

TENNIS

Background Information:

Tennis was traditionally played by rich white men belonging to clubs, now people of all socioeconomic classes play. In the US, 60% of tennis players play free of charge on public courts. Currently 45% of all players are women. 22 million Americans play tennis and range from under 8 years old to over 75 years.

The Basics:

Point – awarded when the opponent hits into the net, outside the boundary line, or does not hit the ball before it bounces twice.

Let Serve – a serve that hits the net and lands in the proper service court. The serve is repeated, does not count as one of the two attempts.

Game – one individual game, one player serves the entire game.

Set – the part of a match that is completed when a player or team has won at least 6 games and is ahead by at least 2 games.

Match – Competition between two players in singles, or four players in doubles. Can also be between two teams. May be won by winning 2 out of 3 or 3 out of 5 sets.

“Out shots” – a ball that is hit outside the boundary lines, player calls the ball “out” and does not play it.

“In shots” – a ball that hits the boundary line or lands in side the boundary line. Player does not say anything and continues to play the ball.

You may be awarded points if your opponent:

- Fails in both attempts to serve the ball into the proper court
- Hits the ball outside of the proper boundary lines
- Hits the ball into the net
- Lets the ball bounce twice before returning it
- Reaches over the net to hit the ball before it bounces
- Throws the racket and hits the ball
- Touches the net with their body or racket while ball was in play
- Deliberately carries or catches the ball on the racket strings
- Does anything to hinder the opponent in making a shot
- Touches the ball with anything other than the racket during play
- Touches or carries the ball during play, even if standing outside the court.

Scoring:

Servers score is always given first.

0 ----- Love

1st Point ----- 15

2nd Point ----- 30

3rd Point ----- 40

4th Point ----- Game Point

If a game is tied **40-40** (and any tie there after) it is called **“DEUCE”**. A player (or team) must win 2 consecutive points after deuce in order to win the game. After deuce, when the server goes ahead by one point, the score is **AD IN** or **ADVANTAGE SERVER**. If the receiver scores a point then the score returns to **DEUCE**.

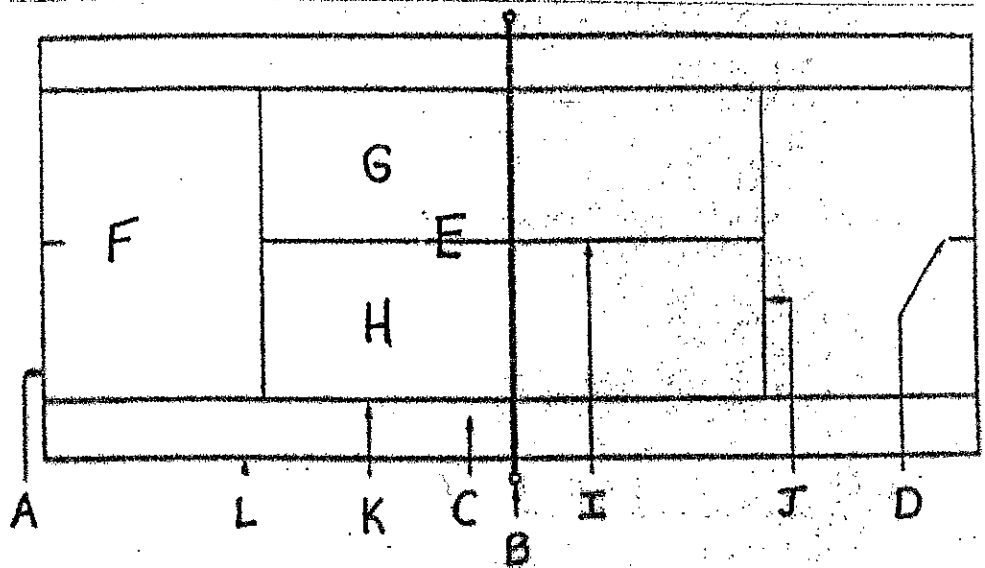
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History

Tennis came from the game of handball. It is called the Sport of King because it was invented for royalty. Tennis is a game that has always appealed to both sexes and to both the young and old. It is considered by many to be one of the best forms of co-recreational sports. The pace of the game can be set to the individual's ability. It may be played merely as a mild form of exercise, or it can be set at a strenuous pace so that it takes one's endurance and strength to the limit. Speed, agility, coordination, and endurance can be developed, and are needed to play a sound game of tennis. The game of tennis can be played in singles and doubles. The single game has two participants, one individual opposing the other. The doubles game has four participants, two individuals teaming up to compete against another team of two.

