

# Special Olympics

## Northern California and Nevada

### Tennis



### 2008 Guidelines and Rules



**Special Olympics**  
*Northern California & Nevada*

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# **SPECIAL OLYMPICS**

## **MISSION STATEMENT**

**The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with mental retardation, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics Athletes and the community.**

## ***Training for Life***

### **SONC / SONV PLAYS BY THE RULES...**

**All Special Olympics competitions will be conducted in accordance with the Official Special Olympics Sports Rules and the National Governing Body of Rules for each sport offered in our program. These rules are designed to protect the athletes, provide equitable conditions of competition and promote uniformity so that no competitor shall obtain an unfair advantage over another.**

**The International Olympics Committee (IOC) has granted its official recognition to Special Olympics International, Inc., and its accredited programs.**

# Special Olympics Northern California and Nevada

## COACHES' CODE OF CONDUCT

Special Olympics Northern California and Nevada (SONC/SONV) volunteer coaches are models whose behavior should serve as a positive example for their athletes. Their behavior should reflect a concern that the fairest and most positive competitive experience is equally available to every Special Olympics athlete in each training or competition. The coach has the unique opportunity to influence the development and personal growth of many individuals. For this reason, it is important that the coach adhere to the standards of ethical decision making and teaching.

In addition, it is the position of SONC/SONV that each volunteer coach shall agree to:

### HAVE RESPECT FOR OTHERS

- I will respect the rights, dignity and worth of athletes, other coaches and volunteers, SONC/SONV staff members, and friends and spectators in Special Olympics.
- I will treat everyone equally regardless of sex, ethnic origin, religion or ability.
- I will be a positive role model for the athletes I coach.

### ENSURE A POSITIVE EXPERIENCE

- I will ensure that for each athlete I coach, the time spent with Special Olympics is a positive experience.
- I will respect the talent, developmental stage and goals of each athlete.
- I will ensure each athlete competes in events that challenge that athlete's potential and are appropriate to that athlete's ability.
- I will be fair, considerate and honest with athletes and communicate with athletes using simple, clear language.
- I will ensure that accurate scores are provided for entry of an athlete into any event.
- I will instruct each athlete to perform to the best of the athlete's ability at all preliminaries/heats and finals in accordance with the Official Special Olympics Sports Rules.

### ACT PROFESSIONALLY AND TAKE RESPONSIBILITY FOR HIS/HER ACTIONS

- My language, manner, punctuality, preparation and presentation will demonstrate high standards.
- I will display control, respect, dignity and professionalism to all involved in Special Olympics, including to the athletes, other coaches and volunteers, opponents, officials, administrators, SONC/SONV staff members, parents, spectators and the media.
- I will encourage athletes to demonstrate the same qualities.
- I will not drink alcohol, smoke or take illegal drugs while representing Special Olympics at training sessions or during competitions.
- I will not engage in any form of personal abuse towards athletes, other coaches and volunteers, SONC/SONV staff members, or friends and spectators in Special Olympics, including verbal, physical or emotional abuse.
- I will be alert to any form of abuse from other sources directed toward athletes or others in my care.

### PROVIDE QUALITY SERVICE TO THE ATHLETES

- I will seek continued improvement through performance evaluation and ongoing coach education.
- I will be knowledgeable about the Sports Rules and skills of the sport(s) I coach.
- I will provide a planned training program.
- I will keep copies of the registration, training, and competition records for each athlete I coach.
- I will follow the Special Olympics and National Governing Body rules for my sport(s) coached, as well as all SONC/SONV policies and procedures as amended.

**ENSURE THE HEALTH AND SAFETY OF THE ATHLETES**

- I will ensure that the equipment and facilities for my sport(s) coached are safe to use.
- I will ensure that the equipment, rules, training and the environment are appropriate for the age and ability of the athletes.
- I will review each athlete’s registration form and be aware of any limitations on that athlete’s participation noted on that form.
- I will encourage athletes to seek medical advice when needed.
- I will maintain the same interest and support towards sick and injured athletes.
- I will allow further participation in training and competition only when appropriate.

