NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_PER:\_\_\_\_\_\_\_\_ SEAT #:\_\_\_\_\_\_\_\_\_

**PADDLE TENNIS STUDY GUIDE 2019**

**RULES**

1. When serving, both feet are to be behind the baseline.
2. A line is a part of the court, so a ball landing on the line is good.
3. During the serve the ball must be dropped, bounce, and hit below waist level.
4. The server serves from behind the baseline diagonally to the opposite service court.
5. The serve must land in the proper service court before it can be played.
6. The server serves a complete game.
7. The server has one chance to serve the ball into the proper service court. If the attempt is a bad serve, it is the opponent’s point.
8. After one game the serve alternates to the opponent. In doubles, the serve alternates with the partner every other game (one player serves every fourth game).
9. Following the served ball, all other balls may be hit before or after one bounce.
10. During a serve if the ball hit the net and lands in the proper court, it is a “let” = redo.
11. During a rally if the ball hits the net and lands in the proper court, it is good.
12. Players change sides of the net at the end of odd-numbered games: first, third, fifth, etc.
13. A player may not hit the net with his/her body or racket.
14. A player may not play a ball before it crosses his/her side of the net.
15. Doubles rotation when serving: side to side………the server has to **alternate** serving to each opponent.
16. Doubles rotation when returning: up and back…....the returning team will alternate who returns the serve. So one person is back returning and the partner is up at the net.

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**THE COURT**

1. Baseline
2. Sideline
3. No man’s land (where you should not stand)



**KEEPING SCORE**

Points in tennis are called, “Love”, “15”, “30”, “40”, “Game”

Love = 0

15 = First point

30 = Second point

40 = Third point

Game = Fourth point

**Game Set Match**

15, 30, 40, Game At least 6 games Usually a best of 3 sets

The goal is to win 6 **games**, which equal 1 **Set**. If you win 2 out of 3 sets you won the **Match.**

**In our class** the goal is to win 4 games = winning the set and match.

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**STROKES**

Groundstrokes are when the ball bounces and a forehand and/or backhand stroke is applied.

Volley is when the ball is struck before it bounces, usually at the net.

Overhead smash is when the ball is struck over one’s head in a downward fashion with force, usually at the net.

**REDO’s**

During a serve if the ball hit the net and lands in the proper court, it is a “let” = redo.

Obstruction = when a person is on your side of the net and interferes with hitting the ball.

**OFFICIALS**

The players officiate their side of the court

**CHANGE OVER**

Players change sides of the net at the end of odd-numbered games: first, third, fifth, etc.