

### **TENNIS**

The Official Special Olympics Sports Rules for Tennis shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon International Tennis Federation (ITF) Rules for tennis found at <a href="http://www.itftennis.com/">http://www.itftennis.com/</a>. ITF or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Tennis or Article I. In such cases, the Official Special Olympics Sports Rules for Tennis shall apply.

Refer to Article1, <a href="http://resources.specialolympics.org/article1.aspx">http://resources.specialolympics.org/article1.aspx</a>, for more information pertaining to Codes of Conduct, Training Standards, Medical and Safety Requirements, Divisioning, Awards, Criteria for Advancement to Higher Levels of Competition, and Unified Sports.

### SECTION A — OFFICIAL EVENTS

The following is a list of official events available in Special Olympics.

The range of events is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

- 1. Individual Skills Competition
- 2. Singles
- Doubles
- 4. Mixed Doubles
- 5. Unified Sports® Doubles
- 6. Unified Sports Mixed Doubles

### SECTION B — RULES OF COMPETITION

1. Divisioning

An athlete shall be divisioned on the basis of their rating in accordance with Tennis Rating Form. A Tennis Rating Form must be submitted for each athlete with the registration package for the event. The Tennis Rating Form is provided in Section D of the Official Special Olympics Sports Rules for Tennis.

- 2. Match play
  - a. A match will consist of one of the following.
    - 1) One six game No-Ad set with a margin of two games with a 7 point tie-break played at six all.
    - 2) Two out of three short sets. In a short set, the first player/team who wins four games wins that set, provided there is a margin of two games over the opponent(s). If the score reaches four games all, a 7 point tie-break game shall be played. When the score in a match is one set all, one 10 point tie-break game shall be played to decide the match. This tie-break game replaces the deciding final set. Not recommended for athletes with a rating below 3.0
    - 3) Two out of three six game sets with a margin of two games, a 7 point tie-break is played at six games all. When the score in a match is one set all, one 10 point tie-break game shall be played to decide the match. This tie-break game replaces the deciding final set. Not recommended for athletes with a rating below 6.0
    - 4) In the best of 3 set matches, there will be a 3 minute rest period prior to the deciding 10 point tie-break.
  - b. The No-Ad scoring system will be used for all match play. The No-Ad procedure is simply what the name implies: The first player to win four points wins the game, with the seventh point of a game becoming a game point for each player.



For Singles matches: The receiver has the choice of advantage court or deuce court, the service on the seventh point, is to be delivered to the nominated court.

For Doubles matches: The receiving pair has the choice of advantage court or deuce court, the service on the seventh point, is to be delivered to player playing in the nominated court.

For Mixed Doubles matches: The player of the same gender as the server shall receive the deciding point. i.e. male to male or female

For Unified Doubles matches: The service on the seventh point is to be delivered athlete to athlete or partner to partner.

NOTE: The score calling may be either in the conventional terms or simple numbers, i.e., "zero, one, two, three, game."

- c. One designated Special Olympics coach may sit on court, (off the playing surface, in a chair located at the net post next to the umpire's chair) and may coach a player when the players change ends at the end of an odd game and during the 3 minute rest period prior to the deciding tie-break, but not after the first game of each set and not during a tie-break game.
- d. When two or more athletes or teams have the same final point score, the tie shall be broken as follows:
  - First: the fewest number of sets lost in all matches
  - Second: the most games won in all matches
  - Third: the fewest number of games lost in all matches
  - Fourth: (other than for teams) head to head results

### 3. Unified Sports Doubles

- Each Unified Sports doubles team shall consist of one player with an intellectual disability and one
  player without an intellectual disability, who have similar skills as defined by their SO rating (or
  ITN).
- b. Each team shall determine their own order of service and selection of courts (ad or deuce).

### 5. Individual Skills Competition

NOTE: Competition Managers must specify the type of ball to be used at each ISC competition. Level 1 ball is the red foam ball.

