

# TENNIS SKILLS

## GENERAL RULES

The Official Special Olympics Sports Rules shall govern all Special Olympics tennis skills competitions. As an international sports program, Special Olympics has developed these rules based upon Special Olympics, Inc. for tennis skills. Special Olympics, Inc. rules for tennis skills shall be employed. For more information, visit [www.specialolympics.org](http://www.specialolympics.org).

### **OFFICIAL EVENTS OFFERED:**

1. Individual Skills Contest Level 1 - consists of the Forehand Volley, Backhand Volley, Forehand Groundstroke, Backhand Groundstroke, Serve and Alternating Groundstrokes with Movement. This event is for beginning athletes.

### **MEDICAL DEADLINE AND PARTICIPANT ELIGIBILITY**

Athletes must have active Medical Form AND Covid-19 Participant Release Form AND Communicable Disease Waiver on file with the Special Olympics WI State Office. Coaches and Unified Partners must have an active Class A Application, Covid-19 Participant Release form AND Communicable Disease Waiver on file. The Medical or Class A form must be received or postmarked by the deadline and remain valid through the end of Celebration Games.

### **SECTION A – GENERAL RULES**

#### **1. INDIVIDUAL SKILLS LEVEL 1**

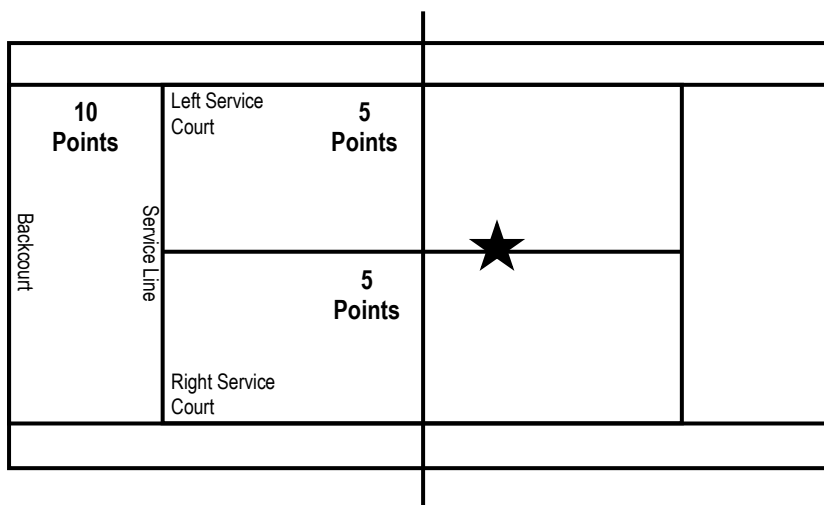
##### **a. *Event #1: Forehand Volley***

- 1) Purpose: To measure an athlete's skill returning the volley via forehand.
- 2) Equipment: Five red foam Tennis Balls.
- 3) Description: The athlete stands approximately one meter from the net with the feeder on the other side of the net, positioned halfway between the service line and the net. Each athlete is given five attempts to return a ball safely over the net before it touches the ground. The feeder underhand tosses each ball to the athlete's forehand side with no bounce in the service box.
- 4) Scoring: The athlete scores ten points for hitting into the backcourt between the baseline, service line and single sidelines. The athlete scores five points for hitting into either service box. The athlete scores zero points for hitting out of bounds. The athlete scores zero points for hitting the ball after it bounces.

##### **b. *Event #2: Backhand Volley***

- 1) Purpose: To measure an athlete's skill returning the volley via backhand.
- 2) Equipment: Five red foam tennis balls.
- 3) Description: The athlete stands approximately one meter from the net with the feeder on the other side of the net, positioned halfway between the service line and the net. Each athlete is given five attempts to return a ball safely over the net before it touches the ground. The feeder underhand tosses each ball to the athlete's backhand side with no bounce in the service box.

