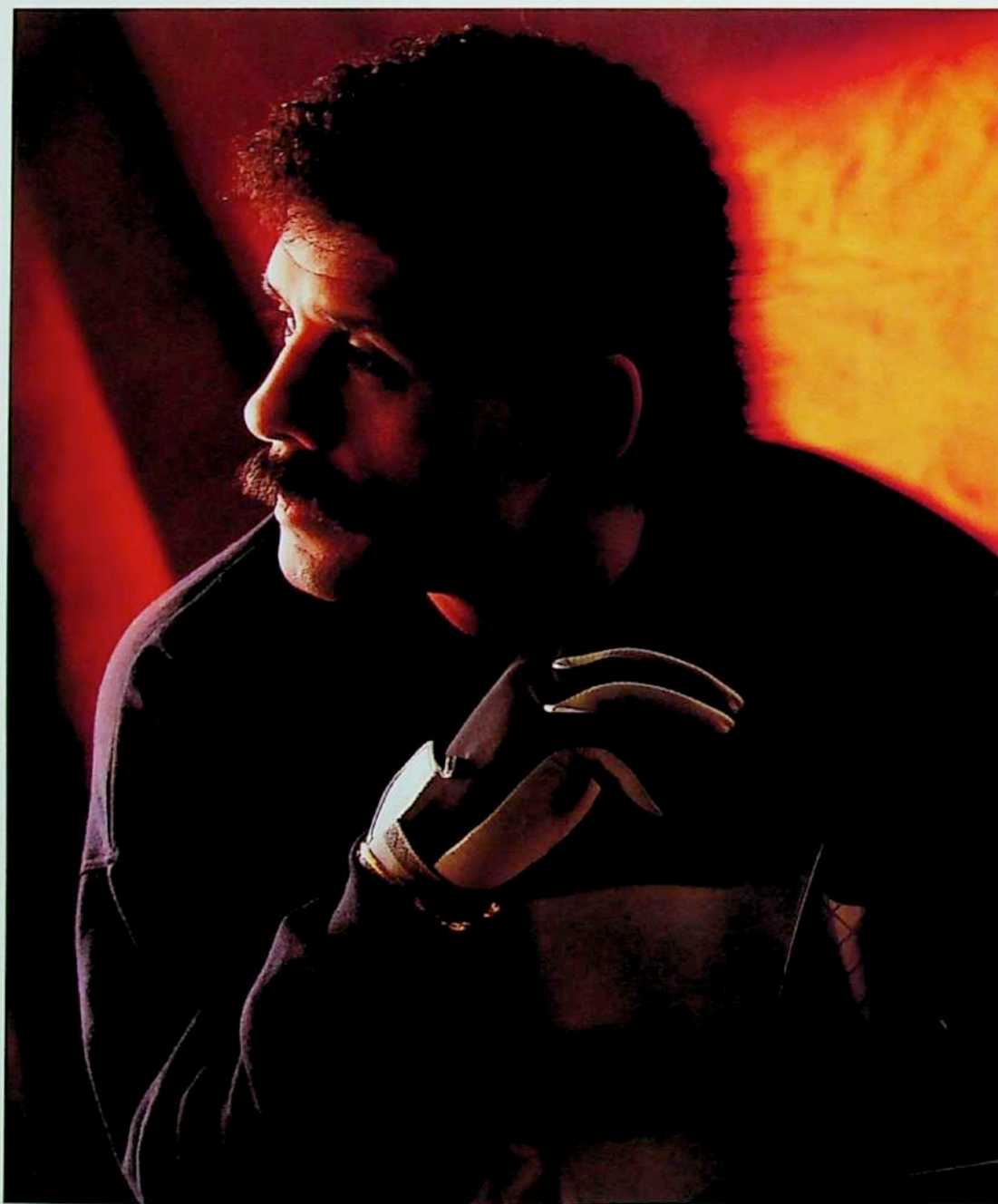
- Began playing the sport at the age of 24
- A member of Ektelon's professional playing staff since 1981
- Won his first professional match in February 1988
- Took the 1988 National Championship from five-time winner Mike Yellen and became the oldest pro to win the title
- Honors include "National Racquetball Player of the Year," "Outstanding Player of the Year," "Most Improved Player of the Year" and "Sportsman of the Year."

**OF INTEREST:** Gonzalez has been called one of the finest racquetball competitors in the world.



## Ruben Gonzalez offers youngsters inspiration.

As a kid growing up in New York's Spanish Harlem, Ruben Gonzalez could envision beyond his own doorstep. Today he's not only a star on the men's professional racquetball tour, he's a role model for kids everywhere.  "Growing up, I dreamt of seeing another part of life than just from my neighborhood," he says. "But it wasn't until I was in my late 20's that I realized racquetball offered a way to get out."  Unwavering determination and skill led 38-year-old Gonzalez to victory in a sport that favors men many years his junior.  A consistent winner, he tours much of the year and is owner of his own pro shop. But Gonzalez takes the time to visit classrooms and tell youngsters to stay in school, stay off drugs...and don't be afraid to dream.





# TECH






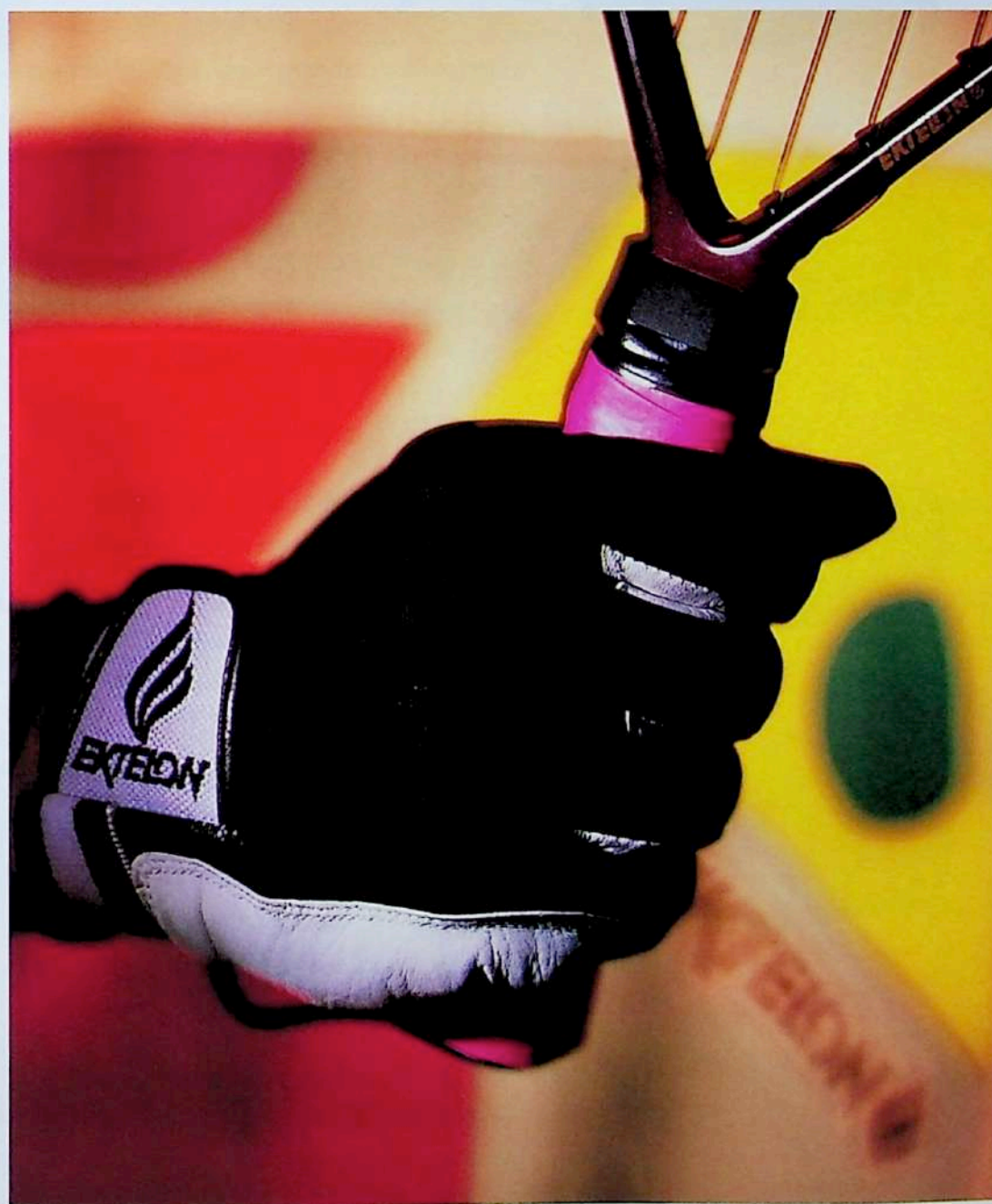
Pull on an Ektelon glove, and you've got it all right in the palm of your hand.

- Like double-reinforced stitching and a double-backed wristband for added durability. Power Net vents between each finger, for added breathability and freedom of movement. Paneled finger construction and a set-in thumb for added protection and flexibility.
- Features like our elastic wristband with an oversize Velcro® closure ensure proper fit.
- And our gloves are made from the finest materials. Like supple, sensitive Cabretta sheepskin. Soft, strong goatskin. And two-way stretch nylon mesh backing, for a snug fit and optimal breathability.
- Whether you prefer the added confidence of a tackified grip or the smooth feel of a non-tackified glove, Ektelon has a model to fit your game perfectly.



