

7. All measurements to be from centre of the pin. Clay or other matter to be removed, if necessary, to measure nearest part of quoit. All measurements to be made with compasses.

8. All quoits played outside a radius of eighteen inches from the centre of the pin shall be foul.

9. If one or more quoits are lapped, the quoit easiest measured shall be measured and drawn, in order to measure the other or others.

10. Should a quoit be broken during a match the measure must be taken from the nearest portion of the quoit to the pin, and the player shall be privileged to use another pair to finish his game.

11. The use of improper language, or any act perpetrated to disconcert or interrupt the player while in the act of throwing his quoit, is prohibited. The player to have the privilege of throwing his quoit over again in the event of such having taken place.

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## RACKETS, SQUASH BALL, AND COURT TENNIS.

### *Rackets.*

THE way of playing is as follows:—Three feet and a half from the ground a white chalk line must be drawn along the wall against which the ball is to be struck. Any stroke which sends the ball below this line does not count. Along the ground, in front of the wall, and parallel with the wall, four lines are drawn, forming bases. The two former of these are called the in-hand, the two latter the out-hand bases. The players are either two or four in number; if four, two play in partnership, and either strikes as the ball comes nearest to him, a stroke from either player reckoning for or against his side. We will suppose two competitors on the racket ground. One of them has to guard the in-hand bases, and is called the *in-hand* player; the other the out-hand bases, and is called the *out-hand* player. Each stands in one of his own bases. The one on whom the lot falls to begin strikes the ball against the wall. We will suppose the in-hand player beginning the game. He must strike the ball so that, rebounding from the wall, it falls into one of the *out-hand bases*. If he fail to do this, if the ball strikes the wall below the chalked line, or falls into one of his own bases, or goes over the wall, his adversary counts *one*. If, on the other hand, the ball, rebounding from the wall, comes to the earth in an out-hand base, the out-hand player must strike it back against the wall at the rebound, in such a manner that it shall bound off into an in-hand base; and thus the players go on, each striking the ball in turn against the wall and into his adversary's ground, until one of them fails to strike it, or strikes it under the line, or over the wall, or into one of his own bases, when the other counts *one*. And so the game continues, until one player or one side has gained a certain number of notches, and is declared the winner. The number of notches to a game is usually fixed at fifteen. Some players practise *volleying*; that is, they strike the ball with the racket before it reaches the ground, without waiting for the rebound. This is perplexing to the adversary, as the ball comes into his ground before he expects it. But on various grounds the practice is objectionable.

## 186 SPORTS, PASTIMES, AND PHYSICAL TRAINING

### RULES ADOPTED BY THE NATIONAL AMATEUR ATHLETIC UNION.

1. The game to be 15 up. At 13 all, the out-players may set to 5; and at 14 all, to 3; provided this be done before another ball is served. ["Set to 5" means that instead of playing the remaining 2 aces of the fifteen, 5 aces are played. "Set to 3," that instead of the remaining one ace 3 are played.]
2. On commencing the game, in a double match, whether odds be given or not, the side going in first to serve shall have but one hand; but in a single match the party receiving odds shall be entitled to them from the beginning.
3. The ball shall be served alternately right and left, beginning on whichever side the server chooses.
4. The server must stand with at least one foot in the "service box," and serve the ball over the line on the front wall and within the proper service-court; otherwise it is a "fault." Serving two faults, missing the ball, or the ball served striking anywhere before it reaches the front wall, is a hand-out.
5. All balls served or played into the galleries, hitting a beam, iron rod, the telltale, or any wood or netting, or above the cement lines of the courts, although they may return to the floor, count against the striker.
6. A ball, to be fair, must be struck before or on the first bound, and must not touch the floor, the galleries, the telltale, or any wood or netting, or above the cemented lines of the courts, before or after reaching the front wall.
7. Until a ball has been touched or bounded twice it may be struck at any number of times.
8. Only the player to whom a ball is served may return it.
9. A ball touching the striker or his partner before the second bound loses a hand or an ace.
10. If a fair ball hit the striker's adversary above or on the knee, it is a "let," and shall be played over; if below the knee, it counts against the striker.
11. The out-players may once only in each game exchange courts to return service.
12. Every player should try to keep out of his adversary's way. When a "hinder" is claimed it shall be decided by the marker.
13. The marker's decision, on all questions referred to him, shall be final. If he is in doubt he should ask advice; and if he cannot decide positively, the ace is to be played over.

### *Squash Ball.*

Squash ball is played in a Racket Court, and is really a variation of the game of Rackets.

