



2023 Canada Winter Games Squash Technical Package



Technical Packages are a critical part of the Canada Games. They guide the selection of athletes by prescribing the age and eligibility requirements, assist the Host Society by detailing competition formats and scoring procedures, assist Provincial/Territorial (P/T) Chefs de Mission in verifying eligibility, help with budgeting by describing the number of participants permitted, advance coach certification by stating minimum requirements, and generally contribute to athlete development by identifying each National Sport Organization's (NSO) version of athletes in the "Train to Compete" phase of its Long Term Development (LTD) model, or other suitable phase of LTD as justified by the NSO.

Technical Packages are developed 36 to 24 months prior to the Canada Games primarily by NSOs, following the Canada Games Council's (CGC) [Principles that Govern Technical Packages](#). As the overall governing body of the Games, the CGC has the ultimate authority over Technical Packages, but this authority is exercised only with the knowledge and understanding of the concerned NSO.

Relevant Games stakeholders, specifically Provincial/Territorial Sport Organizations (P/TSOs) and P/T team staff, are encouraged to review the Technical Package in detail to ensure a thorough understanding. If an individual wishes to seek clarification or initiate a change to a Technical Package leading up to a Games, the request should be first directed to the NSO or the Chef de Mission. The NSO or Chef de Mission will submit the requested change or clarification to the CGC for consideration. Timelines for requesting changes to major elements of the Technical Package (i.e. team sizes, age categories, eligibility restrictions, events, competition formats) are outlined in the Principles that Govern Technical Packages. Minor corrections will be considered at almost any time, but will be increasingly difficult to achieve within six [6] months of the Games. These time frames reinforce the importance of complete understanding of the Technical Package by Games stakeholders early.

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2023 Canada Winter Games Squash Technical Package

1. SPORT: SQUASH

2. PARTICIPANTS

2.1. Athletes

4 Male, 4 Female

All registered athletes must intend to compete in at least one event.

2.2. Staff

1 Coach
1 Manager

OR

2 Coaches

If female athletes are being sent, one staff member must be female.

If male athletes are being sent, one staff member must be male.

2.3. Additional Team Staff*

- Apprentice Coach
 - See [Women in Coaching Canada Games Apprenticeship Program](#)
 - See [Aboriginal Apprentice Coach Program](#)
 - Apprentice coaches have the same access as athletes and team staff.

- Venue Pass Holder
 - See [Venue Pass Holder Policy](#)
 - Venue Pass Holders do not have access to the field of play
 - Venue Pass Holder's venue access
 - Sport Operational Zone (Zone 2)
 - Back of House Zone (Zone 3)

* Additional team staff positions are administered by the P/T Team. Positions must be applied for based on each P/T Team's process. For information pertaining to the process in your P/T contact your Chef de Mission.

2.4. Support for Participants

The Canada Games Council recognizes there can be barriers to participation/attendance at the Canada Games. The below policies have been developed to provide support to participants when required:

- [Support for Nursing Mothers Policy](#)
- [Participant Assistant Policy](#)

3. CLASSIFICATION

2 Males Under 17 as of March 5, 2023. Date of birth: March 6, 2006 or later.

2 Males Under 19 as of March 5, 2023. Date of birth: March 6, 2004 or later.

2 Females Under 17 as of March 5, 2023. Date of birth: March 6, 2006 or later.

2 Females Under 19 as of March 5, 2023. Date of birth: March 6, 2004 or later.

4. ELIGIBILITY

4.1. Athletes

All athletes must meet the eligibility regulations outlined in CGC's [Eligibility Policy](#).

To be eligible to compete an athlete must be available to compete from the first day of squash competition until the last day of the squash competition (including any days allotted for practice).

Excluded from the Canada Games are:

- Senior National Team Members - Defined as: Athletes who have held an SR, SR1, SR2 or C1 card at any time; and/or athletes who are part of (on the roster of) a standing Senior National Team (i.e. recognized as a Senior National Team member regardless of event participation)
- Athletes who have previously competed at the following events:
 - Senior World Championships

- Pan American Games
- Commonwealth Games

No athlete can be rendered ineligible within 90 days of the opening of the Games due to National Team status, carding status or competing in an excluded event (i.e., if an athlete is granted National Team status for the first time, carding status or competes in an excluded event after November 20, 2022 they will still be considered eligible to compete at the 2023 Canada Games).