## Ektelon gloves give your game a helping hand.

The best way to get a successful grip on your game, is to get a confident grip on your racquet. And Ektelon gloves help you do just that.  Each one offers you unmatched fit, grip, and racquet feel. Because no other glove is designed by people who know racquetball like we do.  And, like our racquets, Ektelon gloves are built to the highest standards with only the finest materials. All of which is why our gloves are the official gloves of the AARA. And essential equipment for top tournament players and professionals.  We offer six different models, in sizes for men and women. So you'll be sure to find one that'll fit you, and your game.







## PERFORMER™ TACKIFIED™

Tournament level players who prefer the benefits of a tackified glove have come to rely on Ektelon's Performer. The exclusive tackifying provides the most positive and confident grip in the game. And high-quality Cabretta sheepskin leather delivers the ultimate in racquet feel and playability.



## NEW ENFORCER™

Special padding in the heel and lateral areas of the new Enforcer protect your hand when diving for those difficult shots. And special STAY SOFT treatment keeps the high-quality, thin Cabretta sheepskin leather soft and supple, every time you hit the court.



## NEW CONTENDER™ TACKIFIED™

Serious players can now count on the new Contender to provide that tacky grip they demand under intense competition. Tackified, durable goatskin leather delivers long life and superior grip, making the Contender a superb glove value.



## CLASSIC®

Superior craftsmanship and high-quality materials have made the Ektelon Classic a favorite on the pro tour. Its naturally tacky Cabretta sheepskin leather is specially treated with a STAY SOFT tanning process that allows it to dry soft and supple. Match after match. So it's always ready to play when you are.



## ALL PRO®

The All Pro allows tournament players to keep in touch with their peak performance level, in more ways than one. High-grade, thin Cabretta sheepskin leather enhances racquet feel. While its natural tackiness affords a more confident grip.




## CONTROLLER™

Rugged durability, reliable grip, and enhanced racquet feel are available to the recreational player in the tough, long-lasting Controller goatskin glove.



## Weightlifting and handball gloves.

Ektelon's line of high-quality weightlifting and handball gloves let you get a grip on an overall fitness regimen that's sure to payoff in improved performance.  Made from only the finest leathers and durable nylon, these gloves are sure to give you the lift you've been looking for.



### RENEGADE™ WEIGHTLIFTING GLOVE

The new Renegade's specially padded, extended-finger design delivers maximum gripping power and protection to the serious weightlifter. Crafted with the highest quality, durable deerskin leather, the Renegade provides comfort and performance that lasts.



### APEX™ WEIGHTLIFTING GLOVE

The Apex' unique long-fingered design and naturally tacky Cabretta sheepskin leather combine to deliver confident gripping power. While palm and thumb padding offers the protection and comfort serious lifters seek. Nylon mesh backing and finger gussets keep hands cool, dry and comfortable.



### MAGNUM® WEIGHTLIFTING GLOVE

After even the hardest workouts, the Magnum is guaranteed to remain comfortably supple, thanks to a special STAY SOFT tanning process. Its naturally tacky Cabretta sheepskin leather gives you a confident grip. And padding in the palm and thumb ensure comfortable protection.



### OPTIMA® WEIGHTLIFTING GLOVE

Rugged, moisture-resistant pigskin leather produces a long-lasting, dependable glove. Specially designed to ensure optimum comfort and fit for the recreational weightlifter.



### ROGUE® HANDBALL GLOVE

Superior craftsmanship and quality materials make the Rogue the preferred choice among top handball players. Soft, naturally padded deerskin protects and absorbs perspiration to ensure accurate ball control. Stretch nylon mesh backing and perforated finger assure comfortable breathability.



# TIP






## How To Play The Mental Game...And Win.

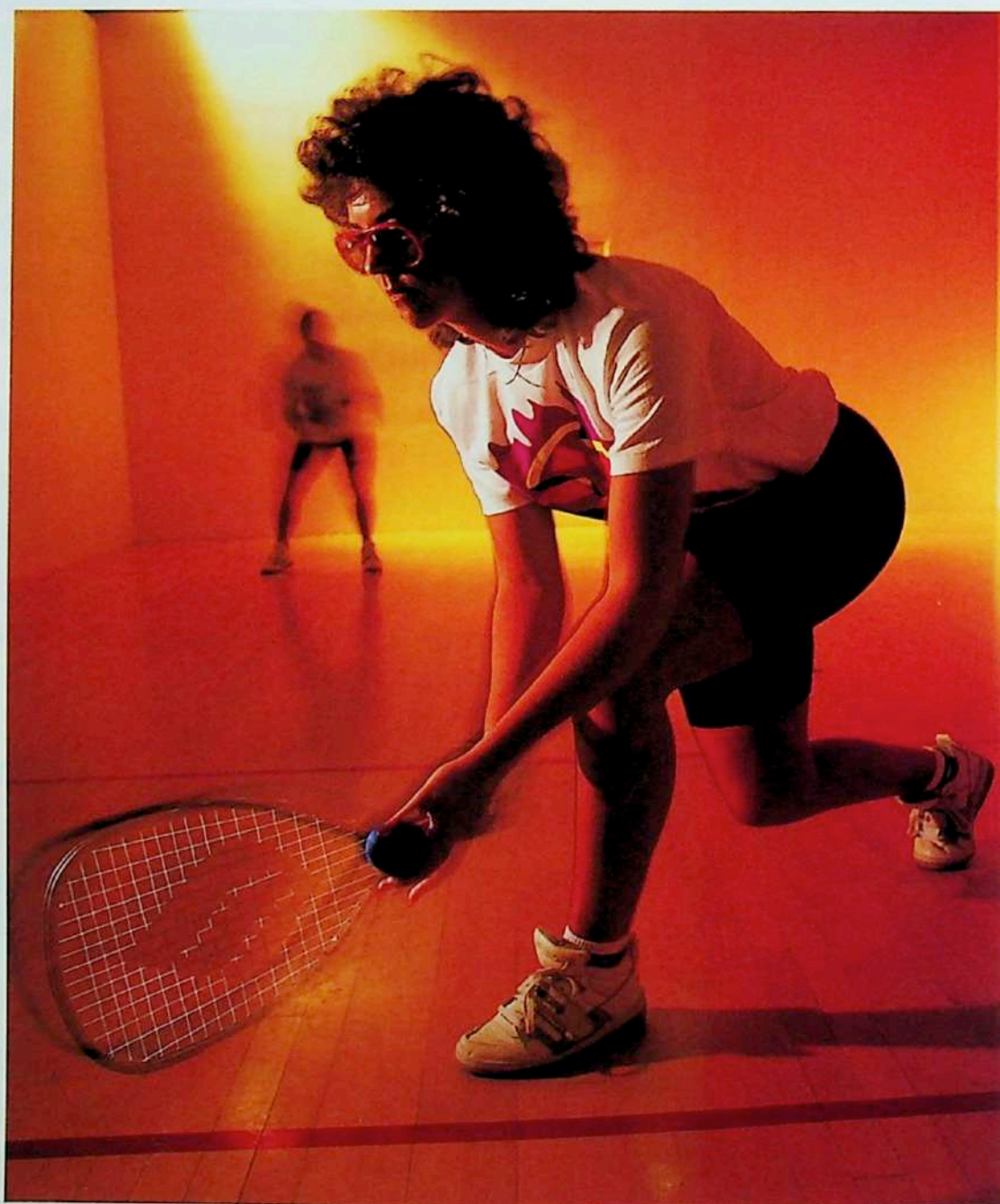
"Where a lot of players miss the boat," says Lynn Adams, "is preparation. You first have to make sure that you have no glaring weaknesses." • "It's tedious to keep working on something you really aren't good at," she admits. "But if you don't, you're giving away an edge." • She also keeps journals—volumes of them. The vast amount of information they contain help her exploit every weakness in her opponent's game. It's what she calls "power with a purpose." And it works.

• "Before a game, I do a lot of writing," she says. "I also jot reminders on index cards, because I know that in some situations I forget certain things. During a timeout, I review the cards." • Since a spinal nerve injury has kept her from hard physical workouts for the last two years, strategy plays a big part in her continued success. • "My brain keeps me in the game," she says.



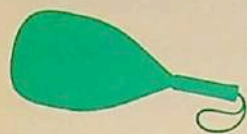
## Winning racquetball: it's a frame of mind.

Racquetball offers a great mental, as well as physical, workout. Playing the mental game is a matter of focus and concentration, blocking out everything that isn't on the court.  Strengthen your mental toughness with a positive attitude. Don't let your opponent intimidate you. Walk onto the court confidently, in control of your emotions, and with an optimistic point of view.  Take the time to figure out your competition, and how you'll react in specific situations. If you lose your cool during the heat of the game, take a few seconds between points to relax, recover, and rethink your game plan.  To win the mental game, maintain confidence in your abilities, think positively, concentrate...and don't forget that racquetball should also be fun.





# PRO



**NAME:** Lynn Adams

**AGE:** 33

**HOMETOWN:** Costa Mesa, California

**PLAYING STYLE:** Right-handed power control. An intelligent, strategic player who combines mental prowess with a highly competitive nature.

