

TENNIS STUDY GUIDE

(revised 07/05)

I. History

- A. The word “tennis” derives from the French *tenez*, meaning “take it” or “play”.
- B. According to legend, a wandering minstrel introduced the game to the royal court in France around the tenth century.
- C. Tennis had spread to the British Isles by the 14th century and within 100 years was established as a royal game of England.
- D. Kings Henry VII and Henry VIII were both enthusiasts, and sponsored the building of courts throughout the country.
- E. By 1500 or so, the tennis racket had evolved from the earlier all-wood model to a newer version with wooden handle and head strung with sheep gut.
- F. The first Wimbledon lawn tennis championships were held in 1877 to raise money for the club.
- G. The U.S. Lawn Tennis Association was formed in 1881.
- H. Men’s singles and doubles play were included on the program for the first modern Olympic Games in 1896.
- I. Tennis reappeared as a demonstration sport in Mexico City Olympic Games in 1968 and again in Los Angeles in 1984, and was at last restored to full-medal status for the Seoul Games in 1988.

II. Tennis Rules

A. Serving

1. The server delivers the ball from behind the base line.
2. Two tries are permitted for each service.
3. A fault is called if:
 - the ball does not go into the service box.
 - the ball is served into the net
4. After a successful serve, the ball is hit back and forth until one player or side fails to return the ball successfully.

B. Play

1. A ball landing on the baseline, sideline or service line is GOOD.
2. The ball is good if it hits the top of the net and goes into the proper playing areas.
3. A player must let the serve bounce before it is hit.
4. A player may not reach across the net to hit the ball.
5. If a ball or a person from another court comes onto another player’s court in the middle of a point, the player may call a “let” and the point is replayed.

C. Scoring

1. Scoring is identical in singles and doubles games.
2. Tennis matches are scored using points, games, and sets.
3. The server’s score is always called first.
4. The serve continues to serve for the entire game.
5. A player wins a point when his/her opponent makes a fault (mistake).
6. A fault occurs when:
 - A player hits two serves out or into the net (double fault).
 - A player hits the ball into the net during a rally.
 - A player hits the ball out of the court lines (out-of-bounds).

D. Points / Scoring

- No point = **Love**
- First point = **15**
- Second point = **30**
- Third point = **40**
- Fourth point = **Game**
- **Deuce** = Each side has 3 points or 40 all. One side must have **two consecutive points** after deuce to win the game.
- **Advantage** = The first point after deuce.
 1. If the server wins the first point after deuce, the score is called *advantage server* or **add-in**.
 2. If the receiver wins the first point after deuce, the score is called *advantage receiver* or **add-out**.
- A **set** in tennis is the player who wins 6 games and is ahead by 2 games. Exceptions are when games are tied at 6-6 each, and players play a 12-point **tie-breaker**. The first set is scored 7-6 for the winner.
- A **match** in tennis is 2 out of 3 sets for women and 3 out of 5 sets for men.

E. How a player loses a point:

- A player's racket or clothing touches the net during a rally or point.
- The ball is hit on the second bounce while trying to get it over the net.
- The ball touches the player during a rally before it bounces.
- The player plays the ball before it passes over the net.
- The player fails to hit the ball after the first bounce.
- The player fails to hit the ball into the proper playing area (out-of-bounds).

III. Tennis Etiquette

1. All lines calls should be made as quickly and fairly as possible.
2. If a player is not sure whether the ball is in or out, the point should be given to his/her opponent. The point should not be replayed.
3. The server's responsibility is to call the score out loudly in order for the opponent to hear it.
4. A player should compliment his/her opponent when a good point is made.
5. Players should shake hands at the net at the end of the match.

IV. Tennis Terms

1. **Ace:** A good serve that is not touched by the opponent.
2. **Double Fault:** When both serve attempts fail and the opponent wins the point.
3. **Foot Fault:** If the server's foot enters the court before the serve is completed.
4. **Let:** If the ball touches the net and then falls into diagonally opposite service box, a let is called, and the server is allowed to serve again.
5. **Love:** A zero score, coming from a French word meaning "goose egg".

V. Tennis Strokes

1. **Backhand:** Player turns so that the shoulder of the racket-bearing arm faces the net before bringing the racket forward and across the body to meet the ball.
2. **Forehand:** Player pivots the body so that the shoulder or the nonracket-bearing arm faces net. The player swings the racket forward to meet the ball.
3. **Lob:** A high, soft return behind the opponent who has approached the net. It is frequently used to force the opponent to retreat to the back of the court and get off the net.
4. **Smash:** Powerful shot often used to return a lob that has not been hit high or deep enough. The shot is hit in a similar manner to the serve.
5. **Volley:** When a player strikes the ball before it bounces. The volley is most often employed when a player is playing close to the net.