



January 2014

Wales Squash & Racketball Ltd

Volume 1, Issue 1

Rule Changes from 1st January 2014

These updated rules came into effect on 1st January 2014.

Here is a brief summary of the changes:

- Now only 15 Rules
- Written in more simple format which hopefully we can all understand better
- No Guidelines
- Interference Rule re-written to aid better understanding for players, referees and spectators alike. Hopefully reaching the correct decision
- Injury or Bleeding caused by an opponent now broken down into an accidental act or deliberate act
- For a Contributed Injury the time allowed has been reduced from one hour to 15 minutes, with the possibility of another 15 minutes if requested by the injured player
- Injury caused by an accidental act ,where the opponent is unable to continue play immediately the penalty is less severe (now 15 mins recovery time as opposed to awarding of the match immediately)
- A rule on distraction is listed -where accidental , deliberate or issues concerning the crowd are more clearly defined
- On the serve all faults are now simply called "fault"
- The provision for a let if the ball goes out of court after the first bounce has been deleted
- The Three-Referee System and Video Review System have been added as Appendices
- Technical Appendices have been separated and renumbered for clarity

It all adds up to good bedtime reading .We hope that this version of the Rules will help everyone to understand the game better.

A copy of the new rules can be found on the WSRB website at www.wsrb.co.uk –See 'Rules' under 'Refereeing' on the Main Menu

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More Coaches—Better Coaches

Learners from all over Mid, West & South Wales at the UKCC Level 2 Course in Swansea

In Cardiff 25 pupils from the Military Preparation College being taught the roles of a coach, rules, communication skills, fair

play, demonstration skills , goals & targets



Wales Squash & Racketball Ltd

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**The National Governing Body
for Squash & Racketball in
Wales**



Coach & Referee Education in 2013/14

During the first half of the season we have already run various Courses and Workshops.

27 Completed a WSRB Leaders Award.

34 Completed UKCC Level 1 & 2 Coaching award.

27 Completed a Referee Course and Workshop

31 Completed Safeguarding and Protecting Children Level 1 & 2 Courses

18 Completed Basic First Aid Sports injury course

20 Completed a Time to Listen Club Welfare Officers workshop

Wales Squash and Racketball are committed to developing coaches, so if you are interested in furthering your coaching qualification or know someone keen to get involved, take a look at the courses for the 2014 season below.

Contact roy.gingell@wsrb.co.uk for further details:

Course	Venue	Date	Date
UKCC Level 1	South	18th Jan 2014	22nd Feb 2014
UKCC Level 1	North	27th Feb 2014	
UKCC Level 1	South	24th May 2014	28th June 2014
UKCC Level 2	Mid/North	13th & 14th Mar 2014	12th & 13th June 2014
UKCC Level 2	South	17th & 18th May 2014	9th & 10th Aug 2014

Coaches Corner

Continuing with our theme of coaching tips. **Solo Practice** is vital to improve skills - Establishing a consistent rhythm—racket face open, eye on the ball, use target areas and still on impact is the key. Face the sidewall and hit the ball slowly and high enough to be able to keep hitting the ball. It's not all about raw power. Fifteen minutes is enough for beginner & improver players"

Refereeing Courses

Not sure of the new rules??

Having problems making decisions?

Would you like to attend a Referee Course or Workshop in Wales?

Contact roy.gingell@wsrb.co.uk for further formation

Coach Development Support

Wales Squash & Racketball are keen to provide support for their coaches seeking further personal development. If you are interested in any workshops contact roy.gingell@wsrb.co.uk

Why not take a look at some courses at www.sportscoachuk.co.uk

First Aid/ Safeguarding

Need to update your First Aid or Safeguarding & Protecting Children Qualifications?

If you are a UKCC Level 2 or above you need both to coach

Wales Squash & Racketball run regular courses throughout the year.

Contact roy.gingell@wsrb.co.uk for further information