- a. Forehand Volley
  - The athlete stands approximately one meter from the net with the feeder on the other side of the net, positioned halfway between the service line and the net. Each athlete is given five attempts to hit a ball safely over the net. The feeder underhand tosses each ball to the athlete's forehand side.
  - 2) The athlete scores 5 points for hitting into the service box into either service box.

## b. Backhand Volley

Same as forehand volley except feeder sends the balls to athlete's backhand side. Each athlete is given five attempts.

- c. Forehand Groundstroke
  - The athlete stands 1m behind the center (T) of the service line. The feeder is on the other side of the net, positioned half way between the service line and the net, underhand tosses the ball so it bounces once before reaching the athlete's forehand side. Each athlete is given five attempts.
  - 2) The athlete scores 5 points for hitting into either service box
- d. Backhand Groundstroke



Same as forehand groundstroke except the feeder sends the ball to the athlete's backhand side. Each athlete is given five attempts.

### e. Serve — Deuce Court

Each athlete is given five attempts to hit a legal serve from the right court to the deuce service box. A ball landing in the correct service box will count 10 points. A zero (0) score is recorded if the athlete commits a foot fault or fails to get the ball in the service box. A foot fault occurs when the athlete steps on or over the service line.

- f. Serve Advantage Court
  - Same as serve to deuce court but from the left court to the advantage service box. Each athlete is given five attempts.
- g. Alternating Groundstrokes with Movement
  - The athlete begins 1m behind the center (T) of the service line. The feeder is on the other side of the net positioned halfway between the service line and the net., alternates underhand tosses to the athlete's forehand and backhand sides. Each toss should land at a point which is both halfway between the service line and the net and halfway between the center service line and singles sideline. The athlete must be allowed to return to the center mark before feeding the next ball. Each athlete is given ten attempts.
  - 2) The athlete scores 5 points for hitting into either service box.

### h. Final Score

A player's final score is determined by adding together the scores achieved in each of the seven events which comprise the Individual Skills Competition.



# **SECTION C - LEVELS**

The following is a guide to levels designed to provide competition opportunities to athletes of all abilities. Competition events for Levels 2-Level 5 are; Singles, Doubles, Mixed Doubles and Unified Doubles.

| 1. Level 1 | Individual Skills Competition<br>Tennis Rating of 1.0 – 1.9   | ITN 10.3-10.2 | 42' Court – Red foam ball                              |  |  |
|------------|---|---------------|--|--|--|
| 2. Level 2 | Matchplay:<br>Tennis Rating of 2.0 – 2.9  | ITN 10.1      | 42' Court – Red foam ball                              |  |  |
| 3. Level 3 | Matchplay:<br>Tennis Rating of 3.0 – 3.9  | ITN 10        | 60' Court – Orange ball                                |  |  |
| 4. Level 4 | Matchplay:<br>Tennis Rating of 3.0 – 4.9  | ITN 9         | 78' Court – Green ball<br>(Yellow ball with green dot) |  |  |
| 5. Level 5 | Matchplay:<br>Tennis Rating of 5.0 – 8.0  | ITN 8,7,6     | 78' Court – Yellow ball                                |  |  |
| Notes:     | Level 3 is intended as a transitional level for training purposes. It can be used for competition if sufficient entrants at this level are expected. The SO Tennis Rating above are for singles, the range of rating should be doubled when athletes are playing doubles matches, i.e. Level 4 would become 6.0 – 9.9 |               |  |  |  |

Note: References:

**Tennis Rating Sheet -** <u>http://media.specialolympics.org/soi/files/resources/Sports-Rules-Competitions/Tennis/Tennis\_Rating\_Sheet\_2012.docx</u>