Should the behaviors and/or abilities of any volunteer coach or other faction of a school/organization violate either the principles stated above (including the SONC/SONV policies and procedures as amended) or the philosophy of the Special Olympics movement, then any of the following actions may be taken by SONC/SONV in its sole discretion:

1. The coach may be notified by official warning of the undesirable behavior and be requested to remedy the situation immediately in order to continue his or her participation in Special Olympics;
2. The coach may be requested to withdraw personally or with his/her team from the remainder of any Special Olympics event or tournament;
3. The coach or sponsoring school/organization may be suspended from participating in any or all Special Olympics activities or events for a specified period of time; and/or
4. The coach or sponsoring school/organization may be permanently prohibited from participating in any or all Special Olympics activities or events.

I have read and understand the foregoing SONC/SONV Coaches’ Code of Conduct, and agree to abide by its terms.

By: \_\_\_\_\_  
(*Signature of Volunteer Coach*)

Print Full Name: \_\_\_\_\_

Date: \_\_\_\_\_

# **Special Olympics Northern California and Nevada**

## **ATHLETE’S CODE OF CONDUCT**

Special Olympics Northern California and Nevada (SONC / SONV) is committed to the highest ideals of sport and expects all athletes to honor sports and Special Olympics. All SONC / SONV Athletes and Unified Partners agree to the following code:

### **SPORTSMANSHIP**

- I will practice good sportsmanship.
- I will act in ways that bring respect to me, my coaches, my team, and Special Olympics.
- I will not use bad language.
- I will not swear or insult other persons.
- I will not fight with other athletes, coaches, volunteers, or staff.

### **TRAINING AND COMPETITION**

- I will train regularly.
- I will learn and follow the rules of my sport.
- I will listen to my coaches and the official and ask questions when I do not understand
- I will always try my best during training, divisioning, and competitions.
- I will not “hold back” in preliminary competition just to get into an easier finals competition division.

### **RESPONSIBILITY FOR MY ACTIONS**

- I will not make inappropriate or unwanted physical, verbal, or sexual advances on others.
- I will not smoke in non-smoking areas.
- I will not drink alcohol or use illegal drugs at Special Olympics venues
- I will not take drugs for the purpose of improving my performance.
- I will obey all laws and Special Olympics rules, the International Federation and the National Federation/Governing Body rules for my sport(s).

I agree to obey this code and I understand that if I do not obey this Code of Conduct, I will be subject to a range of consequences by SONC / SONV program up to and including not being allowed to participate.

# SONC / SONV TENNIS RULES AND REGULATIONS

The Official Special Olympics Sports Rules shall govern all Special Olympics Tennis competitions. As an international Sports Program, Special Olympics have created these rules based upon Federation Internationale de Tennis (FIT) rules for tennis. FIT rules shall be employed except when they are in conflict with the Special Olympics Sports Rules. In such cases, the Official Special Olympics Sports Rules shall apply.

## SECTION A - GENERAL RULES

1. EACH SPECIAL OLYMPICS ATHLETE IS REQUIRED TO HAVE AN APPLICATION FOR PARTICIPATION AND A RELEASE FORM FILLED OUT AND SIGNED BY A CERTIFIED PHYSICIAN IN ORDER TO PARTICIPATE. ALSO, EACH UNIFIED PARTNER MUST FILL OUT A UNIFIED® PARTNER RELEASE FORM IN ORDER TO PARTICIPATE. THIS IS IN ACCORDANCE WITH SPECIAL OLYMPICS GENERAL RULES.
2. TO EACH TEAM IS REQUIRED TO PLAY ALL TEAM MEMBERS IN EVERY MATCH PLAYED.
3. EACH ATHLETE IS REQUIRED TO PLAY IN THE REGIONAL EVENT (QUALIFIER) PRIOR TO PARTICIPATION IN THE PROGRAM CHAMPIONSHIP.

## SECTION B - OFFICIAL EVENTS

1. Singles
2. Doubles
3. Individual Skills Contest

<b>EVENTS</b>		<b>Qualification Score</b>
Singles	<b>Levels: Advanced, Intermediate Beginner,</b>	<b>Determined at Regional Event</b>
Doubles	<b>Levels: Advanced, Intermediate Beginner</b>	
Individual Skills	<b>Determined by Total of all Individual Skills</b>	<b>Include on Entry Form</b>

Each Athlete can choose **one** of the following: Individual Skills only  
Singles event only  
Singles and Doubles

## SECTION C – RULES OF COMPETITION

### 1. Match-play – SINGLES & DOUBLES

- a. A match will consist of one six game No-Ad set with a 12 point tiebreak played at five games all in round-robin tournaments and at six games all in all other tournaments.
- b. A set is won by a player or team that is the first to win a total of six games by a margin of two. At five games all, a tiebreak is played in round-robin tournaments and at six games all in all other tournaments.
- c. The No-Ad Scoring System will be used for all match play. The No-Ad procedure is simply what the name implies: The first player to win four points wins the game, the seventh point of a game becoming a game point for each player. The receiver has the choice of advantage court or deuce court to which the service is to be delivered on the seventh point. If a No-Ad set reaches five games all, a twelve-point tiebreak shall be used in round-robin tournaments and at six games all in all other tournaments.

