

Love To
Learn,
Play,
and Roll!

Player's Guide



LOVE
TO...

USTA  FLORIDA

FIND YOUR LOCAL CONTACTS:

USTAFlorida.com/LocalPlay

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HERE'S WHAT YOU CAN EXPECT...

HERE'S WHAT YOU CAN EXPECT...

So, you've decided to learn to play tennis.

You've made a great decision!



Tennis is a lifetime sport and can be played much of the year outdoors at a low cost.

Tennis is one of the most inclusive sports, is accessible for all, and can be played for a lifetime!

Did we mention the health benefits? More on that later...

Who's Who?

WHAT YOU CAN EXPECT



VOLUNTEER AMBASSADOR

The volunteer ambassador is an experienced tennis player, usually from this facility, with knowledge of the game and a fun attitude. They assist with communication and finding opportunities for you to play within the facility.

LOCAL PLAY COORDINATOR

Your Local Play Coordinator will provide information on future appropriate play opportunities. They are experts in all available tennis opportunities in your local region.

USPTA OR PTR CERTIFIED TEACHING PROFESSIONAL

The teaching pro is a certified professional experienced in teaching adult beginners. They are tennis experts trained to teach the technical skills required for tennis.

COMMUNITY COACH

A Community Coach has a passion for tennis and has been specifically trained to provide a broad range of community tennis programs including Love to Learn, Play, and Roll.

The Timeline.

YOU CAN EXPECT

1

Beginner Level 1 | Love To Learn Clinics

6-8 WEEK PROGRAM

Players learn the fundamental skills of tennis. Teaching Pros and ambassadors encourage practice to improve rallying skills learned in clinic. Players begin to learn basic scoring and etiquette.

2

Beginner Level 2 | Love To Play Sessions

6-8 WEEK PROGRAM | 45 MINUTES - 1 HOUR OF PLAY

Players learn how to play a match, learn tennis nuances, and understand various scoring formats, registration tools, and appropriate play opportunities available to them. This is a low cost play opportunity run by the designated ambassadors alone, or with a teaching pro for added instruction.

3

Beginner Level 3 | Love to Compete

PLAY OPPORTUNITIES

Practice your new tennis skills with other beginner level players by participating in beginner round robins, leagues, a beginner tournament, Cardio Tennis, Quads, Triples, or other social play options. Wheelchair players may participate in all tennis opportunities.

The Benefits of Tennis!

TENNIS IS A GAME THAT HELPS YOU MAINTAIN A HEALTHY LIFESTYLE.

HEALTHY HEART

Playing just 3 hours/week will reduce your risk of cardiovascular disease by 56%.



SMASH STRESS

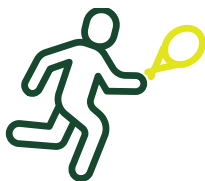
Playing tennis promotes physical, mental, social, and emotional health which can help with managing stress.

STAY SOCIAL

Tennis helps build and keep friendships and social interactions that enhance well-being and happiness.

IMPROVE COORDINATION

Playing tennis uses skills that all contribute to good hand-eye coordination and reaction time. Plus, improve your agility and balance.



GET FIT

Playing tennis 150 minutes a week meets global exercise recommendations and increases fitness levels.

Find more health benefits of tennis:

bit.ly/TennisHealthBenefits



Equipment.

RACQUETS

The secret to finding the perfect racquet is a combination of two things: research and trying out the racquet for yourself. Beginners should generally use racquets with a head size of 100 square inches or more. A bigger head size gives you a better chance at making contact with the ball.

TENNIS SHOES

As a beginner, you can get away with using a basketball or cross-training shoe, but it is recommended to invest in a pair of tennis shoes. You should use tennis shoes because they are made for both lateral and forward/backward movement.

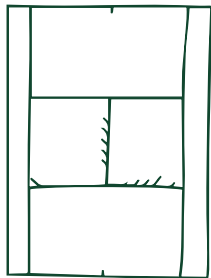
TENNIS BALLS

Red, orange, and green dot low-compression tennis balls will help beginners learn to play quicker and easier. Because they bounce lower, players have more time to hit them, which allows better control and helps players develop correct stroke technique.

SPORT CHAIR (WHEELCHAIR ATHLETES)

Sport chairs are specially designed for optimal mobility and stability on the court, featuring adjustable components for personalized comfort. Lightweight and durable, they enable agile court navigation, providing an inclusive and active tennis experience for wheelchair athletes.

Rules & Scoring.



To start a match, a racquet spin takes place. The winner decides to serve or receive first.