* Athletes who hold a C1 card (as defined by Sport Canada’s Athlete Assistance program) or are in their first year of Senior National Team status may be deemed eligible on a case by case basis. Requests must be submitted to the respective P/T Team Chef de Mission and approved by the Canada Games Council’s Eligibility Committee.

4.2. Coaches

Coaches registered in the Canada Games electronic registration system must be certified under the National Coaching Certification Program (NCCP) Competition Stream, Development Context (certified status) in Squash.

Coaches must be so certified no later than 90 days prior to the opening ceremony (November 20, 2022).

Please note that “NCCP Competition-Development Certified, Not Renewed” does not qualify under the coaching standards for the 2023 Canada Winter Games.

Please refer to the CGC’s [Coach Certification Policy](#) for additional information:

For more information on the coach certification pathway for Squash, please see Appendix 1.

5. **COMPETITION**

5.1. Overall Format

For both the individual competition and team competition, each match will be played in a best 3 out of 5 games format to determine the winner. The match will

be conducted under the PAR 11 scoring system as approved by the World Squash Federation.

There will not be any ties in the games or matches of play.

Practice time will be allowed prior to the event starting and throughout the duration of the event if time permits. A schedule will be made available closer to the Canada Winter Games starting as part of the Master Schedule. Practice time must be booked in advance as outlined in the process made available prior to the Games.

5.1.1. Team Competition

The team competition will consist of one event held for women and one for men.

During the first stage of the competition (Preliminary Round), the teams will be seeded (see section 5.3 - Seeding) and placed in pools and will play a round robin competition (all play all) within their pool.

During the second stage of the competition (Playoff Round), teams will be placed based on their round robin results and will compete in placement pools to determine the final ranking of all teams.

Note: All ties in the Preliminary Round and Playoff Round will be broken by the [Squash Canada Tie-Breaking Policy](#). In the case of high/low placements for the Playoff Round, ties will be broken by round robin record and if records are tied, the Squash Canada Tie-Breaking Policy then applies.

12 Team Encounter Format:

Preliminary Round: 4 pools with 3 P/Ts in round robin (teams placed in pools based on seedings)

- Pool A: 1-8-9
- Pool B: 4-5-12
- Pool C: 2-7-10
- Pool D: 3-6-11

Upon completion of the Preliminary Round, only teams tied within their pool will have the tie broken by the Squash Canada Tie-Breaking Policy

to determine placement for the Playoff Round.

- Championship Pool (1st-4th) – 1st place teams in Pool A/B/C/D
- Consolation Pool (5th-8th) – 2nd place teams in Pool A/B/C/D
- Consolation Pool (9th-12th) – 3rd place teams in Pool A/B/C/D

11 Team Encounter Format:

Preliminary Round: 2 pools of 4 P/Ts & 1 pool of 3 P/Ts in round robin (teams placed in pools based on seedings)

- Pool A: 1-6-7
- Pool B: 2-5-8-11
- Pool C: 3-4-9-10

Upon completion of the Preliminary Round, only teams tied within their pool will have the tie broken by the Squash Canada Tie-Breaking Policy to determine placement for the Playoff Round.

- Championship Pool (1st-4th) – 1st place teams in Pool A/B/C & high 2nd place team in Pool B or C
- Consolation Pool (5th-8th) – low 2nd place team in Pool B or C & 2nd place team in Pool A & 3rd place teams in Pool B/C
- Consolation Pool (9th-11th) – 3rd place team in Pool A & 4th place teams in Pool B/C

10 Team Encounter Format:

Preliminary Round: 1 pool of 4 P/Ts & 2 pools of 3 P/Ts in round robin (teams placed in pools based on seedings)

- Pool A: 1-6-7
- Pool B: 2-5-8
- Pool C: 3-4-9-10

Upon completion of the Preliminary Round, only teams tied within their pool will have the tie broken by the Squash Canada Tie-Breaking Policy to determine placement for the Playoff Round.

- Championship Pool (1st-4th) – 1st place teams in Pool A/B/C & 2nd place team in Pool C
- Consolation Pool (5th-7th) – 2nd place teams in Pool A/B & 3rd place team in Pool C
- Consolation Pool (8th-10th) – 3rd place teams in Pool A/B & 4th place team in Pool C

9 Team Encounter Format:

Preliminary Round: 3 pools of 3 P/Ts in round robin (teams placed in pools based on seedings)

- Pool A: 1-6-7
- Pool B: 2-5-8
- Pool C: 3-4-9

Upon completion of the Preliminary Round, only teams tied within their pool will have the tie broken by the Squash Canada Tie-Breaking Policy to determine placement for the Playoff Round.

