

# TENNIS

## HISTORY OF TENNIS

Tennis, originally called "jeu de paume" in the 1100s or 1200s, originated in France. Major Walter Clopton Wingfield of England introduced the game in a new form of lawn tennis in 1873. Wingfield patented the game under the name Sphairistike, meaning "playing the ball."

The court was an hourglass shape with a suspended net. Some historians believe Major Harry Gem of England also played a form of tennis in 1860. In 1877, Wimbledon hosted the first major tennis tournament. In 1874, Sphairistike was introduced to the United States by Mary Ewing Outerbridge, who set up her net and marked out the court on Staten Island. The United States Lawn Tennis Association was created in 1881 to standardize the sport's rules and equipment. Tennis continued to thrive in Great Britain, leading to the formation of the British Lawn Tennis Association in 1888. The International Lawn Tennis Federation, which became the International Tennis Federation in 1977, remains the sport's governing body.

## FACILITIES AND EQUIPMENT

### Court Dimensions:

- Rectangular, 78 feet (23.77m) long, 27 (8.23m) feet wide for singles and for doubles is 35.99 ft (10.97m).
- Net divides the court into two equal halves, 3 feet (914 mm) 6 inches (1.07m) high at the posts, 3 feet high at the center.

**Lines:**

- Baseline: furthest back line.
- Service line: middle of the court.
- Doubles sideline: outermost lines marking the court's length for doubles play.
- Singles sideline: lines next to the doubles sideline, used for singles play.
- Service box: area between the service line and the net.

**Court Surfaces:**

- Clay: Slowest surface, high bounces, ball loses speed quickly.
- Hard: Faster than clay, low bounces, many variations in speed.
- Grass: Fastest surface, low bounces, unpredictable.

**Indoor Courts:**

- Hard, carpet, and clay surfaces used.

**Tennis Balls:**

- Hollow, rubber, covered in felt.
- Diameter: 2 1/2 to 2 5/8 inches.
- Weight: 2 2/16 to 2 1/8 ounces.

**Tennis Rackets:**

- No size or weight regulations.

- Most rackets are 27 inches long.
- Men typically use rackets weighing around 14 ounces.
- Striking surface is usually a net of nylon or synthetic material.

### **Key Points:**

- Different court surfaces affect the speed and bounce of the ball.
- Players specialize in certain surfaces.
- Line calls are easy to review on clay courts due to visible ball marks.
- Grass courts provide unpredictable bounces.
- Tennis ball size and weight are regulated.
- Tennis racket size and weight are not regulated.

## **TENNIS POINT AND MATCH PLAY SUMMARY:**

### **Point Play:**

- Server serves from behind the baseline into the diagonally opposite service box.
- Receiver must return the ball over the net before it bounces twice.
- First player to fail to make a legal return loses the point.

### **Scoring System:**

- Game: First player to win at least four points with a two-point lead.
- Set: First player to win six games with a two-game lead (tiebreakers used at 6-6).
- Match: First player to win more than half the sets (typically best of three or five).

**Special Scoring Terms:**

- Deuce: When both players have at least three points and are tied.
- Advantage: When one player has one more point than the other after deuce.
- Game Point: When the player leading the game needs only one more point to win.
- Break Point: When the receiver has a game point.

**Match Variations:**

- No-ad: First player to four points wins the game (no need for a two-point lead).
- Pro Set: First to 8 (or 10) games by a two-game margin, instead of multiple sets.
- Super Tie-break: Played instead of a third set, first to 10 points.

**Informal Variations:**

- Canadian Doubles: Three players, one against a doubles team. Singles player uses alleys.
- Australian Doubles: Similar to Canadian, players rotate court positions after each game.

**Wheelchair Tennis:**

- Extra bounce allowed for wheelchair players.
- Mixed wheelchair and able-bodied matches possible.

**Key Points:**

- Tennis scoring is unique, using terms like "love," "deuce," and "advantage."
- Game, set, and match are all determined by a two-point lead.
- Variations exist for different levels of play and circumstances.
- Wheelchair tennis allows for inclusion of players with disabilities.

## **TENNIS OFFICIALS AND MATCH PLAY:**

### **Officials:**

- Umpire: Sits in a raised chair and has absolute authority on factual decisions.
- Line Judges: Determine if the ball landed in bounds and call foot faults.
- Net Judge: Determines if the ball touched the net during service.
- Referee: Final authority on tennis rules and can overrule the umpire on questions of law.
- Ball Boys: Retrieve balls and provide towels, but have no adjudicative role.

### **Match Play:**

- Continuity: Matches are intended to be continuous, with limited breaks.
- Time Limits: Service must occur within 20-25 seconds after the previous point, except for breaks between sets and when changing ends.
- Ball Changes: Balls are changed every 9 games (7 games in the first set) in ATP/WTA tournaments, and every 9-11 games in ITF tournaments.
- Rain Delays: Matches are resumed at the same score unless new regulations apply.
- Coaching: Limited on-court coaching has been proposed.
- Technology: Instant replay for certain calls has been implemented in some tournaments.

