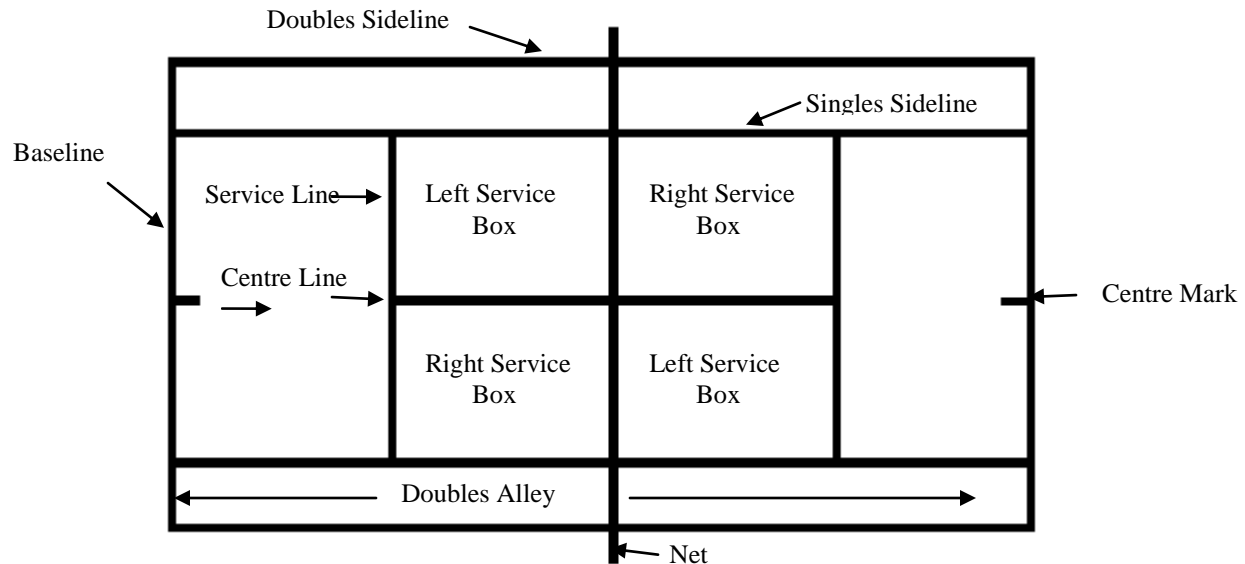


TENNIS



Net: A net, standing three feet high, divides the court into two halves. The ball must be hit over the net on each shot. You should also approach the net to play volleys.

Baseline: The line running parallel to the net that marks the boundary on the length of the court. Start each point just behind the baseline, whether you're serving or awaiting your opponent's serve.

Singles and Doubles Sidelines: The two lines that run perpendicular to the net and mark the boundary on the width of the court. This is the outer edge of the singles court and the outer edge of the doubles court.

Doubles alleys: The additional area on the sides of the court used in doubles play.

Service line: The line running parallel to the net that marks the end of the two service boxes. Balls must land inside, or on, the service line and the centre service line in the correct service box to be called in.

Service box: The area in which a serve must land for play to continue. When serving, you must place the ball in the opponent's service box on the opposite side from where you stand. The first serve of each game should finish in the opponents service box to your left. On your second serve, move to the left-hand side of the court and play into the right-hand service box. Alternate until you have served out the game. The baseline and service boxes remain the same in both doubles and singles.

Centre line: The line running perpendicular to the net that divides the two service boxes.

Centre mark: Line dividing the service area into two halves. As you serve, stand just to the side of the small centre marking. Placing yourself here will give you maximum court coverage for returns.

Rules of the game:

1. The right to serve
 - Spin the racquet to decide who will serve first. The player or team who wins the spin may choose or require his opponent to choose one of the following:
 - The right to be server or receiver, in which case the other player shall choose the end
 - The end, in which case the other player shall choose the right to be sever of receiver

Service Rules:

- **The server shall not serve until the receiver is ready.** If the receiver attempts to return the serve, she shall be considered ready.
- **The service shall not be volleyed.**
- **The server serves a whole game.**
- The server does not lose the service if he loses a point. At the end of the game, the receiver will become the server.
- The serve consists of putting the ball into play.
- The ball may not be bounced and then hit.
- The server must serve first from the right of the centre mark to the right service court. The server has two chances to do this. If he fails to get the ball in, the point automatically goes to the receiver. If the service is good, the ball is rallied back and forth until one player fails to make a legal shot.

The service shall be legal if:

1. The server stands behind the base line between the centre mark and sideline of the court.
2. Server keeps both feet behind the baseline and one or both feet in contact with the ground.
3. Serve tosses the ball into the air by hand and strikes it before it hits the ground.
4. The server begins from the right court and serves alternately from the right and left courts.
5. The service is completed when the racquet hits the ball.

The serve is a fault if:

1. The server violates any part of a legal serve (as above)
2. Serve misses the ball in attempting to serve. It is not a fault if the server tosses a ball, changes his mind and does not swing.
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.

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 -- known as a **double fault**

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).

Rally Rules:

1. Balls must be hit after one bounce or may be hit in the air (without a bounce).
2. Balls landing on any part of the line are considered "in"; if the ball appears to touch any part of the line, it should be called good.
3. Make your line calls promptly and clearly; use hand signals when appropriate;
4. If a player or a player's racquet touches the net, the point is lost.
5. If a ball is caught or hits any part of a player or racquet before it bounces, it is assumed to have been good, even if the person touching the ball is out of bounds or the ball was clearly headed out of bounds.

