



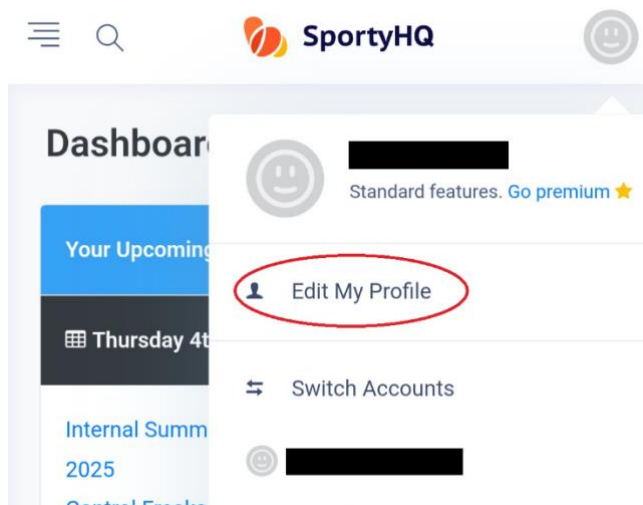
How to Join the Squash Box Leagues

1. Create a SportyHQ Account

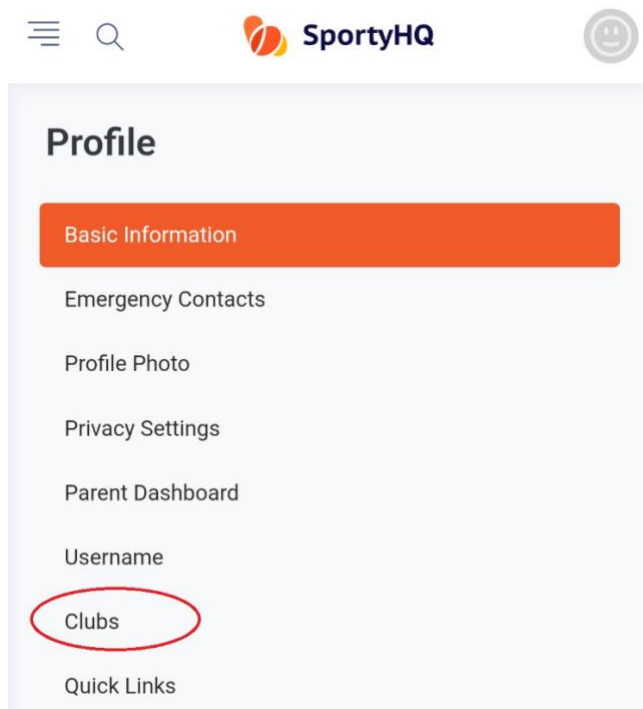
- Create an account via [SportyHQ: Web-based sports competition and membership platform](#)

2. Adding a Club

- Click on 'Edit My Profile'.



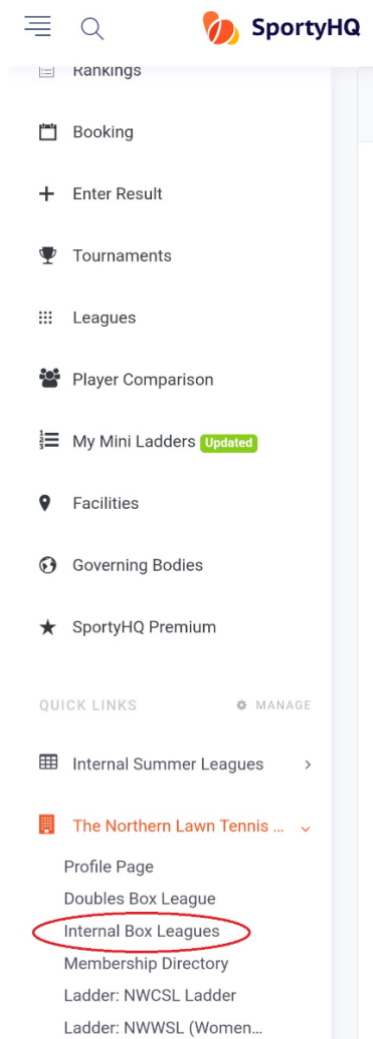
- Click on 'Clubs'.



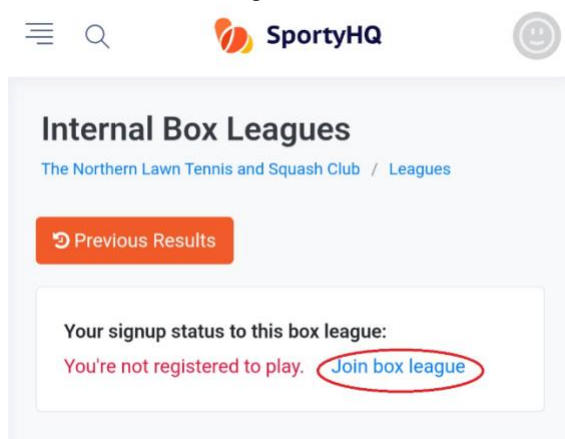
- Follow instructions to add a club, if not listed as The Northern.

3. Join Box Leagues

- Select 'Internal Box Leagues'



- Select 'Join Box League'



4. Addition to Box Leagues

- Players who register will be added to the next box league cycle.
- There will be no additions during an active league cycle.
- Where possible, new players will be added at an appropriate level based on knowledge of the player and Squash Levels.

Squash Box League Guide

1. League Format

- Boxes of four to seven players.
- Each league cycle will last 6 weeks. However, this may be adjusted occasionally.
- Players should aim to play all matches within a cycle but must play a minimum of two matches.
- Where possible, new players will be added at an appropriate level based on knowledge of the player and Squash Levels.

2. Match Rules

- Matches are best of 5 games.
- Games must use PAR 11 scoring, to two clear points.
- Matches should be scored by both players. A separate marker may be used if agreed by both players. This must be organised by the players.

3. Box Scoring System

Match Score	Box Points
0-3	1
1-3	2
2-3	3
3-2	4
3-1	5
3-0	6

4. Arranging Matches

- Players are responsible for arranging matches.
- Contact may be made via the email prompt on SportyHQ or utilising the Membership Directory on SportyHQ.

5. Submitting Results

- Submit scores via SportyHQ.

6. Promotion & Relegation

- At the end of each league cycle players will be promoted, remain in the box or be relegated. The detail of this will be dependent on player numbers.

7. Injuries & Absences

- If injured or unavailable during an active box cycle, please inform the organiser and remove yourself from the system until able to play.

8. Conduct & Disputes

- Matches should be played in good spirit and fair play.
- Any disputes should be referred to the organiser if an agreed outcome cannot be achieved between players.
- Poor behaviour may result in removal from future leagues.

9. What Happens if Matches Are Not Played?

Reason	Action	Re-Entry Basis
Persistent non-participation	Removal from the league	Last box
Non -participation for one cycle (non-injury)	Removal from the league	Previous box, dependant of any changes to box structure