**RACQUETBALL CAREER HIGHLIGHTS:**

- Began playing the sport as a 19-year-old

- Turned professional at age 21

- A member of Ektelon's professional playing staff since 1980

- Six-time national champion



- The only professional — man or woman — to win every tournament in a season and two straight Grand Slams

- Honors include "Rookie of the Year," "Player of the Year," and the Steding Cup for outstanding achievement.

**OF INTEREST:** Since the women's pro tour was established in 1979, Adams has won more matches, titles and money than any other player.



## The national spotlight focuses on Lynn Adams.





With her effervescent personality and dominance of women's professional racquetball, Lynn Adams is frequently in the national spotlight, including appearances on the USA Cable Network, ABC-TV's "Good Morning America" and ESPN telecasts of the Ektelon National Championships.  Her national recognition has contributed greatly to the promotion of the sport, and encouraged more women to play. "I'm 33, and women are seeing that age is really not important in racquetball," Adams notes. "It's a great way to stay active, and stay young, because it offers an ideal combination of exercise and enjoyment."  For six-time national champion Lynn Adams, her crowning achievement has been to "grow" the sport as no one else has.





## Now, you've seen it all.

Proper eye protection is an absolute necessity. What's not a necessity, is eyewear that limits your field of vision.

 That's why our line of eyeguards is designed to provide you with a variety of unique styles. Both in hinged and hingless models made with ultralight, shatter-resistant polycarbonate to ensure a wide open view of play. Optical-quality, polycarbonate lenses are ANTI-FOG treated to eliminate fogging. Padded nose bridges are translucent, to reduce distraction, absorb shock and add comfort.  Specially engineered padded brow bridges absorb impact and trap perspiration. All headstraps are adjustable and detach for washing.  And Ektelon eyeguards are so comfortable that you might not even notice that you're wearing them. What you will notice, however, is that you can track the ball more aggressively. Concentrate with more intensity. Play closer to the action. And improve your game.  Now that's something we know you'll want to see.

### NEW AERIAL™

The perfect combination of fashion and function, our new top-of-the-line model features classic hinged eyewear styling. ANTI-FOG treated lenses. Pivoting headstrap mounts at the end of each temple allow an adjustable, secure fit. Frames available in five fashion colors. Comes with protective pouch for longer life.



### INTERCEPTOR®

Comfort and good looks are the name of the game with our popular Interceptor. Lightweight Zytel® ST nylon frame and flexible cable temple ear pieces ensure confident fit. ANTI-FOG treated lenses. Clear, polycarbonate sideguards at the hinges offer added peripheral protection without sacrificing visibility. Available in red, white or navy.



### NEW ARGUS™

A sleek wraparound design and three contemporary colors make a bold fashion statement. While a molded nose bridge and adjustable, "roll bar" brow bridge offer comfort and fit, ANTI-FOG treated lenses eliminate fogging. Interchangeable sweat bands trap perspiration. And oversized lenses maximize full field of vision.



### SENTINEL®

Specially designed to be worn over prescription eyewear, Sentinel's oversized frame features distortion-free, scratch-resistant lenses for enhanced vision. Contoured frame and cushioned padding for comfort. And special venting to reduce fogging.





## ARBITOR™

Comfortable, full field of vision is yours with Ektelon's Arbitor. Over-sized, wraparound lenses are ANTI-FOG treated for clear vision. Padded brow bridge, with replaceable sweat bands, rests against your forehead, trapping perspiration. And a molded nose bridge absorbs shock.

## NEW DEFLECTOR®

Lightweight, one-piece wraparound design delivers a full field of ANTI-FOG treated vision. A molded, shock absorbing nose bridge maximizes comfort and protection. Unique adjustable swivel clips for a custom fit. Headstrap easily detaches for washing.

## NEW SENTRY®

Clear, wraparound design, with ANTI-FOG treated lenses, delivers maximum protection and excellent peripheral vision. Specially molded, translucent, nose bridge contours to the frame, eliminating the need for adhesives or additional padding.

## QUANTUM™

ANTI-FOG treated lenses along with perforated venting eliminate fogging. Full-length, hinged temple arms offer secure stability. Contoured, foam padded, replaceable brow bridge traps perspiration and pivoting headstrap mounts deliver a comfortable fit.

## NEW REGENT™

A stylish, lightweight, one-piece wraparound eyeguard. Specially ANTI-FOG treated to eliminate fogging and provide distortion-free vision. Translucent, molded nose bridge offers cushioned protection. Adjustable headstrap detaches for washing.

## NEW LENSED COURT SPEC®

Lightweight, one-piece wraparound styling features nose and brow bridge foam padding for cushioned comfort. ANTI-FOG treated, scratch- and shatter-resistant lenses deliver distortion-free vision.



**IMPORTANT:** When worn properly, this eyewear is designed to reduce the possibility of serious eye injury to a player's eyes when struck in that region by a ball in the normal course of play. Adjustable headstrap and cushioned padding, where applicable, must always be worn. Even while properly wearing Ektelon eyewear, there is a chance that a player may sustain some eye injury. Accordingly, the designer, manufacturer, and Ektelon make no representation that their eyewear will eliminate the possibility of injury. Lense-less eyewear: Although lense-less eyewear is available, Ektelon recommends the use of lensed eyewear from a safety standpoint.




# FIT

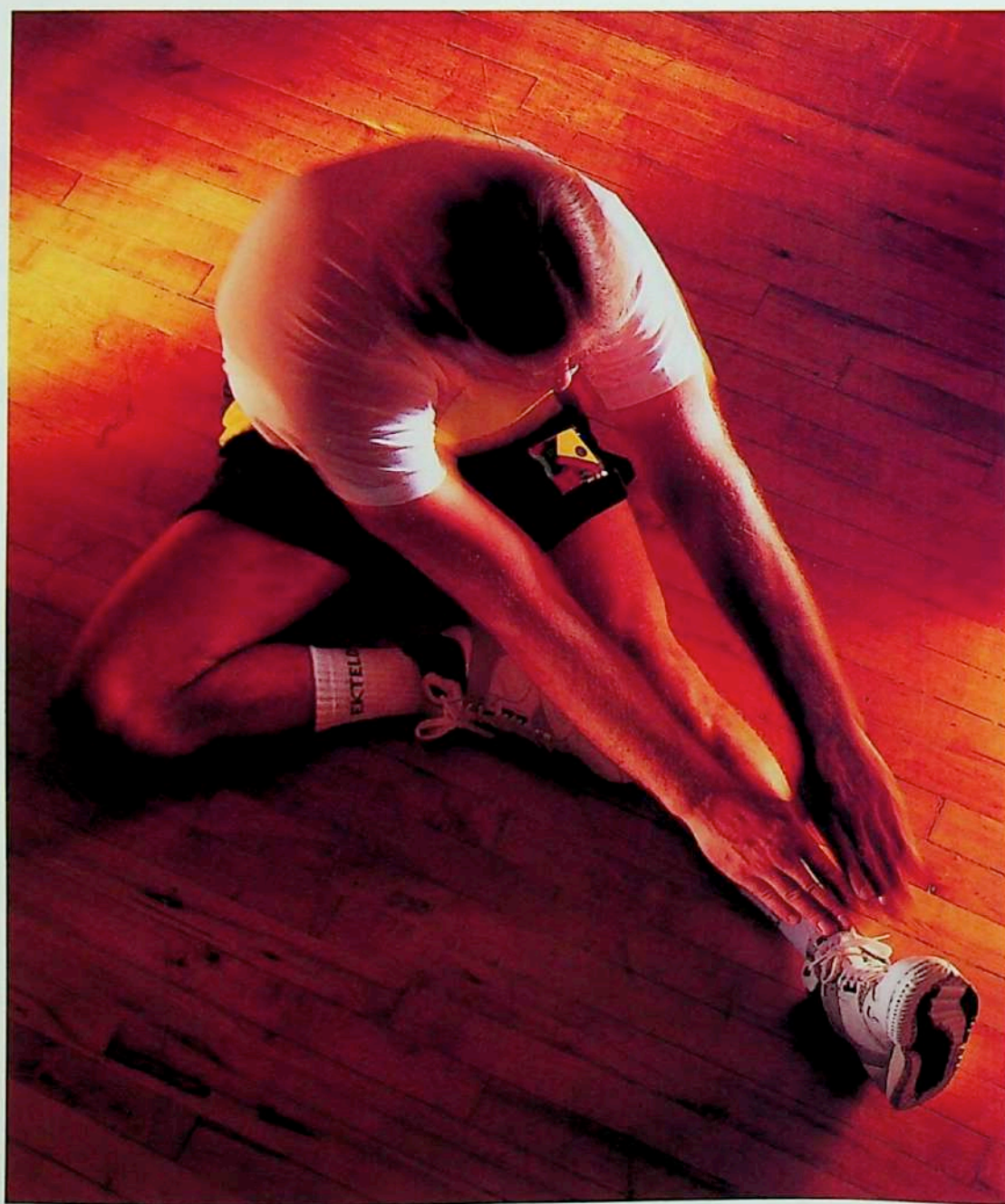


Balance is the key to professional racquetball player Toni Bevelock's fitness regimen. • "I think it's important to do a variety of activities, so you don't get bored," Bevelock says. • So the two hours a day she spends working out may include anything from weight training to aerobics. That's not counting the two hours she spends playing racquetball. • "Everything I do is geared toward racquetball," Bevelock says. So, for quickness, she may jump rope, run stadium stairs, or do sprints. For strength, she lifts weights. For endurance, she prefers high-impact aerobic workouts like the kind she gets from running. A low-impact aerobic workout such as riding a stationary bike, still provides good cardiovascular training and is easy on the legs. • And for a complete change of pace and scenery, she enjoys an impromptu game of beach volleyball. • "The important thing is to like what you're doing," she says. "That's the key to staying with it."