- Championship Pool (1st-4th) – 1st place teams in Pool A/B/C & high 2nd place team in Pool A or B or C
- Consolation Pool (5th-9th) – low 2nd place teams in Pool A or B or C & 3rd place teams in Pool A/B/C

8 Team Encounter Format:

Preliminary Round: 2 pools of 4 P/Ts in round robin (teams placed in pools based on seedings)

- Pool A: 1-4-5-8
- Pool B: 2-3-6-7

Upon completion of the Preliminary Round, only teams tied within their pool will have the tie broken by the Squash Canada Tie-Breaking Policy to determine placement for the Playoff Round.

- Championship Pool (1st-4th) – 1st place teams in Pool A/B & 2nd place teams in Pool A/B-
- Consolation Pool (5th-8th) – 3rd place teams in Pool A/B & 4th place teams in Pool A/B

7 Teams or less Encounter Format:

Teams will compete in a Single Pool Round Robin format with no playoffs to determine final placement.

Upon completion of the Single Pool Round Robin format, teams that are tied will have the tie broken by the Squash Canada Tie-Breaking Policy to determine final placement.

5.1.2. Individual Competition

The individual competition will consist of one event held for women, and one for men. Each Province/Territory will be permitted to enter two women and two men.

This format will feature a 24-player draw. The top 8 players will receive a BYE to the Round of 16 as based on section 5.3.2 “Seeding - Individual Competition”. The losers in the Round of 32 and Round of 16 will be

eliminated. The players that advance to the Quarterfinals will then playdown for positions 1 to 8 accordingly using a Championship bracket (1st-4th) and Consolation bracket (5th-8th).

Should a Province/Territory not wish to participate in the individual event, they must notify Squash Canada by Saturday, January 29, 2023 (30 days prior to the start of Canada Games competition). Any position not taken by a Province/Territory will constitute a BYE being inserted into the draw (no Province/Territory can have three players in the Individual Competition).

No player substitutions can be made within 12 hours of the start of the event, and no substitutions can be made during the event. Any withdrawal of seeded players made prior to the 12 hour window will result in the draw being reseeded.

5.2. Player Ranking

5.2.1. Team Competition

A team will consist of 4 men or 4 women whose names and player ranking must be submitted to the Squash Canada National Office by Saturday, January 29, 2023 (30 days prior to the start of Canada Games competition). Regardless of age, the team must be submitted in order of playing strength and may not change during the course of the event.

5.2.2. Individual Competition

Provinces/Territories may determine their own internal selection procedures, providing it is published and communicated to athletes at least 12 months prior to the start of the Games for transparency reasons, a copy of which must be filed with the Squash Canada Technical Representative and Squash Canada Office.

5.3. Seeding

5.3.1. Team Competition

A Squash Canada *CWG Seeding Committee* will be responsible for determining the seeding of the team competition. The seeding is absolute, with a significant extenuating circumstance clause being the only reconsideration (i.e. prolonged injury, lack of Canadian interactions, etc.).

5.3.2. Individual Competition

A Squash Canada *CWG Seeding Committee* will be responsible for determining the seeding of the individual competition. The seeding is absolute, with a significant extenuating circumstance clause being the only reconsideration (i.e. prolonged injury, lack of Canadian interactions, etc.).

5.4. Order of Play (Team Competition Only)

For each encounter between teams, there will be four matches. “Dead rubbers” are to be played out in all rounds (Preliminary Round and Playoff Round).

The number one ranked player will always play third. The following Playing Order laid out in this Technical Package is pre-set and cannot be changed:

- Day One (2-3-1-4)
- Day Two (3-2-1-4)
- Day Three (4-2-1-3)
- Day Four (2-4-1-3)
- Day Five (3-4-1-2)
- Day Six (4-3-1-2)
- If more than 6 days of competition, the Playing Order reverts back to Day One.

5.5. Arrival at Encounter, and Timing Thereafter

Athletes will not be allowed to practice on the same court as their match for the two hours preceding the scheduled commencement time of the encounter unless scheduling and court availability permit.

