

# ITF Coaches Education Programme



Coaching Beginner and Intermediate Players Course

## RULES OF TENNIS 1

# RULE1: THE COURT



- Dimensions of the court - singles & doubles
- The net
  - Between two net posts - (3.5 ft/1.07m)
  - Small mesh
  - Height of net - (3 ft/0.914m)
  - Band
  - Strap and band shall be white

# RULE1: THE COURT



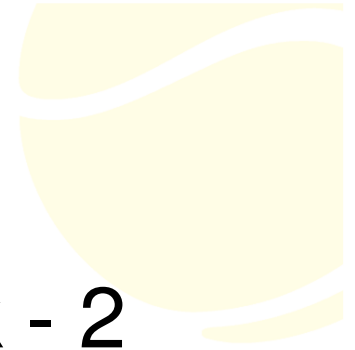
- Maximum diameter of cord - 1/3inch (0.08m)
- Maximum width of strap - 2 in. (5cm)
- Band-between 2 in. (5cm) - 2.5 in (6.35 cm)
- Doubles - net posts outside 3 ft (0.914m)
- Condition for singles and doubles
  - Singles net - net posts outside 3 ft (0.914m)
  - Doubles net - 2 singles sticks height 3.5 ft (1.07m), 3 ft(0.914m) outside singles ct.

# RULE1: THE COURT



- The net posts no more than 6 in. (15 cm) square or 6 in.(15 cm) in diameter
- Singles sticks no more than 3 in. (7.5 cm) square or 3 in (7.5 cm) in diameter
- Net posts and singles sticks no more than 1 in. (2.5cm) above top of net cord
- Lines of the court
- Service lines - 21 feet (6.4 m)
- Baseline - centre mark 4 in (10 cm)

# RULE1: THE COURT



- Centre service line and centre mark - 2 in (5cm) wide
- Other lines between 1 in (2.5 cm) and 2 in (5cm) wide
- Baseline 4 in (10cm) wide
- Same colour
- No advertising

# RULE2: PERMANENT FIXTURES

- Backstops and sidestops, spectators, stands and seats for spectators
- Fixtures around and above the court
- Chair umpire, net umpire, ball persons in recognized positions
- Singles match - net posts and net outside singles stick are permanent fixtures

# RULE 3, 4:



- **The ball (Rule 3)**
- ITF approve all tennis balls for play
- Number of balls in play
- Ball change policy
  - Agreed odd number of games
  - At the beginning of a set
- Ball broken during play
- **The racket (Rule 4)**
- ITF approve all tennis rackets

# RULE5: SCORE IN A GAME

- Standard game scoring
  - No point - “Love”
  - First point - “15”
  - Second point - “30”
  - Third point - “40”
  - Fourth point - “Game”
  - Deuce/Advantage
- Tie-break game
  - Scoring
  - Serving format
  - Doubles team
  - Serving continuation in the next set



# RULE 6: SCORE IN A SET



- Methods of scoring a set
- Announced in advance of the event
- Final set
- Advantage set
  - Margin of two games over the opponent
- Tie break set
  - First to six games, six games all, play tie-break

# RULE 7, 8:



- **Score in a match (Rule 7)**
  - Best of 3 sets-win 2 sets to win the match
  - Best of 5 sets-win 3 sets to win the match
- **Server and Receiver (Rule 8)**
  - Player/teams on opposite sides of net
  - Server puts ball in play
  - Receiver-player who is ready to return the ball to server

# RULE 9: CHOICE OF ENDS & SERVICE



- Toss
- Wins the toss:
  - Choice to serve or receive - opponent choose the end of court
  - Choice of end of court for first game - opponent choose serve or receive
  - Opponent makes the choice

# RULE 10: CHANGE OF ENDS

- Change ends 1, 3, 5 - subsequent odd games of each set
- End of each set unless even - then first game of new set
- Tie-break - change every 6 points

# RULE 11, 12, 13: BALL IN PLAY

- **Ball in play (Rule 11)**
  - Unless fault or a let called
- **Ball touches a line (Rule 12)**
- **Ball touches a permanent fixture (Rule 13)**
  - After ball hits correct court
  - Before ball hits correct court

# RULE 14: ORDER OF SERVICE

- At the end of each game
- Doubles
  - Team due to serve will decide on player to serve
  - Opponents should decide on which player will serve first
  - Partners
  - Rotation continue till end of the set

# RULE 15: ORDER OF RECEIVING IN DOUBLES

- Which player will receive the first point
- Opponents decide which player will receive first point
- Keep rotation until end of set
- After receiver has returned ball either player can hit the ball

# RULE 16,17:



- **The Service (Rule 16)**
  - Service motion - Positioning
  - Server - release the ball
  - Completed
- **Serving (Rule 17)**
  - Standard Game
  - Tie-break
  - Good service



# RULE18: FOOT FAULT



- Change position
- Touch the baseline or court
- Touch the area outside imaginary extension
- Touch the imaginary extension of the centre mark
- If server does any of the above - Foot Fault

# RULE19: SERVICE FAULT

- Server breaks rules 16,17,18
- Server misses the ball
- Ball touches permanent fixture
- Ball touches server or server's partner or anything they are wearing