## Carbohydrates offer fuel for energy.

In heated competition, you could make more than 1,200 explosive movements on the court and burn about 700 calories, meaning you could lose valuable energy right before a crucial point. To keep you going strong, load up on carbohydrates a few hours before playing. They are your main fuel source in racquetball. Pasta, grains, and bagels are a great source of complex carbohydrates, which generate ATP (adenosine triphosphate) — the "currency" with which energy is transferred to active cells.  Since there are only about three ounces of ATP in your body, it must be continually recycled. Foods high in carbohydrates, and having several small meals a day rather than a few large ones, will keep your metabolism up and your energy level high.







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

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

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







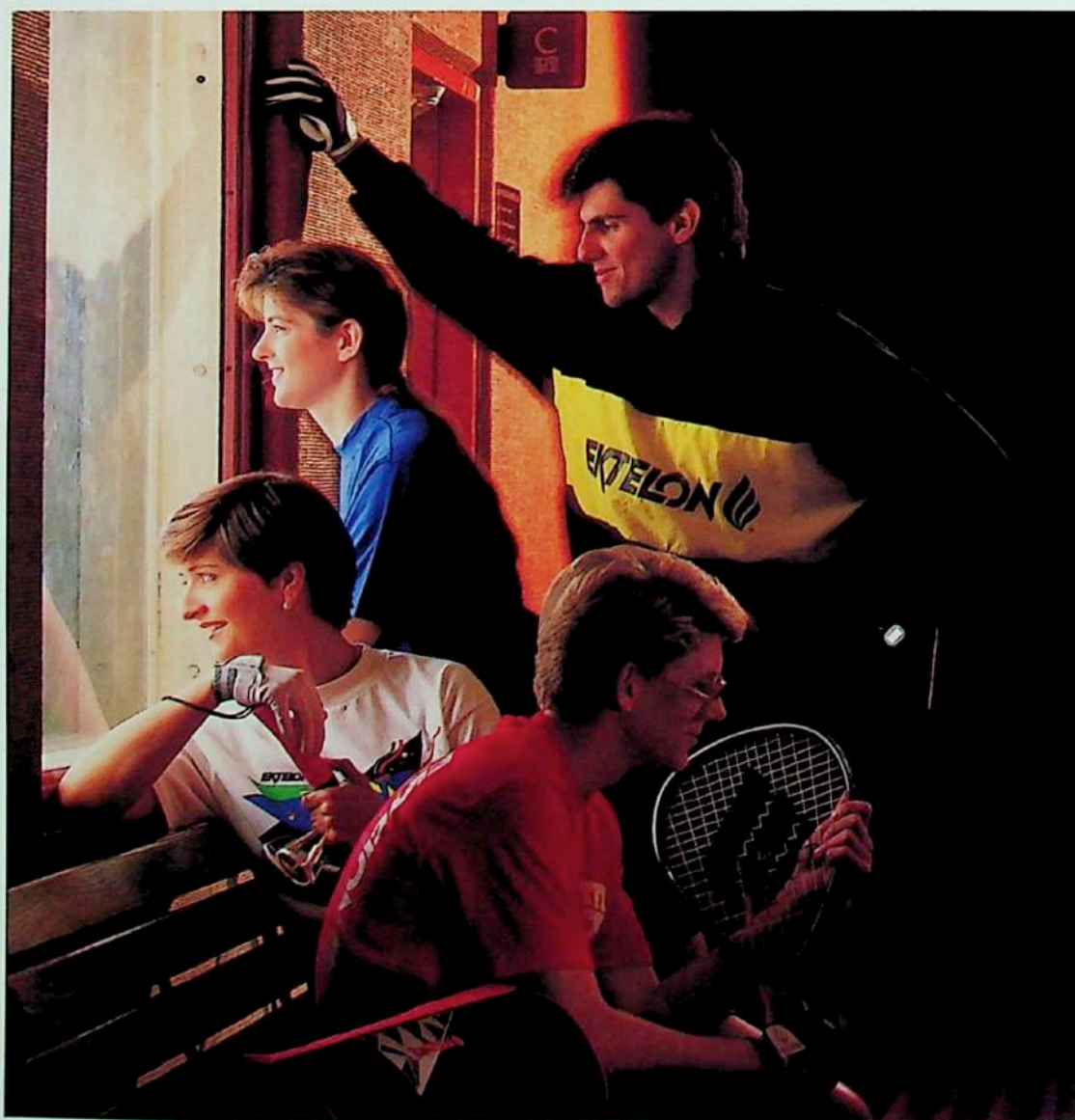
# GAMES



In 1989, racquetball was granted Group A membership in the United States Olympic Committee (USOC), and full-medal status in the Central American Caribbean Games and Pan-American Games. These achievements prove racquetball's vitality both here and abroad, according to Luke St. Onge, director of the AARA. • "These are also two steps toward getting racquetball into the Olympics." • Another step was made at the 1989 Olympic Festival, where hundreds of spectators per day saw racquetball in its first appearance as a full-medal event. • "The 1990 Olympic Festival promises even more exposure," said St. Onge. "We're anticipating over 1,500 people a day." • And USOC funding supports AARA programs, grants, and staffing in key areas like public relations, medicine, and programming. • All of which means that racquetball has an excellent chance of becoming a full-medal sport in future Olympic games.



## The AARA and 22 years of growth.

Since its beginning in 1968, the American Amateur Racquetball Association (AARA) has vigorously promoted the sport of racquetball.  If you go to a major tournament, chances are the AARA is involved. With more than 200 divisions, the AARA has a slot for serious players of all ages. And, the needs of special interest groups like intercollegiates, juniors, masters, and disabled players are represented by AARA councils. All of which expand racquetball's reach in the world of sports.  This year the AARA will televise five major national and international events. Through cable regional networks, it is estimated that these events will reach over 20 million homes.  More than 1,300 local tournaments each year are sanctioned by the AARA. And more than 75,000 rankings are published.  At Ektelon, we're proud to be the official sponsor of the AARA. And we urge you to join the thousands of players who have become a part of racquetball's official organization.





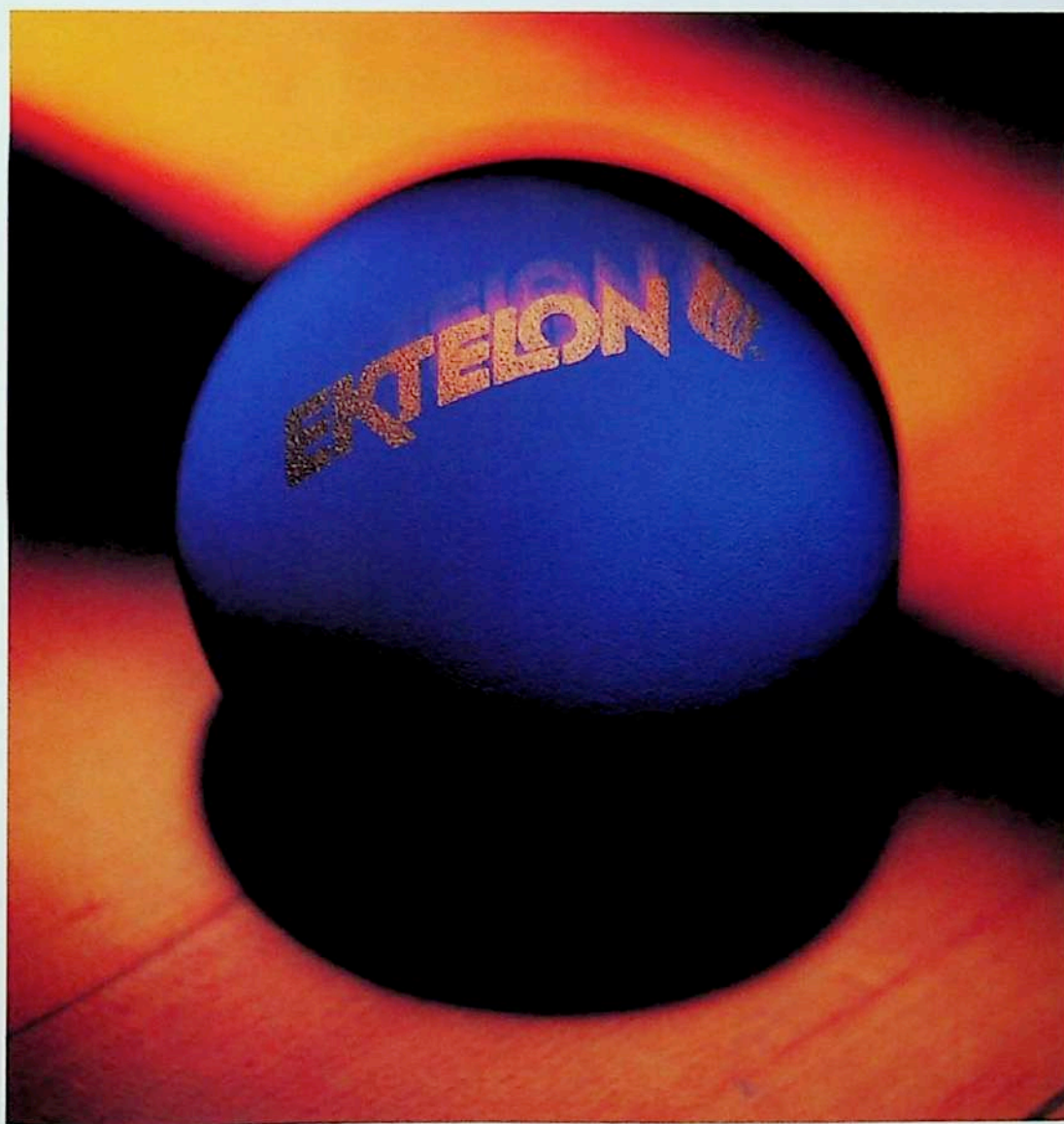
## Keep the bounce in your game.

