



SQUASH GUIDELINES

(Applicable for Championships conducted in 2026)

Updated On: 8th July 2026

For queries related to the championship guidelines
please reach out to your city managers





Age Group	Event No.	Gender	Cut Off Dates
U-9	1	Boys	Born on or After 1st January 2018
	2	Girls	
U-11	3	Boys	Born on or After 1st January 2016
	4	Girls	
U-13	5	Boys	Born on or After 1st January 2014
	6	Girls	
U-15	7	Boys	Born on or After 1st January 2012
	8	Girls	
U-17	9	Boys	Born on or After 1st January 2010
	10	Girls	
U-19	11	Boys	Born on or After 1st January 2008
	12	Girls	

As per Athrise guidelines a player can participate in only **ONE** event category

RULES & REGULATIONS

- Every Participant must always carry his/her school ID along with age proof during the tournament. No Participant will be allowed to play his/her match if they do not have their school ID along with valid age proof (Aadhar Card preferred).
- Participants must wear appropriate apparel for the sport of Squash. Only non-marking / gum sole shoes will be permitted while playing matches.

TOURNAMENT FORMAT

- The tournament format will be finalized based on participation across all and event categories for both, Boys and Girls.
- The matches will be a best of 3 games of 11 points each up till the Pre-Quarter Finals.
- The Quarter Finals, Semi Finals and Finals will be a best of 5 games of 11 points each. Each Participant can participate in one age category only.