### **Junior Tennis:**

- Junior Tour: ITF conducts a junior tour with rankings and opportunities to progress to professional circuits.
- Development: Most tennis nations have junior development programs to nurture young talent.

### **Key Points:**

- Tennis has a structured officiating system to ensure fair play.
- Matches are designed to flow with limited interruptions.
- Ball changes and rain delays are handled according to specific regulations.
- Technology is increasingly being incorporated to improve accuracy.
- Junior programs are crucial for developing future tennis stars.

## **TERMS USED IN TENNIS**

**Ace-serve** where the tennis ball served is served in and not touched by the receiver.

**Ad court** - the left side of the court of each player

**Advantage** - when one player wins a point from a deuce and needs one more point to win the game.

**Ajde** - a Serbian expression equivalent to English "come on", often yelled by Serbian players when they hit a winner.

**All-court**- A style of play which is defined as a composite of all of the different playing styles which includes baseline, transition, and serve and volley styles.

**Alley**-the area of the court between the singles and doubles sidelines, also known as the tramlines.

**Allez** - a French expression equivalent to English "come on" or Spanish "vamos", utilised mainly among French and Belgian players when winning a crucial point, or hitting a difficult shot.

**Approach shot** - a shot used as a setup at the player runs up to the net, often using underspin or topspin and being a much faster shot than used during rallies.

**ATP** - Association of Tennis Professionals, the men's professional circuit.

**ATP Champions Race** - The ATP points ranking system which starts at the beginning of the year and at the end of the year mirrors the ATP entry system ranking. The top eight players at the end of the year qualify for the Tennis Masters Cup.

**Australian formation** - a formation used in doubles wherein the net player begins roughly at the center of the net; used mainly to counter teams that prefer a crosscourt return.

**Backhand** - a method of wielding a tennis racquet where the player hits the tennis ball with a stroke that comes across their body with the back of their racquet hand facing the ball.

**Backspin** - (also known as slice or underspin), is a shot such that the ball rotates backwards after it is hit. The trajectory of the shot involves an upward force that lifts the ball.

**Bagel** - winning (or losing) a set 6-0.

**Ball Person** - a person, male or female, tasked with retrieving tennis balls from the court that have gone out of play, usually juniors at ATP events

**Baseline** - the chalk line at the farthest ends of the court indicating the boundary of the area of play.

**Baseliner** - a player who plays around the baseline during play and relies on the quality of his or her ground strokes.

**Big serve** - a forceful serve, usually giving an advantage in the point for the server.

**Block**-a defensive shot with relatively little backswing, usually while returning a serve.

**Break** - to win a game as the receiving player or team, thereby breaking serve. Noun: break (service break) (e.g. 'to be a break down' means 'to have, in a set, one break less than the opponent', 'to be a double break up' means 'to have, in a set, two breaks more than the opponent.')

**Break back** - to win a game as the receiving player or team immediately after losing the previous game as the serving player or team.

**Break point** - one point away from a break (expressed as the score of 30- 40); a double break point (or two break points) is expressed as the score of 15-40; a triple break point (or three break points) is expressed as the score of 0-40.

**Buggy Whip** - Describes a forehand hit with a follow through which does not go across the body and finish on the opposite side but rather goes from low to high and finishes on the same side (similar to the driver of a horse drawn carriage whipping a horse).



**Bye**-Refers to the round of tournament where a player advances automatically without facing an opponent.

**Call** -an utterance of a line judge declaring that a play was outside of the play area.

**Cannonball** -A somewhat older term used to define a hard flat serve.

**Can Opener** - A serve hit by a right handed player with slice landing on or near the intersection of the singles tramline and service line in the deuce court (landing in the ad court for a left handed player).

**Carve** -To hit a groundstroke shot with a combination of sidespin and underspin.

**Challenge** - A tournament/tour which is one level below the ATP tour. Players compete on the Challenger tour in an effort to gain ranking points which allow them to gain entry to tournaments on the ATP tour.

**Chip** - blocking a shot with underspin.

**Chip and charge** -an aggressive strategy to return the opponent's serve with underspin and move forward to the net.

**Chop** -a shot with extreme underspin.

**Clean the Line/Clip and Line** - A shot in which some part of the ball lands on the line.

**Closed stance** - hitting the ball with the body facing between parallel to the baseline and backturned to the opponent; a classic technique.

**Code Violation** - On the ATP tour, occurs when a player commits a violation such as voicing an obscenity or hitting a ball into the stands (not during the point). The first violation results in a warning, the second a point penalty, the third a game penalty, and the fourth forfeiting the match.

**Come on, C'mon** - an English expression commonly shouted out by players when winning a point normally with a winner and at occasions with a forced error. It is considered ill-mannered if the term is used when the opponent commits an unforced error, although the practice is not uncommonly found and is short of making the offending party gain code violation.

