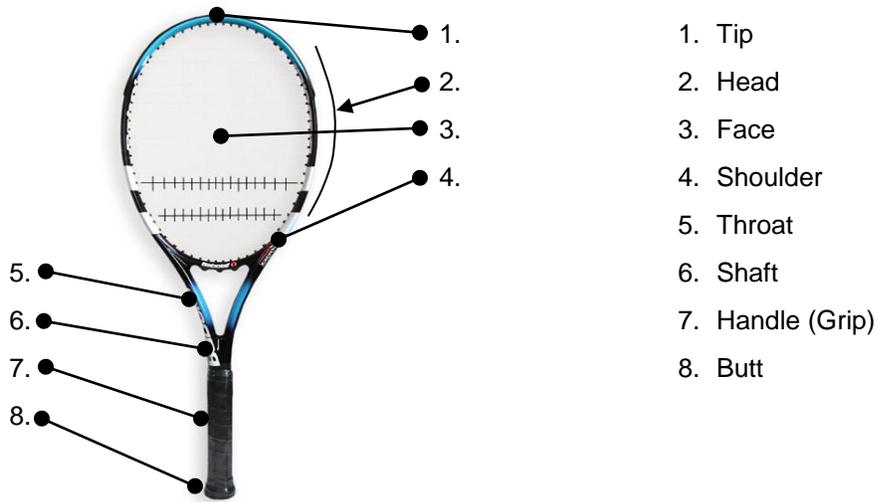


Course Notes:

Equipment

The parts of the tennis racket.

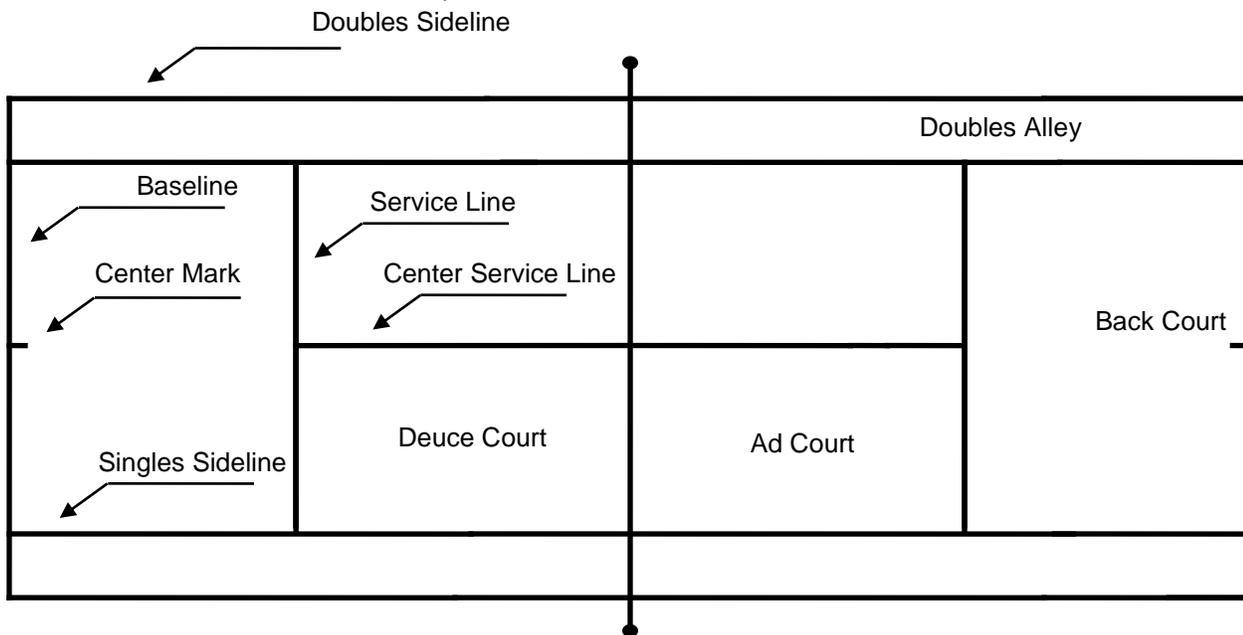


The grip size of a racket increases or decreases in 1/8 inch increments.

The three common racket head sizes found on the market today are: Midsize (85-95 square inches), Mid-Plus (95-105 square inches), and Oversize (greater than 105 square inches). As a racquet head size increases string tension must also increase in order to achieve the same playability and feel as a racquet with a smaller head size strung at a lower tension. Additionally, varying string tensions will change the power and control characteristics of a racquet. Lower string tensions produce more power and higher string tensions produce more control. More skilled players, who hit the hard will generally string their racquets at a higher tension.

Court

The correct court lines and areas are presented below:



The height of the tennis net is three feet at the center strap and three feet and six inches at the singles and doubles sidelins. A singles stick is used to insure the proper net height at the singles sideline in tournament play.

Scoring and Game Play

A tennis game is scored by points. The player reaching 4 points and being ahead by at least two points wins the game. If a player has zero points it is called 'love'. One point is called '15', two points is called '30', and three points is called '40'. If a player has won four points and is ahead by at least two points it is called 'game'.

If a game goes to three points all or '40-40' it is called 'Deuce' and since a player must be ahead by at least two points to win the game at least two more points must be played. If the player serving wins the next point following deuce the score is called 'Ad-In' or advantage to the server because if they win the next point they win the game. If the next point following deuce is won by the receiver the score is called 'Ad-Out' or advantage to the receiver because if they win the next point they win the game. If the server or receiver wins the next point after deuce and the other player wins the next point the score goes to deuce again.