Field of play

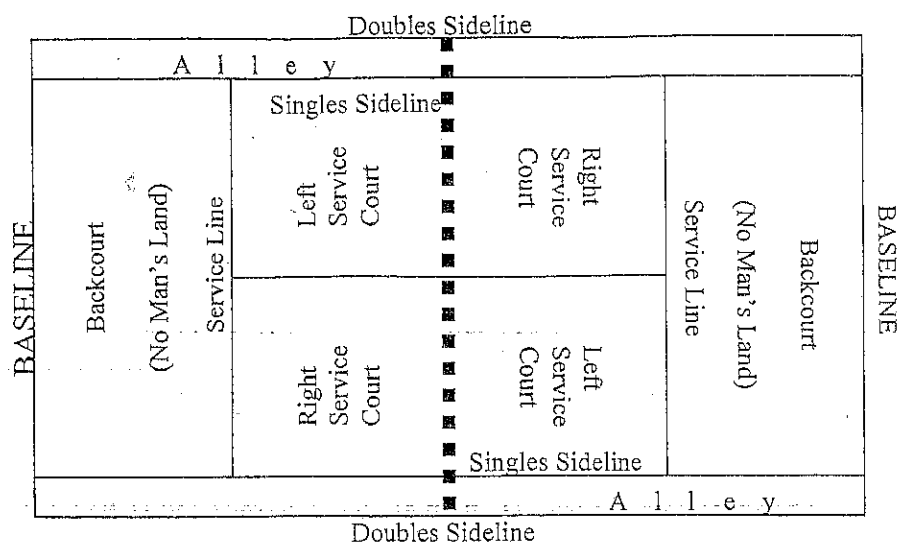
- A. Baseline
- B. Net
- C. Alley
- D. Center Mark
- E. Fore Court
- F. Back Court
- G. Left Service Court
- H. Right Service Court
- I. Center Service Line
- J. Cross Service Line
- K. Singles sideline
- L. Doubles sideline



Scoring

- Points are called Love, 15, 30, 40, Deuce, Advantage, and Game
- 0 or nothing is called love
- First point won by a player is called 15
- Second point won by a player is called 30
- Third point won by a player is called 40
- Fourth point won by a player gives him the Game, provided his opponent does not have more than 30
- If each player has won 3 points (40-all) the score is deuce. The next point won by a player gives the advantage. However, if they lose the next point, the score is again deuce. When either player wins two consecutive points following the score of deuce, the game is won by that player.
- The server's score is always given first.
- The score should be called loudly and clearly after every point.
- In scoring, the player who first wins six games wins a set, unless both players have won five games then it takes advantage of two games to win the set.
- In scoring a match, the player first winning two sets is generally the winner.

The Court:



Singles Rules:

Service is chosen by a racket spin or coin toss. Service begins behind baseline, on the right side of the court, within the Singles Sideline. Server has two chances to put the ball in play. Ball must be served over head, across the net and land diagonally in the opposite service court area. The receiver can stand anywhere to play the serve, but must let the ball bounce on their side before returning the serve. After each point, the server alternates between the left and right sides of the baseline to execute the serve.

Doubles Rules:

Server may stand anywhere behind the baseline: Four players take turns, each serving an entire game, and the order of serving stays the same through out each set. The receivers decide who will receive serves on the right and left sides and maintain that position throughout the set. All other rules for singles play are in effect, except that after the serve, the alley between the singles sideline and doubles sideline are in play.

Gripping the Racket:

Eastern Grip – The “V” formed between the thumb and 1st finger is slightly to the left of the center of the handle, and the wrist is on top of the racket.

Continental Grip – The “V” formed between thumb and 1st finger is centered on handle, the wrist is slightly behind the racket

Strokes:

Forehand – The ball is hit on the players dominant side

Backhand – The ball is hit on the players non-dominant side

Volley – The ball is hit before it bounces once it crosses the net. Used to take charge of the point

Lob – a high arching shot towards the backcourt. Used to survive the point, giving the player time to return to a good position to play the next ball.

Overhead Smash – A hard powerful stroke hit from an over-the-head racket position. Used to finish the point, an aggressive attack.