**Counterpuncher** - a defensive baseliner. See tennis strategy.

**Court**- the area designated for playing a game of tennis.

**Crosscourt**-hitting the ball diagonally into the opponent's court.

**Cross-over** - a player crossing the net into the opponent's court. It can either be done in a friendly fashion, or done maliciously thereby invoking code violation. The latter sporadically happens when it is uncertain whether the ball on a decisive point landed inside or outside the court when playing on clay, thus leaving behind a mark so that the offending party could point out to the chair umpire.

**Cyclops** - A device used on Center Court to detect if a serve lands long past the service line. The device emits an audible noise when the serve is long.

**Dead net (dead net cord)** - a situation when a player scores by inadvertently hitting the ball in such a way that it touches the upper cord of the net and rolls over to the other side; the player is said to have 'gotten (caught) a dead net (dead net cord)' and considered to be lucky which is often expressly admitted by the player himself/herself.

**Deep** -a shot that lands near the baseline, as opposed to near the net.

**Deuce** - the score 40-40 in a game. A player must win two consecutive points from a deuce before winning the game. See advantage.

**Deuce court** - the right side of the court of each player.

**Dink** -hitting a shot with no pace.

**Dirtballer** - a clay court specialist.

**Double Bagel** - two sets won to love: see Bagel.

**Double Fault** - two faults in a row in one point, causing the player serving to lose the point.

**Doubles** - a tennis game played by four players, two per side of the court.

**Down the line** - hitting the ball straight ahead into the opponent's court.

**Drop shot** -a play in which the player hits the ball lightly enough to just go over the net; designed to catch a player who is away from the net off guard.

**Drop volley** - a drop shot executed from a volley.

**Fault**-a serve that fails to place the ball in the correct area of play, therefore not starting the point.

**First Service** - the first of the two serves of a tennis ball a player is allowed at the beginning of a point.

**Flat**-e.g. a flat serve; a shot with relatively little spin.

**Follow through** - the portion of a swing after the ball is hit.

**Foot fault** -when a player, during the serve, steps on or over the baseline into the court before striking the ball, which results in a service fault. A foot fault may also occur when the player steps on or across the center hash mark and its imaginary perpendicular extension from the baseline to the net.

**Forced error** - when an opponent hits a difficult shot that causes the player to miss. As opposed to the Unforced error. **Forehand** - a method of wielding a tennis racquet where the player hits the tennis ball with a stroke that comes from behind their body with the front of their racquet hand facing the ball.

**Game point** - a situation when the player who is leading needs one more point to win a game.

**Golden Set**-winning a set without losing a point.

**Golden Slam** - winning the Grand Slam and the tennis Olympic gold medal in a calendar year.

**Grand Slam** - the four most prestigious tournaments in a year: the Australian Open, the French Open (or Roland Garros), Wimbledon and the U.S. Open. Winning the Grand Slam in winning all four in a calendar year.

**Groundies** -see Groundstroke.

**Groundstroke** - a forehand or backhand shot that is executed after the ball bounces once on the court.

**Hacker** - A beginning to intermediate player.

**Hail Mary** - an extremely high lob, for defensive purposes.

**Half volley** - a volley shot made after a short bounce.

**Head** - (racket) the portion of the racket that contains the strings

**Hold**-winning the game when serving

**I-formation** - (in doubles) a formation where the server and partner stand on the same side of the court (deuce or advantage court) before starting the point

**Inside-out**-running around one side (e.g. the backhand side) and hitting a crosscourt shot.

**Inside-in**-running around one side and hitting it down the line; less popular than the inside-out.

**Insurance Break** - Obtaining an overall advantage of two breaks of serve.

**ITF** - the International Tennis Federation, the governing body of world tennis.

**Jamming** - to serve or return straight to the opponent's body.

**Kick serve** -a type of spin serve that bounces high.

**Lawn tennis** - "regular" tennis, as opposed to table tennis or real tennis, the game from which tennis is derived.

**Let (let service)** - when the ball from a serve touches the net but lands in the service court; the serve is void, and the server gets to retake that serve.

**Let**- a warning exclamation when multiple matches occur adjacent to one another and one match's ball bounces into the court of another match. The point is replayed in the offended match. Most often used in high school and college tennis, although it can also be used at the major tournaments if a ball falls out of a player's shorts or skirt onto the court.

**Line judge** - a person designated to observe the passage of tennis balls over the boundary lines of the court. A line judge can declare that a play was within or outside of the play area and cannot be overruled by the players. A line judge must defer to an umpire's decision, even when it contradicts his own observations.

**Lob** -a stroke in tennis where the ball is hit high above the net. If the opposing player or players are up at the net, the intention may be an offensive lob in order to win the point outright in a defensive lob, the intent is to give the player time to recover and get in position, or, if the opponents are at the net, to force them to chase down the lob.

**Love** - zero (score) (e.g. 'to hold to love' means 'to win the game when serving with the opponent scoring zero points'; 'to break to love' means 'to win the game when receiving with the opponent scoring zero points'). Thought to be derived from the French term, "l'oeuf", literally "the egg", meaning nothing.