# SECTION D - SPECIAL OLYMPICS TENNIS RATING SHEET

| Athlete's Name:      | Delegation: | Gender: | Age:  |
|----------------------|-------------|---------|-------|
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| Player just starting to play tennis    Double faults are common   2  | Level 1 (athlete's at this level should complete the ISC Skills Testing)            | Level | E. Second S  | Serve                    |                     |           | Level    |
|--|---|-------|--|--------------------------|---------------------|-----------|----------|
| Pushes 2nd serves   4  |   | LOVOI |  |                          |                     |           |          |
| Level   Hits 2nd serves with control   6   Hits 2nd serves with spin, control and depth   7   7   7   7   7   7   7   7   7  |   |       |  |                          |                     |           |          |
| Itis inconsistent weak FH shots Itis FH shots with little directional control Itis FH shots with little directional control of shots, but shots lack depth If has directional control of shots, but shots lack depth If has directional control of shots, but shots lack depth If has sufficient control to sustain a short rally and is developing depth If has sufficient control and depth, but has difficulty when shots are high or hard Itis EH shots with control and depth, but has difficulty when shots are high or hard Itis BH shots with control and depth, becomes inconsistent when adding pace Itis BH shots with little direction, pace and depth Itis inconsistent weak BH shots Itis BH shots with little directional control of shots, but shots lack depth If has a firectional control to sustain a short rally and is developing depth Itis consistent with control and depth, but has difficulty when shots are high or hard Itis consistent with depth, becomes inconsistent when adding pace Itis consistent with depth, becomes inconsistent when adding pace Itis consistent Whith depth, becomes inconsistent when adding pace Itis consistent Whith depth, becomes inconsistent when adding pace Itis consistent Whith depth, becomes inconsistent when adding pace Itis consistent Whith depth, becomes inconsistent when adding pace Itis consistent Volleys; has problems approaching the net It alies consistently with depth, becomes inconsistent when adding pace Itis consistent Volleys; has problems approaching the net It alies consistent Volleys; has problems approaching the net It alies consistent Whith depth, becomes inconsistent when adding pace Itis consistent Volleys; has problems approaching the net It alies consistent Volleys; has problems approaching the net It alies consistent Volleys; has problems approaching the net It alies consistent Volleys; has problems approaching the net It alies consistent Volley |   | Level |  |                          |                     |           | 6        |
| Hits FH shots with little directional control of shots, but shots lack depth  H has sufficient control to sustain a short rally and is developing depth  5 Has difficulty returning serve  2 Rallies with control and depth, but has difficulty when shots are high or hard  6 Returns serve occasionally  Returns 2nd serves consistently  3 Returns some 1st serves, returns 2nd serves consistently  4 Returns some 1st serves, returns 2nd serves consistently  5 Returns some 1st serves, returns 2nd serves consistently  6 Returns some 1st serves, returns 2nd serves consistently  6 Returns some 1st serves, returns 2nd serves consistently  6 Returns some 1st serves, returns 2nd serves consistently  6 Returns some 1st serves, returns 2nd serves consistently  6 Returns some 1st serves, returns 2nd serves consistently  6 Aggressive return of 2nd serves consistently  6 Aggressive return of 2nd serves and consistent return of 1st serve  7 Aggressive return of 1st and 2nd serves  8 Ha has directional control of shots, but shots lack depth  4 G. Volleys  Leve  8 Hits consistently with depth, becomes inconsistent when adding pace  7 Hits inconsistent volleys; avoids net  8 Hits consistently with depth, becomes inconsistent when adding pace  7 Hits consistent FH volleys; BH volley is inconsistent  8 Hits consistently with depth, becomes inconsistent when adding pace  7 Hits consistent FH volleys; BH volley is inconsistent  8 Hits ability to approach the net and hits consistent the net and hits consistent tolleys  6 Comfortable moving to net, moves laterally well for both FH and BH volleys  8 Agressive FH and BH volleys  9 Agressive FH and F |   |       |  |                          | 1                   |           | _        |