When you make the most powerful racquets in the game, you understand the punishment that a racquetball takes. That's why Ektelon racquetballs are engineered to absorb the hardest hits, and bounce back time after time.  The secret is our specially-formulated compound rubber. It not only gives an Ektelon racquetball unsurpassed responsiveness and a consistently true bounce, but a toughness we guarantee. If one of our racquetballs breaks before the Ektelon label wears off, we'll replace it with two free balls. No questions asked.  Ektelon racquetballs are sanctioned by the AARA for top level play, and of course, meet all tournament specifications. So give the Ektelon racquetball everything you've got. We guarantee it will bounce back again. And again. And again. And again.



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

*(Please turn page.)*





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

When you send in this form to join the American Amateur Racquetball Association, we'll send you a free can of top-quality Ektelon balls. More importantly, you'll receive all of the benefits of being an AARA member: Membership card and eligibility for all AARA tournament play. • National ranking with all AARA players. • Discount coupons for merchandise and services. • Official AARA Rulebook. • The cost is only \$15. • So be sure to join today.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State / Zip \_\_\_\_\_

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



## Racquetball's team leadership.

With more than 1,000 players, from juniors to professionals, Team Ektelon is the largest team in racquetball. Through the efforts of many people, the sport of racquetball continues to grow from the grass roots through the professional levels.

For example, Team Ektelon's professional teaching staff led by Steve Strandemo holds instructional clinics which help thousands of players at all levels improve their game and get more enjoyment out of racquetball. Team Ektelon players conduct hundreds of exhibition games all across the country, to create interest among potential newcomers. Perennial national champions like Mike Yellen, Lynn Adams, and Ruben Gonzalez, along with other top team pros, ensure continued worldwide exposure for racquetball through extensive media coverage of their successful careers. Meanwhile, rising stars, such as National Amateur Champions, Tim Doyle, Andy Roberts, and Michelle Gilman, promise increased vitality and exposure into the next decade. Chris Evon, nationally ranked pro player and president of the Women's Professional Racquetball Association (WPRA), who helps continue racquetball's growth by running youth racquetball programs and camps. The result of all of this focus and dedication is clear. As the sport of racquetball heads toward its quarter-century mark, it also heads toward record-breaking popularity. And Team Ektelon will lead the way.





# TIP

8

## Learning The Fundamentals.

by Steve Strandemo

You're never too old, or too young to learn. The success of a good racquetball player begins with solid racquetball instruction. If good habits are acquired early, players are off to a flying start. Because good technique and sound strategy will become second nature. No one understands this better than Steve Strandemo, racquetball's premier clinician. Steve has dedicated the majority of his career to the study of racquetball. The unified efforts of Ektelon and Steve Strandemo continue to help thousands of players worldwide strive for higher standards in the game. •

For racquetball instruction worldwide contact:

Strandemo Racquetball Academy

P.O. Box 900

Wayzata, MN 55391

800-544-4530



## Racquetball's bright new stars.

Andy Roberts and Michelle Gilman are considered the most exciting young players in racquetball today. Both are stars of the United States National Racquetball Team, top-ranked among amateur players, and competitive on the pro circuit as well. 🏓



The easy smile and soft Memphis accent are the first things you notice about Andy Roberts...until he hits the court, wielding his racquet with precision and awesome power. 🏓 That power has led Roberts to a series of key racquetball victories over the past few years that would take most players a decade to attain. The 25-year-old has claimed five consecutive national collegiate titles and captured the 1988 National Singles Championships. Roberts is also dedicated to introducing people — adults and juniors — to the sport of racquetball. 🏓

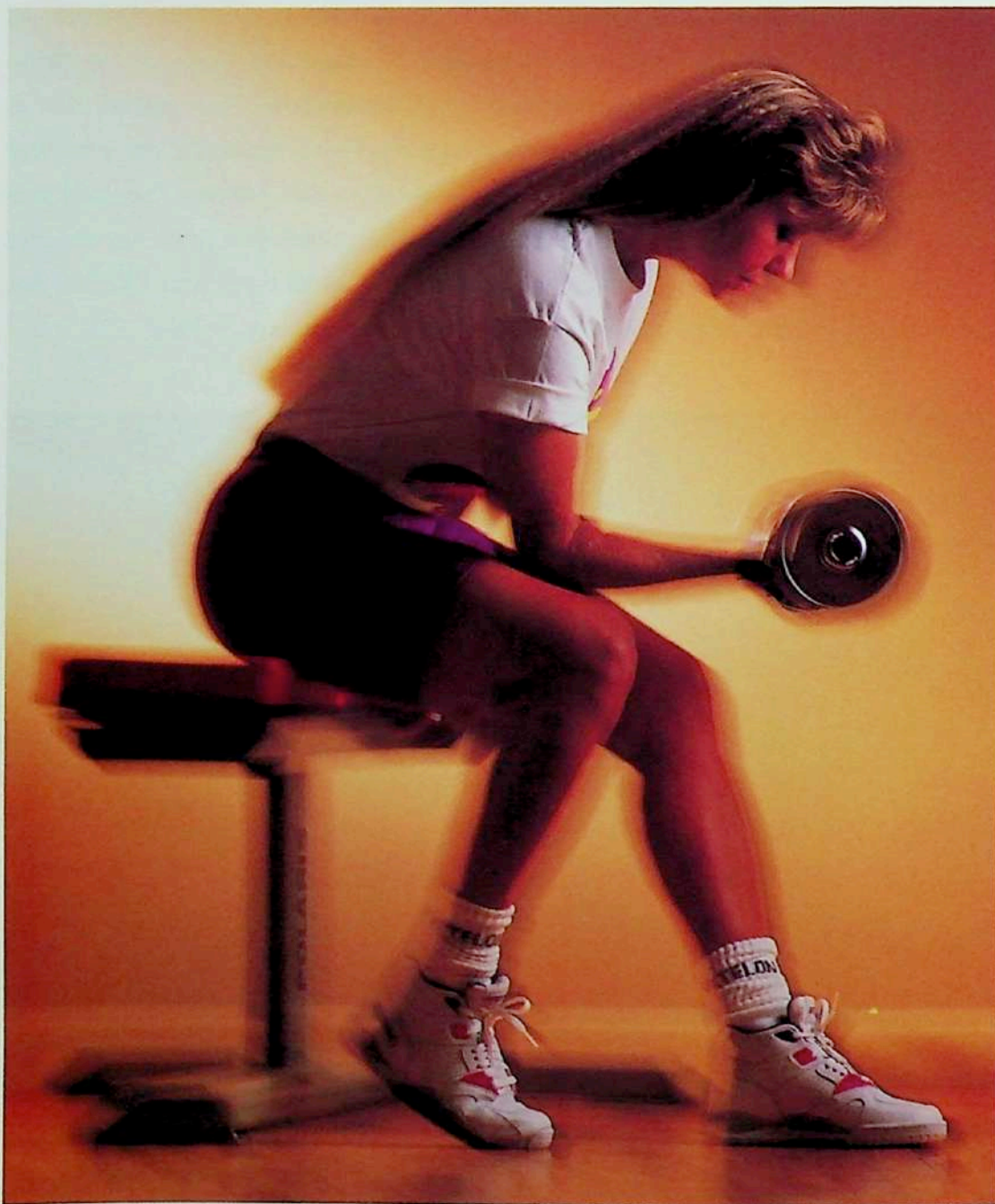
Enthusiastic and bright, 19-year-old Michelle Gilman is the youngest athlete to win the Women's Open at the Adult Nationals, and the youngest player to qualify for the National Racquetball Hall of Fame. A strong strategic player with a serve that has been clocked at 157 miles per hour, Gilman in 1989 won the Adult National's Title, Olympic Festival Title, National Doubles Title, Junior Nationals Title and the High School National Title. Her victories led to a recent feature in *Sports Illustrated for Kids*. 🏓 Roberts and Gilman are young, strong racquetball competitors. These are the players to watch.