**Love game** -a shutout game, won without the opponent scoring.

**Lucky Loser**- the highest ranked player to lose in the final round of qualifying but still gain acceptance into the main draw of a tournament due to a main draw player withdrawing.

**Mac-Cam**-A high speed video camera used for televised instant replays of close shots landing on/near the baseline.

**Match point** -a situation when the player who is leading needs one more point to win the match. If the player is serving in such a situation, (s)he is said to be 'serving for the match'. Variations of the term are possible, e.g. championship point is the match point in the final match of a championship.

**Mercedes Super 9** - The former name for the 9 ATP Masters Series Tournaments.

**Mini-break** - to win a point from the opponent's serve in a tiebreak.

**Mis-hit**-when the racket fails to make contact with the ball in the "sweetspot" area of the strings.

**Mixed Doubles** - a tennis game played by four players, two male, two female, one of each player sex per side of the court.

**Moonball** - a medium high offensive lob hit with topspin.

**Net** - the piece of netting stretched across the middle of the court; it is held up by the posts.

**Net point** - a point won or lost on approaching the net, as apposed to a point won or lost by a stroke from a baseline.

**Net balls** - a new set of balls replacing the old ones during the game from time to time due to the fact that strokes make the ball heat up and alter its bounce characteristics; the player first to serve one of the new balls shall show it to the opponent expressly.

**No-Man's Land**- the area between the service line and the baseline, where a player is most vulnerable. Open stance - hitting the ball with the body facing between parallel to the baseline and facing the opponent; a modern technique.

**Out**-any ball that lands outside the play area.

**Overhead** -(also; 'smash') a situation when the player is hitting the ball over his/her head; if the shot is hit relatively strong, it is referred to as the smash (see: Smash); smashes are often referred as simply 'overheads', although not every overhead shot is a smash.

**Overrule** - reversing a call from the linesperson, done by the umpire.

**Passing shot** - A shot the passes by (not over) the opponent at the net (see lob).

**Poaching** - (in doubles) an aggressive move where the player at net moves to volley a shot intended for his/her partner.

**Point**-the period of play between the first successful service of a ball to the point at which that ball goes out of play.

**Pusher** - a player who does not try to hit winners, but only to return the ball safely.

**Putaway** -a shot to try to end the point from an advantageous situation.

**Qualies** - the qualifying rounds of a tournament where participants compete for a spot in the main draw.

**Racquet**-a bat with a long handle and a large looped head with a string mesh tautly stretched across it, made of wood, metal or some other synthetic materials, used by a tennis player to hit the tennis ball during a game of tennis (see also Racket)

**Rally** - (Following the service of a tennis ball) - A series of return hits of the ball that ends when one or other player fails to return the ball within the court boundary or fails to return a ball that falls within the play area.

**Receiver** -the person that is being served.

**Referee** -a person in charge of enforcing the rules in a tournament, as opposed to a tennis match (see Umpire)

**Retriever** -a defensive baseliner. See tennis strategy

**Round of 16** - The round of a tournament prior to the quarterfinals in which there are 16 players remaining, corresponds to the 4th round of 128-draw tournament, the 3rd round of a 64-draw, and 2nd round of a 32-draw tournament.



**Round Robin** - a tournament in which players are eliminated after losing twice (as opposed to the conventional single elimination draw tournament).

**Second Service** - the second and final of the two serves a player is allowed at the beginning of a point

**Serve** -(also, as a noun, 'service') to begin a point by hitting the ball into the opponent's half of the court

**Service game** - with regard to a player, the game where the player is serving (e.g. 'Player A won a love service game' means that Player has won a game where (s)he was serving without the opponent scoring)

**Serve and volley** - a strategy to serve and immediately move forward to make a volley and hopefully a winner

**Set point**-a situation when the player who is leading needs one more point to win a set. If the player is serving in such a situation, (s)he is said to be 'serving for the set'

**Shank** -a mishit where the ball contacts the racket frame during the swing resulting in a shot which is usually well out

**Singles** - a tennis game played by two players

**Sitter** -a shot hit by the opponent which is hit with very little pace and no spin which bounces high after landing thus being an easy shot to "put away"

**Slice** -(rally) hitting a tennis ball with underspin; (service) serving with sidespin

**Smash** - the most frequent variety of the overhead shot (see: Overhead): an overhead shot at an angle close to perpendicular causing

the ball to bounce off the opponent's court at angle close to perpendicular or in another manner that is hard to manage by the opponent.

**Spank** -To hit a groundstroke flat with a lot of pace.

**Spin**-rotation of the ball as it moves through the air, affecting its trajectory and bounce.

**Split step**-a footwork technique, doing a small hop just before the opponent hits the ball.

**Spot Serving/Server** - Serving with precision resulting in the ball either landing on or near the intersection of the center service line and service line or singles tramline and service line.

