Tennis Study Guide

History of Tennis:

* Tennis had its origin from the ancient game of handball. Tennis was played in Ireland and England, where it was a favorite pastime of the royal families for several centuries.
* Tennis was introduced to the United States in Staten Island, New York, around 1875. The United States Lawn Tennis Association was organized in 1881, and still governs amateur tennis.
* In 1877, the All-England Croquet Club (later called Wimbledon) developed rules for their first tennis tournament, most of which are unchanged today.
* Today, there are two professional tennis organizations, the Association of Tennis Professional’s Tour (ATP tour) for men and the Women’s Tennis Association Tour (WTA tour).
* Tennis professionals play various tournaments, but focus on four major tournaments collectively known as the Grand Slam which consists of the Australian Open, the French Open, Wimbledon, and the U.S. Open.

Rules of the Game:

General Information:  
 -One hit to advance the ball over the net. The ball may only bounce once before it is returned.   
 -Players may not touch the net.  
 -To determine who has serve, players may flip a coin or spin the racket. Winner can decide if they want serve or side.  
 -Play begins by serving to the left service box and alternating thereafter between the left and right boxes. Server starts serving from right side and serves to the left service box.  
 -Two chances are granted to successfully serve the ball into the service box.  
 -A set consists of winning six games and leading by two games. Play is continuous with teams switching sides of the net after the first game and every odd numbered game thereafter. Service rotates among the four players in doubles after each game, alternating sides and partners.  
 -If a “let” occurs, the ball is served again. During regular play, the ball may touch the net tape and cross over the net into the correct court. During the serve this is a “let serve” and the point is replayed. Any time there is interference or a ball is not seen clearly as to call it in or out of bounds, a let is declared and the point is replayed.

General Faults:

1. Service double fault: failing to serve properly in two allowed attempts results in loss of point.
2. Foot fault: stepping on or over the base line before hitting the serve.
3. Swinging and missing the ball on the serve.
4. Letting the ball hit your body.
5. Hitting your partner with the ball.
6. Hitting the net with your racket or touching it with any part of your body.
7. Failing to return the ball within the boundary lines.
8. Swinging and missing during game play.
9. Throwing the racket at the ball.
10. Hitting the ball after more than one bounce.
11. Serving from the wrong side or to the wrong side.
12. Hitting the ball into the net.
13. Reaching over the net to hit a ball that has not yet crossed the net.
14. Returning a served ball before it has bounced in the proper service court.