- 4) Scoring: The athlete scores ten points for hitting into the backcourt between baseline, service line and singles sidelines. The athlete scores five point for hitting into either service box. The athlete scores zero points for hitting out of bounds. The athlete scores zero points for hitting the ball after it bounces.

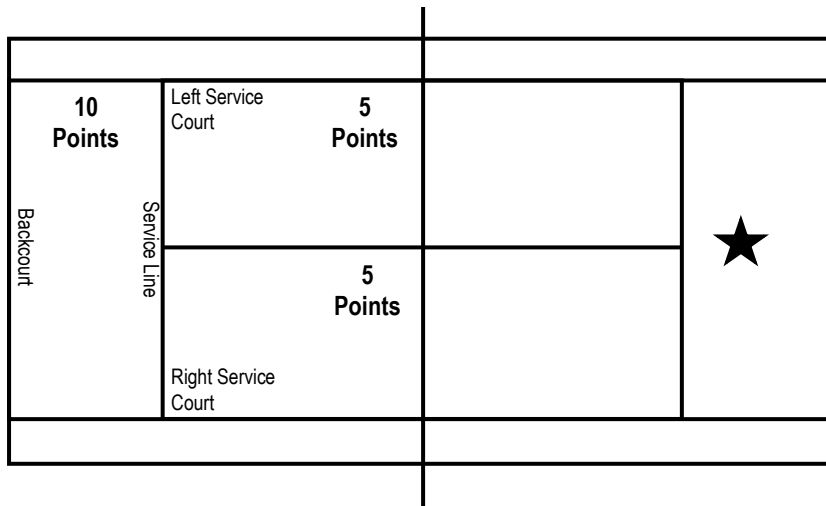


**c. Event #3: Forehand Groundstroke**

- 1) Purpose: To measure an athlete's skill returning a groundstroke via forehand.
- 2) Equipment: Five red foam tennis balls.
- 3) Description: The athlete stands approximately one meter behind the center (T) of the service line. The feeder is on the other side of the net, positioned halfway between the service line and the net. Each athlete is given five attempts to return a ball safely over the net after it bounces once in the service box. The feeder underhand tosses each ball to the athlete's forehand side with one bounce in the service box before reaching the athlete's forehand side.
- 4) Scoring: The athlete scores ten points for hitting into the backcourt between baseline, service line and singles sidelines. The athlete scores five point for hitting into either service box. The athlete scores zero points for hitting out of bounds. The athlete scores zero points for hitting the ball before it bounces.

