**STANDARD DOUBLE YELLOW DOT - Competition Ball**

- Diameter: 40.0 mm. ± 0.5 mm.
- Weight: 24.0 g. ± 1.0 g.
- Seam Strength: 8.0 N/mm. (minimum)
- Stiffness @ 23 ºC: 3.2 N/mm. ± 0.4 N/mm.
- Rebound Resilience - From 254 centimetres:
  - @ 23 ºC: (12% minimum)
  - @ 45 ºC: 25% - 30%

Official ball used in professional squash tournaments as prescribed by the World Squash Federation. Used by professional squash players.

**STANDARD SINGLE YELLOW DOT - Club Ball**

- Diameter: 40.0 mm. ± 0.5 mm.
- Weight: 24.0 g. ± 1.0 g.
- Seam Strength: 8.0 N/mm. (minimum)
- Stiffness @ 23 ºC: 3.2 N/mm. ± 0.4 N/mm.
- Rebound Resilience - From 254 centimetres:
  - @ 23 ºC: (15% minimum)
  - @ 45 ºC: 30% - 35%

Same size and weight as the competition ball but slower. Used in clubs and club competitions.

**HIGH ALTITUDE SQUASH BALL**

- Diameter: 40.0 mm. ± 0.5 mm.
- Weight: 24.0 g. ± 1.0 g.
- Seam Strength: 8.0 N/mm. (minimum)
- Stiffness @ 23 ºC: 3.2 N/mm. ± 0.4 N/mm.
- Rebound Resilience - From 254 centimetres:
  - @ 23 ºC: 9% (minimum)
  - @ 45 ºC: 25% - 30%

Used in some areas with high altitude with less bounce than the standard ball. The rated ball speed is slow to medium.

**SQUASH PROGRESS BALL**

- Diameter: 42.5 mm. ± 0.5 mm.
- Rebound Resilience - From 254 centimetres:
  - @ 23 ºC: 17% (minimum)
  - @ 45 ºC: 36% - 38%

Slightly larger than the standard squash ball but faster and easier to handle. Best used by players hoping to improve their play and technique in the game.

**SQUASH INTRO BALL**

- Diameter: 45 mm. ± 0.5 mm.
- Rebound Resilience - From 254 centimetres:
  - @ 23 ºC: 15% (minimum)
  - @ 45 ºC: 36% - 38%

Even larger and faster than the progress ball. This ball is for beginners learning to play squash.

**BALL VARIATIONS**

- **Bounce Height**
  - Slightly larger than the standard squash ball but faster and easier to handle. Best used by players hoping to improve their play and technique in the game.

- **Flight Time**
  - Even larger and faster than the progress ball. This ball is for beginners learning to play squash.