

# TENNIS

## *NATURE AND PURPOSE*

Tennis is a game that has always appealed to both sexes and to both young and old. It is considered by many to be one of the best forms of corecreational sports. The pace of the game can be set to the individual's ability, for it may be played merely as a mild form of exercise, or so strenuously that it taxes one's endurance and strength to their limits. Speed, agility, coordination, and endurance can be developed, and indeed are needed to play a sound game of tennis.

The game of tennis can be played either as singles or doubles. The singles 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. The doubles court is 9 feet wider than the singles court, having a 4V2 foot alley on each side of the singles court.

The basic rules are the same for men's and women's tennis. To start the game, the server stands just behind his baseline to the *right* of his center service line, and puts the ball into play by striking it in the air in such a manner that it lands in his opponent's right service court. The server has two chances to put the ball into play. The ball that does not land in the proper service court is called a "fault" and is not played. A served ball that touches the net during the flight and lands in the proper service court is called a "let"; it is not counted as a fault nor is it played, but is served again.

The receiver must return the serve on its first bounce to the server's court. The rally continues until one of the players fails to return the ball, either in the fly or after the first bounce within the boundaries of his court.

When the point has been completed, the server stands just behind his baseline and to the *left* of the

center service line and serves to his opponent's left service court, continuing to alternate left and right after each point until the game is completed. Upon completion of the game, the server becomes the receiver. Players change sides at the completion of each odd-numbered game.

In doubles, each player serves a game in turn—first a member of one team, then a member of the other team, and so on. The same order of serving is kept throughout the set.

## *Scoring*

Points in tennis 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 Game, provided his opponent does not have more than 30 (2 points).

If each player has won three points (40-all), the score is deuce. The next point won by a player gives him advantage. However, if he loses 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 an advantage of two games to win, so the score could be 7-5, or 8-6, or 9-7, and so on.

In scoring the *match*, the player first winning

two sets is generally declared the winner.

## TENNIS TERMINOLOGY

ACE - A point scored on a shot that is impossible to return.

AD COURT-Left half of the tennis court.

ADVANTAGE IN - One point won by the server after the 40-all mark. (Ad in).

AD OUT- Receiver's point after deuce.

ALLEY - The 4 1/2 ft. lane between the singles and doubles sideline.

BACKHAND - Hitting the ball with the back of the hand turned in the direction of movement. Also called Continental grip.

BACKSPIN - Spinning of the ball in the opposite direction of movement, causing the ball to bounce back toward the hitter.

BASE LINE - The boundary at the end of the court.

BLOCKED BALL - A ball stopped and returned without swinging the racquet.

CHOKE - To shorten the grip on the racquet.

CROSS COURT - A shot hit diagonally from one corner of the court over the net into the opposite corner of the court.

DEUCE - The score of 40-all; also a tied score after the point 40-all.

DEUCE COURT - Right half of tennis court.

DOUBLE FAULT - A double service failure, causes loss of point.

DROP SHOT - A ball dropped just over the net.

EASTERN GRIP - Shake hands with the racket.

FAULT - A serve which lands out of bounds or is not hit properly.

FLAT BALL - No spin on the ball.

FOOT FAULT - Touching the service line during the serve prior to contacting the ball.

FOREHAND - A dominant-side hit.

GAME - Reaching a score beyond 40 and being 2 or more points ahead of the opponent.

GROUND STROKES - Any ball hit after it has bounced.

LET - To play the ball over; occurs when the ball hits the net and passes over it; when outside interference occurs, or when the receiver is not ready.

LOB - To hit the ball high into the rear of the opponent's side of the court.

LOVE - No score. A player with zero points or games to his credit.

MATCH - Contest play; may be 2 out of 3 sets, or 3 sets out of 5.

NET HEIGHT - 3 feet in the center; 3 feet 6 inches at the posts.

NO MANS LAND - Area between service line and base line.

OVERHEAD - A hard hit ball from above the head. A smash.

RACKET FACE - The hitting surface of the racket.

RACKET HEAD - Top portion of the racket frame which houses the strings.

RALLY - The act of hitting balls back and forth across the net. A rally includes all shots other than the serve.

SERVICE BOX - Area where a served ball must land.

SERVICE BREAK - A game won by the receiver.

SET - The first player to win six games with a minimum two games lead has won a set.

STROKE - The action of hitting the ball with the racket.

TOP SPIN - Spin of the ball in the direction of movement.

VOLLEY - To hit the ball in the air before it bounces on the court.

The serve is a fault if the server:

1. does not take the proper position before serving.
2. commits a foot fault.
3. misses the ball while attempting to strike it.
4. fails to hit the ball into the correct service court.
5. hits any permanent structure with the served ball other than the net, strap, or band.
6. hits their partner or anything they wear or carry with the served ball.

The Let: The ball is considered to be a let when:

1. a served ball touches the net, strap, or band and is otherwise good.
2. because of circumstances beyond a player's control due to interference, they are unable to play a ball.
3. the ball is delivered before the receiver is ready.

Loss Of Point: The player loses a point if:

1. the ball is not returned to the opponent's court on the volley or first bounce after the serve.
2. their clothing touches the net on any play.
3. he/she reaches over the net to play a ball unless it has bounced back over the net because of a spin or strong wind.
4. he/she throws the racquet at the ball.
5. he/she hits the ball more than once.
6. he/she misses the ball or hits it out of bounds or into the net.
7. he/she plays a served ball before it bounces.

Good Returns: A ball is considered good if:

1. it lands on any line.
2. it touches the top of a net post or net and falls into the proper court.
3. a player reaches outside the net posts to play a ball and returns it successfully.
4. on the follow through the racquet goes over but does not touch the net.



