

Organised by the Squash Association of Hong Kong, China
Subvented by the Leisure and Cultural Services Department
Co-organised by the Education Bureau
School Sports Programme – Badges Award Scheme
〈 Squash 〉

Objective: To establish technical standards for squash through a tiered assessment system, enabling participants to gauge their own proficiency, set personal goals, and progressively improve their skills.

Badge Levels: There are four levels: Bronze, Silver, Gold and Platinum. Participants must pass all assessment items within a level to be awarded the badge.

Credential Level	Assessment Items	Passing Criteria
Bronze	Ball Bouncing, Straight Drive, Service, Fitness Test and Oral Test	Please refer to Annex
Silver	Straight Drive, Volley, Service, Boast, Fitness Test and Oral Test	
Gold	Straight Drive, Volley, Service, Boast, Figure Eight and Fitness Test	
Platinum	Straight Drive, Volley, Service, Boast, Drop Shot, Lob, Figure Eight Volley and Fitness Test	

Participation and Award: Participants of the squash training courses of the Sports Experience Programme, the Outreach Coaching Programme and the Joint Schools Sports Training Programme under the School Sports Programme who are interested in taking the assessment should register directly for the Hong Kong Junior Squash Award Scheme organised by the Squash Association of Hong Kong, China (SAHKC). For more details, please visit the SAHKC's official website (www.hksquash.org.hk). Participants who meet the required standards will receive a badge and certificate from the SAHKC.

Collection of Certificates: Upon completion of the assessment, coaches are required to submit the results to the LCSD. After verification, the certificates will be sent to the schools by post for teachers to distribute to qualified participants.

Enquiries:

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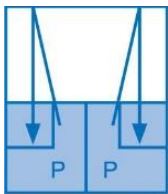
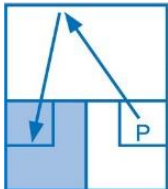
Website: www.hksquash.org.hk

Email: enquiry@hksquash.org.hk

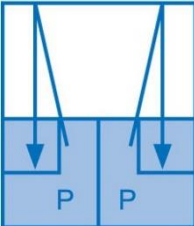
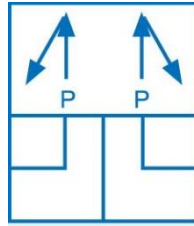
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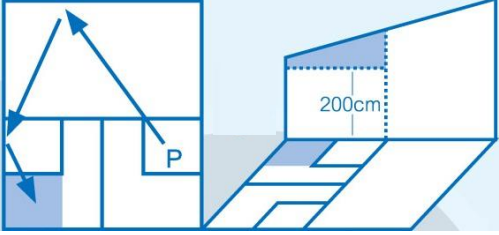
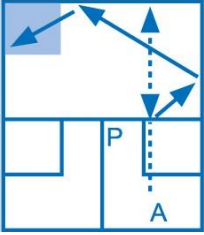
The Badges Award Scheme (Squash) is co-ordinated and developed by the Squash Association of Hong Kong, China.

School Sports Programme – Badges Award Scheme
〈 Squash 〉
Badge Requirements (Bronze Award)

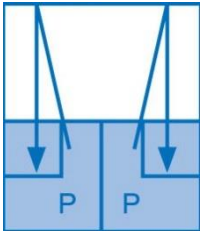
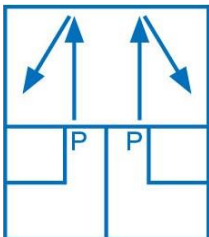
Badge Test		Bronze
Oral Test		Answer 3 out of 6 questions chosen by the assessor: 1. Point out where the board is. 2. Point out where the out line is. 3. How to hold the racket? 4. List any 3 pieces of essential squash equipment. 5. Point out the ball used for competitions. 6. List any two squash shots.
Fitness Test		Court Sprinting (2 sets) 1 set = 15 lengths within 1 minute Rest time : 1 minute between sets [Sprinting from front wall to back wall counts as once, sprinting from back wall to front wall counts as twice, so on and so forth] Remark: The participant must touch the front wall or back wall for each length.
Skills and Techniques	Time Limit	5 minutes
	Ball Bouncing	Continuous bouncing for 8 times for forehand & backhand respectively.
	Straight Drive	3 forehand and backhand straight drives in succession, with the ball bouncing behind the short line. [Serve included] 
	Service	3 successful serves from the right box & 3 from the left box 

