

Tennis Handout

History:

Tennis is thought to have an ancient derivation, with its history dating back to a game similar to handball which was played in ancient Egypt, Persia, and Arabia. The game as we know it developed primarily in England. A gentleman by the name of Major C. Wingfield was responsible for the development of the sport in England which took place in the 1870's. During the same decade, Mary Outerbridge, an American lady took notice of the game while visiting in Bermuda. She brought some of the equipment back to the United States, and so tennis was introduced to America.

Value:

The game of tennis enjoys a fair amount of popularity in the U.S. It is a game which is appropriate for both sexes, and is also a good co-recreational/ lifetime sport. The spread of the game can be adjusted to the strength, age and ability of the individuals.

Rules:

The game may be played with one person on each side, which is called singles, or two persons on each side in which case it is called doubles.

The ball is put into play with what is called the service. The service is a stroke in which the ball is thrown high into the air, and hit with an OVER-HAND movement of the racket.

After the service, the ball is hit back and forth across the net until one person makes a fault.

A fault is a violation of the rules. Some of the more common faults are hitting the ball into the net, hitting the ball so it lands outside of the boundary lines (hitting on the boundary line is considered in play), and allowing the ball to bounce twice before it is returned.

Service rules:

In singles and doubles, one person serves the entire game. After the final point of the game, the service belongs to the opposing team.

During the service the foot of the server must remain in back of the baseline throughout the entire stroke, if not a foot fault violation occurs.

During the service, the ball must be hit diagonally across the net to the opposite short service court. The server gets 2 attempts to place the ball into the correct court. If not, a double fault occurs and the point is awarded to the opponents.

A let occurs when the served ball hits the net and lands IN the correct court. In this case, the serve does not count as one of the 2 service attempts.

On the serve alone, the ball must not be returned before it has landed in the proper court. Any other time, the ball does not have to land before being returned.

Scoring:

The server always calls his point first. To begin the game a score of Love-Love is declared.

15= 1st point 30= 2nd point 40 = 3rd point Game = 4th point

A team must win by 2 points so if the score is tied at 40 all- this is called DEUCE.

Serving team wins next point = AD IN

Receiving team wins next point- AD OUT

Goes back to DEUCE if one team does not win 2 points in a row.