

Figure 2 (Straight-in Return)

**(b) Stroke Interference.** This occurs when a player moves, or fails to move, so that the opponent returning the ball does not have a free, unimpeded swing (**Figure 5**). This includes unintentionally moving in a direction which prevents the opponent from making an open, offensive shot.

**(c) Blocking.** Moves into a position which blocks the opponent from getting to, or returning, the ball; or in doubles, a player moves in front of an opponent as the player's partner is returning the ball (**Figure 6**).

**(d) Moving into the Ball.** Moves in the way and is struck by the ball just played by the opponent.

**(e) Pushing.** Deliberately pushes or shoves opponent during a rally.

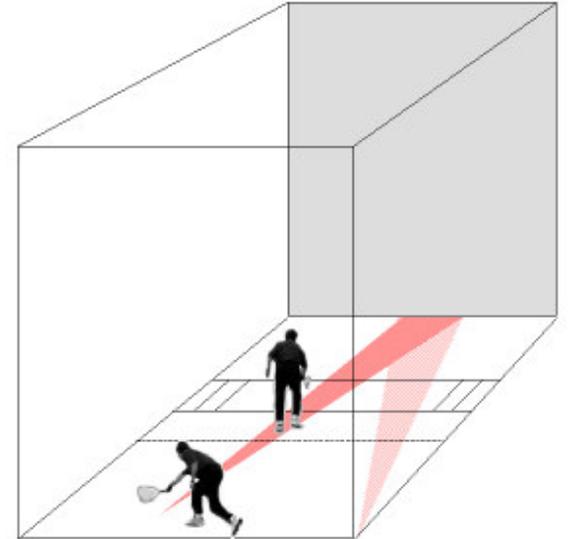


Figure 4 (Cross Court Return)

## USA Racquetball Rules

### Rule 3.15

#### PENALTY HINDERS

A penalty hinder results in the loss of the rally.

**A penalty hinder does not necessarily have to be an intentional act. Any of the following results in a penalty hinder:**

**(a) Failure to Move.** A player does not move sufficiently to allow an opponent a shot straight to the front wall (**Figure 2 and 3**) as well as a cross-court shot (**Figure 4**) which is a shot directly to the front wall at an angle that would cause the ball to rebound directly to the rear corner farthest from the player hitting the ball. Also when a player moves in such a direction that it prevents an opponent from taking either of these shots.

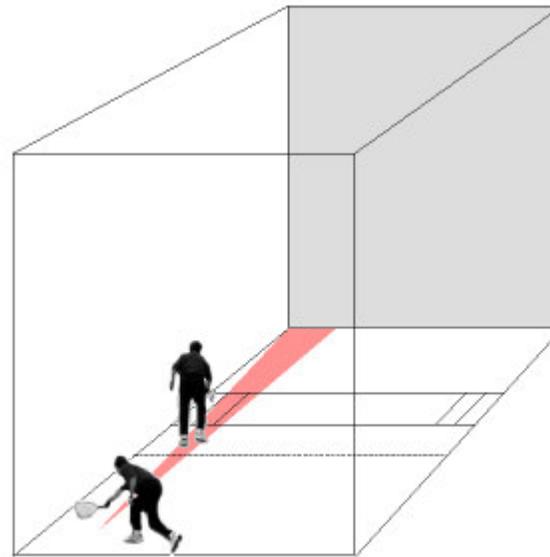


Figure 3 (Straight-in Return)

**(f) Intentional Distractions.** Deliberate shouting, stamping of feet, waving of racquet, or any other manner of disrupting one's opponent.

**(g) View Obstruction.** A player moves across an opponent's line of vision just before the opponent strikes the ball.

**(h) Wetting the Ball.** The players, particularly the server, should ensure that the ball is dry prior to the serve. Any wet ball that is not corrected prior to the serve shall result in a penalty hinder against the server.

**(i) Apparel or Equipment Loss.** If a player loses any apparel, equipment, or other article, play shall be immediately stopped and that player shall be called for a penalty hinder, unless the player has just hit a shot that could not be retrieved. If the loss of equipment is caused by a player's opponent, then a replay hinder should be called. If the opponent's action is judged to have been avoidable, then the opponent should be called for a penalty hinder.

