

Tennis & Tennis Skills

Revised 2025

Special Olympics
Iowa





Registration Entries

Entry forms are available online at www.soiowa.org

- Website: Competitions tab > click on Participation Forms > scroll to Summer Games
- Tennis Rating Sheet should be submitted with entry form

State Competition Entries

- Entries can be emailed to: registrations@soiowa.org
~OR~
- Mailed to the State Office (551 SE Dovetail Road, PO Box 620, Grimes, Iowa)
- After your entries have been put into GMS you will be sent a Delegation Report
 - Review the report and return to the State Office with any corrections

Rules



- The Official Special Olympics Sports Rules for Tennis shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon International Tennis Federation (ITF)
- [Tennis Rating Sheet](#)
- [Levels Court Diagram](#)
- Athletes will be in a division based on their rating (2.0-8.0) determined by completion of the Tennis Rating Sheet
- SOIA will division according to ability
- The Special Olympics Rating Guidelines will be used
- The size of the court on which the competition will be held and the type of ball which will be used will correspond to the level of play to which the athlete is assigned based on their rating

Level 1: Individual Skills



- **Individual Skills Competition Events**
 - **Forehand Volley**
 - **Backhand Volley**
 - **Forehand Groundstroke**
 - **Backhand Groundstroke**
 - **Deuce Court**
 - **Advantage Court**
 - **Alternating Groundstrokes with Movement**
- **Tennis Rating of 1.0 – 1.9 ITN 10.3-10.2 42'**
- **Court – Red foam ball**

Event #1: Forehand Volley



- 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 hit a ball safely over the net
- The feeder underhand tosses each ball to the athlete's forehand side
- The athlete scores five points for hitting into the service box into either service box
- [Forehand Volley Technique](#)

Event #2: Backhand Volley



- Same as forehand volley except feeder sends the balls to athlete's backhand side
- Each athlete is given five attempts
- The athlete scores five points for hitting into the service box into either service box
- [Backhand Volley Technique](#)

Event #3: Forehand Groundstroke



- The athlete stands one meter behind the center (T) of the service line
- The feeder is on the other side of the net, positioned half way between the service line and the net, underhand tosses the ball so it bounces once before reaching the athlete's forehand side
- Each athlete is given five attempts
- The athlete scores five points for hitting into either service box
- [How to hit a Forehand Groundstroke](#)

Event #4: Backhand Groundstroke

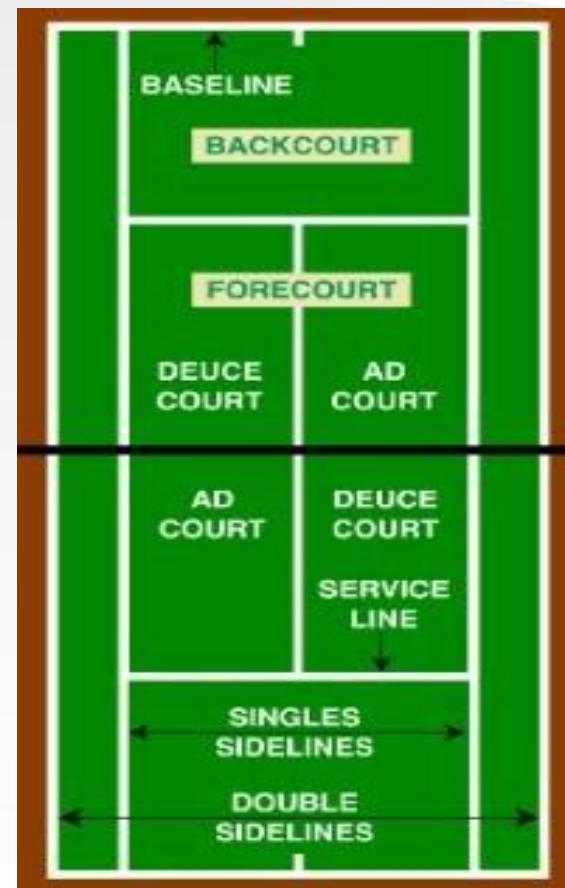


- Same as forehand groundstroke except the feeder sends the ball to the athlete's backhand side
- Each athlete is given five attempts
- The athlete scores five points for hitting into either service box
- [How to hit a Backhand Groundstroke](#)



