

**Beginning Racquetball
Final**

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(2) 1. Racquetball was invented in the year **1949**, and is a combination of the sports **handball** and **squash**.

(3) 2. **Three** safety rules that were discussed in class are:

1. Wear protective eyewear.
2. Shut the door of the court before you begin hitting.
3. Be courteous to all players on the court.
4. Use proper strokes to hit the ball, avoid swinging wildly.
5. Use the tether on you racquet.
6. Know where the ball is at all times.
7. Don't swing at the ball if your opponent is in the way.
8. Try to get out of the way of your opponent who is trying to play the ball.
9. Don't turn completely around to see what is going on behind you.

(3) 3. Name **three** of the four parts of "ready **position**".

Begin each stroke here and return to it after every *hit*:

1. Weight balanced toward the balls of the feet
2. Feet shoulder width apart
3. Knees bent
4. Racquet waist high

(2) 4. Explain why the **pivot** is so important in preparing to hit a forehand or backhand shot.

The pivot helps the player to be in the correct position to hit the ball to the front wall, alignment, correct swing and ball placement.

(3) 5. List **three** teaching cues for the **forehand** shot.

1. Backswing-high racquet position/right angle at wrist
2. Wristcock-allows snapping of wrist on contact-generates explosive force
3. Forward swing-step for weight shift-elbow close to body-ball contacted below the waist-head perpendicular to floor ("on edge")
4. Contact with ball-made slightly behind the forward foot-snap wrist-low to the ground
5. Follow-through-high across body-back to ready stance

(3) 6. List three teaching cues for the backhand shot.

1. Backswing
2. Wrist cock
3. Forward swing
4. Contact

Points to remember:

1. Pivot to the sidewall opposite from that turned to with the forehand stroke.
2. On forward swing, keep your elbow close to the body and pivot around it.
3. Keep the racquet head behind the hand on the forward swing to maintain wrist cock.
4. Shift weight forward at contact with the ball.
5. Hit ball close to ground.
6. Snap the wrist

(4) 7. Explain what a "kill" shot is and name two that are used in racquetball.

Kill shots are when the ball contacts the front wall so low as to bounce twice before it reaches the service line.

Types of kill shots

1. Front wall-straight-in kill shot
2. Front wall-side wall kill shot (corner)
3. Side wall-front wall (pinch kill)
4. Overhead kill

(2) 8. What are the two "passing" shots in racquetball?

1. Down-the-line pass
2. Cross-court pass

(3) 9. Name three different serves used in the game of racquetball.

1. Lob serve
2. Drive serve
3. Z serve
4. Overhead serve
5. Garbage serve
6. Pinch serve

(3) 10. **Three** illegal serves are:

Any of the following results in an out:

(a) **Two Consecutive Fault Serves** [see Rule 3.9], or a single fault serve in one serve play [see exceptions: 5.0].

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

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

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

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

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

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

(h) **Out-of-Court Serve**. An out-of-court serve is any served ball that first hits the front wall and, before striking the floor, either goes out of the court or hits a surface above the normal playing area of the court that has been declared as out-of-play for a valid reason [See Rule 2.1(a)].

(i) **Safety Zone Violation.** An immediate loss of serve shall result if, after the serve has been struck, the server or doubles partner steps into the safety zone before the served ball passes the short line.

(2) 11. **Two** situations that allow a second serve attempt are:

1. Three Wall Serve- hitting both side walls after the front wall, but before the floor.
2. Long Serve- serving the ball into the front wall so that it rebounds to the back wall without hitting the floor first.
3. Ceiling Serve- the ball touches the ceiling after the front wall.

(1) 12. The drive serve line is part of the lines on the court because:

A drive serve in which the player fails to observe the 17-foot drive service zone and a drive serve line 3 feet from each side wall in the service zone. The player may drive serve between the body and the side wall nearest to where the service motion began only if the player, the racquet, and the ball (only until it is struck by the server) starts and remains outside of that 3-foot drive service zone until the served ball crosses the short line.

(4) 13. **Four** variations of the game of racquetball are:

1. Two player games are called singles or "one-up" (1 vs. 1 for the entire game).
2. Four player games are doubles with two pairs playing against each other (2 vs. 2 for the entire game).
3. Three-player games:
 - A. "Cut-throat" (1-on-2 with the single player serving until the serve is lost. Each player takes turns serving to the other two, who play as a team against the serving player.)
 - B. "Ironman" (2-on-1 for the entire game).
 - C. "California," "In-and-Out," or "King of the Court" where play is 1-on- 1 with the third player remaining in the back court out of play while the other two play a rally; the rally winner then serves to the player who was sitting out, and the rally loser stays out of play.
 - D. "Sevens" in which one player plays against two players as a team, with the game being played to 7 points; if the two player team gets to 7 first, the game is over, but if the solo player gets to 7 first then the game continues to 14; if the solo player again reaches 14 first, then the game continues to 21, where the game ends regardless of whether the solo player or the two player team reach 21 first.

Answers were taken from:

USA Raquetball Rules, <http://usra.org/Portals/18/pdf/New2011Rulebook.pdf>

Wikipedia, <http://en.wikipedia.org/wiki/Racquetball>

Racquetball I Class Handout