**Tennis Individual Skills Competition**

**(Updated from 2022 Tennis Rules Book)**

 Level 1 – Comprised of 7 Skill Tests

 Level 1 ball is the red ball within a 42’ court (service boxes only)

**Skill #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 5 points for hitting into the service box into either service box.

**Skill #2 Backhand Volley**

* Same as forehand volley except feeder sends the balls to athlete’s backhand side.
* Each athlete is given five attempts.

**Skill #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 halfway 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.

**Skill #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.

**Skill #5 Serve — 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 (0) 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.

**Skill #6 Serve — Advantage Court**

* Same as serve to deuce court but from the left court to the advantage service box.
* Each athlete is given five attempts.

**Skill #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.
* It 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 ten attempts. The athlete scores five points for hitting into either service box.

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.