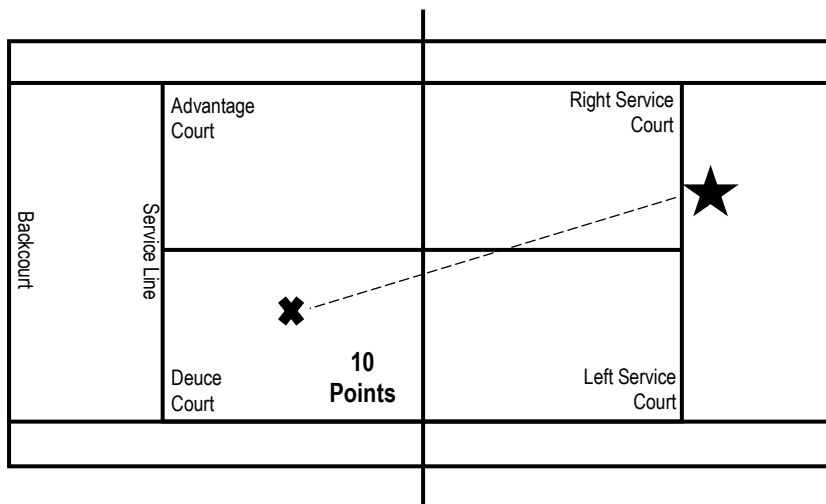
**d. Event #4: Backhand Groundstroke**

- 1) Purpose: To measure an athlete's skill returning a groundstroke via backhand.
- 2) Equipment: Five red foam tennis balls.
- 3) Description: The athlete stands approximately one meter behind the center (T) of the service line. The feeder is on the other side of the net, positioned halfway between the service line and the net. Each athlete is given five attempts to return a ball safely over the net after it bounces once in the service box. The feeder underhand tosses each ball to the athlete's backhand side with one bounce in the service box before reaching the athlete's backhand side.
- 4) Scoring: The athlete scores ten points for hitting into the backcourt between baseline, service line and singles sidelines. The athlete scores five point for hitting into either service box. The athlete scores zero points for hitting out of bounds. The athlete scores zero points for hitting the ball before it bounces.



**e. Event #5: Serve – Deuce Court**

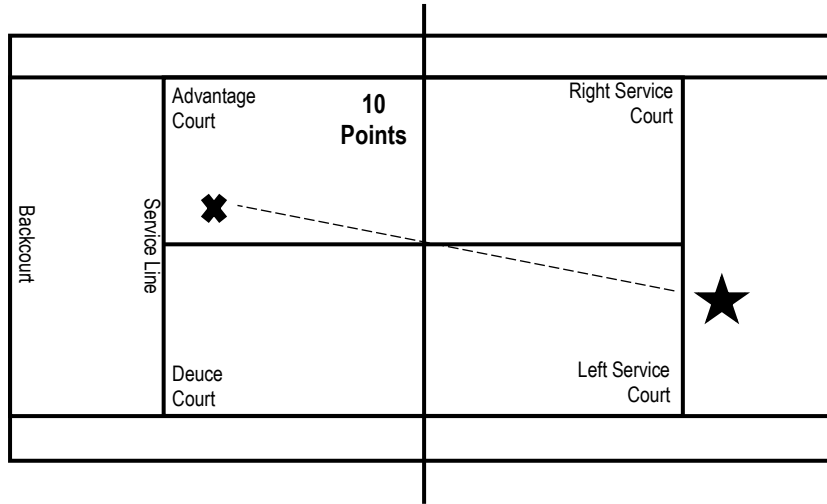
- 1) Purpose: To measure an athletes ability to serve the ball from the right court when the score is deuce.
- 2) Equipment: Five red foam tennis balls.
- 3) Description: The athlete is given five attempts to hit a legal serve from the right court to the deuce service box. The athlete may serve overhand or underhand.
- 4) Scoring: The athlete scores ten points for hitting into the correct service box. A zero score is recorded if the athlete commits a foot fault or fails to get the ball in the service box. A foot fault occurs when the athlete steps on or over the service line.



**f. Event #6: Serve – Advantage Court**

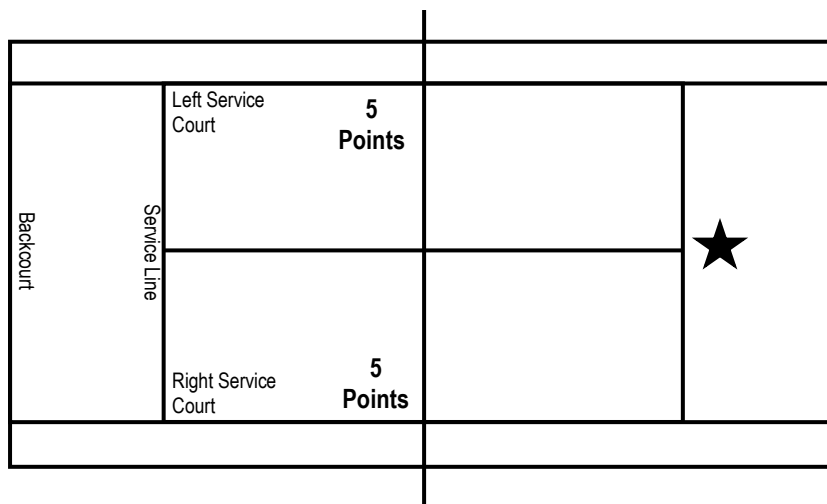
- 1) Purpose: To measure an athlete's ability to serve the ball from the left court to the advantage service box.
- 2) Equipment: Five red foam tennis balls.
- 3) Description: The athlete is given five attempts to hit a legal serve from the left court to the advantage service box. The athlete may serve overhand or underhand.