5.5.1. Team Competition

All team members must sign in with their Canada Winter Games accreditation prior to the scheduled commencement time of each encounter with the Assistant Tournament Referee. This should occur 15 minutes prior to each encounter. All team members (4) must be present at the scheduled commencement time of each encounter. The first player scheduled to play in an encounter (as determined by section 5.4 - Order of Play) must be prepared to go onto court immediately at the scheduled commencement time of the encounter.

If not all team members are present at the scheduled commencement time of the encounter, then the team shall compete with less than a full team as described in section 5.6.

If no member of a team is present at the scheduled commencement time of the encounter:

- a. The first scheduled match shall be defaulted. The defaulted match will be scored as 3-0 in games and 33-0 in points.
- b. For each 10-minute interval thereafter that there are no members of the team present, then the subsequently scheduled matches shall be defaulted.

5.5.2. Individual Competition & Team Competition

If a player is not present at the scheduled commencement time of the encounter, the missing player is given 10 minutes to arrive and commence the match. Should the player not arrive after 10 minutes, the match shall be defaulted. The defaulted match will be scored as 3-0 in games and 33-0 in points.

If a player is injured prior to the start of a scheduled match, that player is to notify the Tournament Referee prior to the start of the match. The match will be deemed a walkover and scored as 3-0 in games and 33-0 in points.

If a player is forced to retire as a result of an injury through no fault of the opponent, the opponent will be declared the winner and will advance in the draw, and the match will be recorded as 3-0 in games and 33-0 in points.

If a player is forced to retire as a result of an injury deemed to be the fault of the opponent by the match referee, the injured player will be declared the winner and the score of the match will be recorded as 3-0 in games and 33-0 in points.

5.6. Competing with Less Than a Full Team

If a team has fewer than 4 players for any reason (injury, illness or other), then the default(s) will occur in the vacant position. A defaulted match will be scored as 3-0 in games and 33-0 in points. If a player in the process of playing a match must default due to injury or illness, then the order will not be affected.

A team coach/manager may protest to the Tournament Referee if he/she has evidence that a player on an opposing team is likely to compete, or has competed, when unfit.

5.7. Coaching

For both the individual and team competitions, only the respective Provincial/Territorial Coach(es) or Manager are permitted to offer coaching to an athlete between games. While it cannot be guaranteed, efforts will be made in the scheduling process to decrease the likelihood that Provincial/Territorial male and female teams will play at the same time.

5.8. Rules of the Game

Squash will be played according to the WSF Rules of the Game and Squash Canada's Eyeguard Policy and Code of Conduct.

The following outlines the eye-guard protocol:

In the event:	The referee shall:
A player loses eye-guards through collision with opponent.	Stop play and play a let.
A player loses eye-guards through own fault.	Stop play and award a stroke to the opponent.
A player removes eye-guards during a rally.	Stop play and award a stroke to the opponent.
Incorrect eye-guards are found during or after the rally	Stop play and award a stroke to the opponent and order the player to change eye-guards.
A player requests to clean eye-guards after a rally.	Allow only the time necessary to do so.

6. TIE BREAKING RULES - COMPETITION

All rules regarding potential ties are outlined in section 5 above.

7. REGISTRATION & EVENT ENTRIES

7.1. Canada Games Council Registration Deadline

All participants (athletes, coaches, managers and additional team staff) must be registered in the Canada Games electronic registration system no later than 14 days prior to the Opening Ceremony (February 4, 2023).

7.2. Squash Canada Entry Deadline

Player names and rankings must be submitted to the Squash Canada National Office by Sunday, January 29, 2023. Entries will be confirmed at the Coach/Manager meeting held prior to the first event.

8. SPORT SCORING POINTS

Sport scoring points are a tool used to determine the performance of a P/T Team across all events within a sport. At the conclusion of an event, sport scoring points will be awarded using the following criteria:

8.1. Individual Events

- Each event will be scored separately
- Athletes will be ranked from first through last place
- The two (2) athletes (per gender) from each P/T competing in the singles events will count for count scoring points
- Sport scoring points will be awarded based on the chart below

Pos	PTS	Pos	PTS
1st	100	6th	83
2nd	97	7th	80
3rd	94	8th	77
4th	91	9-16th	62
5th	86	17-24th	50

8.2. Team Events

- Teams will be ranked from first through last place
- Each event will be scored separately
- Sport scoring points will be awarded based on the chart below

Placing	Points	Placing	Points	Placing	Points
1st	150	6th	100	11th	50
2nd	140	7th	90	12th	40
3rd	130	8th	80	13th	30
4th	120	9th	70		
5th	110	10th	60		

9. FLAG POINTS

Games to Games performance by a P/T Team at the Canada Games is measured by accumulated Flag Points. Every P/T Team is awarded Flag Points for its ranked performance in each sport in which it competes.