Event #5: Deuce Court

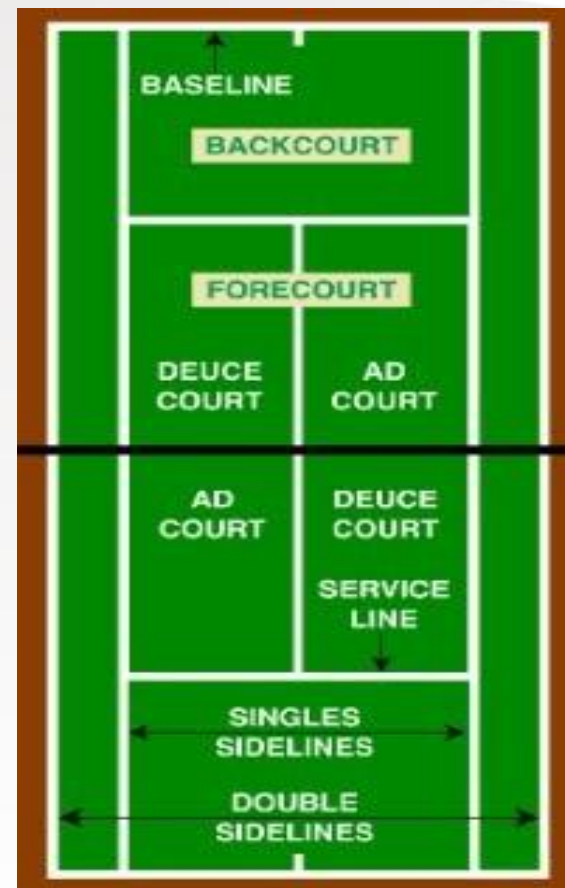
- Each athlete is given five attempts to hit a legal serve from the right court to the deuce service box
- A ball landing in the correct service box will count 10 points
- A zero score is recorded if the athlete commits a foot fault or fails to get the ball in the service box
- A foot fault occurs when the athlete steps on or over the service line





Event #6: Advantage Court

- Same as serve to deuce court but from the left court to the advantage service box
- Each athlete is given five attempts
- A ball landing in the correct service box will count 10 points
- 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



Event #7: Alternating Groundstrokes with Movement



- The athlete begins 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, 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 be allowed to return to the center mark before feeding the next ball
- Each athlete is given 10 attempts
- The athlete scores five points for hitting into either service box
- [Groundstroke Low to High](#)

Final Score



- A player's final score is determined by adding together the scores achieved in each of the seven events which comprise the Individual Skills competition

Tennis Level 2 – Level 5



- Competition events for Levels 2 – Level 5 are:
 - Singles Doubles
 - Mixed Doubles
 - Unified Doubles
- Athletes may register for two events: Singles and one Doubles event
- Level 3 is intended as a transitional level for training purposes. It can be used for competition if sufficient entrants at this level are expected
- The SO Tennis Ratings are for singles, the range of rating should be doubled when athletes are playing doubles matches (i.e. Level 4 would become 6.0-9.9)

Tennis Levels 2 – Level 5



Level 2 Match play:

Tennis Rating of 2.0 – 2.9 ITN 10.1 42'

Court – Red foam ball

Level 3 Match play:

Tennis Rating of 3.0 – 3.9 ITN 10 60'

Court – Orange ball

Level 4 Match play:

Tennis Rating of 3.0 – 4.9 ITN 9 78'

Court – Green ball

(Yellow ball with green dot)

Level 5 Match play:

Tennis Rating of 5.0 – 8.0 ITN 8, 7, 6 78'

Court – Yellow ball

Quiz



- Click the link to take the quiz:
- [Tennis & Tennis Skills](#)