**Squash Shot**-A forehand slice shot typically hit on the run from a defensive position.

**Stick the Volley** -A volley hit crisply resulting in shot with a sharp downward trajectory.

**Straight sets** - a match victory in which the victor never lost a set.

**Strings** - The material weaved through the face of the racquet. The strings are where contact with the ball is supposed to be made.

**Stroke**-a striking of the ball.

**Sweetspot** - the central area of the stringbead which is the desire location for making contact with the ball.

**Tanking** - to purposely lose a match, because of poor mental game or other reasons; or to purposely lose a non-vital set, so as to focus energy and attention on a match-deciding set:

**Tennis Ball** -a soft, hollow, air-filled rubber ball coated in a synthetic fur; used in the game of tennis.

**T**-where the center line and service line intersect to form a T.

**Tennis Bubble** - An indoor tennis facility consisting of a domed structure which is supported by air pressure generated by blowers inside the structure.

**Tennis Elbow**-A common injury in beginner to intermediate tennis players possibly due to improper technique or a racket which transmits excessive vibration to the arm.

**Tiebreak** (also: tiebreaker) - a special game at the score 6-6 in a set to decide the winner of the set; the winner is the first to reach at least seven points with a difference of two over the opponent.

**Topspin** - spin of a ball where the top of the ball rotates toward the direction of travel; the spin goes forward over the top of the ball, causing the ball to dip and bounce at a higher angle to the court.

**Touch** -Occurs when a player touches any part of the net when the ball is still in play resulting in losing the point..

**Tramline** - a line defining the limit of play on the side of a singles or doubles court.

**Tweener** -a trick shot first popularized by Yannick Noah which involves hitting the ball between the legs from rear to front while retrieving an offensive lob.

**Twist Serve** - A serve hit with a combination of slice and topsin which results in a curving trajectory and high bounce in the opposite direction of the balls flight trajectory.

**Underspin** -spin of a ball where the top of the ball rotates away from the direction of travel; the spin is underneath the ball, causing the ball to float and to bounce at a lower angle to the court.

**Umpire** - (during play) - an independent person designated to enforce the rules of the game in a match, usually sitting on a high chair beside the net.

**Underarm service**- a service whereby a player serving delivers the ball with his or her racquet below a shoulder level. In upper-intermediate and professional events, this practice is considered insulting. Recent examples include those twice attempted during French Open 1999 Women's Single Final.

**Unforced error**- during play, an error in a service or return shot that cannot be attributed to any factor other than poor judgment and execution by the player.

**U.S. Open**-A large tournament held in the United States for people ranked higher than the top 100.

**Vibrazorb** - A small device placed in between the strings near the throat of the racket for the purpose of dampening vibration.

**Volley** -a forehand or backhand shot executed before the ball bounces in the court. Walkover an unopposed victory. A walkover may be awarded as a bye, or more commonly because the opponent defaulted by being disqualified or failing to attend the match-including after withdrawal due to injury.

**Wild card** -a player allowed to play in a tournament, even if his/her rank is not adequate or does not register in time. Typically, a few places in the draw will be reserved for wild cards, which may be for local

players who do not gain direct acceptance or for players who are just outside the ranking required to gain direct acceptance.

**Winner** - (rally) a forcing shot that can not be reached by the opponent and wins the point; (service) a forcing serve that is reached by the opponent, but is not returned properly, and wins the point.

**Women's doubles** - An event that two women play together and serve to other two women, serving with the server of the team's choice to go first, then the other team, and the other player of the team, and then the other player of the other team. Scoring is the same that of women's singles. See: Mixed doubles

**WTA** - Women's Tennis Association, the women's professional circuit.

## **HOW TENNIS IS PLAYED**

Before they begin to play tennis, the players must decide who serves first and which end of the court each player or team will defend. Some players make these decisions by means of a racket "toss". For example, they may use the manufacturer's markings on one side as "tails." One player stands the racket upright on the frame and spins it. The opposing player or team calls which side will land face up. Others call on the toss of a coin. If the call is correct, the layer or team may either choose to serve or receive first or decide which end of the court to defend.

## **BASIC STROKES IN TENNIS**

### **THE SERVE**

1. The player points his racket toward the net and places one foot comfortably behind the other.
- 2 & 3 He then tosses the ball into the air with his thumb and first two fingers and starts his backswing.
4. He next moves the racket back until it is behind him and pointing toward the ground.
5. The player then hits the ball with his arm fully extended and the ball slightly in front of him.
6. He ends the stroke with a strong follow-through.

A serve (or, more formally, a service) in tennis is a shot to start a point. The serve is initiated by tossing the ball into the air and hitting it (usually near the apex of its trajectory) into the diagonally opposite service box without touching the net. The server may employ different types of serve: a flat, a top-spin, an American twist (or kick), or a slice serve. A severely sliced serve is sometimes called a sidespin. Some servers are content to use the serve simply to initiate the point; advanced player often try to hit a winning shot with their serve. A winning serve that is not touched by the opponent is called an ace.

## **THE FOREHAND DRIVE**

1. The player stands behind the spot where the ball will bounce.

2&3. The player she pivots her body and starts her backswing as the ball strikes the court.