| He has directional control of shots, but shots lack depth  | Hits FH shots with little directional control                                       |       |  |                          |                     |           | 8        |
| Fit has sufficient control to sustain a short rally and is developing depth  Allies onsistently with depth, becomes inconsistent when adding pace  7 Returns serve occasionally  8 Returns some consistently  8 Returns some state serves consistently  8 Returns some state serves consistently  9 Aggressive return of and serves consistently  10 Aggressive return of 2nd serves consistently  11 Aggressive return of 2nd serves consistently  12 Aggressive return of 2nd serves consistently  13 Aggressive return of 2nd serves consistently  14 Aggressive return of 2nd serves consistently  15 Aggressive return of 2nd serves consistently  16 Aggressive return of 2nd serves consistently  17 Aggressive return of 2nd serves consistently  18 Aggressive return of 2nd serves consistently  19 Aggressive return of 2nd serves consistently  10 Aggressive return of 2nd serves consistently  11 Aggressive return of 2nd serves consistently  12 Aggressive return of 2nd serves consistently  13 Aggressive return of 2nd serves consistently  14 A Grolleys; additional control of shots, but shots tall and short rally and is developing depth  15 Hits inconsistent volleys; avoids net  16 Hits consistent volleys; avoids net  17 Hits consistent volleys; avoids net  18 Aggressive return of 2nd serves consistent vern of 2nd serves consistently  18 Aggressive return of 2nd serves consistently  18 Aggressive return of 2nd serves consistent vern of 2nd serves consistent vern of 2nd serves and consistent vern of 2nd | FH has directional control of shots, but shots lack depth                           | 4     |  |                          |                     |           | Level    |
| Rallies with control and depth, but has difficulty when shots are high or hard Aallies consistently with depth, becomes inconsistent when adding pace 7 Returns 2nd serve consistently 4 Returns 2nd serves, returns 2nd serves consistently 5 Returns 2nd serves consistently 6 Returns 1st and 2nd serve and consistent return of 1st serve 7 Aggressive return of 2nd serve and consistent return of 1st serve 8 Returns 2nd 2nd serve and consistent return of 1st serve 9 Returns 2nd 2nd serve and consistently 6 Returns 1st and 2nd serve and consistently 8 Returns 1st and 2nd serve sonsistently 8 Returns 1st and 2nd serve and consistently 8 Returns 2nd serves consistently 9 Returns 1st and 2nd serve and consistent 9 Returns 1st and 2nd serves consistently 8 Returns 1st and 2nd serves consistently 9 Returns 1st and 2nd ser |   | 5     | Has difficulty   | returning serve          |                     |           | 2        |
| Returns 2nd serve consistently With depth, becomes inconsistent when adding pace 7 Returns 2nd serve consistently 8 Returns 2nd serves consistently 5 8 Returns 2nd serves consistently 6 8 Returns 2nd serves consistent contict onsistent contict onsistent voleys 6 8 Hits interest part of 2nd serves consistent part and consistent voleys and consistent voleys; a | , <u> </u>  | 6     |  | •                        |                     |           | 3        |
| Sustains an extended rally with direction, pace and depth  Beturns 1st and 2nd serves consistently  Aggressive return of 2nd serves and consistent return of 1st serve  Aggressive return of 2nd serves and consistent return of 1st serve  Aggressive return of 1st and 2nd serves  Aggressive return of 1st serve  Aggressive return of 1st and 2nd serves  Beturns 1st and 2nd serves and consistent return of 1st serve  Aggressive return of 1st and 2nd serves  Beturns 1st and 2nd serves and consistent return of 1st serve  Aggressive return of 1st and 2nd serves  Beturns 1st and 2nd serves and consistent return of 1st serve  Aggressive return of 1st and 2nd serves  Beturns 1st and 2nd serves and consistent return of 1st serve  Aggressive return of 1st and 2nd serves  Beturns 1st and 2nd serves and consistent return of 1st serve  Aggressive return of 1st and 2nd serves and consistent return of 1st serves  Beturns 1st and 2nd serves and sonistent return of 1st serve  Aggressive return of 1st and 2nd serves and consistent return of 1st serve  Beturns 1st and 2nd serves and sonistent return of 1st serve  Aggressive return of 1st and 2nd serves and consistent return of 1st serves  Beturns 1st and 2nd serves and sconsistent return of 1st serve  Beturns 1st and 2nd serves and consistent return of 1st serve  Beturns 1st and 2nd serves and consistent return