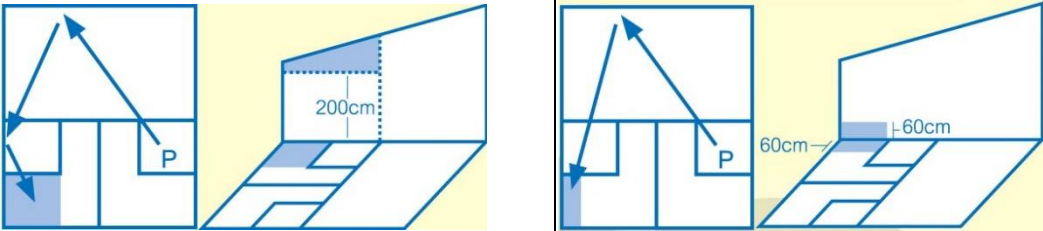
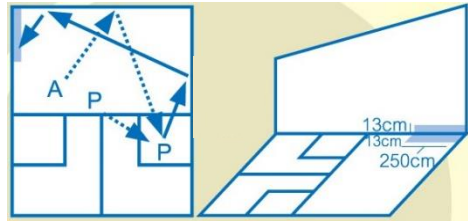
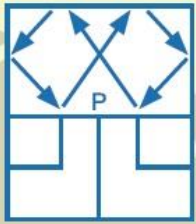
School Sports Programme – Badges Award Scheme
〈 Squash 〉
Badge Requirements (Silver Award)

Badge		Silver
Test		
Oral Test	Answer 3 out of 6 questions chosen by the assessor: 1. Point out where the half-court line is. 2. Point out where the service line is. 3. Explain the meaning of “OUT”. 4. List any 3 squash shots. 5. How to make a good serve? 6. List all three decisions of a referee.	
Fitness Test	Court Sprinting (2 sets) 1 set = 18 lengths within 1 minute Rest time : 1 minute between sets [Sprinting from front wall to back wall counts as once, sprinting from back wall to front wall counts as twice, so on and so forth] Remark: The participant must touch the front wall or back wall for each length.	
Skills and Techniques	Time Limit	6 minutes
	Straight Drive	6 forehand and backhand straight drives in succession, with the ball bouncing behind the short line. [Serve included] 
	Volley	The participant stands near the short line and hits 3 straight forehand & backhand volleys in succession respectively. [Volley Serve included] 

	Service	Lob serve with the ball hitting the side wall high [above 2 meters high on the side wall after the short line] and bouncing on the floor behind the service box. 1 from the left box and 1 from the right box. 
	Boast	The assessor feeds the ball with a straight drive (slow & high) for it to land near the short line. The participant plays a boast first by hitting the ball to the side wall and then front wall for landing on the other side of the front court. The ball must be hit over the board and below the service line. 2 forehands and 2 backhands. 

School Sports Programme – Badges Award Scheme
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Badge Requirements (Gold Award)

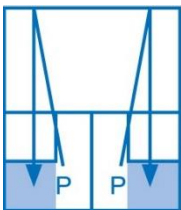
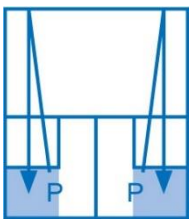
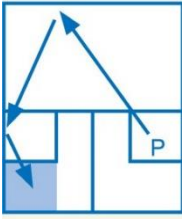
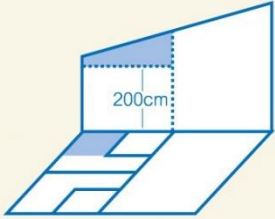
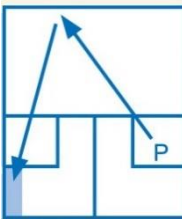
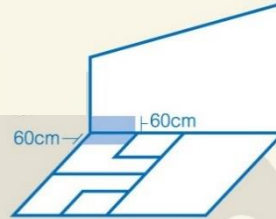
Badge		Gold	
Test			
Fitness Test		Court Sprinting (3 sets) Girls aged under 11: 18 lengths within 1 minute (1 set) Girls aged 11 or above: 19 lengths within 1 minute (1 set) Boys aged under 11: 19 lengths within 1 minute (1 set) Boys aged 11 or above: 20 lengths within 1 minute (1 set) Rest time : 1 minute between sets [Sprinting from front wall to back wall counts as once, sprinting from back wall to front wall counts as twice, so on and so forth] Remark: The participant must touch the front wall or back wall for each length.	
Skills and Techniques	Time Limit	8 minutes	
	Straight Drive	8 forehand and backhand straight drives in succession, with the ball bouncing behind the short line. [Serve included] 	
	Volley	The participant stands behind the short line to hit 5 straight forehand & backhand volleys in succession respectively. [Volley Serve included] 	
	Service	a. Lob serve with the ball hitting the side wall high [above 2 meters high on the side wall after the short line] and bouncing on the floor behind the service box. 2 from the left box and 2 from the right box.	b. Overhead serve with the ball hitting the nick, or the side wall near the nick behind the service box. 1 from the left box and 1 from the right box.

