Tennis Handout

History
- Sometime in between the 11th and 12th centuries, French monks started playing a game using just their hands and a crude ball made up of cork or wool wrapped in cloth or leather.
- They would either hit the ball off the monastery wall or over a single piece of rope strung across a courtyard. They named the game “Jeu de Paume”, which means “game of the hand.”
- By the 13th century, with ever increasing popularity, came changes and improvements to the game.
- Since striking the ball with the hand tended to be a bit painful, a glove with webbing or a solid paddle with handle started being used, the first introduction of the racquet.
- In 1874, Major Walter Wingfield patented the equipment and the rules of tennis that we are familiar with today.
- Three years later the first Wimbledon was played, and from that point on it was known as "lawn tennis" in England and "court tennis" in the United States.

Major Tennis Tournaments
- The first championships at Wimbledon in London were played in 1877 (surface – grass).
- The U.S. National Men's Singles Championship, now the US Open, was first held in 1881 at Newport, Rhode Island. The tournament is now played in New York (surface – hard court).
- Tennis was also popular in France, where the French Open dates to 1891 (surface – clay).
- Lastly the Australian Open was the last big tournament added dating to 1905 (surface – hard court).
- Wimbledon, the US Open, the French Open, and the Australian are the four premier tennis tournaments found in the world. Together they call the four tournaments the grand slam of tennis.

The Court
- Tennis is played on a rectangular, flat surface, usually grass, clay, or a hard court of concrete and/or asphalt.
- The court is 78 feet long, and its width is 27 feet for singles matches and 36 ft for doubles matches.
- The net is 3 feet 6 inches high at the posts and 3 feet high in the center.

![Tennis Court Diagram](image)

Lines
- The lines that delineate the width of the court are called the baseline (farthest back) and the service line (middle of the court).
- The short mark in the center of each baseline is referred to as either the hash mark or the center mark.

The outermost lines that make up the length are called the doubles sidelines. These are the boundaries used when doubles is being played.
The lines to the inside of the doubles sidelines are the singles sidelines and are used as boundaries in singles play.
The area between a doubles sideline and the nearest singles sideline is called the doubles alley, which is considered playable in doubles play.
The line that runs across the center of a player’s side of the court is called the service line because the serve must be delivered into the area between the service line and the net on the receiving side. Despite its name, this is not where a player legally stands when making a serve.
The line dividing the service line in two is called the centerline or center service line.
The boxes this centerline creates are called the service boxes; depending on a player’s position, he will have to hit the ball into one of these when serving.
A ball is out only if none of it has hit the line upon its first bounce.

The basic game play
The players (or teams) start on opposite sides of the net.
One player is designated the server, and the opposing player, or in doubles one of the opposing players, is the receiver.
Service alternates between the two halves of the court.
For each point, the server starts behind his baseline, between the center mark and the sideline.
The receiver may start anywhere on their side of the net.
In a legal service, the ball travels over the net (without touching it) and into the diagonally opposite service box.
If the ball hits the net but lands in the service box, this is a let or net service, which is void, and the server gets to retake that serve.
The player can serve any number of let services in a point and they are always treated as voids and not as faults. A fault is a serve that is long, wide, or not over the net.
There is also a “foot fault”, which occurs when a player’s foot touches the baseline or an extension of the center mark before the ball is hit. If the second service is also faulty, this is a double fault, and the receiver wins the point. However, if the serve is in, it is considered a legal service.
A legal service starts a rally, in which the players alternate hitting the ball across the net.
A legal return consists of the player or team hitting the ball exactly once before it has bounced twice or hit any fixtures except the net, provided that it still falls in the server’s court.
The ball then travels back over the net and bounces in the court on the opposite side. The first player or team to fail to make a legal return loses the rally.

