

USTA RAPID RALLY TENNIS

Objective:

To challenge participants to serve a low-compression tennis ball and to continue to hit the ball against a wall and above the Net Line as many times as possible in a 30-second time period (Rapid Rally).

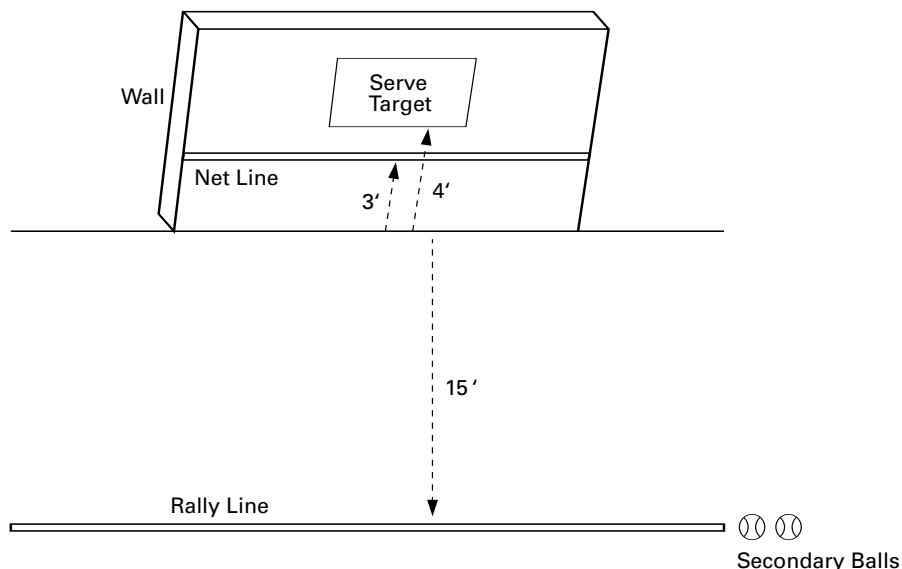
Necessary Equipment:

- One (1) Tennis Racket (provided)
- Three (3) Low-Compression Tennis Balls (provided)
- Tape measure
- Serve Target (provided)
- Adhesive Rally Line tape (provided)
- Adhesive Net Line tape (provided)
- Digital stopwatch
- Score Sheets (see appendix)
- Writing utensils
- Clear packing tape

- It is not necessary to have a tennis court to conduct the competition.
- It is recommended to have at least 15ft of a wall to conduct the competition.

Set-Up:

- Measure 15-feet from the designated wall and mark on floor with provided adhesive Rally Line tape - this becomes the Rally Line.
- Measure 3-feet up the wall from the floor and mark with provided adhesive Net Line tape - this becomes the Net Line.
- Measure 4-feet up the wall and adhere the bottom of the provided Serve Target on wall with adhesive tape - this becomes the Serve Target.
- Tape the Serve Target to the wall with the clear packing tape.
- Place secondary balls on Rally Line as indicated in the diagram.



Procedure:

- Each participant competes one at a time against the clock.
- Each participant starts behind the Rally Line with a low-compression tennis ball.
- Each participant starts the Rally with an overhead lob and serves the ball against the wall, trying to hit the Serve Target for three (3) Bonus Points.
- Time the participant from the time the starter yells “serve” until the 30 - second time expires.
- The participant **MUST** stay behind the Rally Line when hitting the ball, otherwise, the stroke does not count.
- The ball **MUST** hit above the Net Line or the stroke does not count.
- If the ball goes past the participant, then a secondary ball may be put into play and the count continues.
- Record the total number of hits accumulated behind the Rally Line and above the Net Line in the 30-second time period.
- It is OK if the ball bounces more than one time to continue the rally.
- If the initial serve does not hit the Serve Target, but does hit above the Net Line, award the participant one (1) point as that begins the rally.
- If the initial serve hits the Serve Target, then add three (3) points to the total number of hits and award the participant one (1) point as that begins the rally.

Rules:

- Each participant must start with an overhead lob and serve.
- Participants may hit the ball using any technique.
- All rallies **MUST** be attempted from behind the 15-foot Rally Line.
- If a secondary ball is put into play, the participant does not need to start with the overhead lob serve.

Suggested Staff Responsibilities:

Starter: Stand at the side of the Rally Line in clear view of the participant. To begin, yell, “Server ready?” then “Serve!” Also, count the number of strokes the participant completes from behind the Rally Line and above the Net Line.

Timer: Start the clock when the Starter yells “Serve”, and stop the clock at the 30-second time period. When 15 seconds have expired, yell “15 seconds remaining!” When 5 seconds remain, count down “5, 4, 3, 2, 1, TIME!”

Scorer: Record the number of hits for each participant from behind the Rally Line and above the Net Line. Add the Bonus Points (3) if the initial serve hits the Serve Target. The Three (3) Point Bonus for the initial serve can only be received on the first serve to start the competition. Remember, the count continues if the secondary ball(s) is put into play.

Scoring:

- At the end of the competition, rank and record the number of hits for each participant in each age and gender group.

If a tie occurs at the Local Qualifying Event, each youngster involved in the tie advances to the Regional Competition. Email JO Skills Headquarters for additional awards at joskills@usoc.org