## Preventing "racquetball" elbow.

Today, one of the most common injuries associated with racquetball affects the inside of the elbow. According to Dr. Rhett Rainey, the U.S. National Racquetball Team physician, the forehand stroke which makes up 60-70% of the shots in a game can cause a problem...and pain.  "This type of elbow injury is an overuse injury," Dr. Rainey explained. Proper conditioning can help though. One exercise Dr. Rainey suggests is winding a weight on a string up and down around a broomstick held horizontally between both hands. Try this palms down, then palms up.  A proper pre-game warm-up routine, with both stretches and strengthening exercises, is also important for injury prevention.



# TIP

## 9



### Getting Back Into The Swing.

by Ruben Gonzalez

Racquetball is a demanding sport. If you've taken some time off, you can reduce your risk of injury with a short build-up program. • **STRETCHING:** Before and after all workouts proper stretching will keep your muscles flexible. Try hip, leg and shoulder rotations, as well as various body stretches. • **JOGGING:** Jog each day to build stamina, making your transition back to racquetball smoother, and keeping calf soreness to a minimum. • **COURT DRILLS:** Hit by yourself for a couple of days. The first day, just enjoy the feel of hitting the ball. On the second day, get into a more specific workout with basic drills. Include more difficult offensive and defensive shots off the front, side and back walls as you get used to the ball coming from all directions. Also, practice your serves. • Remember: you can't get back into peak playing form all in one day, so just take your time.



## Executive Collection sport bags.

Whether your trip is afar, or just to the local court club, Ektelon's new Executive Collection sport bags will take you there in ultimate style. Featuring 420 denier twill nylon fabric and D-ring hardware for durability.  Quality leather trim embossed with Ektelon logo. Cotton core handle grips and removable, adjustable, padded shoulder straps. And zippered wet pouches inside.  The Executive Collection delivers function, as well as fashion. Available in four styles in either Forest Green or Black, with Brown trim.

### PRO TOUR

A full-size bag featuring 2" gusset pockets at each end. One with a 3-sided zipper for easy access to an inside shoe compartment. The other with pouches and a zippered pocket. A full length, zippered side pocket is notched to accommodate racquet handles. Reinforced base and feet add durability. (30"l x 12"h x 11"w)



### COURT COURIER

A full length top zipper allows easy access into the roomy main compartment. Each side features 3-sided, zippered pockets, each with inside pouches for separate storage. Reinforced base and feet for longer life. (22"l x 12"h x 10"w)



### CARRY ON

A full length zippered pocket on one side and a full length sleeve with snap closure on the other offer two convenient storage options. Zippered pockets on both ends for smaller items. Sturdy reinforced base and feet. (19"l x 12"h x 11"w at the bottom, tapering up to 8"w at the top.)

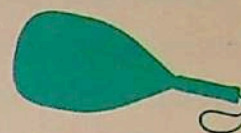


### EXECUTIVE TOTE

Roomy main compartment features three pouches and a zippered wet pocket on the inside. A handy envelope sleeve on the outside features a snap closure for easy access. (16"l x 12"h x 7"w)



## TOUR



### Racquetball Around the World. 1990-1991 National and International Competitions.

World Championships  
Caracas, Venezuela  
August '90

Ektelon U.S. National Doubles  
Salt Lake City, Utah  
October '90

Ektelon U.S. High School  
National Championships  
St. Louis, Missouri  
March '91

Tournament of Americas  
Santiago, Chile  
April '91

Ektelon U.S. National  
Singles Championships  
Houston, Texas  
May '91

Ektelon Junior Olympics  
Minneapolis, Minnesota  
June '91

U.S. Olympic Festival  
Los Angeles, California  
July '91

Pan American Games  
Havana, Cuba  
August '91





## Court Classics sport bags.

Ektelon's new line of Court Classics sport bags offer seven models, each designed to meet your needs on and off the court. Constructed of tear-resistant, 210 denier nylon. Featuring two-tone webbing, contrasting color self-piping, durable nylon mesh, and zippered wet pockets. Comfortable cotton core grips and detachable shoulder straps. Colorful graphics add fashion appeal. Available in Black, Bright Blue, or Grey, with contrasting trim.



### CARRY ALL

Zippered end pocket and mesh end sleeve offer convenient storage. One side features a full length zippered pocket with pouches inside. While the other has a mesh pocket and a zippered pocket. Padded shoulder strap. Reinforced base. (30"l x 11"h x 12"w)



### EXPEDITOR

Full length, zippered side pocket with breathable mesh. Easy access sleeve. And three-side zippered gusset pocket opens into a zippered shoe compartment. Reinforced base. (26"l x 11"h x 11"w)



### VOYAGER

Tapered 2" gusset pocket with mesh panels for ventilation. A full length zippered pocket for additional storage. End mesh sleeve for those easy to reach items. (24"l x 11"h x 11"w tapering up to 8"w.)



### SPORTSTER

Roomy bag with a full length side sleeve and Velcro® closure features a mesh panel for ventilation. An additional wet pouch inside separates wet and dry items. (22"l x 12"h x 9"w)



### COURT CHAMPION

Functional bag designed to hold a change of clothes and shoes. A mesh sleeve on one side and a zippered wet pocket inside offer ventilation and moisture proof storage. (20"l x 11"h x 8"w)



### RACQUET PACK

Zippered, 2 1/2" gusset pocket on the front holds two oversize racquet heads. The main compartment has a zippered wet pocket. Adjustable shoulder straps are padded for comfort. (12"l x 16"h x 6"w)



### ROLL OUT

This basic duffel bag offers all of the features common to the Court Classics line, including an inside wet pocket, a detachable shoulder strap, and comfortable cotton core grips. (18"l x 9 1/2" dia.)



## Specialty Line sport bags.

Ektelon's Specialty Line sport bags feature four distinct models, each specifically tailored to cover various aspects of even the most active lifestyles. 🦋 Lightweight 210 denier crinkle nylon fabric has been laminated with polyurethane for added durability. Both sides feature specially woven logos, along with contrasting piping, zippers, webbing, and reinforcement wraps to give each bag a stylish appeal.

### X-TRAINER

A full length zippered side pocket has three inside pouches. While an end sleeve stores those easy-to-reach items. Removable shoulder strap has an attached, expandable fanny pack, with its own zippered outside pocket. Tiffco hardware and reinforced feet ensure durability. (Navy, Turquoise, or Taupe with contrasting trim. 29"l x 13"h x 12"w)



### SPORT LOCKER

Fully padded to hold the bag's shape, which is specially designed to fit into a standard locker. U-shaped zipper allows easy access into the main compartment from the side of the bag. While a full length sleeve on the other side handles those easy-to-stow items. A three-sided, 2" gusset pocket with pouches on one end offers additional storage. (Navy, Turquoise, or Taupe with contrasting trim. 17"l x 15"h x 8"w)



### SQUASH PRO

The main compartment features a padded divider with dual sleeves designed to fit two squash racquet heads. A Velcro® strap at the end of the sleeve holds the racquet handles in place. A full length zippered wet pocket in the main compartment offers moisture proof storage. (Charcoal, Navy, or Taupe with contrasting trim. 30"l x 10"h x 6"w)



### WORK OUT

A functional, stylish bag designed for the daily trips to the health club. Zippered wet pocket. And snap tabs on each end of the top zipper. (Black, Turquoise, or Taupe with contrasting trim. 18"l x 15"h x 8"w)



### FANNY PACKS

Ektelon's sport/court bag lines this year feature two special fanny packs for additional convenience. Constructed from 420 denier nylon with polyurethane coating. Featuring a zippered front pocket and nylon waist strap. Two sizes available in Grey and Black.





# Official AARA rules.

## 1—THE GAME

### Rule 1.1. Types of Games

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

### Rule 1.2. Description

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

### Rule 1.3. Objective

The objective is to win each rally by serving or returning the ball so the opponent is unable to keep the ball in play. A rally is over when a side makes an error, is unable to return the ball before it touches the floor twice, or when a hinder is called.

### Rule 1.4. Points and Outs

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

### Rule 1.5. Match, Game, Tiebreaker

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

### Rule 1.6. Doubles Team

A doubles team shall consist of two players who meet either the age requirements or player classification requirements to participate in a particular division of play. A team must be classified by the ability level (or player classification) of the higher-ranked player on the team. When playing in age divisions, the team must play in the division of the younger player.

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

### Rule 1.7. Consolation Matches

(a) Each entrant shall be entitled to participate in a minimum of two matches. Therefore, losers of their first match shall have the opportunity to compete in a consolation bracket of their own division. In draws of less than seven players, a round robin may be offered. See Rule 5.5 for determining round robin positioning.

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

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

## 2—COURTS AND EQUIPMENT

### Rule 2.1. Courts

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

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

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

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

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

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

(4) Service Boxes. The service boxes are located at each end of the service zone and are designated by lines parallel with the side walls. The inside edges of the lines are 18 inches from the side walls.

(5) Drive Serve Lines. The drive serve lines, which form the drive serve zone, are parallel with the side wall and are within the service zone. The outside edge of the line is three feet from the side wall.

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

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

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

### Rule 2.2. Ball Specifications

(a) The standard racquetball shall be 2¼" in diameter; weigh approximately 1.4 ounces; have a hardness of 55–60 inches durometer; and bounce 68–72 inches from a 100-inch drop at a temperature of 70–74°F.

