

# TENNIS

The following events will be offered at State level competition. Counties/areas may offer additional events at their competitions.

<b><u>Lead-Up Events</u></b>	Individual Skills Competition
<b><u>Regular Events</u></b>	Singles Competition Doubles Competition Unified Sports® Doubles Competition

Athletes may enter one event only.

Federation Internationale de Tennis (FIT) rules with modifications established by SOI ( 2004-2007 Official Special Olympics Summer Rules Book) will be followed for all competitions.

Federation Internationale de Tennis (FIT)	United States Tennis Association (USTA)
Palliser Road, Barons Court	70 West Red Oak Lane
London W149EN, Great Britain	White Plains, NY 10604
	(914) 696-7000
	<a href="http://www.usta.com">www.usta.com</a>

## **BASIC RULES**

1. A No-Ad Scoring System will be used for all match play.
2. A match will consist of one No-Ad set with a 12 point tie break played at six games all.
3. A set is won by a player or team who is the first to win a total of 6 games by a margin of 2. At 6 games all, a tie break is played.
4. Scoring may be called either in the conventional manner or simple numbers (i.e., a "zero, one, two, three, game).
5. In each game, the first player to win 4 points wins the game. The 7<sup>th</sup> point of a game becomes a game point for each player. The receiver has the choice of advantage court or deuce to which service is to be delivered on the 7<sup>th</sup> point.

## **UNIFIED SPORTS® EVENTS**

1. Each Unified Sports® doubles team shall consist of one athlete and one partner.

## **STATE GAMES DIVISIONING**

1. All participants in the Individual Skills Competition will take part in a divisioning round at the State Games prior to competing in final competition.
2. As part of the State Games entry process, all participants in Singles or Doubles must submit a score for the Individual Skills Competition and an on-court rating, using the Special Olympics Tennis Rating Guidelines. All singles and doubles players will take part in the Divisioning Round, in order to be observed to determine their final rating prior to competition.

## **UNIFORMS/APPROPRIATE CLOTHING**

1. There are no specific uniform rules for Tennis. However, tennis athletes must comply with the clothing rules established by the facility where they are playing.

## **REQUIRED FORMS FOR STATE GAMES ENTRY**

- ◆ Athlete Sports Entry Form (for individual athletes)
- ◆ Relay & 2-4 Person Team Registration Form (for all doubles teams)
- ◆ Special Olympics Tennis Rating Form (for all singles and doubles athletes)

# SPECIAL OLYMPICS TENNIS RATING GUIDELINES

Special Olympics competitions provide athletes with the opportunity to demonstrate sports skills they have acquired during training. The fundamental differences that sets Special Olympics competitions apart from those of other sports organizations is that athletes of all ability levels are encouraged to participate, and every athlete is recognized for his or her ability. The divisioning process provides a means of grouping athletes by gender, age, and ability.

In Special Olympics tennis competition it is recommended that the ability of the athlete be determined by an entry score on the Tennis Individual Skills Competition and an on-court rating during a preliminary divisioning round, using the Special Olympics Tennis Rating Guidelines.

The Special Olympics Tennis Rating Guidelines are modeled after the National Tennis Rating Program. The Rating Guidelines are a subjective evaluation and it is recommended that raters be familiar with the National Tennis Rating Program or other systems of evaluating tennis playing ability.

To use the Special Olympics Tennis Rating Guidelines, the rater should observe the athlete during simulated play situations. This could involve;

- athletes hitting with raters, or
- athletes playing mini-matches with other athletes, or
- athletes practicing with other athletes.

The Special Olympics Tennis Rating Guidelines categorizes playing ability into eight (8) levels. Each level (2-8) consists of seven (7) components evaluating forehand and backhand strokes, serve and volleys.

The rater should observe the athlete and indicate playing ability by checking the appropriate boxes corresponding to the player's ability. At the completion of the rating session, the rater should indicate the player's overall rating as Level 2, Level 3,....Level 8. An athlete with playing ability that falls between levels can be rated as 2.5, 3.5, etc. The overall rating should be used to division the athlete with other athletes of equal playing ability.

**EXAMPLE:** Overall Rating 5.5

## Level 5

- Sustains a short rally using FH and BH shots
- Has directional control of FH shots, but shots lack depth
- Hits inconsistent, weak BH shots
- Hits 1<sup>st</sup> serves with pace
- Pushes 2<sup>nd</sup> serve
- Returns some 1<sup>st</sup> serves, returns 2<sup>nd</sup> serves consistently
- Hits consistent FH volleys, BH volley is inconsistent

## Level 6

- Sustains a rally with directional control
- Returns difficult shots defensively
- Hits some FH and BH shots with depth
- Hits 1<sup>st</sup> serves with pace
- Hits 2<sup>nd</sup> serves with control
- Returns 1<sup>st</sup> and 2<sup>nd</sup> serves consistently
- Hits aggressive FH volleys; hits defensive BH volleys

## Qualitative Ratings:

### Ground Strokes

Shows good FH and can get depth; BH not as good; runs around BH; good moderate level player

### Server

Nice first serves; can get some depth and pace; second serve is weak; can return other players serves

### Aggressive/Consistency

Can return the ball but doesn't do much with it; puts it back in play; stays back

# SPECIAL OLYMPICS TENNIS RATING FORM

ATHLETE \_\_\_\_\_ COUNTY \_\_\_\_\_

OVERALL RATING \_\_\_\_\_ RATER'S NAME \_\_\_\_\_

INDIVIDUAL SKILLS SCORE \_\_\_\_\_ RATER'S SIGNATURE \_\_\_\_\_

## QUALITATIVE EVALUATIONS

Ground Strokes: \_\_\_\_\_

Serves: \_\_\_\_\_

Aggressiveness/Consistency: \_\_\_\_\_

### **Level 1**

- Player just starting to play tennis
- Appropriate competition would be Individual Skills