#### DEFINITIONS.

- Ace.*—A point won and scored.  
*Court.*—The whole building in which the game is played. One may speak of the right court or of the left court.  
*Service Line.*—A line painted on the front wall eight feet from the floor.  
*Telltale.*—A line painted on the front wall two feet two inches from the floor.  
*Dividing Line.*—The line on the floor dividing the court into two equal spaces.  
*Cross-Court Line.*—A line across the court twenty-three feet from the back wall.  
*Hand In.*—The player who has the right of serving the ball.  
*Hand Out.*—He who has to receive the service.  
*In Play.*—The ball is in play after being served until it has touched the floor twice, or the player, or the board, or has gone out of court.  
*Out of Court.*—A ball is out of court when it touches the roof, posts, cushions, or is driven into the gallery.

The following Rules of Squash are in general use.

#### RULES OF THE GAME.

1. The game to be 21 up. At 19 all, the out players may set it to 5; and at 20 all, to 3, provided this is done before another ball is struck.
2. The going in first, whether odds be given or not, to be decided by spin; but one hand only is then to be taken.
3. The ball is to be served alternately right and left, beginning whichever side the server pleases.
4. In serving, the server must have one foot in the space marked off for that purpose. The one player to whom he serves may stand where he pleases, but his partner, and the server's partner must both stand behind the server till the ball is served.
5. The ball must be served above, and not touching the line on the front wall, and it must strike the floor before it bounds, within and not touching the lines enclosing the court on the side opposite to that in which the server stands.
6. A ball served below the line or to the wrong side is a fault, but it may be taken, and then the ace must be played out and counts.
7. In serving, if the ball strikes anywhere before it reaches the front wall, or if it touch the roof or the gallery, it is a hand out.

## RACKETS, SQUASH BALL, AND COURT TENNIS 187

8. In serving, if a ball touch the server or his partner before it has bounded twice it is a hand out, whether it was properly served or not.

9. Two consecutive faults put a hand out.

10. It is a fault: (a) If the server is not in his proper place; (b) if the ball is not served over the line; (c) if it does not fall in the proper court. The out player may take a fault if he pleases, but if he fails in putting the ball up, it counts against him.

11. An out-player may not take a ball served to his partner.

12. The out-players may change their court once only in each game.

13. If a player designedly stop a ball before the second bound, it counts against him.

14. If a ball hit the striker's adversary above or on the knee, it is a let; if below the knee, or if it hits the striker's partner or himself, it counts against the striker.

15. Till a ball has been touched, or has bounded twice, the player or his partner may strike at it as often as they please.

16. Every player should get out of the way as much as possible. If he can see, the Marker is to decide if it is a let or not.

17. After the service, a ball going out of the court, or hitting the roof or the gallery, in returning from the front wall, or if it hit the roof before reaching the front wall, counts against the striker.

18. The Marker's decision is final; but if he has any doubts he should ask advice, and if he cannot decide positively, the ace is to be played over again.

Different styles of play and players can be suited by some one of the varieties of the game described in the following rules of the game of squash.

### RULES FOR THE SINGLE GAME OF SQUASH.

#### *In a four-walled or three-walled court.*

There are several sets of rules of squash. The following rules are common to all sets:

1. The game is played with a ball, usually of India rubber, and a racket, usually strung with gut. Hand-fives may be played with a hand-ball, and the naked or gloved hands.

2. The spin of the racket, or of a coin, gives the winner the choice of serving or not serving.

3. The serving player must hit the ball direct on to the front wall, above the service line. If he fails to do so, i. e., if he hits the ball onto the side wall first, or below the service line, one fault is scored. Two faults in succession count as if he had lost the rally.

N. B.—(i) Some rules count one single fault in this way. (ii) Some rules allow out hand player to return the first serve if he likes. If he tries to do so, then no fault is scored.

4. The second player must return the ball on to the front wall, above the telltale, before the ball has bounced twice.

5. The players then continue to return the ball alternately. Whichever player first fails to hit the ball above the telltale before the ball has bounced twice, or whichever player hits the ball on to himself before it has bounced twice, loses the rally.

6. A rally shall also be lost by the player who hits the ball out of court, i. e., above the upper boundary line of the front wall or of either side wall or of the back wall.

N. B.—(a) If there is a low back wall, a ball that hits above it after bouncing once is scored as a "let" (see below) according to some rules. If there is no back wall, then a ball which goes beyond the back line is "out of court," as in lawn tennis.

