Abstract
Squash represents an attractive sport, dynamic, easy to learn, with simple rules, but which requires an excellent physical condition. After five centuries, the squash came to be practiced in over 150 countries, making it not only a question of "fancy", but a potential discipline to compete for the Olympic Sports. Because it fulfills the criteria on the base that were chosen the other 26 sports in the Olympic Sports, this sport is recognized by the International Olympic Committee and appears on the list which is about to be included in the Olympics Sports. Through this paper I wish to highlight the characteristics, structure and the rules of squash so little known in Romania.

Key-words: squash, Romania, sport, hobby


1. Introduction

Over the years the sport has gained ground in front of Olympic sports. Executive Committee of the Olympic International Committee decided that the fights ruling out among the Olympic sports, starting with 2020 edition of the Summer Olympic Games, Mark Adams, court spokesman said. Also he recently announced the short list of sports that are "fighting" to be included in the 2020 Summer Olympics (squash, climbing, karate, wushu, baseball / softball, wakeboarding and rolls).

Squash campaign for a place in the Olympic program in 2020 was led by one of the legends of the sport, six times world champion Mr. Jahangir Khan, Squash International Federation President (WSF) by 2008. Mr. Khan believes that while squash's inclusion in the Olympics has been tried already several years ago, it should be included "on merit".

Missing near thing the Olympics of 2012 and 2016 will be the third attempt it lucky?

2. Squash history
Squash’s history began many centuries ago in France (since 1150) with a game that was called “le Pauem” (wrist cuff hit), then in the fifteenth century turned into tennis.

The next important step was made in the early XIX century at Fleet Debtors Prison in England. Here, prisoners were playing inside cells with strongly ball hitting to the wall with the palm (later with rackets). This game became known as “Rackets”. These games were very popular in schools and this has gave birth the squash itself. In the mid nineteenth century rather 1864, students of private schools in London (Harrow), who used to relax throwing a soft ball, to the walls lockers or to the exterior of the building during breaks officially founded this game calling it squash (“squash” word comes from the sound of the ball when it is powerful hit to front wall of the hall). The fact is that the game was later taken over by students in British universities, and by “gentlefolk” of London, the first squash court was set up in Oxford in 1883.

But it took a few years before the sport became really popular.

The first professional world championship was held in England in 1920 and later this sport has spread across the globe.

The blast of this game took place between the years 1960-1980 was due to players of that time: Jonah Barington in Ireland and Geoff Hunt of Australia.

3. Squash in Romania

In Romania squash is considered an exclusive sport given the costs involved and where it can be practiced: Luxury Hotels (București, Brașov, Bistrița, Sf. Gheorghe, Bacău.)

The construction price of an ensemble of two courses, approved by the International Federation for Squash, combined realized with glass rear wall and new generation floor, is around 70,000 euros (including VAT). This amount is added the building of a locker room, showers, modern ventilation systems etc.

In 2010 squash was declared official sport and now it is trying setting up a Romanian Federation of Squash.

In 2012 on September 29 to 30 at World Class Health Academy at the Grand was held first Romanian Squash Championship for boys and girls.

Also in 2012 on October 27 to 28 was held first international friendly where was involved Romanian team: Romania-Netherlands.

Squash – the game features

For squash is need a 68,5 cm length racket and a 24 gr. rubber ball and 4 cm diameter approximately.

Rackets are made of aluminum, titan, carbon fiber, resins, because are more light (200 gr. approximately) and a lever that sits well on hand shape.
Balls differ in terms of consistency and speed, this being indicated by different colored dots:

- a yellow dot ball is very slow;
- a green or white dot indicates a slow ball;
- a red dot – medium speed;
- a blue dot – Fast

Figure no.1   The squash rackets

Figure no. 2 The squash balls
The court has a rectangular shape, with a length of 9.75 meters and 6.4 width meters, a front wall, two side walls and the back wall. Along the front wall at a height of 1.78 meters, is drawn service line and another on the floor, parallel to the wall to 5.4 meters away. In official competitions, as spectators can watch the game, space game has transparent walls, built from a special glass, shock resistant.

4. Squash game rules

A squash game is played in three sets, each with 11 points, for boys and 9 points for girls. The one who serves the ball to the front wall, above the line marked on the wall. The ball must fall in the partner’s quarter field, above the line marked on the wall. Each of the players, in turn, returns the ball inside previously mentioned, until one of them wrong and no longer control its trajectory. Balls hitting the wall below the 1.78 meters are not valid. Unlike professional leagues, where every successful records, for amateurs include only points scored on own service. When the score is equal, ten to ten, it also plays two other points.

When players arrive on the ground warm up game is recommended for 5 minutes. Heating game has two purposes: heating the ball (ball bounces better if heated) and heating players. First server is determined by lot. In subsequent games, first served is
the one who won the previous game. The server chooses the square of serving. The receiving player is positioned in the other square. Where the receiving player wins the exchange of balls, the server player alternates squares. For service, the ball must be in air when hitting. The service player must have at least one foot inside the square (so not on the line) to ground. A player must not serve twice in succession, in the same square. Player serves the ball to the front wall above the service line. It is imperative that the ball touches the front wall into allowed area above the service line. The ball should land in the recipient square (if it is not returned in volley).

If the ball falls out is considered "out" and change service. During the game, the ball is allowed to fall on the floor not more than once before being sent back into the wall by the second player. Touches are allowed as many of the sidewalls. Moreover, the ball is in play if touches the rear wall. Outside service, players can direct the ball to the permissible side or rear walls. It is mandatory the ball, before falling on the floor, reaches the front wall above the "netting" line, whether coming directly from racket or a deviation from the walls. In exchange of balls, a player is allowed to touch the ball only once, between two opponent's hits.

A game is played to 11 points. Points can be obtained only through its service. When receiving player wins the ball change, this turns into server without gaining a point. Earns the one who arrives first at the established greatest upper bound and have a minimum 2 points advantage. In case of a tie in the immediately below bound it can be played up to 13. After 13 the first scores, wins.

Match Winner is the one who has won 3 games. During the game, each player should avoid hitting the opponent by ball or racket.

Decision on these matters rests to referee. Are mainly taken into consideration the intentionality and trajectory of the ball.

5. The benefits of practicing this sport

Besides being a relaxing and fun sport, squash has a number of benefits on the body. By immediate positive effects (body toning in the arms and legs), squash is one of the best practices to combat sedentary lifestyle and obesity. In a match lasting 30 minutes around 500-600 calories are burnt.

Also this sport, improves coordination, flexibility, agility, helps to release negative energies, entertain us and energizes us. Not the least squash has a low degree of injury and may be practiced regardless of the weather.

In 2003 squash was declared NUMBER ONE in terms of healthy sports (according to Forbes).
6. Disadvantages:

Some studies show that squash could be involved in producing cardiac arrhythmias, is contraindicated especially elderly and people suffering from heart disease.

7. Conclusion:

Meanwhile, squash is just an exciting and demanding hobby that helps you burn calories. But because the show it offers and because the high number of participants from all countries, squash has all the chances to be introduced to the Olympics in 2020. Tennis player Roger Federer claims the squash acceptance in the Olympics saying: "I think squash is a wonderful sport and should be included in the Olympic program. I started my career like that, playing squash with a wooden racket. I used to play every Sunday with my father. I'd love to become Olympic sport.."

REFERENCES

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