



Polska Federacja Squasha

Squash – an elite sports discipline created in a prison

Squash is a game played by 2 or 4 contestants who take turns in hitting a ball with a special racquet against a wall in a way that makes it difficult for the rival to receive it. The game takes place on a special four-walled court 9.75 meters long and 6.4 meters tall. The sets are played to 9 points. The discipline is played in 175 countries around the world by 20 million people.

The discipline was invented in England at the beginning of the 19. century by prisoners detained for debts in the notorious penitentiary facility called "The Fleet". Due to limited space, the prisoners who wanted to play tennis started hitting balls against the walls. The discipline quickly moved from behind bars into elegant salons. In 1830 the pupils from one of the British elite schools discovered that the game becomes more interesting and more difficult if the ball has a hole in it and can be squashed when hitting it against the wall. This is how the name of the game "squash" was invented. It became an official sports discipline in 1864.

Squash arrived in Poland sometime around 1997 and the discipline is quickly gaining popularity. The Polish Squash Federation estimates the number of people playing the sport at about 20,000, and official rankings register about 870 players. This upward trend is confirmed by the rising number of courts, which in October 2009 was estimated for about 160 facilities.

The Polish Squash Federation ([Polska Federacja Squasha](#)) is in charge of promoting this sport discipline in Poland and the World Squash Federation (WSF) is its international counterpart. The WSF authorities are aiming at registering squash as an Olympic discipline. The International Olympic Committee will announce its decision in this matter in October 2009.