## SPIRIT ofSQUASH

In keeping with the spirit of squash, we all respect the rules of conduct at tournaments in order to ensure that everyone involved has a great squash experience.
Every gesture, no matter how small, is an important contribution to the bigger

## Beicore the game:

- I register for the SQUASH !T independently and in good time. If I need help, I contact my trainer.
- I pay the entry fee with my parents or alone at the tournament table.
- I'm ready for game time (warmed up), have my equipment: racket, shoes, goggles on \& my water bottle is filled up.
- I will inform my coach (if I would like to be coached) when my game starts soon.


## During the game:

- I play fairly and follow the rules.
- I accept the decisions of the referees.
- I always wear safety glasses.
- I do my best.
- I adhere to the warm-up and break times.
- At the end of the game, I shake hands with my opponent and the referees.


## After the game \& when refereeing:

- । "arbitrate" the next game with my opponent.
- I pick up the referee sheet from the tournament table immediately after my game.
- I agree with my opponent who writes and who speaks
- I turn my attention to the game I have to referee (my phone is waiting in my pocket).
- I say the result out loud and write the result of the sentences legibly and correctly on the referee sheet.
- I decide for myself and don't let myself be influenced.
- I quickly bring the referee sheet to the tournament table at the end of the game.


## Generally:

- I respect my opponents.
- I respect the tournament organizers.
- I respect the environment \& make my contribution to the cleanliness of the facility.
- I take an active part in "tournament life".