In Squash, Flag Points will be awarded separately for female and male events based on the total of sport scoring points awarded.

After ranking the P/T Teams from first to last, and after any ties have been resolved as detailed in Section 10 (Tie Breaking Rules - Flag Points), Flag Points will be awarded as follows:

Placing	Points	Placing	Points	Placing	Points
1st	10	6th	5	11th	1.5
2nd	9	7th	4	12th	1
3rd	8	8th	3	13th	0.5
4th	7	9th	2.5		

5th	6	10th	2		
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10. TIE BREAKING RULES - FLAG POINTS

The sport scoring point structure eliminates the possibility of any ties.

11. MEDALS

The Canada Games will award medals to athletes only.

Gold: 10	One for each athlete of the 1 st place men's team, one for each athlete of the 1 st place women's team; one for the men's individual champion, one for the women's individual champion.
Silver: 10	One for each athlete of the 2 nd place men's team, one for each athlete of the 2 nd place women's team; one for 2 nd place men's individual, one for 2 nd place women's individual.
Bronze: 10	One for each athlete of the 3 rd place men's team, one for each athlete of the 3 rd place women's team; one for 3 rd place men's individual, one for 3 rd place women's individual.

12. COMPETITION UNIFORM

Squash Canada adheres to the Canada Games Council's [P/T Team Uniform and Sponsorship Policy](#).

Competitive uniforms will be appropriate competitive squash attire and adhere to the Squash Canada Clothing Regulations Policy (currently under revision).

Competitive uniforms are to be all white or in Provincial/Territorial colours as designated in CGC's [P/T Team Uniform and Sponsorship Policy](#), and must bear the name of the player's province/territory on the back of the shirt. Uniform markings are restricted to:

- a. Shirt back: name of province/territory, characters not to exceed 15cm
- b. Shirt front, to a maximum of 60 square centimeters:
 - i. 1 provincial/territorial logo,

- ii. 1 uniform manufacturer's name or trademark logo.
- c. Shorts or skirts, to a maximum of 60 square centimeters:
 - i. 1 provincial/territorial logo,
 - ii. 1 uniform manufacturer's name or trademark logo.

Canada Games Council P/T Team Uniform and Sponsorship Policy (Appendix C)		
Province/Territory	Primary Colour(s)	Trim Colour(s)
Yukon	Black, White	Purple, Red
Northwest Territories	Navy Blue	White, Sky Blue
Nunavut	Red, Yellow	Royal Blue, White
British Columbia	Blue, Red	White
Alberta	White, Royal Blue	Grey
Saskatchewan	White	Green
Manitoba	Gold, White	Black, Grey
Ontario	Red	White
Quebec	Blue, Beige, White	
New Brunswick	Forest Green	White, Black
Nova Scotia	Royal Blue	White
Newfoundland and Labrador	Maroon	White, Grey

13. EQUIPMENT

The Official Ball will be named from Squash Canada's sanctioned balls, by December 1, 2022, taking into account environmental and competitive conditions.

Eye-guards: "All juniors who are members in good standing of Squash Canada shall appropriately wear eye-guards that are on Squash Canada's list of acceptable protective eyewear, in any Squash Canada sanctioned on-court events."

14. PROTEST & APPEALS

14.1. Canada Games Council Appeal Policy

Appeals relating to the Squash Technical Package or any decisions made by the CGC will be made in accordance with the CGC's [Appeal Policy](#).

