

TENNIS INFORMATION

History-

Tennis's roots trace back to 13th century France, where players hit the ball over the net with their hands. It was brought to Wales, where it evolved to lawn tennis, with players using rackets. The game became popular in 19th century England. The first Wimbledon championships were held in 1877. Tennis was introduced in America in the 19th century. It did not become a major sport recreationally or professionally until the 1960's.

Rules

A coin toss decides who serves and who receives. The server starts the game from behind the right half of the base line and is allowed 2 chances to serve the ball into the right service court (diagonally across the net). One player serves an entire game. Players switch ends of the court at the end of the 1st, 3rd, 5th and subsequent alternated games. In doubles a player serves every 4th game.

Scoring

1pt.....15

2pts.....30

3pts.....40

4pts.....game

deuce- when each side has 3 points

advantage- the next point after deuce

ad-in ----advantage server

ad-out---advantage receiver

love----no points

all---- when both the receiver and server have the same score

Points are scored for the following points

- The ball bounces twice on a side
- The ball is returned out of bounds
- The ball is hit into the net
- Double fault

Terms

Ace- legal serve not touched by an opponent

Fault- a served ball that does not land in the correct court

Foot fault – stepping over the baseline when serving the ball

Game- when one side has won 4 points (unless tied at 3 points)

Let- a served ball that touches the net and lands in the proper receiving court. (the server is awarded another chance to serve without point or penalty)

Lob- a lofted ball over the head of an opponent

Match- best of 3 sets in women's professional tennis and the best of 5 sets in men's professional

Set- when a side wins 6 games (must win by 2 games)

Volley- a stroke made by hitting the ball before it bounces

Wide- A ball landing to the outside of the sidelines

Rally-a series of hits between players

Tie breaker- 12 points played to determine the winner of a set that has reached the score of 6-6

Skills

Serve- flat and slice

Forehand

Backhand

Volley

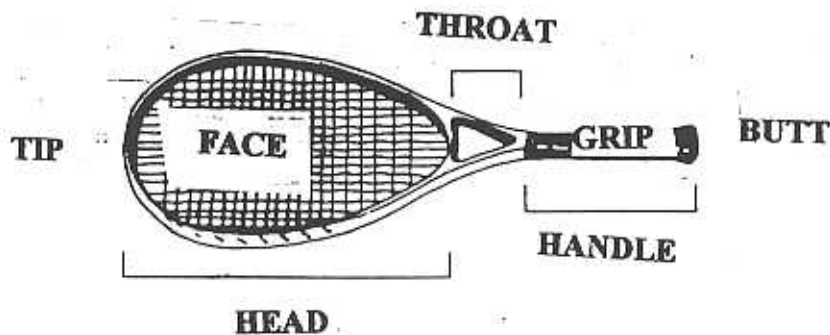
Lob

Overhead Smash

Grips-

- Eastern- a "V" is formed by the thumb and index finger on the top of the grip in a handshake manner
- Continental- the wrist is directly over the grip (playes does not have to change grips for forehand and backhand)
- Western- wrist is directly behind the handlehelps to put spin on the ball

Parts of the Racket



Court lines, areas and dimensions

