

Soccer Tennis Rules

Rule 1: The Court - 14 feet wide by 36 feet long.

Rule 2: The Net – The net is 3 feet high for 13 and older and 2 feet high for 12 and under.

Rule 3: Teams and Players – The game is played between two teams with two players on each team.

Rule 4: Duration of the match - SOCCER-TENNIS matches are played as best of 3 games to 15 points, the team does not have to win by 2 points. In a best of three situations, the first team to win two games wins the match. There is a 3 minute maximum break between games before the teams switch sides to begin another game. There is one: 30 second time out allowed per team per game

Rule 5: Scoring – Both teams can score a point at anytime. The defending team can score even if they did not kick off to start play.

Rule 6: Serving the ball – A kick-off is used to begin each game, and also between each point scored. Kick-off is played from behind the service line of the tennis court (similar position to tennis services). The ball cannot bounce on your half of the court when serving; it must go directly over to the other side.

Rule 7: Ball contact - Players can use any part of their body to touch the ball, with the exception of the arms or hands. Shoulders are not considered part of the arm.

Rule 8: Ball Bouncing – The ball is only allowed to bounce on your side of the court once.

Rule 9: Touching the ball – The receiving team can touch the ball a maximum of three times before returning the ball to the opposing team. All three players do not need to touch the ball however. (For example, Player A passes to Player B, who returns the ball to Player A, who then plays the ball over the net.) The ball can be directly returned to the opposing team with only one ball touch, if desired. **One player can take all three touches.**

Rule 10: Court Change – After every game both team change sides.

Rule 11: During kick off, if the ball hit the net and land on the other side of the court, the kick of team must re-take the kick. Two consecutive faults and the team lose the point.

Rule 12: Faults during play

The ball touches the ground and bounce over the net.

A team plays the ball into the net.

A team plays the ball and it lands outside the playing field.

During a play the ball touches the ground more than one time. More than two times for 12 and under.

Rule 13: A player on a team can only serve the ball up to five points before the other team serves the ball. (Every five points service switch to the other team).