**THE RACKET:**

Terminology:
- **Tip** - The point at the top of the racket head.
- **Face** - The hitting surface of the racket.
- **Frame** - The rim of the racket head plus the handle of the racket.
- **Racket Head** - Top portion of the racket frame which houses the strings.
- **Handle** - Bottom portion of the racket; includes the grip and throat.
- **Butt** - The bottom of the racket handle.
- **Grip** - The portion of the racket that is grasped in the player's hand.
- **Throat** - Portion of the handle that is between the grip and the racket head.

**PLAYERS:**

Tennis may be played with 2 (singles) or 4 (doubles) players.
The court sizes for singles and doubles are different; however, the service court remains the same size.

**THE COURT:**

Terminology:
- **Alley** - The strip on either side of the singles court used to enlarge the court for doubles.
- **Backcourt** - The area between the service line and the baseline.
- **Baseline** - The end line of a tennis court.
- **Center Mark** - Short mark that bisects the baseline.
- **Center Service Line** - The line perpendicular to the net which divides the two service courts.
- **Doubles Side-Line** - The outside sideline on a court; used in doubles only.
- **Service Court** - The area a serviced ball must land to be considered 'good'...opposite court where serve was made.
- **Service Line** - The end line of the service courts running parallel to the net.
- **Singles Side-Line** - The first sideline closer to the center mark and running the entire length of the court.
SIMPLE RULES:

1. One server serves an entire game. An opposing player serves the second game. The serving turn alternates among players until a set is completed. A set consists of 6 games.

   **Singles:** game 1 - A1
   game 2 - B1
   game 3 - A1
   game 4 - B1 ... etc.

   **Doubles:** game 1 - A1
   game 2 - B1
   game 3 - A2
   game 4 - B2
   game 5 - A1 ... etc.

2. The score must be stated before serving. When calling the score, always call the server’s score first.

3. The server is allowed two attempts to serve the ball into the proper service court. If a second serve is needed, the word “second” is called before serving instead of the score.

4. The first point of each game is served from the right side of the center mark, the second point is served from the left side, the third point is served from the right...this pattern continues until the end of the game.

   If the total points of both players is an even number, the server should serve from the right side of the center mark. If it is an odd number, the server should serve from the left side of the center mark.

   **Examples:** Score is 0-0 ... serve is from the right side of the center mark.
   Score is 15-0 ... serve is from the left side of the center mark.
   Score is 15-30 ... serve is from the left side of the center mark.

5. The server must stand behind the baseline on the proper side of the center mark when serving.

6. Servers cannot step on or over the baseline during a serve.

7. Only one bounce is allowed on a side although a ball may be hit before it bounces. This is called a VOLLEY.

8. A ball that lands on the line is considered “in” or “good.”

9. Players and rackets are not allowed to cross over the net. A player or his racket may not touch the net either.

10. Servers feet must stay in contact with the ground on the serve. A total shift of weight from the back foot to front foot also occurs throughout the serve.

4 STEP SERVING PROGRESSION

1. **DROP AND TOSS** - The racket drop and the toss of the tennis ball happen simultaneously. The toss should be about one to one and a half arm lengths above the head and should be just slightly in front of the foot opposite that of the racket.

2. **BACK** - Reach behind your back, as if you wanted to scratch it.

3. **CONTACT** - Arm should be fully extended and contact should be made just in front of your body above your head...slightly past vertical.

4. **FOLLOW-THROUGH** - After contact is made, follow-through with racket under the opposite arm; across the body.
**SCORING:**

There are two types of scoring in Tennis: No-Add and Traditional.

<table>
<thead>
<tr>
<th>NO-ADD SCORING</th>
<th>POINTS SCORED</th>
<th>TRADITIONAL SCORING</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 - 0</td>
<td>0</td>
<td>LOVE - LOVE</td>
</tr>
<tr>
<td>1</td>
<td>1&lt;sup&gt;st&lt;/sup&gt;</td>
<td>15</td>
</tr>
<tr>
<td>2</td>
<td>2&lt;sup&gt;nd&lt;/sup&gt;</td>
<td>30</td>
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<tr>
<td>3</td>
<td>3&lt;sup&gt;rd&lt;/sup&gt;</td>
<td>40</td>
</tr>
<tr>
<td>4 (GAME)</td>
<td>4&lt;sup&gt;th&lt;/sup&gt;</td>
<td>GAME</td>
</tr>
</tbody>
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**SPECIAL SITUATIONS**

3-3 TIE

Receiving team dictates which court to serve to.

30-30 40-40 = DEUCE

Advantage in

Advantage Out

2 points in a row to win

**GAME:** A game is won when one player wins 4 points or advantage plus one point, must win by two points.

**SET:** A set is won when one team wins six games while the opponent wins no more than four games.

**MATCH:** All women's matches are the best 2 out of 3 sets. Men's professional tennis play the best 3 out of 5 sets.

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**TERMINOLOGY:**

1. **FOREHAND** - A stroke hit on the dominant side of the body. (i.e. right side of a right handed player)
2. **BACKHAND** - A stroke hit on the non-dominant side of the body. (i.e. left side of a right handed player)
3. **SERVE** - Placing the ball into play by hitting it over the net into the proper service court.
4. **LOB** - A high, easy hit over the reach of a person at the net.
5. **SMASH** - A ball hit downward and hard.
6. **VOLLEY** - A ball hit on the fly before it bounces.
7. **LOVE** - A score of zero points.
8. **DEUCE** - When the score is tied at 40-40 (three points to three points)
9. **ADVANTAGE (AD)** - A point earned after deuce.
   - **AD IN** - Point after deuce earned by the server
   - **AD OUT** - Point after deuce earned by the receiver
10. **LET SERVE** - A serve that hits the net and lands in the proper service court. This does NOT count as one of your hits and is done over.
11. **DOUBLE FAULT** - When the server has served two serves out of bounds on the same point.
12. **GROUND STROKE** - Any ball hit after it has bounced.
13. **ACE** - A ball served and untouched by the opponent's racket.