



Tennis

History

In the 13th century, France players used their hands to hit a ball over a net. This is believed to be the origin of tennis. The game was introduced in Wales by Major W.C. Wingfield. He updated the game by adding rackets and the game became known as lawn tennis. In 1874 Mary Ewing Outerbridge introduced tennis to the U.S. In 1877, the first Wimbledon championship was played.

Rules and Information

Scoring:

1. Point progress of a game: **Love (0), 15, 30, 40, Game.**
2. The server's score is always called first.
3. When the score is tied at 40-40 it is called **DEUCE**. The tie must be broken and the game won by 2 consecutive points.
4. If the server wins the first point after deuce it is his/her **ADVANTAGE** or "**AD IN**".
5. If the receiver wins the first point after deuce it is "**AD OUT**".
6. The next point will either determine the winner or put the game back to deuce.
7. A **SET** is won by the player who first wins 6 games providing there is a 2 game lead.
8. A **MATCH** is won by the player who wins 2 of the 3 sets.

Serving:

1. Each server serves a complete game.
2. The serve goes to the opponent after a completed game. It continues to alternate throughout the match.
3. The first serve is from the right half of the court – the second point is served from the left side of the court, etc..
4. On the serve the ball is tossed into the air and hit before bouncing.
5. Each player is allowed 2 tries to serve correctly into the receiver's court.
6. Two consecutive faults (double fault) = loss of point.
7. **SERVICE FAULT** – swings and misses the ball or hits the ball into the net.
8. **FOOT FAULT** – steps on or over the baseline while serving.
9. **LET** – on a serve the ball hits the top of the net and lands in the correct service courts. It is replayed and is not a fault.

IN DOUBLES PLAY:

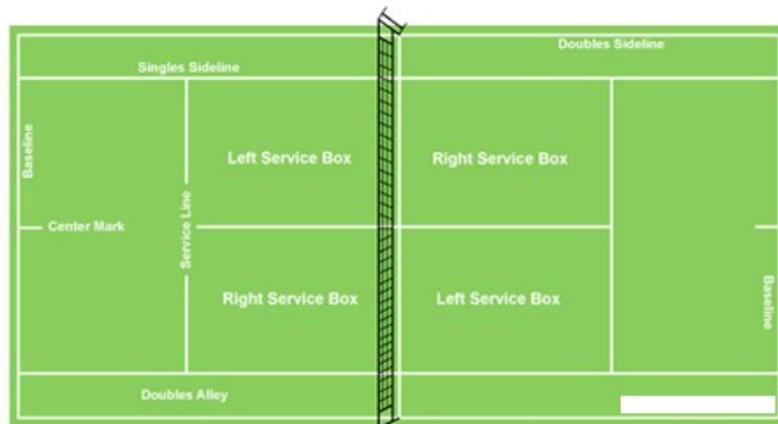
10. Either player may serve the first game. The order of service once determined must be consistent throughout the set.
11. Either player may receive the first service in the first game. Thereafter, throughout the set, the partner receiving the first service in the first game will receive the first service in every odd numbered game.

Playing the ball:

1. Only on the serve must the ball bounce before it can be returned.
2. A ball that lands on a boundary line is scored as in bounds (GOOD).
3. The most common Forehand Grip is the Handshake Grip (Eastern Grip).

A point is lost when a person:

1. Misses the ball.
2. Hits the ball out of bounds.
3. Hits the ball into the net.
4. Lets the ball bounce twice before playing it.
5. Hits the ball before it crosses the net.
6. Hits the ball by throwing the racket.



Benefits:

1. Lifetime Activity
2. Enhance eye/hand coordination
3. Gender equitable
4. Self reliance
5. Etiquette

Fun Fact

The grand slam of tennis is achieved by winning the following four events in one calendar year:
Australian Open, French Open,
Wimbledon and the U.S. Open.