

TENNIS ETIQUETTE

The rules of tennis are set by the International Tennis Federation and can be found here <http://www.itftennis.com/abouttheitf/rulesregs/rules.asp>

Tennis etiquette is different from the rules of the game. It covers a broad range of actions and behaviours which are traditionally considered acceptable on and around the tennis court. Here are some recommended actions and behaviours!

- When playing please wear recognised sports clothing (not jeans etc) and most importantly "Tennis Shoes ". This is for two reasons, first, other shoes mark and damage the courts and second, non tennis shoes do not grip the courts as well and can cause accidents and avoidable injury if you were to fall or slip.
- Please do not walk behind players whilst a game or a rally is in progress, this is to avoid distracting other members and most importantly to avoid any potential accidents on court.
- If you are trying to cross a court please wait until you are invited to and it is safe to do so.
- When you are crossing courts it is normal to do so at the rear of the court and not at the net.
- When you decide to cross behind other courts do so as quickly as possible and don't stop for a chat on the way.
- If a stray ball comes onto your court don't knock it back immediately, wait until the owners are ready and then hit it to the server's end.
- During play and particularly between games, keep the amount and volume of conversation down to a minimum necessary to play and enjoy your own games. Too much social chatter or debate can be disturbing to those on adjacent courts who came to play tennis.
- Line calls can be a problem and the majority of experienced players use what the Americans call the 'honour system'.
- Only call the lines on your side of the net.
- Call clearly and firmly what you see and what you honestly believe to be correct.
- If you are not absolutely certain or didn't see the ball clearly, the ball was IN and must be given in the opponents favour.
- If occasionally you have serious doubts as to your opponents eye-sight, ask politely if they are certain as to the accuracy of their call. If they say that they are, get on with the next point.
- If you feel your opponents regularly have difficulties making correct calls, start looking for different opponents!
- If in social friendly matches there is some doubt over a line call, offer to play the point again rather than cause undue aggravation and time wasting.
- Do not criticise your partner or opponent, be positive and offer encouragement instead.
- *Body Language* - Tennis can be a frustrating game if you are not getting your serves in or not hitting your shots, but try to remain upbeat and happy. Your opponent and/or doubles partner doesn't want to be playing tennis with someone who is miserable so cheer up! You are more likely to play better tennis if you are calm, relaxed, focussed and in a positive frame of mind.

Top tips for tennis players

- When to compete – to play your best you should try to compete in quality matches as often as you can throughout the year.
- Learn from matches – you don't just improve for competition, you improve while you compete! Competition gives you the opportunity to test yourself against players of a similar standard and see where you need to improve.
- Prepare for competition – go to bed early, pack your bag and sleep well the night before a match. Make sure you arrive early to the competition to warm up.
- What to eat before you compete – top players stick to a healthy diet high in carbohydrates but low in fat. These foods, such as pasta and fresh fruit and vegetables, will improve your energy levels.
- Enjoy it – always remember to enjoy playing and competing but at the same time try to improve and be the best that you can be.