

WIAA Basic Rules about tennis

Clothing

- Must wear Whitnall or Whitnall tennis approved shirts, hats, socks, sweatshirts, pants, shorts/skirt
 - If you do not wear the appropriate clothing then you will be asked to:
 - Take it off and not wear it
 - Turn it inside out
 - Cover it up with tape
 - If you do not follow these rules then you will get a point taken away
 - If you still don't comply, then you will get a game taken away
 - And lastly, you will forfeit the match after a third strike

Practice/tournament

- Must practice minimum 4 days before competing in a match or tournament
- Some tournaments allow for substitutions which means I can play different teams/players in different spots from one day to the next or even from match to match
- Some tournaments don't allow substitutions which means once you start the tournament, you must finish all the matches or forfeit the tournament
- In tournaments, your penalties carry over from match to match and to the next day of the tournament

Sportsmanship on the court

- If you are using inappropriate language before the match or at practice then you will take a lap
 - If this continues then you will be not playing that day
 - If it still continues then you and I will talk with your parent(s)
 - If it continues then we will talk to the Athletic Director
- If you are using inappropriate language during a match, the opposing coach or I will give you a warning
 - If you do not comply then you will get a point taken away
 - If you still don't then you will get a game taken away
 - And last if you still don't then you will forfeit the match
 - If this happens then we will talk about how we move forward
 - Disciple includes sitting out the next match or matches
- It is not okay to throw your racket or hit it in the ground or abuse in any manner
 - If you do not follow these rules then you will get a point taken away
 - If you still don't then you will get a game taken away
 - And last if you still don't then you will forfeit the match
 - If this happens then we will talk about how we move forward
 - Disciple includes sitting out the next match or matches

Scoring

- Tennis has a different point system than most sports

- 0 points= Love
- 1 point = 15
- 2 points= 30
- 3 points= 40
- Tied score= All
- 40-40 = Deuce
- Server wins deuce point = Ad(vantage)-In
- Receiver wins deuce point = Ad-Out
- The server's score is always said first when stating the score out loud
- In order to win the game, a player must win at least four points. If you are up 40-30, 40-15 or 40-love, and win one more point, you win the game.
- If the score is tied in a game or set, you use the term "all" when announcing the score. For example, if you and your opponent have both won two points in the game, the score would be 30-all
- Players or teams switch ends of the court on odd games (when both players/teams game scores add up to total 1, 3, 5 and so on). This means that after the first game is complete, they switch sides, as well as every two games after that
- There are multiple ways a point can be scored. Among them:
 - An unreturnable ball (ball bounces twice);
 - Double fault;
 - Ace (unreturnable serve);
 - Ball hit out of bounds (the lines count as in);
 - Ball hit into the net.

Serving

- When serving the first serve, the server stands behind the baseline between the center mark and the right sideline. The ball is hit diagonally into the service box on the other side of the net, on the opposite side of the center mark from which the server is serving. And remember, you're not allowed to step on or over the baseline before hitting the ball.
- On the first point of a game, the first serve must go over the net and into the receiver's right (deuce) service court. If your first serve doesn't go into the correct box, it's called a "fault." If you miss your second serve, however, it's called a "double fault" and your opponent wins that point.
 - It's now either 15-Love or Love-15, so now the server serves to the opposite side of the court.
- Now you serve again but from the other side this means you should stand behind the baseline between the center mark and the left sideline and aim diagonally for the receiver's left (ad) service court.
 - The right side is called the deuce court because, on a deuce score, the ball is served there. The same logic applies to the left, or ad, court.
- If you serve a ball that hits the top of the net before bouncing into the correct service box, it is called a let. You may take that serve again. If the ball hits the net and lands outside the correct service box, it's a fault. A served ball hitting the post is also a fault.
- You have 25 seconds after the point is over until you serve again

Varsity Matches

- You get a 5 minute warmup prior to match
- During a conference match
 - As a team we need to win seven points to win the team match
 - Each flight (1 singles, 2 singles, 3, singles, 4 singles, 1 doubles, 2 doubles, 3 doubles) gets awarded one point if they win their match
 - 2 out of 3 sets (first to 6 games win by 2 games)
 - So you win if it is 7-5 or 6-4
 - If it is tied 6-6 then you will play a 7 point tiebreaker, again win by two
 - You can win or lose 7-5
 - If the match is not decided which means one team does not have 4 points then you play a full third set
 - If the match is decided which means one team has 4 points then you play a 10 point tiebreaker win by two
- During non conference matches
 - You most likely play a 10 point tiebreaker in lieu of a third set
- During tournament play you can't play more than three full 3 set matches so you can play three matches with all 10 point tiebreakers
- Once the match is over both players/teams go to the net shake hand or hit rackets and say nice match.