of 1st serves  Beturns 1st and 2nd serve and consistent return of 1st serves  Beturns 1st and 2nd serve and consistent return of 1st serves  Beturns 1st and 2nd serve and consistent return of 1st serve son site and 2nd serves  Beturns 1st and 2nd serves and consistent return of 1st serve son site and 2nd serves  Beturns 1st and 2nd serves not not site serves not not serve son site and 2nd serves  Beturns 1st and 2nd serves not not site serves not not site serves not not sold serve serves not not sustain and consistent return of 1st serve son at a slower pace son site serves not not serve not not serve not serve site serves with pace  Beturns 1st serves in at a slower pace son si |   | 7     |  |                          |                     |           | 4        |
| Returns 1st and 2nd serves consistently   6  |   |       |  |                          |                     | itly      | 5        |
| Aggressive return of 21st and 2nd serves   Stationary position; does not move to ball to hit shots   Stationary position; does not move to ball to hit shots   Stationary position; does not not coverage is poor   A   A   Forehand    | B. Backhand   |       |  | tly                      |                     |           |          |
| BH has directional control of shots, but shots lack depth BH has sufficient control to sustain a short rally and is developing depth BH has sufficient control to sustain a short rally and is developing depth BH has sufficient control and depth, but has difficulty when shots are high or hard BAIlies with control and depth, but has difficulty when shots are high or hard BAIlies consistently with depth, becomes inconsistent when adding pace BAILIES with control and depth, but has difficulty when shots are high or hard BAILIES with control and depth, but has difficulty when shots are high or hard BAILIES with control and depth, but has difficulty when shots are high or hard BAILIES with control and depth, but has difficulty when shots are high or hard BAILIES with control and depth, but has difficulty when shots are high or hard BAILIES with control and depth, but has difficulty when shots are high or hard BAILIES with control to depth, but has difficulty when shots are high or hard BAILIES with control to depth sinconsistent volleys; avoids net BAILIES with control to depth sinconsistent volleys; avoids net BAILIES with control to depth sinconsistent volleys; avoids net BAILIES with control to depth sinconsistent volleys; avoids net BAILIES with control to depth sinconsistent volleys; avoids net BAILIES with control to depth sinconsistent volleys; avoids net BAILIES with control to approach the net and hits consistent volleys; the ne | Hits inconsistent weak BH shots   | 2     | Aggressive re  | turn of 2nd serve and co | onsistent return of | 1st serve | 7        |
| 3 Hits inconsistent volleys; avoids net 3 Acallies with control and depth, but has difficulty when shots are high or hard 4 Hits consistent through the period of the properties of the properties of the period of  | Hits BH shots with little directional control                                       | 3     |  |                          |                     | 8         |          |
| Rallies with control and depth, but has difficulty when shots are high or hard Rallies consistently with depth, becomes inconsistent when adding pace Rallies consistently with depth, becomes inconsistent when adding pace Rallies consistently with depth, becomes inconsistent when adding pace Rallies consistently with depth, becomes inconsistent when adding pace Rallies consistently with depth, becomes inconsistent when adding pace Rallies consistently with depth, becomes inconsistent when adding pace Rallies consistently with depth, becomes inconsistent when adding pace Rallies consistently with depth, becomes inconsistent when adding pace Rallies consistently with depth, becomes inconsistent when adding pace Rallies consistently with depth, becomes inconsistent when adding pace Rallies consistently with depth, becomes inconsistent when adding pace Rallies consistently with depth, becomes inconsistent when adding pace Rallies consistently with depth, becomes inconsistent when adding pace Rallies consistently with depth, becomes inconsistent when adding pace Rallies consistently with depth, becomes inconsistent when adding pace Rallies consistently with depth, becomes inconsistent when adding pace Rallies consistently with depth, becomes approaching the net and hits consistent volleys Rallies consistent volleys; has problems approaching the net and hits consistent volleys Rallies abolity to approach the net and hits consistent volleys Reach addition approach the net and hits consistent volleys Reach addition to end, on the note and hits consistent volleys Rallies abolity to approach the net and hits consistent volleys Reach addition to end, on the note and hits consistent volleys Rallies consistent volleys Rallies abolity to approach the net and hits consistent volleys Rallies abolity to approach the net and hits consistent volleys Rallies abolity to approach the net and hits cons | BH has directional control of shots, but shots lack depth                           | 4     |  |                          |                     | Level     |          |