Traditional Scoring
A tennis match is composed of a number of sets. Typically for both men’s and women’s matches, the first player to win two sets wins the match. (At certain important tennis tournaments for men, including all four Grand Slam tournaments and the final of the Olympic Games, the first man to win three sets wins the match).
A set consists of games, and games consist of points.
A game consists of a sequence of points played with the same player serving.
The first player to have won at least four points in total and at least two points more than the opponent wins a game.
The running score of each game is described in a manner particular to tennis: scores of zero to three points are described as “love” (or zero), “fifteen”, “thirty”, and “forty” respectively.
If each player has scored at least three points, and the scores are equal, the score is “deuce”. If each side has scored at least three points and a player has one more point than his opponent, the score of the game is “advantage” for the player in the lead.
During informal games, “advantage” can also be called “ad in” or “ad out”, depending on whether the serving player or receiving player is ahead, respectively.
A set consists of a sequence of games played with service alternating between games, ending when the count of games won meets certain criteria. A player wins a set by winning at least six games and at least two games more than the opponent.
If one player has won six games and the opponent five, an additional game is played. If the leading player wins that game, the player wins the set 7–5. If the trailing player wins the game, a tiebreaker is played.
A tiebreaker, played under a separate set of rules, allows one player to win one more game and thus the set, to give a final set score of 7–6.

No Ad Scoring
In the “No Ad” scoring system, all of the traditional scoring rules apply except for the rules concerning deuce.

“No Ad” stands for no advantage, therefore the team to score the next point after deuce wins that game. “Ad In” and “Ad Out” never occur.
This is the scoring system used by most high school teams in an effort to speed up the game.

Key Terms
Alley: The area on the sides of the court used in doubles play. Any ball that land in this area are considered good and must be played. Exception: this area is considered out on a serve and singles play.
- **Deuce**: Each team has scored three (3) points. The score is 40-40.
- **Double Fault**: For each point, a server is allowed two attempts to get the ball into the proper court. If both serves are "no good", a double fault is called.
- **Face of Racket**: The part (on the head of the racket) that contains the strings.
- **Foot Fault**: Server steps on the baseline when serving.
- **Let**: A serve that hits the top of the net and goes into the proper court. It is re-taken without a penalty.
- **Ready Position**: This is the position of a player waiting to hit the ball.
- **Service Court**: (see area on diagram) The server begins play from the right service court and serves from behind his baseline to his opponent’s right service court. The next point is served from the left service court to the opponent’s left and so on, alternately, throughout the game.
- **Break Point**: A break in tennis is when the server loses the game to the receiver. A break point occurs when the receiver is one point away from winning the game. Such as if the score was 30-40.
- **Game Point**: A game point in tennis is when the server is one point away from winning the game.
- **Set Point**: A set point in tennis is when one player is one point away from winning the game and the set.
- **Match Point**: A match point in tennis is when one player is one point away from winning the game, the set, and the match.

### Shots
- **The Serve**: (more formally, a "service") in tennis is a shot to start a point. The serve is initiated by tossing the ball into the air and hitting it (usually near the apex of its trajectory) into the diagonally opposite service box without touching the net. The serve may be hit under- or overhand. Some servers are content to use the serve simply to initiate the point; however, advanced players often try to hit a winning shot with their serve. A winning serve that is not touched by the opponent is called an "ace". If the receiver manages to touch it but fails to successfully return it, it is called a "service winner".
- **The Forehand**: For a right-handed player, the forehand is a stroke that begins on the right side of the body, continues across the body as contact is made with the ball, and ends on the left side of the body.
- **The Backhand**: For right-handed players, the backhand is a stroke that begins on the left side of their body, continues across their body as contact is made with the ball, and ends on the right side of their body. It can be executed with either one hand or with both and is generally considered more difficult to master than the forehand.
- **The Volley**: For all players, a volley shot is any shot hit before the bounce. This shot is often performed close to the net and is used for a quick attack against the opponent. Good players usually can execute a volley while placing spin on the ball adding difficulty for the opponent’s return shot.