(b) A ball hit on to a line counts as "not up," or as "out," i. e., it counts against the striker.

#### LETS.

7. If one player (A or B) hits on to the other player (B or A) a ball which would otherwise have gone "up," i. e., above the telltale and not out of court, then the rally shall be played over again.

8. If one player (say A) obstructs the other player, then this other player (B) may claim a "let," i. e., may claim to play the rally over again, provided that B has not tried to take the ball. If he has tried it, then, except in very extreme cases—B may not claim a "let."

N. B.—Much is left to the honor of the players; they are not expected to obstruct on purpose, or to claim "lets" too freely.

The varieties in the rules depend partly on the serving and partly on the way of counting the winning of the rally.

#### I. FIRST, OR RACKETS' SCORING.

##### *The game is won by whoever first scores 15 aces.*

"Setting."—At 13 all, the loser of the previous point may choose whether he will play the game straight on (e. g., 14-13), or whether he will "set 3" or "set 5." The two latter mean that a new little game will be started to decide the large game, the new little game being for 3 aces or for 5 aces.

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After 14 all, the loser of the previous point may choose whether he will play the game straight on, or whether he will "set 3." He is not allowed to "set 5." The Match is generally for the best 3 out of 5 games, unless arranged otherwise.

Handicaps usually consist of aces, given to the weaker player, who has a start, e. g., of 7 aces, beginning the game at "7-0," or "7-love," instead of "0-0," or "love all."

Service.—A begins serving from whichever side of the court he prefers. Each player may choose his side for his first service.

A must have at least one foot behind the cross-court line; the other foot may be on the line or behind the line.

A serves direct on to the front wall and above the service line, and hence into the opposite side of the court.

(i) In Rackets the service must pitch (first bounce) into the back sections.  
(ii) In Squash the service may often pitch (first bounce) into the front sections.

Players must arrange beforehand as to which method they will adopt, as the difference between (i) and (ii) is considerable.

After A has scored, B tries to return the ball, before it has bounced twice, above the telltale, but not on to or above the boundary lines; then A tries to return it, and so on, till either A or B loses the rally (see above).

If A, the server, wins the rally, then he scores one ace ("1-0," or "1-love"). If B, the non-server, wins the rally, then he goes in to serve; and if B, the server, wins the next rally, then he scores one ace; and so on, till one player reaches 15 aces.

### II. SECOND SCORING, OR RACKETS' SCORING REVERSED.

The rules here are exactly the same, up to where A has served, and the first rally is won and lost.

If A wins it, then A, the server, does not score an ace—a server can never score an ace—but B now serves.

If A wins again, then A scores an ace ("1-0," or "1-love"). B goes on serving until he wins a rally; then A serves, and B has a chance of scoring an ace.

### III. THIRD SCORING, OR THE EQUAL SERVICES GAME.

This scoring was invented by Mr. Eustace H. Miles.

In this way of scoring, every rally which is won counts as an ace to the winner.

A serves two services, one from each side of the court, according to either set of rules.

Then B serves two services, similarly; and so on, the players serving alternately until one of them has scored 15 aces.

N. B.—The first server, if Rule I (i) is chosen, i. e., if the service is to pitch (first bounce) into one of the back sections of the court, should only be allowed one service.

### IV. FOURTH, OR LAWN TENNIS SCORING.

A serves for one game, scoring as in lawn tennis, except that it is better to have "vantage all" and then a single point to decide the game, than to have "deuce," "vantage," "deuce," "vantage," indefinitely.

B serves for the next game; and so on, until either A or B has scored the set of 6 games.

If "5 games all" is reached, it may be better to play "deuce and vantage games," but to have "vantage all" if the players score 6 games all, and then to let a single game decide the set.

### *Court Tennis.*

King Charles II., playing tennis with a dignified cleric who made a good stroke, exclaimed, "Not a bad stroke for a *dean*!" "I will give it the stroke of a *bishop* if your majesty pleases," was the rejoinder.

Tennis played indoors in a court or room. The court nearly fills an entire building, which is lighted from the roof.