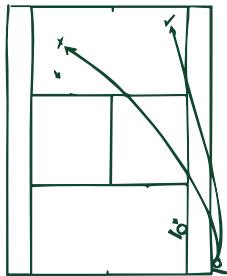
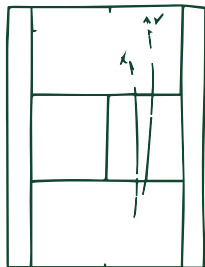
Or alternatively, the player can also decide which side to begin on. The serving choice is then left to the other player.

Players get a 5 minute warm-up!

Except when serving, you may stand anywhere on your side of the net.

With the exception of when receiving serve, you can hit the ball before it bounces (volley) or after one bounce (ground stroke).

When receiving serve, you must let the ball bounce in the service box once before hitting it. Wheelchair players have the option to take up to 2 bounces throughout the match.



Points Breakdown.

RULES & SCORING

YOU WON A POINT IF

- ✓ You hit the ball over the net and into the court on the other side and your opponent doesn't return it.
- ✓ Your opponent hits the ball to your side of the court, but not inside the lines.

YOU LOST A POINT IF

- ✗ You hit the ball into the net
- ✗ You hit the ball out of the court (unless your opponent plays the ball in the air before it lands outside the court boundaries)
- ✗ The ball touches you or your clothing
- ✗ You or your racquet touch the net or the net post before the point is over
- ✗ You hit the ball before it crosses the net
- ✗ You hit the ball more than once

A ball is still in play if it happens to touch the net or post (except on a serve). Continue to play a ball that lands on or touches a boundary line of the court. A ball that lands on any part of the line is good.

Score Breakdown.

RULES & SCORING

YOU PLAY 6 GAMES PER SET

All matches you play are the best 2 out of 3 sets.

In order to win the game, a player must win at least 4 points.

If you are the server and the score is 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".

Points	0 PTS	LOVE	Tennis Score
	1 PT	15	
	2 PTS	30	
	3 PTS	40	
	TIED SCORE	ALL	
	i 40-40	DEUCE	
	SERVER WINS DEUCE	AD-IN	
	RECEIVER WINS DEUCE	AD-OUT	

i The only time this is different is when the score is 40-40, called deuce. When the score reaches deuce, one player (singles) or team (doubles) will need to win by two points to win the game. If player A is serving and wins the deuce point, the score is Ad-In. If they win another point, they win the game. However, if they lose the ad-in point, it goes back to deuce. This continues until two points are won in a row to end the game.

Players switch sides on every odd combination of games.

ONCE THE FIRST GAME IS COMPLETE
AND EVERY TWO GAMES AFTER.

Tie Breakers.

RULES & SCORING

In a set, a player or team needs to win six games to win a set. If the score reaches 5-5 (5-all), one player/team must win the next two games to win the set (7-5).

If the score reaches 6-6 (6-all) in the set, a tiebreak is played.

There are multiple types of tiebreaks. The most common are the Traditional and the Coman. USTA Leagues use the Coman Tiebreak.

7-POINT COMAN TIEBREAK:

If a set reaches 6 games all, a 7-Point Coman Tiebreak will be played. Players must serve in the same rotation. The player whose turn it is to serve shall serve the first point from deuce court; After the first point, the players shall change ends, and the following two points shall be served by the opponents starting with the ad court. Each player/team shall serve alternately for two consecutive points. Players shall change ends after every 4 points (after the 1st, 5th, 9th, 13th, 17th points, etc.) and at the conclusion of the tiebreaker. When changing ends during the tiebreak, players are not allowed a break; play is continuous. After the tiebreak is completed, the normal time between sets may be taken. The first team to reach 7 points with at least a two-point margin wins the tiebreak. Numerical scoring is used throughout the tiebreak. The team that served first in the tiebreak shall receive service in the first game of the following set.

Tie Breakers.

MORE RULES & SCORING

10-POINT COMAN TIEBREAK:

If each team wins one set, a 3rd Set Tiebreak (10-Point Coman Tiebreak) will be played. A 10-Point Tiebreak is played exactly the same way as a 7-Point Tiebreak, however

it is played until the first team reaches 10 points with at least a two-point margin. Since this is considered a new set, there are a few exceptions. At the beginning of the 3rd set tiebreak, doubles teams may: 1. Switch their serving order 2. Switch their receiving order. The team to win the 3rd Set Tiebreak wins the match.



Etiquette.

If you are serving, make sure to call the score loud and clear before each point.

This not only lets your opponent know you're ready to serve, but also prevents score disputes.

