

TENNIS STUDY GUIDE

HISTORY

Mary Outerbridge is credited with bringing tennis to America in the mid-1870's by introducing it to the Staten Island Cricket and Baseball Club. In 1880 the United States Lawn Tennis Association (USLTA) was established, Lawn was dropped from the name in the 1970's and now go by (USTA). Tennis began as a lawn sport, but later clay, asphalt and concrete became more standard surfaces.

The four most prestigious World tennis tournaments include: the U.S. Open, Australian Open, French Open, and Wimbledon. In 1988, tennis became an official medal sport.

Tennis can be played year round, is low in cost, and needs only two or four players; it is also suitable for all age groups as well as both sexes.

EQUIPMENT

The only equipment needed to play tennis consists of a racket, a can of balls, court shoes and clothing that permits easy movement. The most important tip for beginners to remember is to find a racket with the right grip.

The net hangs 42 inches high at each post and 36 inches high at the center.

RULES

The game starts when one person serves from anywhere behind the baseline to the right of the center mark and to the left of the doubles sideline. The server has two chances to serve legally into the diagonal service court. Failure to serve into the court or making a serving fault results in a point for the opponents. The same server continues to alternate serving courts until the game is finished, and then the opponent serves. In doubles, one serves every *fourth game* with the serve alternating between opponents between each game. The server may not serve until the receiver is ready. The receiver *must* let the ball *bounce once* before returning the ball. If the service is legal and returned, game play continues until the ball is hit out of bounds or into the net. The team not making the error will score the point. A ball landing on or touching a line is good, as is a ball that touches a net during play before falling into the opponents playing court. A game ends when one team scores four points or until one team is ahead by 2 points after 3 points have been played. The only basic rule change between singles and doubles is that for singles the side boundaries are the inside lines. The alleys are only used in doubles play

VOCABULARY

Ace-	A good service the receiver is unable to touch with racket
Advantage-	The point after a deuce
Backspin-	Opposite of a topspin the ball doesn't take a normal bounce because of its backward spin
Baseline-	The line at each end of the court
Center mark-	The mark in the middle of the base line that defines the limits of the server
Center service line-	The line the service court into two equal courts, called the right and left service courts
Deuce-	The score 40-40
Fault-	A service failure where the ball does not land in the upper service court or is not served in the proper manner
Foot Fault -	One or both feet touches the court on the inside of the baseline before the ball is hit.
Let-	A served ball that hits the net but lands in the correct service court, also any point that is replayed.

- Lob- A ball that is hit so that it travels in a high arc.
- Love - No score
- Match - A series of sets determined by the best out of three or five.
- Match Point - A single point that a player must get in order for him to win the match.
- Rally - A lengthy exchange of strokes.
- Server - The player who puts the ball into play at the start of the game.
- Service Court - The court in which the service must land if it is to be considered good.
- Set - A series of games when a player has won at least six games and is two games ahead of his opponent.
- Set Point - A single point that a player must get in order to win the set.
- Smash - Hard overhead stroke that sends the ball downward over the net
- Stroke - Hitting the ball with the racket.
- Topspin - A ball hit so that it spins forward in the direction that it is hit.
- Volley - Striking a ball before it has bounced.

Scoring

<i>Points</i>	<i>Name</i>
0 -----	Love
1 -----	15
2 -----	30
3 -----	40
4 -----	Game

**6 GAMES = 1 SET
2 OUT OF 3 SETS = 1 MATCH**

