

2025-2026 MAINE SQUASH WINTER LEAGUE RULES

Location of play - This year's league will be scheduled and will play using the 4 international sized courts at Portland Community Squash (PCS). All matches will be played at PCS. Greg Born will continue to be the leadership behind the league and will be the league "Commissioner" for this season. The league is open to all players though the league fee for non-PCS members is higher. See below

League Schedule -

- League play will depend on the number of league participants that formally sign up for the league.
- Some regular season matches may be "self scheduled" to be played and scheduled by the individuals on the teams. More information on self scheduled matches will follow.
- Season will probably start in early December 2025 and complete by mid to late March 2026
- Schedule for the season will be published in advance
- Matches that are postponed or canceled due to weather or because of court availability due to the ongoing expansion construction may or may not be rescheduled. We will do our best to get in as many matches as possible!!
- All matches must be played on the designated league night during the designated time period and the designated courts based on the league schedule stored in ClubLocker.com's website unless the match is specifically "Self Scheduled" by the league.
- Storm/Snow policy: If PCS is open the league will play.

League Fees - To play in the league you must be a member of Portland Community Squash or pay the facility use fee as part of the league registration. You must remain a member in good standing at PCS or pay the supplemental registration facility fee. The facility use (Non-PCS Members League Fee) is only valid for scheduled league matches and we may limit the number of league members using the Non-PCS Members League Fee.

The Winter league one time League Fee for PCS members is \$95 (Non-PCS Members League Fee: \$195) for every player on a team roster. A league tee shirt is included in the League Fee. Depending on the league's choices for tee shirts the League Fee may be adjusted slightly higher or lower. League also will provide balls for every league night. PCS members will be charged via the PCS billing system in early December. Non-members must pay by check prior to the start of official play. If league fees present a financial obstacle to your decision to play please reach out to Greg or Barrett at the front desk.

League Format - This is a Team League. You will be assigned a roster position and when your team plays a match you will play against the same roster position on the opposing team. Team size will be 7-9 players and will depend on the number of players that sign up for the league and the distribution of players in the various skill levels. The detailed schedule will be posted at <https://www.mainesquash.com/winter> and <https://clublocker.com>

Code of Conduct - All players agree to abide by the Portland Community Squash code of conduct which is an appendix to the League rules. There are a couple of specific areas that are covered in the Code of Conduct documents that need to be highlighted. Swearing or profanity of any type will not be tolerated. Angry or temperamental outbursts such as throwing of objects (racquets, clothing, balls, eye protection) is completely prohibited.

[Portland Community Squash Terms and Conditions and Code of Conduct](#)

We are fortunate again this year to have a diverse mix of participants. Disrespectful or unsportsmanlike behavior is not appropriate for this league. A warning will be given on the first offense if it is deemed minor. A major infraction will result in forfeiting the match. A second offense will result in the player being ejected from the league.

Competition is fun, rewarding and healthy. The Code of Conduct, however, is a fundamental part of both the league and the institution where the squash courts are located. If you have questions about the interpretation of

the Code of Conduct and how it might impact your behavior on the squash court please consult your team captain.

Skill Levels – League is open to all ability levels. We do ask, however, that all players have a basic understanding of the game and be willing to commit to their team and team responsibilities for the entire season. If you are a beginner or are very new to the game it might be best to start in the Box League or limit your role in the Winter League to being a substitute.

All players will be assigned a skill-level ranking relative to other league players based on the total players in the league and then assigned to a team using an algorithm designed to make the teams as even as possible.

Challenge Matches - Skills levels (Roster Position) are determined by league and/or team captain, or by the results of a challenge match played with permission of your team's captain. All Challenge matches, regardless of outcome, must be entered in Club Locker with the actual scores on the date and time the match was played. See your team captain for more information.

Registration - Online form is available at <https://www.mainesquash.com>

Rules - Please see <https://www.mainesquash.com> for links to official US Squash Association rules.

Safety – Players are expected to play safe squash and ALWAYS err on the side of caution whenever there is even a remote potential of striking another player with either ball or racquet. Eye protection is mandatory and must meet the guidelines of US Squash. Matches shall not be played without both players wearing approved eye protection. The league commissioner has final say in what constitutes approved eye protection.

Blood Injuries - If you sustain an injury, either from your own actions, from your opponent's actions or any combination of actions, you must immediately stop play and attend to the injury. If you notice that your opponent is bleeding you MUST stop play and notify your opponent even if it is in the middle of a point.

Play **shall not resume** until the injury has been mitigated and all bleeding and exposed blood is cleaned up and the injury is properly bandaged. The injured player must change or clean any garments that have blood on them. Before returning to play **the court itself must be cleaned of ALL blood drops anywhere** in the court, walls, floors or back glass wall. The front desk can assist you with finding the proper cleaning supplies and help you dispose of the materials used in the cleanup.

If you are the referee of a match and you see any blood on the court, walls or either player you must immediately stop play and make sure the players understand what the injury is and ask the player or players to attend to the injury.

Ball – A **ONE yellow-dot** squash ball is the default ball for all singles matches. A double yellow-dot ball may be used if both players agree to use the alternate ball—if one player objects, however, a single yellow-dot ball must be used. League will provide one dot squash balls for all league matches played during the scheduled league night. For Doubles matches we will use standard hardball doubles balls.

Doubles - PCS now has the only Hardball Doubles squash court in the US north of Boston. While this variation of squash is new to many of the Winter League players it is extremely popular with players across the country. It adds an interesting twist to the game we're all familiar with. There is no question that we'll add some Hardball Doubles to the Winter League in some fashion at some point. We'll probably start with optional exhibition matches with doubles teams of 2 random roster positions from the 2 teams playing (roster positions 2 and 5 might team up against the 2 and 5 players from the opposing team).