4. As the ball bounces, she begins to bring the racket forward.

5. She hits the ball when it reaches a height between her knee and waist, keeping the racket parallel to the court.

6. Finally, she shifts her weight to her front while following through after hitting the shot.

The forehand is a fundamental tennis stroke, considered the easiest to learn due to its natural motion. Players swing the racquet across their body to hit the ball, and it's often their strongest shot. While most players use a one-handed grip, there are also two-handed forehands, popularized by players like Pancho Segura. The grip used has changed over time, with the Western grip gaining popularity in recent decades after falling out of favor in the 1920s.

### **THE BACKHAND DRIVE**

1. The player holds the grip with one hand and lightly grasps the throat of the

racket with the other hand. 2. As he sights the ball, he turns his shoulder toward the net, pivots, and begins his backswing.

3. He ends the backswing with the racket behind him.

4&5 He then swings the racket forward, hip high and parallel to the court, and strikes the ball while it is still rising.

6. He follows through to complete the stroke.

The backhand, hit away from the body, is generally harder to master than the forehand. Most players use either a one-handed or two-handed grip, with the two-handed grip becoming increasingly popular in recent decades. A one-handed backhand can produce a slice shot with backspin, while a two-handed backhand provides more power.

### **Other common shots include:**

**Volley:** Hitting the ball before it bounces, often near the net.

**Half volley:** Hitting the ball just after it bounces, also often near the net.

**Lob:** Hitting the ball high and deep into the opponent's court, used defensively or offensively.

**Overhead smash:** A powerful, serve-like shot used to finish points.

**Drop shot:** A soft shot that drops over the net, catching the opponent off guard.

## **BASIC RULES AND REGULATION**

### **1. SERVER AND RECEIVER**

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.



## **2. DELIVER OF SERVICE**

→The service shall be delivered in the following manner:

→Immediately before commencing to serve, the server shall stand with both feet rest behind the base line, and within the imaginary continuations of the center-mark and sideline.

→The server shall then toss the ball by hand into the air and before it hits the ground strike it with his racket.

→The server is not permitted to touch the court inside the baseline until after the racket has made contact with the ball.

## **3. FROM ALTERNATE COURTS**

In delivering the service, the server shall stand alternately behind the right and left courts, beginning from the right in every game.

The ball served should pass over the net and hit the ground within the service court which is diagonally opposite.

## **4. FAULTS**

The service is a fault if the server commits any breach of rules 2 and 3; if he misses the ball in attempting to strike it; or if the ball served touches a permanent fixture (other than the net) before it hits the ground.

However, if he tosses the ball without making an effort to hit it, there is not fault.

## **5. BALL IN PLAY TILL POINT DECIDED**

A ball is in play from the moment at which it is delivered in service. Unless a fault or a let be called, it remains in play until the point is decided.

## **6. PLAYERS HINDER OPPONENT**

a player commits any act either deliberately or involuntary which in the opinion of the umpire shall in the first case award the point to the opponent, and in the second case order the point to be replayed.

## **7. BALL FALLING ON TIME**

A ball falling on time is regarded as falling in the court bounded by that line. Good ball.

## **8. GOOD RETURN**

It is a good return if:

→ the ball touches the net, posts, cord or metal cable, strap or band, provided

that it passes over any of them and hits the ground within the court.

→ a player's racket passes the net before being played and is properly returned.

→ a player succeeds in returning the ball, serve or play which strikes a ball lying in the court.

## **9. WHEN PLAYERS CHANGE SIDE**

The players shall change sides at the end of the first, third, and every subsequent alternate game of each set unless the total number of games in such set be even in which case the change is not made until the end of the first game of the next set.

## **10. DOUBLES-ORDER OF SERVICE**

→ decided at the beginning of each set

→ the pair who have to serve in the first game of each set shall decide which partner shall do so and the opposing pair shall decide similarly for the second game

→ the partner of the player who served in the first game shall serve in the third; the partner of the player who served in the second game shall serve in the fourth

→ the order of serving may be changed following the completion of any set

## **11. DOUBLE-ORDER OF RECEIVING**

→ decided at the beginning of each set.

→ the pair who have to receive the first game shall decide which partner shall continue to receive to the first service in every odd game throughout that set.

→ the opposing pair shall likewise decide which partner shall receive the first service in the second game and that partner shall continue to receive the first service in every even game throughout that set.

→ the order of receiving may be changed following the completion of any set.

## TENNIS GAMES

### **Singles Games:**

**One Ball Live:** Teams of four play with two balls simultaneously, switching players after each point. Focuses on groundstrokes and doubles strategy.

**Tag Team Singles:** Teams take turns hitting the ball, with the winner going to the end of their line. Focuses on groundstroke consistency.

**King of the Court:** One "king" faces challengers in singles points, with the winner becoming the new "king." Focuses on playing singles points.

**Champs and Chumps:** Teams play singles points, with winners joining the "champs" and losers joining the "chumps." Focuses on singles points.