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

### Rule 2.3. Ball Selection

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

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

### Rule 2.4. Racquet Specifications

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

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

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

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

### Rule 2.5. Apparel

(a) LENSED EYEWEAR REQUIRED (EFFECTIVE 12/1/87). Lensed eyewear designed for racquet sports is required apparel for all players. The protective eyewear must be worn as designed and may not be altered. Players who require corrective eyewear also must wear lensed eyewear designed for racquet sports. (Note: An updated list of lensed eyewear is available by writing the AARA national office. The AARA recommends that players select eyewear with polycarbonate plastic lenses with 3-mm center thickness.) Failure to wear protective eyewear will result in a technical and the player will be charged with a timeout to secure eyewear. The second infraction in the same match will result in a forfeit. (See Rule 4.18 a.10.)

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

## 3—OFFICIATING

### Rule 3.1. Tournaments

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

### Rule 3.2. Officials

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

### Rule 3.3. Removal of Referee

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

### Rule 3.4. Rule Briefing

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

wishes to impose. This briefing should be reduced to writing. The current AARA rules will apply and be made available. Any modifications the Tournament Director wishes to impose must be stated on the entry form, and be available to all players at registration.

### Rule 3.5. Referees

(a) PRE-MATCH DUTIES. Before each match begins, it shall be the duty of the referee to:

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

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

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

(4) Go on court to introduce yourself; brief players on court hinders, local regulations, rule modifications for this tournament; explain misinterpreted rules.

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

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

(b) DECISIONS. During the match, the referee shall make all decisions with regard to the rules. Where line judges are used, the referee shall announce all final judgements. If both players in singles and three out of four in a doubles match disagree with a call made by the referee, the referee is overruled.

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

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

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

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

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

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

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

### Rule 3.6. Line Judges

(a) WHEN UTILIZED. Two line judges should be selected for all semifinal and final matches, when requested by a player or team, or when the referee or Tournament Director so desires. However, the use of line judges is subject to availability and the discretion of the Tournament Director.

(b) REPLACING LINE JUDGES. If any player objects to the selection of a line judge before the match begins, all reasonable effort shall be made to find a replacement acceptable to the officials and players. If a player objects to a line judge after the match begins, any replacement shall be at the discretion of the referee and/or Tournament Director.

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

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

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

(f) MANNER OF RESPONSE. Line judges should be careful not to signal until the referee acknowledges the appeal and asks for a ruling. In responding

to the referee's request, line judges should not look at each other, but indicate their opinions simultaneously in clear view of the players and referee. If at any time a line judge is unsure of which call is being appealed or what the referee's call was, the line judge should ask the referee to repeat the call and the appeal.

(g) RESULT OF RESPONSE. If both line judges signal no opinion, the referee's call stands. If both line judges disagree with the referee, the referee must reverse the ruling. If one line judge agrees with the call and one disagrees, the referee's call stands. If one line judge agrees with the call and one has no opinion, the call stands. If one line judge disagrees with referee's call and the other signals no opinion, the rally is replayed.

Any replays, with the exception of appeals on the second serve itself, will result in two serves.

### Rule 3.7. Appeals

(a) APPEALABLE CALLS. In any match using line judges, a player may appeal only the following calls or non-calls by the referee: killshots, skip balls, fault serves, except screen serves; out serves; double bounce pickups; receiving line violations. At no time may a player appeal a screen serve, hinder of any type, technicals or other discretionary calls of the referee.

(b) HOW TO APPEAL. A verbal appeal by a player must be made directly to the referee immediately after the rally has ended. A player who believes there is an infraction to appeal, should bring it to the attention of the referee and line judges by raising his non-racquet hand at the point of the serve or rally where the infraction occurred. The player is obligated to continue to play until the rally has ended or the referee stops play.

(c) LOSS OF APPEAL. A player or team forfeits its right of appeal for that rally if the appeal is made directly to the line judges or, if the appeal is made after an excessive demonstration or complaint. For an appeal to be valid while a game is in progress, the appeal must be made by the player prior to leaving the court for a timeout, etc., or before the next serve begins.

(d) LIMIT ON APPEALS. A player or team may make three appeals per game. However, if either line judge disagrees with the referee's call, that appeal will not count against the three-appeal limit. In addition, the game-ending rally may be appealed even if the three-appeal limit has been reached. In the instance of a game or match-ending point, the appeal must be made before the player making the appeal leaves the court.

### Rule 3.8. Outcome of Appeals

#### (a) OUTCOME OF VARIOUS APPEALS

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

If the referee makes a call of *skip ball* on a pass, pinch, or killshot attempt, that call also may be appealed. If the call is reversed, the referee then must decide if the shot could have been returned had play continued. If in the opinion of the referee, the shot could have been returned, the rally shall be replayed. If the shot was not retrievable, the side which originally lost the rally is declared the winner.

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

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

(4) Double-Bounce Pickup. If the referee makes a call of *two bounces*, play stops and the side against whom the call was made may appeal. If the call is reversed, the rally is replayed, except: if the player against whom the call was made wins the rally. (Before awarding a rally in that situation, the referee must be certain that the shot would not have been retrieved even if play had not been halted.)

(5) Receiving Line Violation (Encroachment). If



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

#### Rule 3.9. Rules Interpretations

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

### 4—PLAY REGULATIONS

#### Rule 4.1. Serve

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

#### Rule 4.2. Start

The serve is started from any place within the service zone. (For exceptions, see Rule 4.6.) Neither the ball, nor any part of either foot may extend beyond the boundaries of the service zone. Stepping on, but not over, the lines is permitted. The serve must remain in the service zone from the moment the service motion begins until the served ball passes the short line. See Rules 4.10.a, and 4.11.k for penalties for violation.

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

#### Rule 4.3. Manner

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

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

#### Rule 4.4. Readiness

Serves shall not begin until the referee has called the score or the server has visually checked the receiver. The referee shall call the score as both server and receiver prepare to return to their respective position, shortly after the previous point has ended.

#### Rule 4.5. Delays

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

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

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

(c) After the score is called, if the server looks at the receiver and the receiver is not signaling, "not ready," the server may then serve. If the receiver attempts to signal "not ready" after that point, the signal shall not be acknowledged and the serve becomes legal.

#### Rule 4.6. Drive Service Zones

The drive service rule lines will be three feet from each side wall in the service box, dividing the service area into two 17-foot service zones for drive serves only.

The player may drive serve to the same side of the court on which he is standing so long as the start and finish of the service motion takes place outside the three-foot line. The call, or non-call, may be appealed.

(a) The drive service zones are not observed for cross-court drive serves, the hard-2, soft-2, lob or half-lob serves.

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

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

#### Rule 4.7. Serve in Doubles

(a) SERVER. At the beginning of each game in doubles, each side shall inform the referee of the order of service which shall be followed throughout the game. When the first server is out the first time up, the side is out. Thereafter, both players on each side shall serve until the team receives a handout and a sideout.

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

#### Rule 4.8. Defective Serves

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

(a) DEAD-BALL SERVE. A dead-ball serve results in no penalty and the server is given another serve without cancelling a prior fault serve.

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

(c) OUT SERVE. An out serve results in a handout.

#### Rule 4.9. Dead-Ball Serves

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

(a) BALL HITS PARTNER. A serve which strikes the serving partner while in the doubles box is a dead-ball serve. A serve which touches the floor before touching the server's partner is a short serve. (See Rule 4.11.j.)

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

(c) BROKEN BALL. If the ball is determined to have broken on the serve, a new ball shall be substituted and the serve shall be replayed, not cancelling any prior fault serve.

#### Rule 4.10. Fault Serves

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

(a) FOOT FAULTS. A foot fault results when:

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

(2) The server steps over the front service line before the served ball passes the short line.

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

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

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

(d) CEILING SERVE. Any served ball that first hits the front wall and then touches the ceiling (with or without touching a side wall).

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

(f) OUT-OF-COURT-SERVE. Any served ball that first hits the front wall and before striking the floor, goes out of the court.

(g) BOUNCING BALL OUTSIDE SERVICE ZONE. Bouncing the ball outside the service zone as a part of the service motion is a fault serve.

(h) ILLEGAL DRIVE SERVE. A drive serve in which the player fails to observe the 17-foot service zone outlined in Rule 4.6.

(i) SCREEN SERVE. A served ball that first hits the front wall and on the rebound passes so closely to the server, or server's partner in doubles that it prevents the receiver from having a clear view of the ball. (The receiver is obligated to place himself in good court position, near center court, to obtain that view.)

The screen serve is the only fault serve which

may not be appealed.

#### Rule 4.11. Out Serves

Any of the following serves results in an out:

(a) TWO CONSECUTIVE FAULT SERVES. See Rule 4.10.

(b) FAILURE TO SERVE PROMPTLY. Failure of server to put the ball into play within 10 seconds of the calling of the score by the referee.

(c) MISSED SERVE ATTEMPT. Any attempt to strike the ball that results in a total miss or in the ball touching any part of the server's body.

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

(e) FAKE OR BALK SERVE. Such a serve is defined as a non-continuous movement of the racquet towards the ball as the server drops the ball for the purpose of serving. If a balk serve occurs, but the referee believes that no deceit was involved, he has the option of declaring "no serve" and have the serve replayed without penalty.

(f) ILLEGAL HIT. An illegal hit contacting the ball twice, carrying, or hitting the ball with the handle of the racquet or part of the body or uniform.