The playing space is 96 by 32 feet, and is surrounded on three sides by a corridor about 6 feet wide, called the Penthouse, with a sloping roof about 7 feet high. The part of the Penthouse at the rear of the court is called the Dedans, and is occupied by spectators. It is separated from the court by an open grating, while the rest of the Penthouse is closed, except for spaces through which the court is entered, and for six small square windows—three in each court. The floor of the court is of smooth asphalt, and the walls are covered with cement and painted black to the height of 18 feet. Across the middle of the court is stretched a net; the space on one side of it is called the Service side, that on the other the Hazard side. On that wall of the Hazard court there is a projection like a chimney, called the Tam-

bour, and in the Penthouse near it, there is a square opening called the Grille. Part of the courts is divided into spaces called Chases, numbered on the wall from 1 to 6. The server stands in the Service court and serves the ball on the wall over the Penthouse. The ball must strike on the Penthouse roof, and then roll off into the receiving court. The player in the Hazard court strikes it on the bound where he likes, so long as it first strikes the ground on the opposite side of the net. Thus, he may strike it against the nearest wall so that it bounds back across the net.

The scoring is as in Lawn Tennis, except that the server may win a point by sending the ball into a "winning opening"—that is, the Grille, or the window in the Penthouse nearest the end wall.

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## SAILING.

### DEFINITIONS AND INSTRUCTIONS.

All sailing vessels are set down under the term ships, but, strictly speaking, a *Ship* is a vessel with three masts that are square-rigged; that is, the yards which support the square-sails are rigged at right angles to the masts. But all the sails are not square, the jib being triangular, and the spanker bowsided, but not square. The *hull* or body of the vessel is divided into the *fore-castle*, before the foremast, the *waist*, between the foremast and mainmast, and the *quarter-deck*, which is *abaft* or behind the mizzen-mast. These masts are fitted with other masts, slipping into each other, and securely connected for the purpose of bearing its appropriate sail. Thus, the foremast or forward one is the *foremast*, and bears the *foresail*; the mast above that is the *foretopmast*, and bears the *foretopsail*; the one above that the *foretop-gallant-mast*, and bears the *foretop-gallant-sail*. The mainmast is divided in the same way into mainmast, maintopmast, and maintop-gallant-mast, which bear severally the mainsail, maintopsail, and maintop-gallant-sail. The mizzen-mast is furnished with a sail rigged on the plane of the vessel's length, or "fore and aft"; and the bowsprit or jib-boom, which projects from the front at more or less of an angle, supports with the foremast a triangular sail called the *jib*, also rigged fore and aft; and has another mast attached to it, called the *flying-jib-boom*, which supports the *flying-jib*. There are usually square sails above the top-gallant-sails, that are called "royals," and distinguished by the names of the masts to which they are attached. Then there are additional sails, projecting on either side of the square-sails, that are used in light winds, called *studding-sails*, and the *booms*, which support them, are attached to the extremities of the several yards. Between the masts are also triangular sails, called *stay-sails*.

A *Brig* is rigged on the same principle as the ship, but has only two masts; being a ship, as it were, with the mainmast taken out.

A *Schooner* is a vessel with two masts, rigged fore and aft. She may carry gaff-topsails, which are triangular sails, set above the main- and fore-sails, or one or two square topsails before. In the last case she is usually called a "topsail schooner." A schooner has sometimes three masts, and is known as a *three-masted schooner*, or as a *ship-rigged fore and aft*.

A *Brigantine* is a schooner, with square sails on the foremast, foretopmast, and foretop-gallant-masts; being a topsail schooner, with the addition of a foresail.

An *Hermaphrodite Brig*, vulgarly called a "*morfydite*," is brig-rigged fore, and schooner-rigged aft. It is almost peculiar to this country.

A *Sloop* is a vessel with one mast, and the sails, which consist of a mainsail, jib, and gaff-topsail, rigged in the plane of its length. The North River sloops are celebrated for their fast sailing.

The *Yawl* is sloop-rigged with a mainsail so short that the boom leaves room for a small mast, called a jigger-mast, back of the stern-post, which carries another sail, called a jigger. It is a very handy rig, as sail can be easily shortened if the wind blows hard, either by taking in the mainsail or sailing under the jib and jigger alone, or taking in the two latter and using the mainsail alone.

The *Sharpie* is a long flat-bottomed sailboat built very sharp in the bow, fitted with a centreboard and leg-o'-mutton or sprit sail, that is a sail extended by a sprit, and very useful in shallow water. It is often built with cabins and decks like other yachts.

The *Cat-Boat* has one mast and sail, like a sloop without a jib. The forward part is decked over and the mast is set close to the stem. Cat-boats are generally built wide and shallow and are fitted with a centreboard. They are sometimes large enough to have a cabin forward.

#### *Characters of a Yacht.*

Speed, safety, and accommodation are the three first qualities of a yacht. She ought to be pleasing to the eye when afloat, of such a breadth as to carry