### **Doubles Games:**

**Team Doubles:** Teams of four rotate players through all doubles positions. Focuses on all doubles positions.

**All Position Doubles:** Teams of four or more rotate players through all doubles positions. Focuses on all doubles positions.

**King of the Court Doubles:** Teams of two challenge the "kings" in doubles points. The winning team becomes the new "kings." Focuses on playing doubles points.

### **Group Games:**

**Triples:** Teams of three to six players rotate through positions, with the first team to ten points winning. Focuses on net play aggression.

### **Practice Games:**

**Deep Desperation:** Two teams (champs and challengers) play points with a lob start. Winning challengers replace champs, losers go to the back of the challenger line. Focuses on running down lobs.

**Wipe Out:** Two teams play singles points, adding players to the court with each win. The first team to have all players on the court and win a point wins. Focuses on ball placement.

**Around the World:** Players on two teams hit the ball and run to the other side of the court, with the last player to make three errors winning. Focuses on hitting the first shot of a point. [1]

### **Scoring System:**

**Game Scoring:** A game is won by the first player to reach four points, with a two-point lead over their opponent.

**Point Scoring:** Points are scored as "love" (0), "fifteen," "thirty," and "forty."

Tie-Breakers: When the score is tied at three points, it's called "deuce." The player who wins the next point has the advantage. Winning the next point after having the advantage wins the game.

- Terminology: "Game point" refers to the point where the server is one point away from winning the game. "Break point" refers to the point where the returner is one point away from winning the game.

## Understanding Tennis Scoring: A Comprehensive Guide to Sets, Tiebreakers, and Match Play

This text provides a detailed explanation of the scoring system used in tennis, covering the intricacies of sets, tiebreakers, and match play. It delves into the historical context of the tiebreaker, its evolution, and the rationale behind its implementation. The text also explores alternative scoring methods employed in certain matches and leagues.

### The Fundamentals of Set Scoring

A set in tennis is a collection of games played with alternating service between players. The first player to win at least six games, with a minimum two-game lead over their opponent, wins the set. However, a tie at 6-6 games triggers a tiebreaker game, which determines the set winner.

- Traditional Set Scoring: The first player to win six games with a two-game advantage wins the set. For example, a score of 6-4 or 7-5 would signify a set win.
- Tiebreaker Game: When the set score reaches 6-6, a tiebreaker game is typically played. The player who wins at least seven points with a two-point advantage wins the tiebreaker and the set. The

set score is then recorded as 7-6 (or 6-7 if the loser won the tiebreaker).

- Tiebreaker Variations: The tiebreaker is not always used in the final set of a match. In three of the four major tennis championships (excluding the US Open), the deciding set continues until one player wins by two games. The US Open, however, employs a tiebreaker in the deciding set (fifth for men, third for women) at 6-6.

### The Tiebreaker Game: A Closer Look

The tiebreaker game is a crucial element of tennis scoring, often determining the outcome of a set.

- Scoring: Points are counted sequentially in a tiebreaker, unlike the traditional 15, 30, 40 system. The first player to reach seven points with a two-point advantage wins the tiebreaker.
- Service: The player who would normally serve after 6-6 in the set serves first in the tiebreaker. The server begins from the deuce court and serves one point. After the first point, the serve switches to the opponent. For the remainder of the tiebreaker, each player serves two consecutive points.
- Court Changes: Players switch ends of the court after every six points in the tiebreaker and again at the end of the tiebreaker, as they've played an odd number of games.

### The History of the Tiebreaker: A Solution to Lengthy Matches

The tiebreaker was invented by James Van Alen in 1965, following an unsuccessful attempt to streamline tennis scoring with his "Van Alen Streamlined Scoring System (VASSS)". The tiebreaker

was introduced at the US Open in 1970 after a successful trial period.

- Motivation: The tiebreaker was introduced to address the potential for extremely long matches, particularly in the final set. The 1969 Wimbledon match between Pancho Gonzales and Charlie Pasarell, lasting five hours and 12 minutes over two days, highlighted the need for a more efficient way to resolve tied sets.
- Evolution: Initially, the tiebreaker required only five points to win, with no two-point advantage requirement. This rule was later modified to require a two-point advantage for a win. The tiebreaker was also initially introduced at Wimbledon when the score reached 8-8 in a set, but this was later changed to 6-6.

#### Match Scoring: Determining the Overall Winner

A tennis match is typically won by the player who wins a majority of the sets.

- Set Format: Most matches consist of three sets (best of three), with the winner being the first to win two sets. Men's singles matches at Grand Slam tournaments are played over five sets (best of five), with the winner being the first to win three sets.
- Court Changes: Court changes occur after each odd-numbered game within a set, including the last game. This means that even if a set ends on an even-numbered game in the match, the court will still be changed before the start of the next set.
- Match Score: The score of a complete match can be represented in two ways:
  - Sets Won: For example, 3-1 signifies that the match winner won three sets to one.



