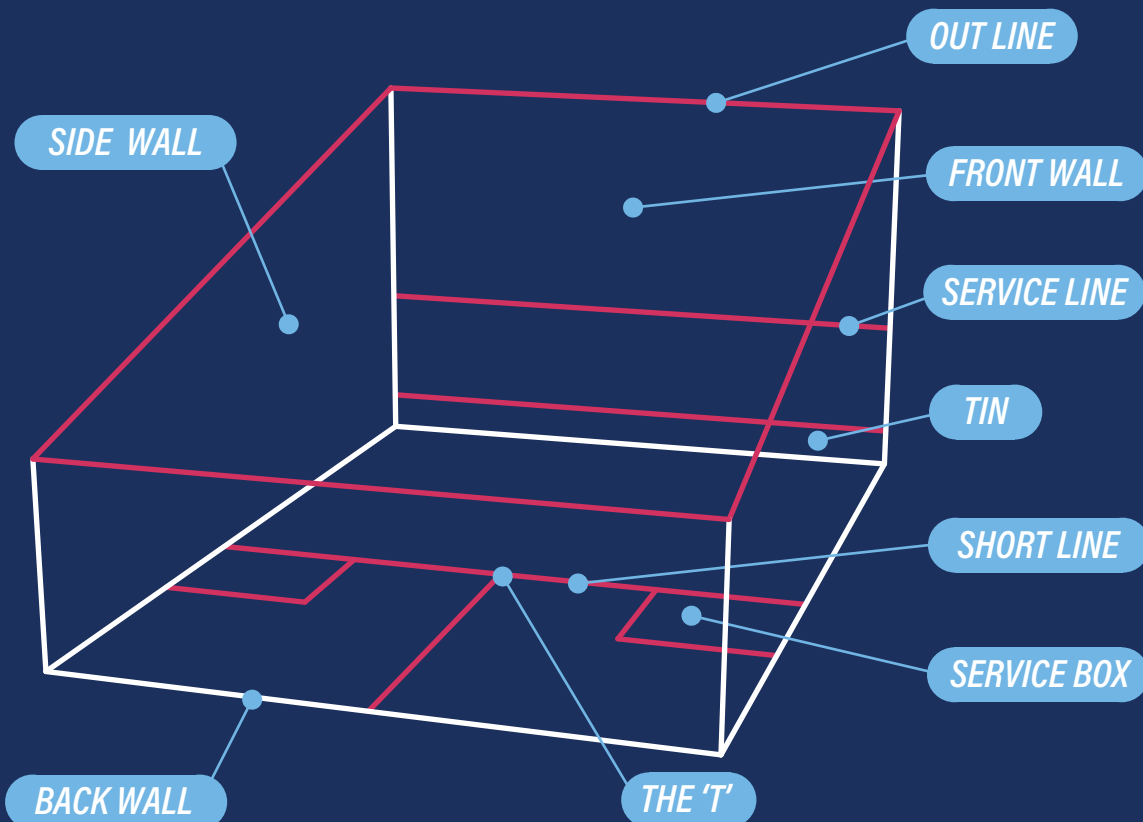# What is Squash?

Squash is a racquet sport played by two players in a four-walled court with a small, hollow rubber ball. The players take turns hitting the ball against the front wall, and the objective is to make the ball bounce twice before the opponent can return it or force their opponent to hit the ball into the tin or the ball out of court.

Squash is the only racquet sport in which opposing players share the same space on court, meaning that there is as much emphasis on cooperation as competition as they provide each other with fair access to the ball.

Played predominantly as a competitive one-on-one sport, squash has been recognized as one of the most physically demanding sports in the world.

OUT LINE
SIDE WALL
FRONT WALL
SERVICE LINE
TIN
SHORT LINE
SERVICE BOX
BACK WALL
THE 'T'