Respect your neighbors.

If a ball rolls onto your court from another court and is a hazard or distraction, any player may call "Let!" Players should stop play and replay the point. If your ball rolls onto another court, do NOT retrieve it or call a "let" while the players are finishing out their point.



Rest.

- 25 seconds allowed between points
- 90 seconds (1.5 min) allowed between games that require an end change
- 120 seconds (2 min) allowed between sets including when a 10-Point tiebreak is played in lieu of a full 3rd set.
- 10 minutes allowed between 2nd & 3rd set if a full 3rd set is being played. This is not applicable when a 3rd set tiebreak is played.

Play Opportunities!

CARDIO TENNIS

A high energy fitness activity that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout.

SOCIAL PLAY

Whether taking a class at your local club, hitting the courts in your neighborhood park, or playing with friends and family, tennis can be a great lifetime sport! Some fun beginner friendly social play opportunities may include round robins, mixers, triples, or quads.



USTA LEAGUES

USTA has leagues and tournaments based on different playing levels; some even feature beginners like yourself. Once you find a group of players with whom you share a similar skill level, try and establish a certain time each week to play.

TOURNAMENTS

USTA NTRP Tournaments have a 2.5 (beginner) division available. USTA Wheelchair Tournaments are also available throughout the state.

Check with your Local Play Coordinator and/or Tournament Director to see if a beginner division is being offered.

Frequently Asked Questions.

Do I need to buy a racquet before the first lesson?

No, there will be loaner racquets available for you to use.

Do I need to wear specific shoes for tennis?

Check with your teaching pro as some facilities have shoe requirements. As a beginner, you can get away with using a basketball or cross-training shoe, but it is recommended to invest in a pair of tennis shoes as they are made for both lateral and forward/backward movement.

When and where do I pay for Love To Learn Clinics?

You will pay the facility or pro directly before the first clinic. Check with your Local Adult Play Coordinator for specifics.

Can I register after the session has already started?

Typically, yes, but check with your Local Adult Play Coordinator.

What if I cannot attend all sessions due to work or other commitments?

It is best to attend every session so you don't miss key components, but it is okay to miss if needed. You will get the most out of your experience if you attend all sessions!

Can my son or daughter (under 18) participate in the Love To Programs?

Check with the facility/pro for age restrictions.

Can I bring my children to watch while I play?

No, you should secure childcare for when you are in clinic.

Terms.

Ace

A ball that is served so well, you can't touch it with your racquet.

Ad

Short for "advantage," it's the point scored after deuce. If the serving side scores, it's "ad-in." If the receiving side scores, it's "ad-out."

Baseline

The court's back line that runs parallel to the net and perpendicular to the sidelines.

Footfault

A fault called against the server for stepping on or over the baseline with either foot during delivery of the serve.

Let

A point played over because of interference. Also, a serve that hits the top of the net but is otherwise good, in which case the serve is taken again.

Passing Shot

Forehand or backhand you hit past your opponent when they are at the net.

Rally

A series of good hits made successfully by players in which players hit the ball back and forth over the net.

Service Box

Rectangular area of the court, marked by the sidelines and the service lines, that a serve is supposed to land in.

Sideline

The lines on the court, perpendicular to the net which define the widest margins of the court.

Resources.



The Code.

A summary of procedures and unwritten rules that custom and tradition dictate all players should follow.

USTA Florida.

Visit our section's website to find or contact a local play coordinator, calendar of events (such as social leagues), Friend at Court, FAQs, The Code, and much more!

Coman Tiebreak:

bit.ly/Coman-Tiebreak



Visit Online:

USTAFlorida.com/AdultTennis



NTRP Rating.

The National Tennis Rating Program (NTRP) is a classification system that identifies and describes general characteristics of tennis-playing ability.

The NTRP General Characteristics Guide outlines the abilities of each level from 1.5 (beginner) through 7.0 (touring pro).

Generally, USTA League offers programs for the 2.5 through 5.0 levels.

Stay Up To Date.

Sign up for our weekly newsletter to get the latest news in Florida tennis and happenings in USTA Florida.

USTAFlorida.com/enews



Terms:

bit.ly/Tennis-Terms



Notes.

Notes.

Learn to Play Doubles In A Few Short Weeks
On a Team Learning From the Best
Volunteers and Instructors so you Can
Enjoy the Game of a Lifetime!

A BIT OF TENNIS POETRY FOR YOU BUT
WE'LL STICK TO WHAT WE KNOW...

Florida Tennis!

USTA 

FLORIDA

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