

# ITF Coaches Education Programme



Coaching Beginner and Intermediate Players Course

## RULES OF TENNIS 2

# RULE 20,21:



- **Second Service (Rule 20)**
  - First service is a fault
- **When to Serve and Receive (Rule 21)**
  - Until receiver is ready
  - Reasonable pace
  - Attempts to return service-ready
  - Fault

# RULE 22, 23



- **The let during a service (Rule 22)**
  - Ball touch net, or touches receiver
  - Receiver is not ready
  - Service let does not cancel a previous fault
- **The let (Rule 23)**
  - Whole point replayed-except let on second serve

# RULE24: PLAYER LOSES POINT

- Two consecutive serve faults
- Bounces twice
- Outside correct court
- Before bounce - hits permanent fixture
- Carries, catches, touches racket more than once

# RULE 24: PLAYER LOSES POINT

- Touches
- Before it has passed the net
- Ball touches player-except the racket
- When player is not holding the racket
- Changes shape in racket
- Doubles-both players touch the ball

# RULE 25: A GOOD RETURN

- Ball hits ground within the correct court
- Blown back over the net
- Ball is returned outside the net posts
- Ball passes under the net cord
- Player's racket passes over the net
- Hits another ball lying in the correct court

# RULE26: HINDRANCE



- Deliberate act of the opponent
- Point replayed - unintentional act of the opponent, outside the player's own control

# RULE27: CORRECTING ERRORS

- Player serves from wrong half of court
- Wrong end of the court
- Player serves out of turn-game completed
  - Fault served by opponent-before the error
  - Doubles
- Player serves out of turn-even/odd number of games
  - Fault served by the opponent-before the error
  - Doubles



# RULE27: CORRECTING ERRORS

- Order of receiving
- Error in tie-break game
- Error in standard game
- Error in tie-break or standard game
- Ball change in incorrect sequence

# RULE 28,29



- **Role of court officials (Rule 28)**
- **Continuous Play (Rule 29)**
- Between points - 20 seconds
  - Change ends 90 seconds
  - First game of match and set - continuous
  - End of each set - 120 seconds
  - Can apply to ITF to increase change of ends and set breaks

# RULE 29: CONTINUOUS PLAY

- Player's equipment
- No extra time to recover condition
  - Treatable medical condition
  - Limited number of toilet/change of attire breaks
- Rest period - 10 minutes
- Warm up time will be maximum 5 minutes

# RULE30:COACHING



- Communication with player
- Team event
  - During set breaks and when player changes end
  - Not during first game change of ends, and tie-break
- Coaching is not allowed

# Rules of Wheelchair tennis

- The Two bounce rule
- The Wheelchair
- The Service
  - Stationery then allowed one push
  - Not touch with wheel area behind baseline
  - Physically impossible-player or individual may drop the ball

# Rules of Wheelchair tennis

- Player loses point
  - Fails to return ball before touches 3 times
  - Uses any part of his feet or lower extremities
  - Fails to keep one buttock in the seat
- Propelling the Chair with the Foot
  - Propel using one foot
  - No part of players foot may be in contact
    - Forward motion of the swing
    - Service motion
  - Breach of this rule - lose point

# Rules of Wheelchair Tennis

- Able bodied person
- Rules of Wheelchair Tennis
- Able bodied tennis rule
- Wheelchair - 2 bounces
- Able bodied player - 1 bounce

# Amendment to the Rules of Tennis

- Rules of Tennis-English language
- AGM of the council
- Article 17 of the Constitution of ITF
- Alteration -1<sup>st</sup> January or majority
- Board of Directors
- Rule altered unless unanimous consent of General Meeting of the Council



# Appendix I-The ball



- White or yellow in colour
- More than one type of ball
- All tests

	<b>TYPE 1 (FAST)</b>	<b>TYPE 2 (MEDIUM)<sup>1</sup></b>	<b>TYPE 3 (SLOW)<sup>2</sup></b>	<b>HIGH ALTITUDE<sup>3</sup></b>
<b>WEIGHT (MASS)</b>	1.975-2.095 ounces (56.0-59.4 grams)	1.975-2.095 ounces (56.0-59.4 grams)	1.975-2.095 ounces (56.0-59.4 grams)	1.975-2.095 ounces (56.0-59.4 grams)
<b>SIZE</b>	2.575-2.700 inches (6.541-6.858 cm)	2.575-2.700 inches (6.541-6.858 cm)	2.750-2.875 inches (6.985-7.303 cm)	2.575-2.700 inches (6.541-6.858 cm)
<b>REBOUND</b>	53-58 inches (135-147 cm)	53-58 inches (135-147 cm)	53-58 inches (135-147 cm)	48-53 inches (122-135 cm)
<b>FORWARD DEFORMATION<sup>4</sup></b>	0.195-0.235 inches (0.495-0.597 cm)	0.220-0.290 inches (0.559-0.737 cm)	0.220-0.290 inches (0.559-0.737 cm)	0.220-0.290 inches (0.559-0.737 cm)
<b>RETURN DEFORMATION<sup>4</sup></b>	0.265-0.360 inches (0.673-0.914 cm)	0.315-0.425 inches (0.800-1.080 cm)	0.315-0.425 inches (0.800-1.080 cm)	0.315-0.425 inches (0.800-1.080 cm)

# Regulations for Making Tests

- Tests -Temperature, humidity, and atmospheric pressure
- Other standards
- Diameter tests
- Deformation tests

# Regulation for Making Tests

- Procedure for carrying out tests
  - Pre-Compression
  - Weight (mass) Test
  - Size Test
  - Deformation Test
  - Rebound Test

# Classification of Court Surface Pace

- ITF Test method-ITF CS 01/01
- Slow pace- ITF rating-(0-35)-Cat. 1
- Medium/Medium Fast-ITF rating-(30-45)-Cat. 2
- Fast-ITF rating-(over 40)-Cat 3
- Overlap-Depending on ball selection