

SECONDARY SCHOOLS FLEXIBLE COMPETITION GUIDE



WELCOME

Intra-school competitions can be the first opportunity for school students to start developing their love of playing the game. Whether it be before or after school, at lunch or during school time. Intra-school competition provides the support for children to have fun with their school friends while being introduced to competition of a different kind.

The program first and foremost focuses on participation and providing opportunities for students to be involved in structured play. And, if your school is interested, provides the opportunity for your school to start their journey in representative team based competition. But we appreciate that all schools are different, therefore use the program as you see fit for your environment.

With a focus on scaled equipment, including smaller courts, racquets and low-compression tennis balls, different scoring systems and technology, the program ensures students are introduced to tennis in an environment that is suited to their ability and makes learning tennis fun and easy.

There are three main objectives of the intra-school competitions which are:

- Provide a fun & positive experience
- Create a sense of belonging by being part of a team
- Make it simple and easy for students to play

If we can provide these three elements to students then we believe that they will feel connected to the sport and continue their participation.

We are excited to have your school involved with Tennis. We appreciate your support and look forward to working with you to provide your students with the opportunity to experience what this great sport has to offer.

Bounce

Bounce is Tennis Australia's online professional resource platform for tennis deliverers and provides access to school tutorials, editable round robin competition templates and resource content.

Register for free by visiting www.bounce.tennis.com.au

Professional learning

As a teacher we understand just how important it is for you to feel confident with delivering the sport. Tennis Australia has developed a series of practical workshops as well as online tutorials that will assist you.

To find out more, visit:

www.tennis.com.au/schools/professional-learning

or request a professional learning session

<https://tennisvic.wufoo.com/forms/tennis-professional-development/>

TENNIS FOR SECONDARY SCHOOLS

FLEXIBLE COMPETITION FORMAT

Equipment

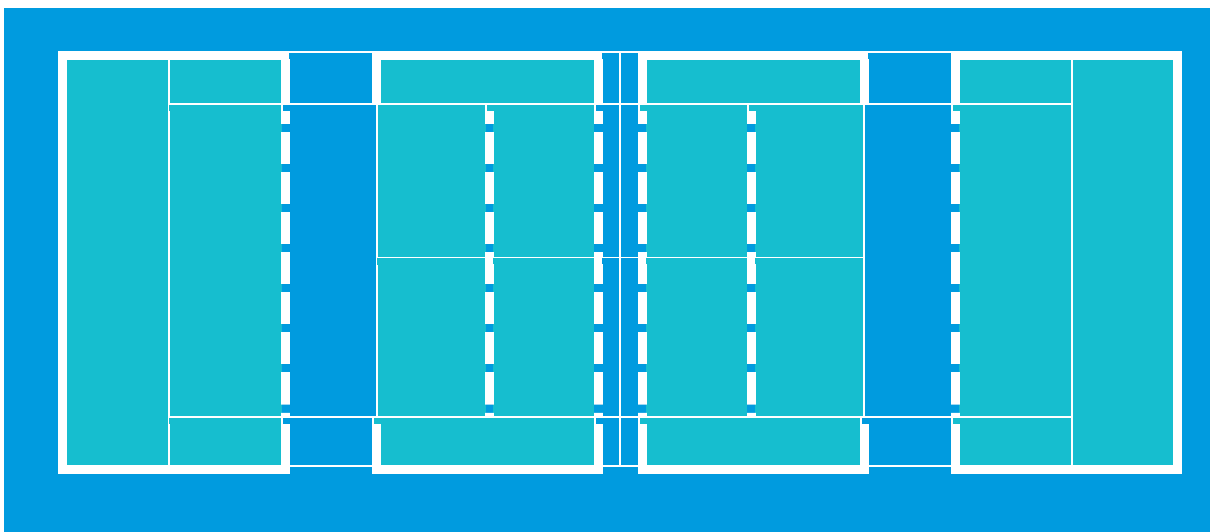
- 23 or 25-inch racquets for participating players
- Low compression (25%) blue and yellow tennis balls
- Drop down lines as required
- 6m nets as required; alternatively, barrier tape may also be used

Teams

- Year 7 to 10 students
- 8 players per team

Court setup

- Tennis court – 6m in width by 11m in length (singles and doubles)
- If 6m nets are unavailable join 2 x 3m nets together, alternatively barrier tape may also be used
- Courts should be set up in the following manner depending on the type and number of courts available (e.g. tennis, basketball, netball etc.) and the number of teams competing. The diagram below suggests a possible court layout
- Use drop down lines to mark the court area and allow a 1m gap between the courts



