

STARTING A GAME:

Introduce yourself to your opponent.

Limit the warm-up before a match to approximately five minutes. Hit the ball back and forth with your opponent. Then each player should take practice serves before play begins.

To see who serves first, spin your racquet or toss a coin. If you win the coin toss or racquet spin, you may: (1) choose to serve or receive first, (2) choose which end of the court you want to start playing on, or (3) require your opponent to choose first. If you choose to serve, your opponent will choose which side he wants to start on. Officially: this should take place prior to the warm-up so each player warms-up on the side the match will start on.

To put the ball in play for each point, one player serves the ball from behind the baseline. That player is called the **Server**; the player who receives the serve is called the **Receiver**.

SCORING: GAME, SET, MATCH

When you're ready to begin playing a game, you'll need to know how to score. This may seem a bit confusing at first, but once you master what each point is worth and a few terms, you'll have no problem.

The first thing you need to know is that tennis players play a **Match**, which consists of **Sets**, which in turn consist of **Games**. So we'll start by explaining scoring for a Game.

Scoring a Game by the Traditional Scoring Method – Two terms you should know right up front are **Love** and **All**. In tennis **Love** means zero and **All** means the score is tied. So here's an example of how scoring works. The first player to win a point has a score of 15; the other player who has no points has a score of Love (or Zero). The server's score is always said first. So 15-Love means the server's score is 15 and the receiver's is 0.

If the server also wins the next point, the score is 30-Love. If the server wins the third and fourth points, the score is 40-Love and finally **Game**. To win a game when using the traditional scoring method, a player must win by at least two points.

If the receiver wins any of the points, the scoring changes. It may go Love-15 (server, 0; receiver, 15), 15-All (server, 15; receiver, 15), 15-30, 15-40, **Game**.

The server should call the game's score before each point is served in a loud enough voice so that the receiver can hear it, and indicate the score before beginning the service motion.

DEUCE

Remember that to win a game by the traditional scoring method, a player must win by at least two points. Here's where the term "**DEUCE**" comes in. If each player wins three points, the score is tied at 40-40. This score is called **DEUCE**. The player who wins the next point after deuce has the **Advantage**, called **Ad in** for the server or **Ad out** for the receiver. If this same player wins the following point, he/she wins the game; if not, the score goes back to Deuce. The first player to score two points in a row after a deuce score wins the game.

Alternative System for Scoring a Game – NO-AD SCORING

In No-Ad Scoring, everything is the same up to Deuce (a score of 40-40). At this point, the receiver decides whether he/she wishes to receive the serve from the right half or left half of the court. The player who wins the next point after deuce wins the game. Note: Score-calling in No-Ad Scoring may be either in conventional terms (Zero, 15, 30, 40, Game) or in simple numbers (Zero, 1, 2, 3, Game).

Scoring Terms:

Love:	ZERO
ALL:	Tied score except when Duece
Deuce:	A score of 40-40
Ad in:	Server needs one more point to win
Ad out:	Receiver needs one more point to win

Scoring a Game:

Points:	Score
0	Love
1	15
2	30
3	40
4	Game

The player must win by two points in the traditional scoring method or by one point in NO-AD scoring.

Scoring a Set and the Match

The first player to win six games and to be ahead by at least two games wins a **Set**. If the score reaches six games all, you may play a **Tie-break**. In a tie-break, the first player to reach seven points with a margin of two points wins the game. Whoever wins the tie-break wins the set. The first player to win two sets in the best of three wins the **Match**.

This is the most common method of scoring a set and match. Alternative methods are sometimes used in high school or college matches, indoor tennis matches, and in other situations when time is a factor.