14.2. Competition Protests

Should a team or individual wish to protest an outcome involving their encounter, they must:

NOTE: a referee's decision during a match may not be protested.

a. Protest

- i. The Coach/Manager must indicate their intention to protest on the 'Encounter Report Form', at the completion of the encounter/match.
- ii. The Coach/Manager must complete a 'Protest Form', accurately describing the event and their cause for protest, and submit this form to the Tournament Referee within 30 minutes of the completion of the encounter. The result of the encounter/match will be deemed 'Unofficial'.
- iii. The Tournament Referee will render a decision on the protest and announce to both teams involved in the encounter or both players involved in the match.

b. Appeal

- i. Should a team or individual wish to pursue an appeal, they have one hour from the time the Tournament Referee announced the decision on the protest. The Tournament Referee will inform the Adjudication Panel of the appeal immediately and will forward all pertinent documentation to the Adjudication Panel. The Adjudication Panel will gather at the first opportunity to discuss the appeal with the Tournament Referee.
- ii. The Adjudication Panel's decision will be rendered, and notification will be made to the coach/manager of each team/player involved. The decision of the Adjudication Panel is final. The result of the encounter/match will be deemed official and posted as the 'Official Result'.
- iii. An appeal may be heard only if there are sufficient grounds for appeal. The sufficient and eligible grounds for appeal are:
 1. The tournament referee was biased against the individual or team or there is reasonable perception of bias against the individual or team.
 2. The established protest process was not followed.
 3. New information has become available since the original protest, which has significant bearing on the decision.
 4. The original protest decision was based on irrelevant facts or questionable information that may not be accurate or factual.

5. The tournament referee's decision was beyond his/her authority to make.
6. The penalty far exceeds the infraction.

The Squash Canada Adjudication Panel will consist of four people: Squash Canada Technical Representative (Chair), Squash Canada Adjudicator (Major Technical Official), Squash Canada Programs Manager, and CWG Sport Lead (non-voting).

15. ANTI-DOPING

The CGC adopts the Canadian Anti-Doping Program (CADP) Covenant as a fundamental commitment to engage in a cooperative and collaborative effort to eliminate doping in sport and to support harmonized, coordinated and effective anti-doping measures in Canada. Any Canada Games participant (athlete, coach, manager, technical support, or other person) found to have committed an anti-doping rule violation at the Canada Games (as determined pursuant to the CADP) will be subject to all of the penalties and consequences, as outlined in the [Canadian Anti-Doping Program](#).

16. APPENDICES

Please review the attached appendices as they form an integral part of this technical package.

- APPENDIX 1 - Coach Certification Requirements
- APPENDIX 2 - Performance Guidelines
- APPENDIX 3 - Concussions and Other Injuries
- APPENDIX 4 - Definitions

APPENDIX 1 - COACH CERTIFICATION REQUIREMENTS

To become a Competition-Development Certified coach in squash, the following are required:

- Sport Specific Courses
 - a. Provincial Coaching Course

- NCCP Multi-Sport Courses
 - a. Developing athletic Abilities
 - b. Coaching & Leading Effectively
 - c. Prevention & Recovery
 - d. Managing Conflict
 - e. Leading Drug-Free Sport
 - f. Psychology of Performance

- Required Projects/Papers
 - a. Annual Training Plan
 - b. Training Session Planning
 - c. Program Management

- Evaluations
 - a. NCCP Making Ethical Decisions online evaluation
 - b. NCCP Managing Conflict online evaluation
 - c. NCCP Leading Drug-Free Sport online evaluation
 - d. Sport specific formal observations:
 - Support at the Competition Site
 - Video Analysis of Competitive Performance
 - Training Session

For additional information regarding the Squash coaching pathway, please see Squash Canada's website [here](#).

APPENDIX 2 - PERFORMANCE GUIDELINES

The following Performance Guidelines have been established by the respective NSO, at the request of the CGC and the Federal-Provincial/Territorial Sport Committee (FPTSC), to reflect the expected training and/or performance parameters of a typical Canada Games athlete in the Training to Compete phase of LTAD. These Performance Guidelines have been developed as a tool for P/T teams to use at their discretion in the training and selection of their Canada Games teams. These Guidelines are not required selection criteria.

Squash Canada recognizes the Canada Winter Games program as ranging from Provincial to National level in the Athlete Pathway. Participating athletes will be in the **Training to Train** and **Training to Compete LTD stages** and will use this event as a springboard to national and international level competition.

