TENNIS STUDY GUIDE

BASIC RULES:

**SERVING:**

* The server can stand anywhere between the center mark and the singles sideline as long as he/she is on the correct side.
* The server cannot walk or run while in the act of serving.
* The server must strike the ball before it hits the ground.
* The server cannot step on the baseline until the racket strikes the ball.
* If the server tosses the ball and swings and misses it completely, he/she is charged with a fault
* It is not a fault if the server tosses the ball and then does not swing at it, either catching it or letting it hit the ground.
* A server is allowed two attempts to get the ball over the net into the proper service court but loses the point if the second ball fails.
* A served ball that strikes the top of the net and lands in the proper service court is a let, and is served again.
* A server serves the first point from the right half of the baseline, then the second point from the left side of the baseline.
* One side serves one entire game. The opposing side serves the next game.

**GENERAL RULES:**

* The player loses the point if his/her body, racket, or clothing touches the net, net post, or the ground within the opponent’s court while the ball is in play.
* A player cannot reach over the net to strike a ball. The ball must be played on the player’s own side of the net.
* If the serve is good, the receiver must hit the ball back over the net. Only one bounce is allowed.
* Whoever fails to get the ball back over the net, inside the boundary lines of the opposite court loses the point.
* A ball that lands on the line is considered in.

**SCORING:**

* Points in tennis are called: Love, 15, 30, 40, Game.

\*Zero or no points ………………………love.

\*First point won by a player……………..15

\*Second point won by a player…………..30

\*Third point won by a player…………….40

\*Fourth point won by a player……………Game

* Deuce is called when the score is tied at 40-40. In deuce you must win by two points in a row to win the game. The next point won by the server is called Advantage In (Ad in) and the next point won by the receiver is called Advantage Out (Ad Out).
* The server’s score is always called first.
* The player to win six games first wins the set. However, you must win by two games. (6-2, 7-5, etc.)
* A match generally consists of winning two out of three sets.

TERMINOLOGY

**Ace-**A point-winning serve that is hit beyond the reach of the receiver.

**Ad-**The next point after a deuce score.

 **“Ad in”**~refers to the server. **“Ad out”**~refers to the receiver.

After deuce, you must win two points in a row to win the game.

**Backhand-**A shot hit from the non-racket side of the body.

**Deuce-**An even score (40-40) after six or more points of a game have been played.

**Double Fault-**Failure for a player to get either of his/her service attempts into the

proper service court.

**Fault-**A served ball that does not land within the proper service court.

**Foot fault-**A service delivery that is illegal, usually because the server steps on the baseline or into the court before his/her racket contacts the ball.

**Forehand-**A shot hit from the racket side of the body.

**Groundstroke-**A forehand or backhand stroke used to hit the ball after is has

bounced.

**Let-**Any point that must be replayed

**Love-**A score of zero

**Serve-**The stroke used to put the ball into play at the start of each point.

**Volley-**A short punch stroke close to the net, used to hit the ball before it bounces.