- 4) **Scoring:** The athlete scores ten points for hitting into the correct service box. A zero score is recorded if the athlete commits a foot fault or fails to get the ball in the service box. A foot fault occurs when the athlete steps on or over the service line.



**g. Event #7: Alternating Groundstrokes with Movement**

- 1) **Purpose:** To measure an athlete's ability to alternate from backhand to forehand.
- 2) **Equipment:** Five red foam tennis balls.
- 3) **Description:** The athlete stands one meter behind the center (T) of the service line. The feeder is on the other side of the net positioned halfway between the service line and the net. The feeder alternates underhand tosses to the athlete's forehand and backhand sides. Each toss should land at a point which is both halfway between the service line and the net and halfway between the center service line and singles sideline. The athlete must return the ball to one of the service boxes. The athlete must be allowed to return to the center mark before feeding the next ball. Each athlete is given ten attempts.
- 4) **Scoring:** The athlete scores five points for hitting into either service box. The athlete scores zero points for hitting out of bounds. The athlete scores zero points for hitting into the backcourt.



- h.* **FINAL SCORING: THE ATHLETE'S FINAL SCORE FOR THE INDIVIDUAL SKILLS LEVEL 1 IS DETERMINED BY ADDING TOGETHER THE SCORES ACHIEVED IN EACH OF THE SEVEN EVENTS. USE THIS SCORE FOR THE QUALIFYING SCORE ON DISTRICT REGISTRATIONS.**

**2. ATHLETE ATTIRE**

In all events competitors must wear their Agency uniform or sports clothing. Athletes must wear flat rubber sole athletic shoes during competition (no clogs or slip-on shoes). Objectionable items include but are not limited to: denim jeans, khaki pants, non-tennis skirt/dress, or any clothing not intended to be worn for sports competition. The only exceptions allowed will be for an athlete's religious reasons which must be submitted on a Special Needs Form with the athlete's registration materials by the tournament registration deadline. Failure to comply with the uniform rules will cause the athlete to forfeit competition.

# Special Olympics Wisconsin Tennis Skills Competition Scoresheet

Athlete Name: \_\_\_\_\_

Division: \_\_\_\_\_

Local Program Name: \_\_\_\_\_

Local Program Number: \_\_\_\_\_

Skill	Hit #1	Hit #2	Hit #3	Hit #4	Hit #5	Hit #6	Hit #7	Hit #8	Hit #9	Hit #10	Total
Forehand Volley*	0 5 10	0 5 10	0 5 10	0 5 10	0 5 10						
Backhand Volley*	0 5 10	0 5 10	0 5 10	0 5 10	0 5 10						
Forehand Groundstroke*	0 5 10	0 5 10	0 5 10	0 5 10	0 5 10						
Backhand Groundstroke*	0 5 10	0 5 10	0 5 10	0 5 10	0 5 10						
Serve – Deuce Court**	0 5 10	0 5 10	0 5 10	0 5 10	0 5 10						
Serve – Advantage Court**	0 10	0 10	0 10	0 10	0 10						
Alternating Ground Strokes with Movement***	0 5	0 5	0 5	0 5	0 5	0 5	0 5	0 5	0 5	0 5	
<i>Final Score (sum of all skills total scores)</i>											

\* A “hit” is a ball hit safely over the net and into the singles court. The athlete scores five points for any ball hit into the services boxes, and ten points for any ball hit into the backcourt (between the service line and baseline).

\*\* The athlete scores ten points for any serve landing in the correct service box.

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