

TENNIS IS HEALTHY WHEN YOU SERVE, RALLY, SCORE!

Tennis is healthy and good for fitness. Research conducted by the ITF has shown that when recreational players of a similar level play tennis for one hour they cover close to 2.5 kilometres and maintain an average heart rate of between 140 and 170 beats per minute. No wonder it is the best sport for helping people of all ages to stay fit and healthy.

Research has shown that playing tennis regularly:

- Improves general health and well-being
- Improves aerobic fitness, flexibility and suppleness
- Reduces the risk of diseases such as osteoporosis, heart disease and diabetes
- Improves decision-making and problem-solving skills

For more information on the health benefits of tennis, please go to www.tennisplayandstay.com

TENNIS IS A SPORT FOR ALL IF PLAYERS CAN SERVE, RALLY, SCORE THEY SHOULD HAVE A RATING



Tennis can be played by all ages, genders and by players with disabilities. Whatever their standard, once players can serve, rally and score they can have a rating that classifies their level of play and makes it easier for them to find playing partners of a similar level.

The ITN is an international tennis rating system which gives tennis players a number that represents their general level of play. Players are rated from ITN 1 (ATP or WTA standard or equivalent) to 10 (starter players). Conversion charts have been developed linking the ITN to other existing rating systems in ITF tennis nations and in time it is hoped that every tennis player worldwide will have a rating.

Below ITN 10 there are 3 further categories linked to the slower balls:

- 10.1 for players using green balls on the full size court
- 10.2 for players using orange balls on the 18 metre court
- 10.3 for players using red balls on the 12 metre court

For more information on ratings and the ITN, go to www.itftennis.com/ITN

SERVE, RALLY, SCORE!

TENNIS COMPETITION CAN BE GREAT FUN. ARE YOU READY TO PLAY?

Tennis competition can be great fun for all levels of players if it is organised correctly. A number of enjoyable formats and scoring systems exist in tennis that are perfect for starter players. Tournaments using these formats offer starter players the chance to meet and play tennis with other players of similar abilities and to mix in a fun and friendly atmosphere.

The changes to the rules of tennis now allow clubs and coaches to tailor competitions to the needs and lifestyles of the players including time constraints by using:

- Short sets (1st to 4 games)
- Tie break instead of a 3rd set
- No ad scoring
- Combinations of all of these

In addition, instead of using single elimination formats, it is recommended to use formats which involve players playing more than one match (round robin/feed in events/compass draws etc.) which ensure that all of the players in the competition play the same number of matches.

For very young players and for adult starter players who cannot play on a full court with a normal ball, tournaments should be organised using the appropriate slower red, orange and green balls.

For more information on competition formats and scoring systems, go to the ITF competition website at www.tennisplayandstay.com

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PLAY+STAY
SERVE·RALLY·SCORE

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