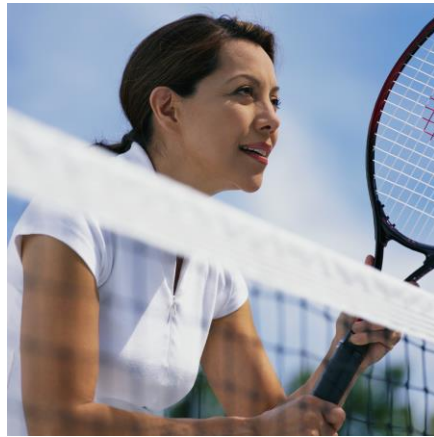


TENNIS



History:

Historians speculate that the origins of tennis date back to the Stone Age, when humans first used clubs to hit rocks back and forth over barricades of dirt and stone. The word "tennis" derives from the French *fenez*, meaning "take it" or "play." According to legend, a wandering minstrel introduced the game to the royal court in France around the tenth century. The game was played in monastic cloisters by the eleventh century.

Tennis had spread to the British Isles by the fourteenth century and within a hundred years was established as a royal game in England. Kings Henry VII and Henry VIII were both enthusiasts, and sponsored the building of courts throughout the country.

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. The first Wimbledon lawn tennis championships were held in 1877 to raise money for the club. The U.S. Lawn Tennis Association was formed in 1881.

Men's singles and doubles play were included on the program for the first modern Olympic Games in 1896. Tennis reappeared as a demonstration sport at the 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.

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Tennis Equipment:

- A tennis ball is hollow and composed of inflated rubber covered with a fabric.
- It is between $2\frac{1}{2}$ and $2\frac{5}{8}$ inches (6.35 and 6.67 cm) in diameter and weighs between 2 and $2\frac{1}{16}$ ounces (57.7 and 58.5 grams).
- Yellow and white balls are used in competition. In tournament play, the maximum racket length is 32 inches (81.3 cm).
- The maximum width is $12\frac{1}{2}$ inches (31.8 cm).
- The head of the racket may not exceed $15\frac{1}{2}$ inches (39.4 cm) long and $11\frac{1}{2}$ inches (29.2 cm) wide.
- There are no weight restrictions, and the racket is usually strung with resilient gut or nylon.
- The racket handle is usually covered with a rubber or leather grip.

Dimensions of the Court:

The tennis court is 78 feet (23.8 meters) long, divided into two equal sides by a net standing 3 feet (0.9 meters) high at the center of the court. For singles, the court is 27 feet (8.2 meters) wide. For doubles, the width is increased to 36 feet (11 meters). Courts may be made of asphalt, clay, or grass.

Rules:

Serving:

- The server delivers the ball from behind the base line.
- Two tries are permitted for each service.
- If the ball strikes any part of the opponent's court except the service box, a "fault" is called.
- A fault is also called if the ball is served into the net, or if it strikes the net before hitting the opponent's court outside the service box.
- After a successful serve, the ball is hit back and forth until one player or side fails to return the ball successfully.
- A player serving the ball may not step on or over the base line until after contacting the ball.

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Play:

- If a player hits the ball before it touches the ground and is standing outside the court, the ball is still in play.
- A ball landing on the base line, sideline, or service line is good.
- The ball is good if it hits the top of the net and goes into the proper playing areas.
- A player must let the service ball bounce before it is hit.
- A player may not reach across the net to hit the ball, but may follow-through across the net.
- If a player, 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 will be replayed.

Scoring:

- Scoring is identical in singles and doubles games.
- Tennis matches are scored using points, games, and sets.
- The server's score is always called first.
- The server continues the service during the entire game.
- A player wins a point when his or her opponent makes a fault.

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.

How points are scored:

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

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How a player loses points:

- A player's racquet or clothing touches the net during a rally or point.
- He or she hits the ball on the second bounce while trying to get it over the net.
- The ball touches the player or his or her clothing 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.

Tennis Etiquette:

- All line calls should be made as quickly and as fairly as possible.
- If a player is not sure whether the ball is in or out, the point should be given to his or her opponent.

The point should not be replayed.

- The server's responsibility is to call the score out loudly in order for the opponent to hear it.
- If there is interference on a player's side of the net during a rally, it is the player's option to immediately stop play and replay the point.
- A player should compliment his or her opponent when a good point is made.
- A player should treat his or her opponent as he or she would like to be treated.
- Players should shake hands at the end of the match.

Terminology:

1. **Ace**- A valid serve that is not touched by the opponent.
2. **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.
3. **Base line**- The line on either end of the court representing the outer limits of the length of the court.
4. **Deuce**- A tie at 40. Because a game must be won by two points, play continues from deuce until one player leads by a margin of two points.
5. **Double Fault**- When both serve attempts fail and the opponent wins the point.
6. **Drop Shot** - A lightly hit, spinning return that drops softly over the net, forcing the opponent to approach the net.
7. **Fault**- Called if the ball is served into the net, or if it strikes the net before hitting the opponent's court outside the service box or before exiting the court completely.
8. **Foot Fault**- If the server's *foot* enters the court before service is completed.
9. **Forehand**- Player pivots the body so that the shoulder of the non-racket bearing arm faces the net. The player then swings the racket forward to meet the ball.
10. **Let**- If the ball touches the net and then falls into the diagonally opposite service box, a let is called, and the server is permitted to serve again.
11. **Lob**- A high, soft return behind an opponent who has approached the net. It is frequently used to force the opponent to retreat to the back of the court to play the ball. The lob can also be used as a defensive stroke, providing time for the hitter to regain court position.
12. **Love** - Zero points.
13. **Receiver** - The player who receives the ball from the server.
14. **Smash**- The player who receives the ball from the server.
15. **Topspin**- 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.
16. **Under-spin**- When a player strikes the ball so that it spins from high to low as it travels forward. This shot is called a slice. Under-spin causes the ball to lose speed and to bounce lower.
17. **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. The half volley is a low return of the ball just after it has bounced.