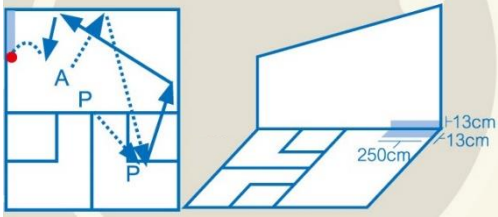
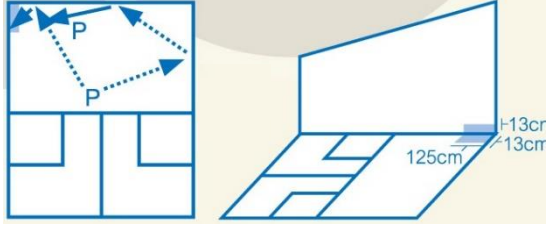
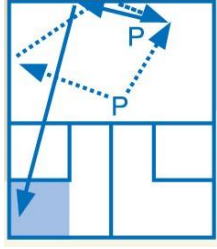
		
	Boast	The participant first stands at the T-position. The assessor feeds the ball with a cross-court drive for it to land in the service box. Then, the participant plays a boast with the ball first hitting side wall, the front wall over the board and then the nick or the floor near the nick. 2 forehands and 2 backhands. 
	Figure Eight	The participant stands at the T-position and plays figure eight. Complete 6 forehands and 6 backhands continuously. [Serve included] 

School Sports Programme – Badges Award Scheme

〈 Squash 〉

Badge Requirements (Platinum Award)

Badge Test	Platinum
Fitness Test	Court Sprinting (3 sets) Girls aged under 11: 19 lengths within 1 minute (1 set) Girls aged 11 or above: 20 lengths within 1 minute (1 set) Boys aged under 11: 20 lengths within 1 minute (1 set) Boys aged 11 or above: 21 lengths within 1 minute (1 set) Rest time : 1 minute between sets [Sprinting from front wall to back wall counts as once, sprinting from back wall to front wall counts as twice, so on and so forth] Remark: The participant must touch the front wall or back wall for each length.
Skills and Techniques	Time Limit 10 minutes
	Straight Drive 8 forehand and backhand straight drives in succession, with the ball bouncing behind the service box. [Serve included] 
	Volley The participant stands behind the service box and hits 5 straight forehand & backhand volleys in succession respectively. [Volley Serve included] 
Service	a. Lob serve with the ball hitting the side wall high [above 2 meters high on the side wall after the short line] and bouncing on the floor behind the service box. 2 from the left box and 2 from the right box.   b. Overhead serve with the ball hitting the nick, or the side wall near the nick behind the service box. 2 from the left box and 2 from the right box.  

	Boast The participant first stands at the T-position. The assessor feeds the ball with a cross-court drive for it to land behind the service box. Then, the participant plays a boast with the ball hitting 2 walls - side wall and front wall over the board, and then the nick or the floor near the nick on the second bounce. 2 forehands and 2 backhands. 
	Drop shot The participant stands at the T-position and feeds the ball with a reverse boast to the front corner, then plays a drop shot to the front wall then to the nick. 2 forehands and 2 backhands. 
	Lob The participant stands at the T-position and feeds the ball with a reverse boast to the front corner, then plays a cross court lob. The ball must hit the front wall high and soft above the service line and land behind the service box. 2 forehands and 2 backhands. 
	Figure Eight Volley The participant stands at the T-position and plays figure eight volley. Complete 8 forehands and 8 backhands continuously. [Volley Serve included] 