| Rallies consistently with depth, becomes inconsistent when adding pace  7 Hits consistent volleys; has problems approaching the net  8 Has ability to approach the net and hits consistent volleys  6 Comfortable moving to net, moves laterally well for both FH and BH volleys  7 Hits aggressive FH and BH volleys  8 Moves only 1-2 steps toward ball to hit shots  8 Section  8 A Forehand  8 Moves only 1-2 steps toward ball to court coverage is poor  9 A Forehand  9 Backhand  9 | BH has sufficient control to sustain a short rally and is developing depth          | 5     | •  |                          |                     | 3         |          |
| Rallies consistently with depth, becomes inconsistent when adding pace  7 Hits consistent volleys; has problems approaching the net  8 Has ability to approach the net and hits consistent volleys  6 Comfortable moving to net, moves laterally well for both FH and BH volleys  7 Hits aggressive FH and BH volleys  8 Moves only 1-2 steps toward ball to hit shots  8 Section  8 A Forehand  8 Moves only 1-2 steps toward ball to court coverage is poor  9 A Forehand  9 Backhand  9 | Rallies with control and depth, but has difficulty when shots are high or hard      | 6     |  |                          |                     | 4         |          |
| C. Movement       Level       Comfortable moving to net, moves laterally well for both FH and BH volleys       7         Stationary position; does not move to ball to hit shots       2       Hits aggressive FH and BH volleys       8         Moves only 1-2 steps toward ball; but court coverage is poor       4       A       Forehand       Comments         Movement allows sufficient court coverage of most shots       5       B       Backhand       Backhand         das good court coverage, reacts well enough to sustain a short rally       6       C       Movement         Reacts quickly to the ball and has very good court coverage       7       D       First Serve       First Serve         D. First Serve       Level       F       Return of Serve       Second Serve         St serve is weak       2       G       Volleys       Volleys         Hits 1st serves with pace       4       Total of Sections A through G       divided by 7  | Rallies consistently with depth, becomes inconsistent when adding pace              | 7     |  |                          |                     | 5         |          |
| Stationary position; does not move to ball to hit shots  Allowes only 1-2 steps toward ball to hit shots  Allowes toward ball; but court coverage is poor  Allowes toward ball to hit shots  Backland  Allowes toward ball to fategory  Allowes toward ball to hit shots  Allowes toward ball to hit shots  Allowes toward ball to hit shots  Allowes toward ball toward ball and recoverage  Backland  Allowes toward ball toward ball and recoverage  Backland  Allowes toward ball toward ball and Breeden  Backland  Allowes toward ball toward ball and Breeden  Backland  Allowes toward ball toward ball and Breeden  Backland  Allowes toward ball toward ball and backland  Backland  Allowes toward ball toward ball and backland  Backland  Backlan | Sustains an extended rally with direction, pace and depth                           |       |  |                          |                     | 6         |          |
| Moves only 1-2 steps toward ball to hit shots  3 Section Category Level Comments  4 A Forehand  5 B Backhand  6 C Movement allows sufficient court coverage of most shots  6 C Movement  6 C Movement  7 D First Serve  7 D First Serve  8 Exceptional court coverage, reacts quickly to the ball and recovers after each shot  8 E Second Serve  9 Seturn of Serve  1 St serve is weak  1 Total of Sections A through G  1 divided by 7   | C. Movement   | Level | Comfortable moving to net, moves laterally well for both FH and BH volleys |                          |                     | 7         |          |
