

## TENNIS CLOTHING

Recognised manufacturer's tennis apparel to be worn:

- **Men/Boys:** Shorts (i.e. no athletic or football shorts). Any colour t-shirts or plain coloured t-shirts (no jeans; capri shorts; vests; no slogans or football/rugby shirts please).
- **Ladies/Girls:** Any colour t-shirts with short sleeves or a sleeveless vest-type top (no slogans or crop tops). No athletic, netball or hockey shorts please.

**ANY MEMBER OR GUEST NOT COMPLYING WITH THE ABOVE WILL NOT BE ALLOWED ON COURT.**

- Club Play, matches and Tournaments: all colours permitted.

## COURT ETIQUETTE FOR ALL USERS

Tennis etiquette is different from the rules of the game. It covers a broad range of actions and behaviours that are traditionally considered acceptable on and around the tennis court.

- When playing please wear recognised "Tennis Shoes ". **This is for two reasons, first, other shoes mark and damage the courts and second, non tennis shoes do not grip the courts as well and can cause accidents and avoidable injury if you were to fall or slip**
- **Please do not walk behind players** whilst a game or a rally is in progress, this is to avoid distracting other members and most importantly to avoid any potential accidents on court.
- **When trying to cross a court please wait at the net for a break in play or until you are invited** to and it is safe to do so.
- **If a stray ball comes onto your court** don't knock it back immediately, wait until the owners are ready and then hit it to the server's end.
- During play and particularly between games, **keep the amount and volume of conversation down to a minimum** necessary to play and enjoy your own games. Too much social chatter or debate can be disturbing to those on adjacent courts who came to play tennis.
- **Line calls can be a problem** and the majority of experienced players use what the Americans call the 'honour system'. **Only call the lines on your side of the net.** Call clearly and firmly what you see and what you honestly believe to be correct. If you are not absolutely certain or didn't see the ball clearly, the ball was IN and must be given in the opponents favour. If occasionally you have serious doubts as to your opponents eye-sight, ask politely if they are certain as to the accuracy of their call. If they say that they are, get on with the next point. If you feel your opponent regularly have difficulties making correct calls, start looking for different opponents! If in social friendly matches there is some doubt over a line call, offer to play the point again rather than cause undue aggravation and time wasting.
- **Do not criticise** your partner or opponent, **be positive and offer encouragement** instead.
- **Body Language** - tennis can be a frustrating game if you are not getting your serves in or not hitting your shots, but **try to remain upbeat and happy**. Your opponent and/or doubles partner doesn't want to be playing tennis with someone **who is miserable** so cheer up! You are more likely to play better tennis if you are calm, relaxed, focused, and in a positive frame of mind.