(g) NON-FRONT WALL SERVE. Any served ball that does not strike the front wall first.

(h) CROUCH SERVE. If the served ball hits the crotch of the front wall and floor, front wall and side wall, or front wall and ceiling, it is an out serve (because it did not hit the front wall first). A serve into the crotch of the back wall and the floor is good and in play. A served ball hitting the crotch of the side wall and floor beyond the short line is in play.

(i) OUT-OF-ORDER SERVE. In doubles, when either partner serves out-of-order, the points scored by that server will be subtracted and an out serve will be called. If the second server serves out-of-order, the out serve will be applied to the first server and the second server will resume serving. If the player designated as the first server serves out-of-order, a sideout will be called. In a match with line judges, the referee may enlist their aid to recall the number of points scored out-of-order.

(j) BALL HITS PARTNER. A served ball that hits the doubles partner while outside the doubles box results in loss of serve.

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

#### Rule 4.12. Return of Serve

(a) RECEIVING POSITION.

(1) The receiver may not enter the safety zone until the ball bounces.

(2) On the 11th return attempt, the receiver may not strike the ball until the ball breaks the plane of the receiving (5') line. The follow-through may carry the receiver or his racquet past the receiving line.

(3) Neither the receiver nor his racquet may break the plane of the short line during the service return, except if the ball is struck after rebounding off the back wall. Any violation by the receiver results in a point for the server.

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

(c) LEGAL RETURN. After a legal serve, a player on the receiving team must strike the ball on the fly or after the first bounce, and before the ball touches the floor the second time, return the ball to the front wall, either directly or after touching one or both side walls, the back wall or the ceiling, or any combination of those surfaces. A returned ball may not touch the floor before touching the front wall. (See Rule 4.11.i.)

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

#### Rule 4.13. Changes of Serve

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

(1) Out Serve. See Rule 4.11.

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

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

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

(5) Avoidable Hinder. Player or partner commits an avoidable hinder (Rule 4.16.).

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

(c) EFFECT OF SIDEOUT. When the server (or

the serving team) receives a sideout, the server becomes the receiver and the receiver becomes the server.

#### Rule 4.14. Rallies

Each legal return after the serve is called a rally. Play during rallies shall be according to the following rules:

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

(b) ONE TOUCH. In attempting returns, the ball may be touched or struck only once by a player or team, or the result is a loss of rally. The ball may not be "carried." (A carried ball is one which rests on the racquet in such a way that the effect is more of a "sling" or "throw" than a hit.)

(c) FAILURE TO RETURN. Any of the following constitutes a failure to make a legal return during a rally:

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

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

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

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

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

(6) Committing an avoidable hinder (Rule 4.16.).

(7) Switching hands during a rally.

(8) Failure to use wrist thong on racquet.

(9) Touching the ball with the body or uniform.

(10) Carry or sling the ball with the racquet.

(d) EFFECT OF FAILURE TO RETURN. Violations of Rule 4.14.a.b.c. result in a loss of rally. If the serving player or team loses the rally, it is an "out" (handout or sideout). If the receiver loses the rally, it results in a point for the server.

#### (e) RETURN ATTEMPTS

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

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

#### (f) OUT-OF-COURT BALL

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

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

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

#### (h) PLAY STOPPAGE

(1) If a foreign object enters the court, or any other outside interference occurs, the referee shall stop the play.

(2) If a player loses a shoe or other properly worn equipment, the referee shall stop the play if the occurrence interferes with ensuing play or player's safety however, safety permitting, the offensive player is entitled to one opportunity to hit a rally ending shot. (See Rule 4.16.i.)

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

#### Rule 4.15. Dead-Ball Hinders

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

#### (a) SITUATIONS

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



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

(3) **Body Contact.** If body contact occurs which the referee believes was sufficient to stop the rally, either for the purpose of preventing injury by further contact or because the contact prevented a player from being able to make a reasonable return, the referee shall call a hinder.

**Incidental body contact** in which the offensive player clearly will have the advantage should not be called a hinder, unless the offensive player obviously stops play. Contact with the racquet on the follow-through normally is not considered a dead-ball hinder.

(4) **Screen Ball.** Any ball rebounding from the front wall so close to the body of the defensive team that it interferes with, or prevents, the offensive player from having clear view of the ball. (The referee should be careful not to make the screen call so quickly that it takes away a good offensive opportunity.)

A ball that passes between the legs of the side that just returned the ball is not automatically a screen. It depends on the proximity of the players. Again, the call should work to the advantage of the offensive player.

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

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

(7) **Other Interference.** Any other unintentional interference which prevents an opponent from having a fair chance to see or return the ball. Example: The ball obviously skids after striking a wet spot on the court floor or wall.

(b) **EFFECT OF HINDERS.** The referee's call of "hinder" stops play and voids any situation which follows (such as the ball hitting the player). The only hinders a player may call are specified in 4.15 a, 2.5, 6 and are subject to the approval of the referee. A dead-ball hinder stops play and the rally is replayed. The server receives two serves.

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

#### **Rule 4.16. Point Hinders (formerly Avoidable Hinders)**

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

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

(b) **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 the wrong direction which prevents an opponent from making an open offensive shot.

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

(d) **MOVING INTO THE BALL.** Moves in the way

and is struck by the ball just played by the opponent.

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

(f) **INTENTIONAL DISTRACTIONS.** Deliberate shouting, stamping of feet, waving of racquet, or any manner of disrupting the player who is hitting the ball.

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

(h) **WETTING THE BALL.** The players, particularly the server, have the responsibility to see that the ball is kept dry at all times. Any wetting of the ball, deliberately or by accident, that is not corrected prior to the beginning of the rally, shall result in a point hinder.

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

#### **Rule 4.17. Timeouts**

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

(b) **INJURY.** If a player is injured during the course of a match as a result of contact with the ball, racquet, opponent, wall or floor, he/she shall be granted an injury timeout. An injured player shall not be allowed more than a total of 15 minutes of rest during the match. If the injured player is not able to resume play after total rest of 15 minutes, the match shall be awarded to the opponent. Muscle cramps and pulls, fatigue, and other ailments that are not caused by direct contact on the court will not be considered an "injury."

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

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

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

#### **Rule 4.18. Technicals**

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

- (1) Profanity.
- (2) Excessive arguing.
- (3) Threat of any nature to opponent(s) or referee.
- (4) Excessive or hard striking of the ball between rallies.
- (5) Slamming of the racquet against walls or floor, slamming the door, or any action which might result in injury to the court or other player(s).
- (6) Delay of game, either in the form of taking too much time during timeouts and between games, in drying the court, in excessive questioning of the referee on the rules, or in excessive or unnecessary appeals.
- (7) Intentional front line foot faults to negate a bad lob serve.
- (8) Anything considered to be unsportsmanlike behavior.
- (9) Player under age of 19 who fails to wear eyeguards or wear them properly is an automatic technical on the first infraction. (See Rule 2.5 b.)
- (10) Failure to wear lensed eyewear designed for racquet sports is an automatic technical on the first infraction.

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

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

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

#### **Rule 4.19. Professional**

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

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

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

#### **Rule 4.20. Return of Amateur Status**

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

#### **Rule 4.21. Age Group Divisions**

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

(a) **MEN'S AND WOMEN'S AGE DIVISIONS.** Open: All players other than Pro • Junior Veterans: 19+ • Junior Veterans: 25+ • Veterans: 30+ • Seniors: 35+ • Veteran Seniors: 40+ • Masters: 45+ • Veteran Masters: 50+ • Golden Masters: 55+ • Senior Golden Masters: 60+ • Veteran Golden Masters: 65+ • Advanced Golden Masters: 70+ • Super Golden Masters: 75+

(b) **OTHER DIVISIONS:** Doubles • Mixed Doubles • Disabled

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

#### **Rule 4.22. Junior Division Exceptions**

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

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

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

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

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

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

### **5—TOURNAMENTS**

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

### **6—NATIONAL WHEELCHAIR RACQUETBALL ASSOCIATION**

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

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

Complete wheelchair rules are available through the AARA.

### **7—HOW TO REFEREE WHEN THERE IS NO REFEREE**

Safety is the primary and overriding responsibility of every player who enters the court.

At no time should the physical safety of the participants be compromised. Players are entitled, and expected to, hold up their swing, without penalty, any time they believe there might be a risk of physical contact. Any time a player says he held up to avoid contact, even if he was over-cautious, he is entitled to hinder (rally replayed without penalty).

#### **Score**

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

#### **During Rallies**

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

#### **Service**

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

(b) **SCREEN SERVES.** When there is no referee, the screen serve call is the sole responsibility of the receiver. If the receiver has taken the proper court position, near center court, does not have clear view of the ball the screen should be called *immediately*. The receiver may not call a screen after attempting to hit the ball or after taking himself out of proper court position by starting the wrong way.

The server may not call a screen under any circumstances and must expect to play the rally unless he hears a call from the receiver.

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

#### **Hinders**

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

#### **Point Hinders**

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

#### **Disputes**

If either player, for any reason desires to have a referee, it is considered common courtesy for the other player to go along with the request, and a referee suitable to both sides should be found. If there is not a referee, and a question about a rule or rule interpretation comes up, seek out the club pro or a more experienced player. Then, after the match, contact your state racquetball association for the answer.

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





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