Match location and time - Unless specifically noted all matches are to be played only at the scheduled time and date shown in Club Locker. The location is Portland Community Squash and matches are to be played during the regularly scheduled league night time slots.

Self Scheduled matches - In some cases the league may require matches to be “self-scheduled” and played outside of the normal league night. When a match is designated as “self-scheduled” the league will designate a period of time (usually 10-14 days) during which each roster position players book a court and play their match at their convenience. The match will be self scored and self refereed similar to a Box League match. Players will report the scores to both captains. Captains will enter the matches into Club Locker. All matches that are NOT designated “self-scheduled” must be played during the League night according to the league schedule. No exceptions!

Matches – An individual match consists of the best of 5 games. First player to win 3 games wins the match and play stops. When playing softball singles matches are games to 11 win by 2, when playing hardball doubles games are to 15.

Warm-up – A single warm-up period shall not exceed 5 mins. and should fairly involve both players. Please do not hit more than 1 or 2 rails without alternating the ball back to your opponent. Players that feel they need more warm-up should consider using the treadmill, bikes, rowing machines or running in the aerobic area of PCS.

Order of play – Order of play should generally play lower ranked matches first (5s before 4s). Captains may determine order by mutual agreement.

Court Assignments - League makes court assignments and they are posted prior to every match on the Club Locker Venue scoreboards throughout the facility. Please play only on your assigned court. Captains may alter court assignments to facilitate flow of matches.

Scoring – All league games will be played to 11 points, with a point scored on every rally. The first player to win 11 points takes the game. You must win by two points.

Results – Scoring devices or paper sheets will be available for scoring matches. Captains will keep track of scores. The winning player and the referee are responsible for informing the captain (or stand-in scorer) and entering the final scores online immediately following the match. All scores will be entered in Clublocker.com league software that will summarize the league schedule, calculate statistics and standings. A link will be on <https://www.mainesquash.com>

Use of Markers and Referees – Each player on each team is expected to play AND referee/mark a match during their team’s scheduled league night matchup. You are expected to learn how to call and mark as well as referee the games of your teammates. Captains and others will help you but it is a critical part of the development of our collective squash skills for us to gain experience in doing this. Your cooperation is both expected and appreciated!

Referee Exam - US Squash has an excellent Referee Exam that will help you better understand what to do. It is open book and when you pass you’ll get a marker on your US Squash profile indicating that you’ve done the exam. Exam must be taken each year to remain current.

League standings – League will be run using Clublocker.com software. Scores will be entered using ClubLocker.com live scoring. Overall league results calculated based on team match record. Clublocker.com software will tabulate and calculate all results.

Forfeitures – Players that arrive 15 minutes or more after their scheduled match start time will forfeit their match. Official time is deemed to be the time on any iPhone.

Walkovers – Walkovers are forfeitures of a match in which no points are awarded to the penalized team. Only team captains can concede or accept walkovers. Walkovers may be claimed by an opposing team if a player or sub does not appear for a match or is more than 10 minutes late.

Mandatory attendance - All matches must be played at the designated time and date. No match may be played at any other time. The official time clock is any player with an iPhone or other universal time device. Players are expected to arrive before and stay until the team slot is complete. Players will typically play a match and then referee another match.

Subs – If a player cannot make a scheduled match, he or she is responsible for finding a sub and notifying the captain as soon as possible. Subs should be of a comparable skill level [1, 2, 3, 4, 5, 6, 7]. We will provide the captains with a max rating cutoff for each roster position. Each player will receive a link to an official league roster and sub list at the commencement of the league that will include contact information. If a sub cannot be found, players may sub for a teammate by playing more than one match on a given night. Players may play up the ladder but not down.

Consent to video and photography - By submitting a Winter League Signup Form you consent to allowing PCS and Maine Squash to use and publicize with any and all video and still images obtained by various methods in the PCS facility. We have no intention of using this for anything but casual documentation of match play but your likeness may be on video we choose to publish online or through other forms of mass media. You could be famous!

Live Streaming of league matches - The Winter League will live stream all matches on all courts throughout the season. We know how useful seeing yourself play under league match conditions can be. Live stream urls will be published in advance for each league night so your family and fan club can enjoy watching you play.

Playoffs – Season rankings based on regular season matches for each team. Playoff venue will be PCS.

Rankings will be determined by match record for all league matches played. Tie breakers will be determined by total team games won, individual points won, best spread between matches won and lost, and head to head results.

Playoff determination is not always an exact formula and the league commissioner may adjust the final standings based on any number of conditions in order to come up with a fair playoff configuration. The adjustment may include removing team matches that are inside of “regular season” but outside of the division play if the season uses multiple divisions. In all cases the league commissioner will attempt to make the fairest decision for the interests of the league given the data available on match play.

Playoffs are subject to league format for the season but in prior years up to eight teams make the playoffs. With less than 8 teams we may have playoffs be a single night with the #1 and #2 regular season teams competing for top positions and #3 and #4 competing for 3rd and 4th slots. US Squash/Club Locker league statistics are the official standings.

Other – Should the rules need to be interpreted or decisions made outside of the scope of the League Rules the League Commissioner may consult with other parties including Team Captains, PCS management and US Squash personnel. In all cases his decision is final. The Commissioner is always interested in feedback, both positive and negative, to make the league and playing experience better for all players. League Commissioner is Greg Born and he may be reached at 207-671-9811 or born.greg@gmail.com.

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