JV Matches

- The varsity line up will go on first and the top JV players or double teams will go on as well if courts are available
- Once the varsity players are done with their match, the JV players will be put on the next open courts
 - We try to go from the top players down to the bottom of the line up but this might change depending on
 - schedule of other players
 - Strength of opponent
- You get a 5-8 minute warmup
- A pro set sometimes is a 6, 7, 8, or 9 game; this is like one set with no ad scoring.
- No ad scoring means if it is Deuce (40-40) then the next point wins
 - When you play no ad scoring the person/team that is receiving the serve (ball) gets to decide which side they would like to receive the serve (ball) from (left side or right side of the court)
- This number is based on
 - the number of players the other team has
 - where we are playing (if they have lights or not)
- Sometimes your child will not play in a match because of the number of players the other team has
- Sometimes your child will get to play more than once again depending on opponent numbers

During play

- For varsity there might be a lineup introduction, which means you will stand on the baseline, service line, or the singles lines and your opponent will stand on the opposite side.
 - The home coach will go over some rules then call the line up (one singles name; the other coach will do their line up)
 - When your name and position is called, you meet in the middle and shake hands, fist bump, or hit a racket and say good luck
 - After everyone is called then you go to your court and start your warmup
- Before warming up with your opponent, either player or team will spin their racquet (the button of the handle will determine who won: M or W, up or down, P or D) and the winner of the spin will have some options to choose from. They can choose one of these 3 options:
 - To serve or receive
 - The side of the court
 - Or defer their choice to their opponent --but the opponent cannot defer back
- Once the winner of the toss chooses one of the options above, the opponent has the remaining choice
- After the first game it is continued play (switch ends of the court without stopping for a drink of water)
- As a coach I can't come out after the first game.
- When a coach does come out, they get 90 seconds to talk
 - After the set, you get 2 minutes
- Say the score nice and loud before severing
- When serving (if you have two tennis balls in position) then you have 25 seconds to serve after the point is over
- All lines are in
 - If you don't see it and it is close, then it is in
 - Don't change it to out if you missed or hit it into the net
 - If you have a problem tell the coach and we will:
 - Talk to the other coach
 - If it continues, we might be able to get a line judge
- You get a 10 minute break between the second and **full** third set
- If you go to a full third set then you will get 2 new tennis balls
- Once the match is over, both players/teams go to the net shake hand or hit rackets and say nice match

Disagreements

- If you have a disagreement about a point or score you need to:
 - Go to the net and talk to your opponent
 - Go through each point
 - If you still can't figure it out, then play out the point last point you both agree on
 - If you you still can't figure it out, then call over a coach and they will:

- Help you talk through the points
- Tell you to play out the last point you both agree on or
- Flip a coin

Bathroom breaks

- This should be done before the match starts or after the match is over
- If you have to go during the match:
 - You can do it during a set change over
 - If this happens then you would not be able to be coached until the third game of the next set
 - You can do it during a change over if the other coach agrees that you can because you are holding up the game flow.
 - If you do and you take too long or get coached or use a phone during this time you can...
 - get a point taken away
 - Then a game taken away
 - then it will be the match

Medical breaks

- If you have a medical time out you will have 3 minutes once you are diagnosed
 - If you chose to take a medical time out then you can't be coached during this time
 - You can talk to the trainer
 - Get it wrapped
 - Put ice on it
 - Stop the bleeding
 - If you take up all of your time, the choices are:
 - Keep playing through the pain/discomfort
 - Forfeit the match
- Mandatory timeout if there is visible bleeding

Parent Coaching

- No Parent-coaching allowed. This means that parents are not allowed to give instruction/feedback/hand signals to players during matches
- Nor are they allowed to "coach the coaches" on what their child should/should not be doing
- Any parental concerns should be brought up in private (not during practices, meets, or tournaments) and after the parent has had time to reflect on the situation