Special Olympics Tennis Quick Start Guide



Tennis Protocol

Coaches and athletes should refer to the National Governing Body Code of Conduct in tennis for their respective country. An excellent resource in the United States is the United States Tennis Association (USTA) Code of Conduct, which may be found in the USTA publication *Friend at Court*. General conduct may include the following:

- Courtesy is expected. Tennis is a game that requires cooperation and courtesy.
- Players make calls on their own side of the net. A player calls all shots landing on or aimed at the player's side
 of the net.
- Single players should not talk will ball is in play. Doubles partners may not talk while ball is moving toward their opponent's court.
- A ball touching any part of the line is good.
- A player should not enlist the aid of a spectator in making a call.
- When a ball from an adjacent court enters the playing area, any player may call a let, as soon as the player becomes aware of the ball.
- The server shall announce the game score before the first point of the game and the point score before each subsequent point of the game.
- Athletes and coaches need to be aware of disruptive noises on and off the court.
- Be respectful to matches in play. Outside spectators should not be on the court.
- Cell phones should be off or on vibrate when on court.

Sportsmanship

Good sportsmanship is both the coach's and athlete's commitment to fair play, ethical behavior and integrity. In perception and practice, sportsmanship is defined as those qualities which are characterized by generosity and genuine concern for others. Below are highlighted a few focus points and ideas on how to teach and coach sportsmanship to athletes. Coaches should lead by example.

Tennis is a game that requires cooperation and courtesy from all participants. Make tennis a fun game by praising your opponent's good shots and by not exhibiting the following behaviours as noted in the *USTA Friend at Court*.

- Making loud noises after points.
- Complaining about shots, like lobs and drops shots.
- Embarrassing a weak opponent by being overly gracious or condescending.
- Losing your temper, using foul language, throwing your racquet or slamming a ball in anger.
- Sulking when you are losing.

Competitive Effort

- Put forth maximum effort during each event.
- Practice with the same intensity as you would perform in competition.
- Always finish the event. Never quit.

Fair Play at All Times

- Always comply with the rules.
- Demonstrate sportsmanship and fair play at all times.
- Respect the decision of officials at all times.

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Expectations of Coaches

- 1. Always set a good example for participants and fans to follow.
- 2. Instruct participants in proper sportsmanship responsibilities and demand that they make sportsmanship and ethics a top priority.
- 3. Respect the judgment of officials, abide by rules of the event and display no behavior that could incite fans.
- 4. Treat opposing coaches, directors, participants and fans with respect.
- 5. Shake hands with officials and the opposing coach in public.
- 6. Develop and enforce penalties for participants who do not abide by the highest sportsmanship standards.

Expectations of Athletes and Partners in Unified Sports

- 1. Treat teammates with respect.
- 2. Encourage teammates when they make a mistake.
- 3. Treat opponents with respect. Shake hands prior to and after contests.
- 4. Respect the judgment of officials, abide by rules of the contest and display no behavior that could incite fans.
- 5. Cooperate with officials, coaches or directors and fellow participants to conduct a fair contest.
- 6. Do not retaliate (verbally or physically) if other athletes demonstrate poor behavior.
- 7. Accept seriously the responsibility and privilege of representing Special Olympics.
- 8. Define winning as doing your personal best.
- 9. Live up to the high standard of sportsmanship established by your coach.