Training Guideline Matrix:

LTD Stage	Training to Train <ul style="list-style-type: none"> - Males: 12-16 years old - Females: 11-15 years old - Training age: 4-6 years 	Training to Compete <ul style="list-style-type: none"> - Males: 16-23 years old - Females: 15-21 years old - Training age: 7-10 years
Competition	<ul style="list-style-type: none"> - 6-12 Provincial/National events annually 	<ul style="list-style-type: none"> - 10-16 Provincial/National/International events annually
Training Load	<ul style="list-style-type: none"> - 6-10 hours weekly 	<ul style="list-style-type: none"> - 12-18 hours weekly
Technical	<ul style="list-style-type: none"> - Squash specific skills - Increase emphasis on movement - Acquire/perfect height, speed, distance, direction and spin - Develop error correction 	<ul style="list-style-type: none"> - Maintenance of squash specific skills - Use of disguise/deception - Increase emphasis on performing technique under pressure
Tactical	<ul style="list-style-type: none"> - Introduce open and closed strategies - Strength/weakness analysis - Pattern recognition - Identify and correct tactical errors 	<ul style="list-style-type: none"> - Advanced pattern recognition - Develop wide variety of tactics - Ability to vary tactics/strategies under pressure and within match play

Physical	<ul style="list-style-type: none"> - Flexibility/suppleness - Speed - Aerobic power and capacity - General strength endurance 	<ul style="list-style-type: none"> - Specific muscle power - Specific muscle endurance - Speed/strength - Maximal strength
Psychological	<ul style="list-style-type: none"> - Regularly planned mental sessions - Goal setting - Awareness training - Macro yearly planning instrument 	<ul style="list-style-type: none"> - Self evaluation - Visualization - Relaxation/focus training - Micro yearly planning instrument
Other	<ul style="list-style-type: none"> - Intro to nutrition - Warm-up/cool-down routines - Other sports for physical literacy 	<ul style="list-style-type: none"> - Advanced nutrition/hydration - Injury prevention/management - Travel planning

Please reference Squash Canada’s [“Beyond the Nick” Long Term Development Framework](#) for more information.

APPENDIX 3 - CONCUSSIONS & OTHER INJURIES

A player who experiences a suspected concussion during a match must undergo an examination by the Host Society assigned doctor in accordance with the protocols established within the Squash Canada Concussion Policy along with the Squash Canada Concussion Protocol and Squash Specific Return to Play Strategy. The referee may temporarily suspend play for up to three minutes whenever an incident of suspected concussion occurs. The referee may only allow the injured player to continue playing with the authorization of the Host Society doctor, who will have the final decision. In the case of a suspected concussion, or another serious injury/illness that may put the athlete or other athletes at risk of further injury/illness, the Host Society medical team has the authority to officially remove the athlete from competition. Where an athlete has been examined by the Host Society appointed doctor or a member of the medical team, the athlete will not be permitted to return to competition until they are officially cleared by the Host Society medical team. More details regarding withdrawal/return to play can be found in the CGC's Withdrawal from Competition Policy.

APPENDIX 4 - DEFINITIONS

Sport Lead: Is named by the Host Society, and shall direct the competition as head of the local Sport Organizing Committee.

Technical Representative: Is named by Squash Canada, and shall assist the Host Society's Sport Organizing Committee with planning and staging the Games and to act as the NSO's representative to the Sport Organizing Committee. The Technical Representative also serves as Chairperson of the Adjudication Panel. The Technical Representative will work in conjunction with the Squash Canada office.

Tournament Referee: Is named by Squash Canada and shall assist with the selection of officials (in conjunction with Squash Canada office) and oversee scheduling of all officials. The Tournament Referee will liaise with the host Sport Organizing Committee on preparations for officiating. The Tournament Referee shall also serve as the arbitrator of protests.

Squash Canada Adjudication Panel: The Squash Canada Adjudication Panel will consist of four people: Squash Canada Technical Representative (Chair), Squash Canada Adjudicator (Major Technical Official), Squash Canada Programs Manager and CWG Sport Lead (non-voting). The Panel will hear all appeals (after 48 hours prior to the Games) and will be responsible for all disciplinary matters. The decision of the Adjudication Panel will be final.

Squash Canada 'CWG Seeding Committee': The Squash Canada 'CWG Seeding Committee' will be responsible for determining the seeding of the Team Competition and Individual Competition and will be selected by the Squash Canada Office.

Encounters: Are between opposing teams.

Matches: Are between opposing players.

Player Ranking: Is the position an athlete occupies, in order of strength, on their team, from 1 to 4.

Team Seeding: Is how a team is ranked relative to all competing teams, from 1 to 13.

Order of Play: Is the order the ranked athletes will compete on that day of competition (e.g. 2-3-1-4).