### **Level 2**

- Has difficulty hitting Forehand (FH) shots
- Has difficulty hitting Backhand (BH) shots
- Stationary position, does not move toward ball to hit shots
- 1<sup>st</sup> serve is weak
- Double faults are common
- Has difficulty returning serve
- Avoids net

### **Level 3**

- Hits inconsistent, weak FH shots
- Has difficulty hitting BH shots
- Moves only 1-2 steps toward ball to hit shots
- 1<sup>st</sup> serve faults are common
- Pushes 2<sup>nd</sup> serve
- Returns serve occasionally
- Does not hit volleys, avoids net

### **Level 4**

- Hits FH shots with little directional control
- Has difficulty hitting BH shots
- Moves toward ball, but court coverage is poor
- Hits 1<sup>st</sup> serves in at a slower pace
- Pushes 2<sup>nd</sup> serve
- Returns 2<sup>nd</sup> serve consistently
- Hits inconsistent volleys, avoids net

### **Level 5**

- Sustains a short rally using FH and BH shots
- Has directional control of FH shots, but shots lack depth
- Hits inconsistent, weak BH shots
- Hits 1<sup>st</sup> serves with pace
- Pushes 2<sup>nd</sup> serve
- Returns some 1<sup>st</sup> serves, returns 2<sup>nd</sup> serves consistently
- Hits consistent FH volleys, BH volley is inconsistent

### **Level 6**

- Sustains a rally with directional control
- Returns difficult shots defensively
- Hits some FH and BH shots with depth
- Hits 1<sup>st</sup> serves with pace
- Hits 2<sup>nd</sup> serves with control
- Returns 1<sup>st</sup> and 2<sup>nd</sup> serves consistently
- Hits aggressive FH volleys; hits defensive BH volleys

### **Level 7**

- Sustains a rally with consistency and depth
- Has difficulty with high and hard shots
- Hits defensive lobs and inconsistent overheads
- Hits 1<sup>st</sup> serves with pace
- Hits 2<sup>nd</sup> serves with control and depth
- Aggressive return of 2<sup>nd</sup> serve; defensive return of 1<sup>st</sup> serve
- Hits aggressive FH and BH volleys

### **Level 8**

- Sustains an extended rally
- Controls FH and BH shots with direction, pace and depth
- Hits offensive lobs and consistent overheads
- Hits 1<sup>st</sup> serve with pace and control
- Hits 2<sup>nd</sup> serve with spin, control and depth
- Aggressive return of 1<sup>st</sup> and 2<sup>nd</sup> serves
- Hits aggressive FH and BH volleys



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## TENNIS INDIVIDUAL SKILLS CONTEST SCORECARD

ATHLETE NAME	FOREHAND VOLLEY 5-10 pts per hit*	BACKHAND VOLLEY 5-10 pts per hit*	FOREHAND GROUNDSTROKE 5-10 pts per hit*	BACKHAND GROUNDSTROKE 5-10 pts per hit*	SERVE - DEUCE COURT 10 pts per hit**	SERVE - ADVANTAGE COURT 10 pts per hit**	ALTERNATING GROUNDSTROKES W/MOVEMENT 5-10 pts per hit***	<b>TOTAL PLACE</b>	

\* A “hit” is a ball hit safely over the net and into the singles court. The athlete earns five points for any ball hit into the service boxes, and ten points for any ball landing between the service line or baseline.

\*\* The athlete earns 10 points for any serve landing in the correct service box.

\*\*\*The athlete scores 10 points for hitting into the backcourt on or between the baseline, service line, and singles sidelines. The athlete scores 5 points for hitting into either service box.



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## TENNIS INDIVIDUAL SKILLS DESCRIPTIONS

Skills should be done in the order listed and recorded in the proper space on the Tennis Skills Scoring Form. Begin each timed competition with the “Ready, Set, Go!” starting system. Upon completion of all skills, add the points for the total score.

- Skill #1 Forehand Volley (5 balls)** – the athlete stands about one meter from the net with the feeder on the other side. The feeder tosses or hits each ball to the athlete’s forehand side. The athlete scores 10 points for hitting into the backcourt between baseline, service line and singles sidelines. The athlete scores 5 points for hitting into either service box.
- Skill #2 Backhand Volley (5 balls)** – Same as forehand volley except feeder sends ball to athlete’s backhand side.
- Skill #3 Forehand Groundstroke (5 balls)** – The athlete stands between the baseline and service line. The feeder tosses or hits the ball so it bounces once before reaching the athlete’s forehand side. Scoring is identical to the forehand volley (Skill #4).
- Skill #4 Backhand Groundstroke (5 balls)** – Same as forehand groundstroke except feeder sends ball to athlete’s backhand side.
- Skill #5 Serve – Deuce Court (5 balls)** – The athlete is given 5 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 foot faults or fails to get the ball in the service box. A foot fault occurs when the athlete steps on or over the baseline or imaginary extensions of the center mark or sideline.
- Skill #6 Serve – Advantage Court (5 balls)** – Same as serve to deuce court but from the left court to the advantage service box.
- Skill #7 Alternating Groundstrokes with Movement (10 balls)** – The athlete is positioned at the center service mark on or behind the baseline. The feeder, standing half-way between the service line and net on the same side, alternates tosses to the athlete’s forehand and backhand sides. Each toss should land at a point which is both half-way between the service line and baseline and half-way between the service mark and singles sideline. The athlete must be allowed to return to the center mark before feeding the next ball. The athlete is presented with 10 attempts.

The athlete scores 10 points for hitting into the backcourt on or between the baseline, service line and singles sidelines. The athlete scores 5 points for hitting into either service box.