

QuickStart Tennis Play Format

Team Singles and Doubles on a 36' Court

- **Court/Net Dimensions:** The 18' x 36' (Red Court) is recommended. Net height should be 2'9".
- **Racquets/Balls:** Players should use 19", 21" or 23" racquets and red foam or red felt balls.
- **Scoring:** Score by ones. The first team to score 7 points winning by 2 (a tiebreak) wins a game. Play 2 out of 3 games.
- **Serving:** A coach may toss to a player, or the player can drop-hit, or overhand serve. The server gets two tries to get the ball in play.
- **Teams:**
 - **Singles** - Up to three players are put on a team. Only one player per team plays at one time.
 - **Doubles** - Up to six players are put on a team. Only two players per team play at one time.
 - On-deck players are responsible for retrieving the balls that go out of play and to support their team members.
- **Rotation:** (Refer to diagram)
 - **Singles** - Players stay in the game for (2) points. Each player is given a chance to serve. The first point is served from the right side by Player A1 and the second point is served from the left side by Player B1. After two points are played, new players are rotated in evenly from the side.
 - **Doubles** - Players stay in the game for (4) points. Each player is given a chance to serve. The first point is served from the right side by Player A1 and the second point is served by Player A2. This is repeated on the opposite side with Players B1 and B2. After four points are played, new players are rotated in evenly from the side.
- **Safety:** Kids should not swing their racquets uncontrollably or hit balls that are not in play. When giving instructions, ask players to hug their racquets or place the racquets on the ground.
- **Sportsmanship:** Encourage good sportsmanship to all players. Have them say "nice shot" and "good game" to the opposing team and have them shake hands at the end of the match.