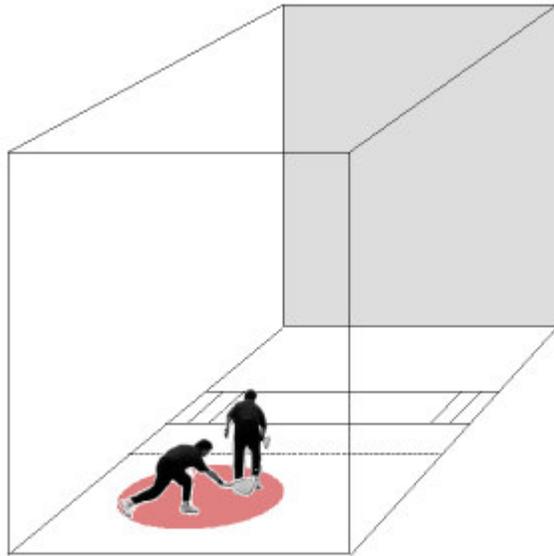


Figure 5 (Failure to Move)

**Who has the right-of-way?**

**When must a player move?**

The cover (**figure 1**) shows an acceptable position for the non-hitting player to be while waiting for the return by the hitter.

The non-hitter must yield court position to the hitter and make an attempt to get out of the hitter's way.

A penalty hinder occurs when the hitter has a "offensive set-up" and the non-hitter is in the way. The hitter is allowed to "trap" the non-hitter into a corner or out of position while playing a return.

All players should wear racquetball eyeguards and keep both eyes on the ball at all times.

Obviously turn and duck away if believe you are about to get hit!

### Keep Your Eyes on The Ball

Failure to watch, or looking away and assuming where the ball (and hitter) is could result in injury from the hitter's racquet or returned shot.

For added safety, the non-hitter can use their racquet as a shield, looking through the racquet strings, while watching the ball being hit.

Any player should halt play when a player feels they may hit, or be hit, by the ball, racquet or opponent. Depending on the situation, either a replay or a penalty hinder is called after play has stopped.

### Replay Hinders

A "replay hinder" results in no point or change of serve and the last rally is replayed.

A replay hinder occurs when the hitter has a "chance" for a return, but does not have an "offensive set-up" and the non-hitter is trying to move out of the way.

# Racquetball Rules Penalty Hinders

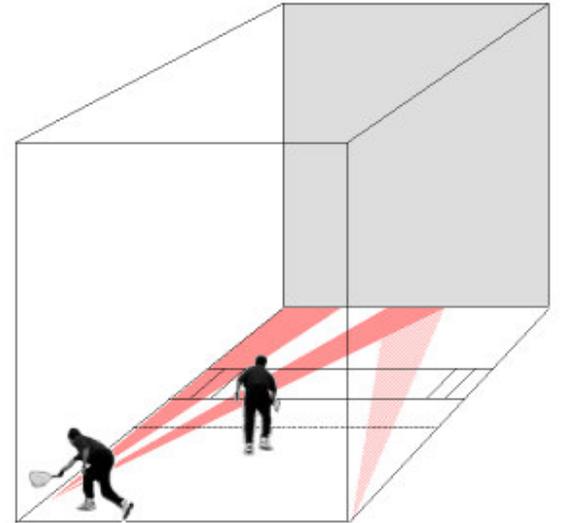


Figure 1

**What is a  
Penalty Hinder?**

**Who has the  
right-of-way?**

**When must a player  
move out of the way?**

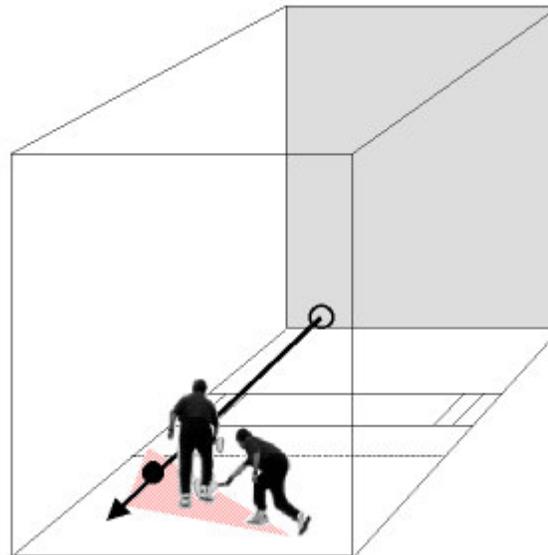


Figure 6 (Failure to Move)