| Moves toward ball; but court coverage is poor  Movement allows sufficient court coverage of most shots  It as good court coverage, reacts well enough to sustain a short rally  Reacts quickly to the ball and has very good court coverage  Exceptional court coverage, reacts quickly to the ball and recovers after each shot  The state of the stat | Stationary position; does not move to ball to hit shots                             |       | Hits aggressiv   | e FH and BH volleys      |                     | -         | 8        |
| Movement allows sufficient court coverage of most shots  I as good court coverage, reacts well enough to sustain a short rally  Reacts quickly to the ball and has very good court coverage  Exceptional court coverage, reacts quickly to the ball and recovers after each shot  To a serve  To a ser | Moves only 1-2 steps toward ball to hit shots                                       | 3     | Section  | Category                 | Level               | Comments  |          |
| Has good court coverage, reacts well enough to sustain a short rally Reacts quickly to the ball and has very good court coverage Fixceptional court coverage, reacts quickly to the ball and recovers after each shot Fixe Serve Fixe Serve Serve is weak Fixery is weak Fixery in at a slower pace | Moves toward ball; but court coverage is poor                                       | 4     | Α  | Forehand                 |                     |           |          |
| Reacts quickly to the ball and has very good court coverage 7 D First Serve Exceptional court coverage, reacts quickly to the ball and recovers after each shot 8 E Second Serve  D. First Serve Level F Return of Serve st serve is weak 2 G Volleys Hits 1st serves in at a slower pace 4 Total of Sections A through G Hits 1st serves with pace 6 divided by 7   | Movement allows sufficient court coverage of most shots                             | 5     | В  | Backhand                 |                     |           |          |
| Exceptional court coverage, reacts quickly to the ball and recovers after each shot  8  Exceptional court coverage, reacts quickly to the ball and recovers after each shot  8  E  Second Serve  St serve is weak  2  G  Volleys  Hits 1st serves in at a slower pace  4  Total of Sections A through G  Hits 1st serves with pace  6  divided by 7  | Has good court coverage, reacts well enough to sustain a short rally                | 6     | С  | Movement                 |                     |           |          |
| D. First Serve     Level     F     Return of Serve       Ist serve is weak     2     G     Volleys       Hits 1st serves in at a slower pace     4     Total of Sections A through G       Hits 1st serves with pace     6     divided by 7  | Reacts quickly to the ball and has very good court coverage                         | 7     | D  | First Serve              |                     |           |          |
| st serve is weak 2 G Volleys dits 1st serves in at a slower pace 4 Total of Sections A through G divided by 7  | Exceptional court coverage, reacts quickly to the ball and recovers after each shot | 8     | E  | Second Serve             |                     |           |          |
| Hits 1st serves in at a slower pace  4 Total of Sections A through G  Hits 1st serves with pace  6 divided by 7  | D. First Serve  | Level | F  | Return of Serve          |                     |           |          |
| Hits 1st serves with pace 6 divided by 7   | 1st serve is weak   |       |  |                          |                     |           |          |
|  | Hits 1st serves in at a slower pace   |       | Total of Sect  | ions A through G         |                     |           |          |
| Hits 1st serves with pace and control 8 FINAL RATING   | Hits 1st serves with pace   |       |  |                          | _                   |           | <u> </u> |
|  | Hits 1st serves with pace and control   | 8     |  | FINAL RATING             |                     |           |          |

| l | ≺ai | ter | 'S | Name: |  |
|---|-----|-----|----|-------|--|
|   |     |     |    |       |  |

**Suggested Competition level for athletes** 

Tennis Rating of 1.0 – 1.9 Athlete should compete in:

Tennis Rating of 2.0 – 2.9 Athlete should compete in:

Tennis Rating of 3.0 – 3.9 Athlete may train in:

Tennis Rating of 3.0 – 4.9 Athlete should compete in:

Tennis Rating of 5.0 – 8.0 Athlete should compete in:

Tennis Rating of 5.0 – 8.0 Athlete should compete in:

Level 1 – Individual Skills Competition

Level 2 – 42' Court – Red foam ball

Level 3 – 60' Court – Orange ball

Level 4 – 78' Court – Green ball

Level 5 – 78' Court – Yellow ball