

## A few Basic Tennis Rules

		Singles	Doubles	Balls	Net
Court Size:	78 feet x	27 feet	36'	Regular Regulation	36" / 3 feet
	(12 and under tournaments	Level 4 and 5		Green dot Balls)	
10 and under	60 feet x	21'	27'	Orange	36"
8 and under	36 feet x	16	20'	Red	33"

### SCORING:

#### Game, Set, Match

1) <b>Game:</b>	Add Scoring:	No Add Scoring
0 = LOVE	Duce - Both players have 40	When DUCE is reached,
1 = 15	Add: One player wins a point	person that wins the next
2 = 30	Add In - Server, Add Out - Receiver	point, wins the game.
3 = 40	Must win 2 points in a row to win	Receiver chooses side.
4 = Game	game. Or it goes back to duce. (Duce point	Right side, Add point Left.)

2) **Set:** First player to 6 games, win by two. At 6 games all, (6-6) players play a TIEBREAK:

2a) Set Tiebreak: First player to 7 points, win by two.

2b) Match Tiebreak: First player to 10 points, win by two

#### Basics:

Next person in line to serve (player A) serves one (1) point right to left.

Opponent (player B) serves the next two (2) points starting left to right.

A serves 2 points starting left to right

B serves one(1) point left to right ...

**PLAYERS SWITCH ENDS (EVERY 6 POINTS)**

B serves 1 point right to left

A serves 2 points left to right

(The pattern follows until one player has reached the 7 or 10 goal - win by two.)

3) Match:

A) Three (3) Tiebreak sets

B) Two (2) Tiebreak sets w/ Ten (10) Point Match Tiebreak

C) Eight (8) Game Pro Set -

First to 8 games, win by two. Set tiebreak at 8 games all. (Usually Doubles)

D) 10 and under tennis - 2 Short Sets (First to 4 win by 2 w/ set tiebreak at 4 games all.)

Starting a Match: The choice of ends and the choice to be server or receiver in the first game shall be decided by toss / spin before the warm-up starts. The player/team who wins the toss may choose:

- a. To be server or receiver in the first game of the match, in which case the opponent(s) shall choose the end of the court for the first game of the match or
- b. The end of the court for the first game of the match, in which case the opponent(s) shall choose to be server or receiver for the first game of the match; or
- c. To require the opponent(s) to make one of the above choices.

(Do both players/teams have the right to new choices if the warm-up is stopped and the players leave the court? Yes, the result of the original toss stands, but new choices may be made by both players/teams.)

CHANGE OF ENDS: The players change ends at the end of the first, third and every subsequent odd game of each set. The players shall also change ends at the end of each set unless the total number of games in that set is even, in which case the players change ends at the end of the first game of the next set.

**Time Limits that could cause Violations:**

Between points: Maximum of twenty (20) seconds

Change Over: Maximum of Ninety (90) seconds

At the end of each set: Maximum of one hundred twenty (120) seconds. (Two Min Set Break)

Split Sets: Before Match tiebreak- three (3) minute Set Break - Coaching allowed USTA tournaments.

*Maximum time begins when the ball goes out of play and the ball for next point is put into play.*

Coaching For High School: I may coach at change over and set breaks. Before you come to the fence - grab your beverage, towel and racquet- then we can make the most of our time at the fence. I will not coach you every time you have a break.

Things to put in your bag:

Racquet, snack/Gatorade, towel, bandages, extra socks and shoes, change of clothes, sunscreen, Chap Stick, score cards, NOTES

Feet / Focus / First Serve / FUN!!!

Move my feet to get ready for my next hit.

Keep my Focus on my court, ball, strings - not my neighbor on the next court.

Get my first serve IN - No one will T-off on your first serve, but a weaker second serve, they will.

If I am able to do the first three F's, FUN will happen... because you will have played your best and used your head as well as you physical talent! Setting yourself up for victory - win or lose.