To practice scoring see if you can correctly identify the following scoring examples:

- Server has won 0 points and receiver has won 1 point.
- Server has won 2 points and receiver has won 3 points.
- Server has won 4 points and receiver has won 3 points.
- Server has won 2 points and receiver has won 4 points.
- Server has won 2 points and receiver has won 2 points.
- Server has won 3 points and receiver has won 3 points.

It is also noted that any time the score is even, meaning that the combined score of both players adds to an even number of points you know that the next serve will be delivered to the deuce court. Conversely if the combined score of both players adds to an odd number of points you know that the next serve will be delivered to the ad court. For example, if the score was 30-30 the serve would be delivered to the deuce court because a score of 30-30 represents 4 total points.

To which court, the deuce or ad court, would the serve be hit if the score was:

- 40-love
- 15-all
- ad-in
- love-30

To win a set a player must win six games and be ahead by at least 2 games, and to win a match a player must win the best 2 out of three sets. There are some professional matches where men must win the best three of five sets to win the match. Players will also change ends of the court after the first game and after each odd game is played (for example: after games 1, 3, 5, 7, etc.).

- If the set score was 5-1 would players stay or change ends?
- If the set score was 6-1, 2-0 would players stay or change ends?
- If the set score was 4-5 would players stay or change ends?
- If the set score was 3-2 would players stay or change ends?

Another type of scoring uses no-ad scoring. This type of scoring makes the games go faster because there is no potential for the score to reach deuce. Simply stated, the player to reach four points first wins the game. In order to give some advantage back to the receiver in the no-ad scoring format if the game score goes to three points all the receiver may choose which court, ad or deuce, the serve will be delivered to on the seventh point.

Here are a couple other pieces of information that will help understand some of the rules relating to scoring:

- Ninety seconds is allowed for players to change sides of the court and commence play when players changed ends of the court.
- Twenty-five seconds is allotted for players to commence play between points?

If, during the course of a set the score reaches six games all a 12-point tie-breaker is played to determine the winner of the set. The player who served the first game of the set serves first in the tie-breaker and only serves the first point of the tie-breaker. The person who served second in the set then serves the next two points (points

2 and 3) of the tie-breaker by delivering their first serve to the ad-court (point 2) and then their next serve (point 3) to the deuce court. Each player then serves two points each until one player has won seven points and is ahead by at least 2 points to win the tie-breaker. During the course of the tie-breaker players will change ends of the court after every six points. Remember, the tie-breaker counts as a game, so the player who served second in the tie-break set will serve first in the next set.

To see how well you understand tie-break scoring try to answer the following questions. Of course the best way to learn tie-break scoring is to actually play a tie-breaker.

Player A has served first in the set now being played. **Player B** received serve in the first game.

- A player must win _____ points and be ahead by at least _____ points to win a tie-breaker.
- What is the set score when a tie breaker is used?
- Based on the information above, which player (A or B), serves first in the tie-breaker?
- Which player (A or B), serves first in the second set following the first set tie-breaker?
- How many points does the first server in a tie-breaker serve?

Basic Rules of Playing

There are many rules related to playing tennis and you can go to the United States Tennis Association web site to read all the rules (<http://www.usta.com/home/default.sps>). Fortunately you do not need to know every rule of the game in order to play. However, having a basic knowledge of the fundamental rules is necessary to play and enjoy the game. The following represent some of the basic rules.

- A let serve occurs when a served ball hits the top of the net and falls into the proper service area.
- A pro-set is completed when a player or team has won at least eight games and is ahead by at least two games.
- If a ball, other than a serve, hits the top of the net and falls into the proper court, it must be returned by the opponent.
- If the ball is returned outside the net post and lands in the proper court it is considered good.
- If a player commits an act that hinders the opponent in making the stroke they lose the point
- If the ball lands on the line it is considered good
- If a player reaches over the net to hit a ball that has blown or rebounded back to the other side of the net of its own accord and does not touch the net with their racket, body, or clothing it is a good ball.
- The player winning the toss or spin of the racket at the beginning of a match has three choices. To make the opponent choose first, to serve or receive, or choice of sides
- A server does not have to make an attempt to hit all tosses on the serve, even if it is a poor toss.
- It is legal to serve the ball underhanded as long as it does not bounce first.
- All practice and warm-up must be completed before the first point of the match is played.
- A foot fault occurs whenever the server makes contact on or within the baseline before hitting the ball.

Player and Spectator Etiquette

- All practice serves should be taken prior to playing any points.
- At the conclusion of a match, players should shake hands.
- It is improper to "quick serve" an opponent.
- It is not a good idea to rest between points by sitting or leaning on the net.
- If possible a player should not attempt to hit a served ball if it is out. In some cases the receiver may have already committed to swing at the serve and cannot stop their motion. But it is better to let the ball go by if you see that the serve is obviously out.
- A "let" should be called immediately whenever another ball enters your court area.
- It is best to wear tennis shoes while playing tennis since they are built this type of game.
- It is not permissible to ask a spectator whether a shot was in or out.
- If in doubt, call the ball in or good.
- It is not a good idea to "adjust" the score in your favor at times when it appears you could get away with it. Honesty is always the best policy.