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Competition format

1. A **Round Robin format** with teams divided into even pools is the preferred format
2. Matches are timed (**15 mins**) and all begin and end at the same time. (allow 40mins per round)
3. Matches use numeric **FAST4** scoring (refer to glossary of tennis terms)
4. Players are ranked in **order of ability** (Player 1 - 8) and can only move down one spot during the competition
5. **Singles** – 1 v 1, 2 v 2, 3 v 3, 4 v 4 etc
6. **Doubles** – 1&2 v 1&2, 3&4 v 3&4, 5&6 v 5&6 and 7&8 v 7&8
7. Players umpire themselves and play **one singles & one doubles** match per round
8. The **Court Supervisor (Team Manager)** records the scores from each set (e.g. 24-15 on the Score Card circling the winner of each set for that round)
9. Teams score **1 point for each set won** throughout the round robin. If teams are tied on the sets then the team which won more sets in their round robin match finishes higher. If it is still a tie, then the team that won the most games in each set from that round finishes higher
10. Top teams from each pool play off in **Finals matches** to determine the overall winning team. Remaining teams also play off to determine overall finishing positions. If teams are tied on sets at the end of a play-off match, the team who won the most points will win the match. If teams are tied on sets and points, both teams will choose two players to play one **doubles FAST4 tiebreaker** (first to 5 points) to decide the match

Competition rules

1. To begin, players **spin the racquet** and the winner chooses to serve or receive
2. Player serves for the whole game then **change ends** when games add up to an odd number
3. First and second serves to be a **drop and hit or a neutral (friendly) overarm serving action** over the net, across the court into the service box, with the receiver allowing the ball to bounce once before returning. If the ball lands outside the receivers' service box or it goes into the net it is a **'fault'** and the player serves again. If the player serves a fault on the second serve it is the opponents' point
4. If the ball touches the net on the way over and lands in the receivers' service box it is called a **'let'** and the player serves again
5. If the ball bounces twice or the player hits the ball out or into the net it is the opponents' point
6. Players cannot reach over the net or touch the net during a rally otherwise it is the opponents' point
7. At the end of a match, players **finish the rally then shake hands** and sit down on their court
8. If a set is tied at the end of the allocated time, players then play **next point wins** to decide who wins the set

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FAST4 scoring

FAST4 is the new innovative shortened format of tennis. The global launch of FAST4 took place in Sydney and Melbourne with Roger Federer and Rafael Nadal during January 2015. The FAST4 format has four mandatory rules and is designed to support limited time tennis and maximum play.

Play lets

If the ball hits the net cord on a serve and bounces within the receiver's court, play will continue. In doubles, either of the receiving pair can play the let (e.g. the ball hits the net cord and bounces in the correct service box, the receiver's partner can move across and return the serve).

No-advantage scoring

At 3-3 (points) the receiver(s) decides which side the server will serve to and the "next point wins" the game.

Tiebreaker at 3 games all

FAST4 Tiebreaker rules:

- First to 5 points
- Change ends once only after four points
- Serving rotations are 2 serves each starting on the right side of the court
- If tiebreaker reaches 4-4 the player currently serving will serve again and the receiver(s) decides which side the server will serve to and the "next point wins" the game.

First to 4 games wins the match

Sample Score Card

ROUND:		1	COURT:		1-4
TEAM NAMES:	LEOPOLD HIGH SCHOOL	TEAM 1 SCORE	TORQUAY SECONDARY COLLEGE	TEAM 2 SCORE	
Singles 1 v 1	Mitch	4	Nick	2	
Singles 1 v2	Ilana	1	Tommy	4	
Singles 3 v 3	Sienna	4	Abigail	1	
Singles 4 v 4	Ben	4	James	3	
Singles 5 v 5	Josh	4	Deborah	3	
Singles 6 v 6	Koko	2	Hamish	4	
Singles 7 v 7	Andrew	1	Brett	4	
Singles 8 v 8	Heath	4	Tim	1	
Doubles 1 & 2	Billy & Shawn	4	Nick & Jessica	3	
Doubles 3 & 4	Paul & Breanna	4	Flynn & James	2	
Doubles 5 & 6	Josh & Jody	1	Trent & Hamish	4	
Doubles 7 & 8	Andrew & Heath	3	Brett & Rob	4	
	TOTAL SETS	7	TOTAL SETS	5	

COMPETITION SCORE SHEETS

ROUND No			COURT:	
TEAM NAMES	Team 1:	TEAM 1 SCORE	Team 2:	Team 2 SCORE
Singles 1 v 1				
Singles 2 v 2				
Singles 3 v 3				
Singles 4 v 4				
Singles 5 v 5				
Singles 6 v 6				
Singles 7 v 7				
Singles 8 v 8				
Doubles 1 & 2				
Doubles 3 & 4				
Doubles 5 & 6				
Doubles 7 & 8				
	TOTAL SETS		TOTAL SETS	

ROUND No			COURT:	
TEAM NAMES	Team 1:	TEAM 1 SCORE	Team 2:	Team 2 SCORE
Singles 1 v 1				
Singles 2 v 2				
Singles 3 v 3				
Singles 4 v 4				
Singles 5 v 5				
Singles 6 v 6				
Singles 7 v 7				
Singles 8 v 8				
Doubles 1 & 2				
Doubles 3 & 4				
Doubles 5 & 6				
Doubles 7 & 8				
	TOTAL SETS		TOTAL SETS	