

## Tennis Rules/Study Guide

**THE GAME:** Tennis is an individual racket sport played on a court divided by a 3' net. A person can play singles or with a partner play doubles. The object of the game is to score the most points.

**SCORING:** When someone faults, the opposite person or team get a point. The counting of points is unique in tennis. The start of the game is the score of love to love.

- ☞ A score of nothing or zero = love
- ☞ A score having one point = fifteen
- ☞ A score having two points = thirty
- ☞ A score having three points = forty

Four points is a game... if the player is 2 points ahead!

A tied game at 40-40 is called deuce. If the server wins the next point after deuce, the score is advantage-in or ad-out.

If, however the point after ad-out is won by the serving team, the game is at deuce again.

The playing of tennis does not stop at game but continues for sets. A set is 6 games won by a person or team and be ahead by 2 games. A match consists of 2 out of 3 sets (women) or 3 out of 5 sets (men).

**SERVICE:** Each point is begun with a service. The server must toss the ball into the air and hit it diagonally across the net into the opposite service court.

Remember- (as a server...)

- ☞ Stand behind the baseline. (Do not foot fault.)
- ☞ Stand either right or left of the center mark.
- ☞ First point is always from the right of the mark to the right service court across the net.
- ☞ Alternate courts throughout the game.
- ☞ Call out the score with own score first.
- ☞ Receiver must be ready before the serve is served.
- ☞ The server has two tries to get the ball into the correct court.
- ☞ If the ball hits the net but lands into the correct court, a let is called and the ball is reserved.
- ☞ Every odd game, players switch side of court.

**PLAYING:** In a double's game, the players serve in a rotation, one partner, then an opponent, the other partner and then the other opponent. This rotation is kept throughout the match. Service is the same for singles. Each person serves a game.

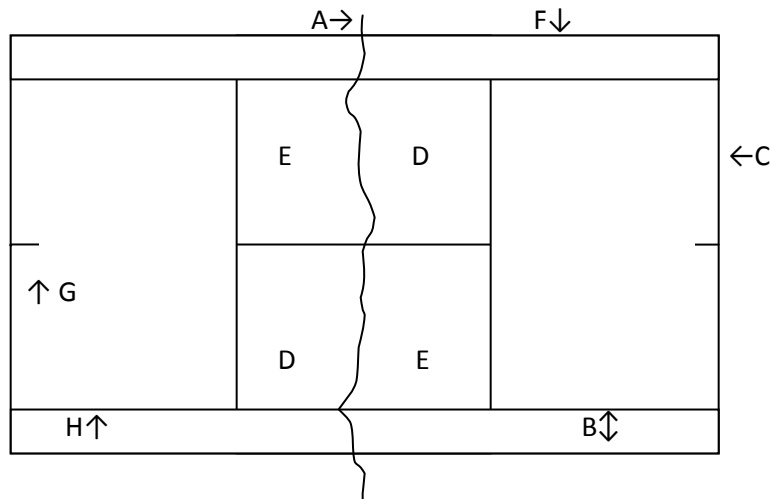
Remember- (as a player...)

- ☞ You may return the ball on a bounce or a volley.
- ☞ Lines are IN!
- ☞ The alley is used only in the doubles game.
- ☞ You may not touch the net or reach over to play a ball.

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- ☞ If you fail to return the ball over the net and into the opponents court, it is a point for the opponents.
- ☞ Do not catch a ball and then call it out.
- ☞ Do not allow the ball to bounce twice.
- ☞ Do not touch the net with your racket or body.
- ☞ Play a good game, always call the out balls.

### TENNIS COURT:



- A. Net    B. Alley    C. Baseline    D. Left service court    E. Right service court  
 F. Doubles side line    G. Baseline service mark    H. Singles side line

### TERMINOLOGY:

Ace	Good service where opponent cannot touch the ball.
Backhand	Stroke used to hit the ball on the left side of a right handed player and on the right side of a left handed player.
Baseline Game	Player stays on or near the baseline when playing, seldom coming to the net.
Break Service	Phrase indicating that the receiver has won a game that his/her opponent served.
Cross Court	A ball hit diagonally from one corner across the net to the other corner.
Deep	A shot that lands near the baseline.
Down the Line	A ball driven parallel and close to the side line.
Drive	Shot hit hard and close to net landing deep in the back court.
Drop Shot	A deceptive shot in which the ball just clears the net.
Forehand	Stroke used to hit the ball on the right side of a right hander and on the left side of a left hander.
Ground Stroke	Any stroke taken after the ball has bounced.
Hold Service	Winning the game when you are serving.
Lob	A high arching shot that lands near the baseline.
Long	A shot that lands beyond the baseline outside the court.
Love Game	A game in which the loser has not won a point.
Match Point	Point, if won, that allows a player to win the match.
Mixed	A man and woman are partners on each side of the net.
Doubles	
Net Game	Type of play in which a player gets to the net as soon as possible to volley.

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Pass	Shot going to either side of an opponent near the net out of their reach.
Placement	Shot placed accurately out of reach of the opponent.
Poaching	Applied to the play in doubles in which one player plays a ball that should have been played by their partner.
Rally	Continued play between the serve and the winning of a point.
Smash	A hard and fast downward shot made with an overhead stroke.
Set Point	A point that if won, allows a player to win the set.
Volley	Stroke used to hit the ball before it has bounced.
Wide	Shot that lands beyond the sidelines outside the court.

### SUMMARY:

1. A ball hitting a line is good.
2. The serve in tennis has to bounce.
3. The receiving team moves up and back.
4. The same person serves an entire game.
5. You have 2 chances to make a good serve.
6. You serve diagonally.
7. A ball is not out until it strikes the ground outside the court lines.
8. During a rally if the ball strikes the net and falls into the proper court you continue play.
9. The ready position, means to be on the balls of your feet, feet slightly apart and knees bent.
10. If a player is hitting a forehand they stop with the left foot if right handed.
11. If a player is hitting a backhand they step with the right foot if right handed.
12. Tennis is considered a lifetime sport.
13. On the serve, it is a fault if you swing and miss the ball.
14. It is a fault if the ball hits the net post and goes into the proper service court.
15. If a player hits the ball outside the court before it touches the ground, the ball is still in play.
16. A returned ball is good if it hits the net and lands in the proper area.

### A player Loses A Point If:

- ☞ The racket or any part of their clothing touches the net.
- ☞ You hit the ball more than once while trying to get it over the net.
- ☞ The ball touches the body or clothing.
- ☞ You play the ball before it crosses the net.
- ☞ You throw the racket at the ball and it hits the ball.
- ☞ You hit the ball after the first bounce.
- ☞ You fail to hit the ball over the net into the proper area.