- Individual Set Scores: For example, 7-5 6-7 (4) 6-4 7-6 (6) indicates that the match winner won the first, third, and fourth sets, while the loser won the second set in a tiebreaker. The numbers in parentheses indicate the tiebreaker score, with the loser's points listed.

### Alternative Scoring Methods: Pro Sets and Match Tiebreakers

In addition to the traditional scoring system, alternative methods are sometimes employed in specific matches or leagues.

- Pro Sets: A pro set is played to 8 or 10 games, with the first player to reach the target score with a two-game lead winning the set. A 12-point tiebreaker is usually played at 8-8 or 10-10. Pro sets are often used in recreational leagues and tournaments.
- Match Tiebreaker: A 10-point match tiebreaker is frequently used in professional doubles matches and USTA League matches. It replaces the third set, with the first player/team to reach 10 points with a two-point advantage winning the match.

### The Importance of Points: A Counterintuitive Aspect of Tennis Scoring

Tennis scoring can lead to surprising outcomes where a player may lose a match despite winning a majority of points. This is due to the game-by-game scoring system.

- Example: A player who wins six games in each of two sets by a score of 30-0 will have won 48 points. However, if their opponent wins four games in each set by a score of 0-0, they will have won 32 points, despite losing the match.

## Announcing the Score: A Protocol for Communication

When there is no umpire, players follow a specific protocol for announcing the score.

- Game Score: The server announces the game score before each serve, stating their score first. For example, if the server has lost the first three points, they would say "Love, Advantage."
- Set Score: After a set is completed, the server announces the set scores, stating their score first. For example, if they have won the first two sets, they would say "Two, love, new set."
- Match Score: After the match is completed, either player, when asked the score, announces their score first. For example, a player who won the first set but lost the next two would say "6-4, 1-6, 4-6."

## Alternate Game Scoring: No-Ad Scoring

Some tennis matches or leagues use "no-ad" scoring, which simplifies the game scoring.

- Deuce Rule: In no-ad scoring, if the score reaches deuce (40-40), the winner of the next point wins the game. This eliminates the need for advantage points.
- World Team Tennis: No-ad scoring is most notably used in World Team Tennis and many recreational leagues.

## **IMPORTANCE OF TENNIS.**

Tennis is important for several reasons, impacting physical health, mental well-being, social interaction, and even the economy:

1.Physical Health: Tennis is a full-body workout that improves cardiovascular health, enhances coordination, and increases muscle strength. It's a sport that requires agility, speed, and endurance, contributing to overall fitness.

2.Mental Well-being: Playing tennis can reduce stress, improve mood, and boost mental alertness. The strategic nature of the game helps sharpen focus and decision-making skills, contributing to better cognitive function.

3.Social Interaction: Tennis is often played in pairs or small groups, fostering social connections and teamwork. It can be a great way to meet new people, build friendships, and strengthen community ties.

4.Personal Development: The sport teaches important life skills such as discipline, perseverance, and sportsmanship. Competing in tennis helps individuals learn to handle pressure, overcome challenges, and develop a growth mindset.

5.Economic Impact: Tennis is a global sport with significant economic influence. Major tournaments like Wimbledon, the US Open, and the French Open generate substantial revenue through tourism, broadcasting rights, and sponsorship deals. Additionally, the sport provides numerous job opportunities in coaching, sports management, and event organization.

6.Accessibility and Longevity: Tennis can be played at almost any age, making it a lifelong sport. Its accessibility, with courts

available in many communities, means it can be enjoyed by a wide range of people.

7.Cultural Influence: Tennis has a rich history and cultural significance, producing global icons and inspiring millions. Players like Serena Williams, Roger Federer, and Rafael Nadal have become role models, influencing fashion, philanthropy, and social issues.

## **BENEFITS OF PLAYING TENNIS**

Why is tennis good for your health?

- Whether you're an old pro or new to the sports, tennis is a great way to reach your fitness goals.

Whole Body Workout.

-> Tennis is an activity that works out your entire body:

- You run across the court, working out your leg muscles
- Your core is engaged as you keep your balance while chasing the ball
- Your arms provide the power to swing your racket and hit the ball
- You improve your balance, flexibility, coordination and agility all in one sports.

Better Health Outlooks.

-> Some studies show that playing tennis on a regular basis lower your risk of your heart disease by up to 56%.

Tennis can also help you:

- Lower your blood pressure
- Boost your fitness
- Have a better stamina for everyday activities
- Improve your aerobic and anaerobic abilities
- Raise your bone density
- Raise your metabolism
- Lower your resting heart rate
- Strengthen your immune system
- Strengthen your muscles

Live Longer.

--> If you play tennis for health benefits, you can add years to your life.

Lose Weight.

--> The calorie burn for tennis is between 400 to 600 calories per hour.

Improve Your Mental Health.

--> Tennis is a sport that requires quick thinking and split-second reactions.

Tennis is a Top Choice for physical activity because:

- It's a great way to spend time with friends and meet new people

- It helps reduce stress levels; and
- You can play on indoor and outdoor courts.