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.

Scoring:

- Either side may score a point.
- You need to win 4 points to win a game; 6 games to win a set.
- Servers score is called first; server should announce score before starting each point:

Points:

Love - no score

15 = 1st point

30 = 2nd point

40 = 3rd point

Game = 4th point

When the score is tied at 40 to 40 (3 points each), it is called *deuce*. One player must win two points in a row to win a game from deuce. The player who wins the first point after "deuce" is said to have the *advantage*, i.e. advantage server ("ad in") or advantage receiver ("ad out") The first player to win 6 games with a margin of two games is the winner of the set. If the score goes to 6-6 in games, a tiebreak is played and the set ends 7-6. A match is best 2 out of 3 sets.

Tie Break Scoring

- The first player to score 7 points with a two point margin wins.
- The player who is scheduled to serve next in the rotation will serve the first point of the tiebreaker to the deuce court.
- The other player will then serve the next 2 point, one to the ad court, then one to the deuce court.
- The players then continue to alternate serving every 2 points, one to the ad court, then one to the deuce

SET: A player (or team) must win a minimum of six games with a margin of two over his opponent to win a set.

MATCH:

- The maximum number of sets shall be three. The winner must win two of three sets to constitute a match. Player's change sides every odd game (1-3-5 etc.)
- In doubles play the partner must follow the same order or receiving throughout the game.

Doubles Tennis

1. Rules

Serving and receiving

The rules and scoring for doubles tennis are the same as for singles except that because there are four players on the court, there must be established at the beginning of the order of serving and the order of receiving

a. Order of Service

Every player must serve and once the order of serving has been established, it must be maintained until the end of the set. If I am serving the first game my partner will serve the third. My opposition must serve the second game and his/her partner the fourth.

Partners must decide which partner shall receive the balls that served into the right service court and which shall receive balls that are served into the left service court. Once the order of receiving has been established, it must be maintained until the end of the set.

A Match

A match consists of the best of 5 or the best of 3 sets

Lets

There are 2 kinds of lets:

- a. A let for distraction occurs when a ball or player from another court comes onto the court or the ball breaks. The whole point is replayed.
- b. A let solely in respect to service. In this case, the ball when served touches the top of the net and falls into the correct service court. In another instance, the receiver may not have been ready. In each case, the one service only shall be replayed.

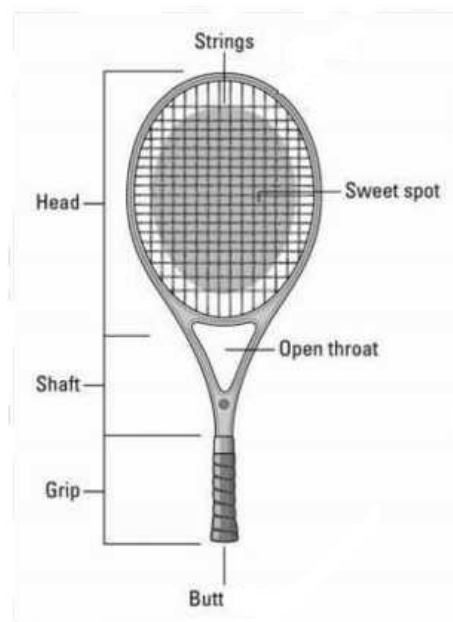
Playing hints:

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.

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.

Parts of a Racquet:



TERMS

Ace	A legal serve that the receiver is unable to touch.
Ad	Short for advantage
All	An equal score ie. 30-30
Alley	The area that enlarges the width of the court for doubles.
Approach shot	a shot hit by a player, as he/she is moving toward the net
Back court	the area between the service line and the baseline.
Backhand	The stroke used to return ball hit to the left of a right-handed player.
Backspin	Spin applied by hitting down under the ball.
Back swing	the initial part of any swing.
Baseline	The end boundary line of a tennis court, located 11.88 m from the net.
Break	to win a game in which the opponent serves.
Centre mark	the short line that bisects the centre of the baseline.
Choke	To grip the racquet up toward the head.
Continental grip	halfway between the Eastern forehand and Eastern backhand grips, used by some players to eliminate the necessity of shifting their hand on the racquet.
Cross-court shot	a ball hit from the corner or side of the court diagonally across the net to the opposite corner or side.
Deuce	The score is 40-40.
Doubles	Four players--two on each side
Double fault	the failure of both service attempts to be legal.
Drive	A shot hit with a full stroke, after the bounce
Drop shot	A ball hit with a great deal of under spin that drops immediately after it clears the net, then bounces with little or no forward motion.
Fault	When the service is not good. a) Served into the net. b) Step over or on base line before hitting the ball. c) Service does not land in correct service box.
Fault	An improper hit, generally thought of on a serve.
Foot-fault	a fault resulting because the server steps on or over the baseline when serving.
Forecourt	The area between the net and the service line.
Game	The first player to win four points, provided he/she is ahead by 2 points.
Ground strokes	the ball is hit after the bounce with a forehand or backhand.
Let	A served ball that touches the top of the net and lands in the proper serving court; the point is replayed again.
Lob	A ball hit high enough in the air to pass over the head of the net player.
Love	A score of zero.
Match	The best three out of five sets
Rally	The exchange of strokes over the net with the exclusion of the serve.
Receiver	The person that receives the serve.
Server	the server or person that, the ball into play.
Service	The act of putting the ball into play
Set	The first player to win six games provided he is ahead by at least two games.
Stroke	the carrying of the ball forward on the racquet strings.
Volley	a stroke taken before the ball has bounced.

