

## **TENNIS HANDOUT**

### **TENNIS COURTESIES**

When playing a game situation in class and out of class, it is best to know some common courtesies of tennis.

1. The server should have two balls when starting a point.
2. The server should determine that the receiver is ready to receive the serve.
3. After a fault on the first serve, the server should avoid serving the second ball too quickly. He/she should give the receiver sufficient time to get set for the second ball or to remove the first ball from the court if necessary.
4. When receiving the serve, a receiver should not return a ball that is obviously out.
5. The receiver is responsible for determining whether a served ball is in or out. If he/she is not sure whether it was a good serve or not, he/she should offer to play a let.
6. During a rally, a player judges all balls that land on his side of the net. He should play the good balls without comment, but should promptly call those balls that are out. If there is doubt about any call, a let should be played.
7. If a ball rolling onto a court during a rally interferes with play, a let should be called.
8. When returning balls to an adjacent court, a player should wait until the rally or point is concluded, then rolls or bounces the balls directly to the players there on the court.
9. If a player's ball rolls onto an adjoining court, he should wait until play on that court is completed before asking the players there to return the ball.
10. Players should not walk behind a court while a point is in progress there.
11. Spectators at a match, or those waiting on the sidelines for a court to become free should not make a nuisance of themselves. Jumping around, bouncing balls, shouting and loud conversations are all distracting to the players. Quiet, subdued conversations are the rule on the court and on the sidelines.

### **TENNIS RULES**

#### **A. Definitions of terms:**

1. Volley – a stroke taken before the ball has bounced.
2. Stroke – the carrying of the ball forward on the racket strings.

3. Service – The act of putting the ball into play.
4. Server – the server or person that puts the ball into play.
5. Receiver – the person that receives the serve.
6. Rally – The exchange of strokes over the net.
7. Fault – When the service is not good.
  - a. Serve into the net.
  - b. Step over or on base line before hitting the ball.
  - c. Service does not land in correct corner.
8. Let - A served ball that touches the top of the net and falls in the proper service court.
- 9.
10. Double Fault – Two consecutive faults.
11. Ace – a ball so placed in the court that the receiver couldn't return it.

B. **Tennis is played by two or four persons**, with one or two people on each side of the net. The play is called “SINGLES” if only one person appears on each side of the net, and “DOUBLES” if two are on each side.

C. **The players shall stand on opposite sides of the net**; the player, who first delivers the ball, shall be called the server, and the other the receiver.

D. **The choice of sides, or server, or receiver in the first game, shall be decided by spinning a racquet.** The winner of the toss shall choose side, server or receiver, or request his/her opponent to choose first.

E. **The service shall be legal if:**

1. The server stands behind the base line between the center mark and sideline of the court.
2. He/She keeps both feet behind the base line and one or both feet in contact with the ground.
3. He/She does not change their position by walking or running.
4. He/She tosses the ball into the air by hand and strikes it before it hits the ground.
5. The server begins from the right court and serves alternately from the right and left courts.
6. The service is completed when the racquet hits the ball.

**F. The serve is a fault if:**

1. The server violates any part of section “E”.
2. He/She misses the ball in attempting to serve.
3. The ball served, touches a permanent fixture (such as net post, chairs, etc.) before it hits the ground.
4. The ball does not fall within the proper service court.
5. The ball hits the servers’ partner or anything he/she wears or carries.
6. The server delivers the ball from the wrong court (if discovered before the point completed).
7. The server steps on or over the base line before the serve is completed.

**G. Service after a fault or let serve:**

1. Service after a fault:
  - a. If a fault is made on the first serve, the server shall serve again from the same side of the court.
  - b. If a fault is made on the second serve, a point is awarded to the receiver.
2. Let Serves – the service is a let ball if:
  - a. The ball strikes the net and falls into the proper court.
  - b. The ball is served and the receiver is not ready. (In either case of one or two, the server shall serve again. After let on the first serve, the server shall receive two more serves, and if the let occurs on the second serve, the server may have one more service).

**H. The server shall not serve until the receiver is ready.** If the receiver attempts to return the serve, she shall be considered ready.

I.

**J. The service shall not be volleyed.**

**K. The server serves a whole game.**

**L. A player loses a point if:**

1. Fails to hit the ball after the first bounce.
2. Returns the ball and it does not land on or within the lines of the court.
3. Volleys the ball and fails to make a good return, even if standing outside the court.

4. Touches the ball more than once in making a stroke.
5. Anything they wear or carry touches the net or the ground within the opponent's court at any time in the ball is in play.
6. Volleys the ball before it has passed over the net.
7. The ball in play touches anything they wear or carries, or him, except the racquet.
8. Throws the racquet at, and hits the ball.
9. There has been a double fault.
10. Foot faults on the second ball of the serve.
11. A served ball strikes an individual before it hits the ground.

#### **M. Scoring:**

#### **N.**

1. Either side may score a point.

#### **2. POINTS**

**Love** – no score

**15** = 1<sup>st</sup> point

**30** = 2<sup>nd</sup> point

**40** = 3<sup>rd</sup> point

**Game** = 4<sup>th</sup> point

**DEUCE** = if both players have won three points

The next point won by a player is scored **advantage (ad)** for that player. If the other person wins the next point, the score is again deuce; and so on until a player wins two points in a succession following the score of deuce. That player wins the game.

3. **SET**: The first person that win 6 games first wins a set, except when they score 5 games each, in which case the score is called games –all. A player must win games more then her opponent to win the set.
4. **MATCH**: The maximum number of sets shall be three. The winner must win two of three sets to constitute a match.

O. Player's change sides every odd game (1-3-5 etc.)

P. In doubles play the partner must follow the same order or receiving throughout the game.

Q. A line ball is good.

## **R. Playing hints:**

1. In doubles, always play close to the net while your partner is serving.
2. It is better to rally from behind the baseline because you have a better chance to get a ball falling in the court.
3. Don't interrupt another game to retrieve a ball, which has rolled onto another court. Wait until the point is over to retrieve the ball.
4. Give your opponents the benefit of the doubt.
5. If playing doubles, take care of your own half of the court and let your partner take care of theirs. Do not try to play the whole court yourself. Play up and back.
6. Try for accuracy on your serve – let speed come later with practice.
7. Throw the ball high when serving.

## **S. Etiquette:**

1. Always be polite and thoughtful of opponents.
2. If your ball rolls into another person's court, wait until the rally there is over and call for "help please". "Thanks" when the ball is returned.
3. Stop, but don't return a service fault. Be certain that the server has two balls for each play.
4. Server announces score after each play.
5. Never walk into another person's court. If absolutely necessary to cross the court, go back near the end.
6. Spin the racquet at the beginning of the match to determine who serves first and the choice of sides.
7. Shake hands at the end of the match.
8. Always play your best or not at all.

# TENNIS RACKET AND COURT

