

Description

Tennis is a game that can be played by either sex, young or old, and at varying levels of ability. It can be played on indoor or outdoor courts. The courts have varying surfaces, such as lawn, clay, composition, cement, or dirt.

History

Tennis, which had its origin in the ancient game of handball, first played in Greece. Later it was a very popular sport in Ireland. It was a favorite pastime of the royal families of Europe for several centuries.

Tennis, as we know today was introduced in Staten Island by Mary Outerbridge after a vacation trip to Bermuda around 1874-75. The United States Lawn Tennis Association was organized in 1881 and is still the governing body today.

Rules

1. Server and receiver - The players shall stand on opposite sides of the net; the player who first delivers the ball shall be called the server, the other the receiver.
2. Delivery or Service - The service shall be delivered in the following manner. Immediately before commencing to serve, the server shall stand with both feet at rest behind the baseline, and within the imaginary continuous intersections of the center mark and the side line. The server shall then toss the ball by hand into the air and before it hits the ground, strike it with the racket.
3. From alternate courts - In delivering a service, the server shall stand alternately behind the right and left courts beginning from the right in every game. The ball served shall pass over the net and hit the ground within the service court, which is diagonally opposite.
4. Faults - The service is a fault if the server commits any breach of rules 2 or 3; if he/she misses the ball in attempting to strike it; or if the ball served touches a permanent fixture (other than the net before hitting the ground).
5. Ball in play until point is decided - A ball is in play from the moment at which it is delivered in service. Unless a fault or a let is called, it remains in play until the point is decided.
6. Ball falling on a line - A ball falling on a line is regarded as falling in the court bounded by that line and is in play.
7. Ball touching permanent fixtures - If the ball in play touches a permanent fixture (other than the net or posts) after it has hit the ground, the player who struck it wins the point; if it touches before it hits the ground, the opponent wins the point.
8. Good return - It is a good return if: 1) the ball touches the net, post, cord or metal cable, strap or band, provided that it passes over any of them and hits the ground within the court; 2) a player's racket passes over the net after he/she has returned the ball, provided the ball passes the net before being played and being properly returned; 3) a player succeeds in returning the ball, served or in play, which strikes a ball lying in the court.
9. When players change sides - The players shall change sides at the end of the first, third, and every subsequent alternate game of each set, and at the end of each set unless the total number of games in such set may be even, in which case the change is not made until the end of the first game of the next set.
10. A player may not touch the net with his/her racket, body, or clothing at any time.

11. Scoring - In scoring the game, the player who wins the first point has the score of 15. On winning the second point, the score is called 30 for that player; on winning the third point, the score is called 40 for that player; on winning the fourth point, the player is the winner of the game; unless the opponent has scored more than 2 points. If both players have won three points, the score is called deuce, and the next point by a player is called advantage for that player. If the same player wins the next point, he/she wins the game; however, if the opponent wins a point the score returns to deuce. When either player wins two consecutive points following the score of deuce, the game is scored for that player. When a player has no points, his/her score is called love. The server's score is always given first.

In scoring, the player who first wins six games wins a set, unless both players have won five games; the set requires an advantage of two games to win, so that score would have to be 7-5 or 8-6 or 9-7 and so on. In the event that you are playing a tiebreaker for the seventh game, the final score of the set should be 7-5.

Safety Procedures

1. All classes should begin with appropriate warm-up activity.
2. Students should be warned to leave enough space between them so that they don't hit each other with rackets.
3. Students should remain alert at all times, so that they don't get hit with tennis balls that they didn't see coming.