NOTE: The score calling may be either in the conventional terms or simple numbers, i.e., “zero, one, two, three, game.”

#### **\*Modification 1999 SONC / SONV**

- d. A 12-point tiebreak will be played whenever a set reaches five games all in round-robin tournaments and at six games all in all other tournaments. Singles – Player A, having served the first game of the set, serves the first point from the right court. Player B serves points two and three (left and right). A serves points four and five (left and right). B serves point six (left) and after they change ends, point seven (right). A serves points eight and nine (left and right). B serves point 10 and 11 (left and right). A serves point 12 (left). A player who reaches seven points during these first 12 points wins the game and set. If the score has reached six points all, the players change ends and continue in the same pattern until one player establishes a margin of two points which gives him the game and set (the margin of victory may be changed to one point at the discretion of the Tournament Director). Note that the players change ends every six points and that the player who serves the last point of one of these 6-point segments also serves the first point of the next one (from the right court). For a following set the players change ends and B serves the first game.

Doubles – The same pattern as in singles applies, with partners preserving their serving sequence. In a game of A-B versus C-D, with A having served the first game of the set, A serves the first point (right). C serves points two and three (left and right). B serves points four and five (left and right). D serves point six (left) and after the teams change ends, D serves point seven (right). A serves points eight and nine (left and right). C serves point 10 and 11 (left and right). B serves point 12 (left). A serves point 13 (right). Team that wins seven points during these first 12 points wins the game and set. If the score has reached six points all, the teams change ends. B then serves point 13 (right), and they continue until one team establishes a two-point margin and thus wins the game and set. As in singles, they change ends for one game to start a following set, with team C-D to serve first.

e. In the Beginner level the server is allowed to bounce the ball on the serve

2. Doubles

a. For players without partners, the tournament director may arrange exhibition doubles play.

3. Individual Skills Contest

a. Forehand Volley

1) The athlete stands approximately one meter from the net with the feeder on the other side positioned halfway between the service line and the net. The athlete is presented with five attempts to hit a ball safely over the net. The feeder underhand tosses each ball to the athlete's forehand side.

2) The athlete scores 10 points for hitting into the backcourt on or between the baseline, service line, and singles sidelines. The athlete scores five points for hitting into either service box.

b. Backhand Volley

Same as forehand volley except feeder sends the balls to athlete's backhand side. Each athlete will be given five attempts.

c. Forehand Ground stroke

1) The athlete stands on or behind the baseline. The feeder, positioned halfway between the net and service line on the same side of the net, underhand tosses the ball so it bounces once before reaching the athlete's forehand side. The athlete is given five attempts.

2) The athlete scores 10 points for hitting into the backcourt on or between the baseline, service line, and singles sidelines. The athlete scores five points for hitting into either service box.

d. Backhand Ground stroke

Same as forehand groundstroke except the feeder sends the ball to the athlete's backhand side. The athlete is given five attempts.

e. Serve – Deuce Court

The athlete is given 5 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 foot faults or fails to get the ball in the service box. A foot-fault occurs when the athlete steps on or over the baseline or the imaginary extensions of the center mark or sideline.

f. Serve – Advantage Court

Same as serve to deuce court but from the left court to the ad service box. Athlete is given five attempts.

g. Alternating Ground strokes with Movement

1) The athlete is positioned at the center service mark on or behind the baseline. The feeder, standing halfway between the service line and net on the same side, alternates tosses to the athlete's forehand and backhand sides. Each toss should land at a point which is both half way between the service line and baseline and halfway between the center service mark and singles sideline. The athlete must be allowed to return to the center mark before feeding the

next ball. The athlete is presented with 10 attempts.

2) The athlete scores 10 points for hitting into the backcourt on or between the baseline, service line, and singles sidelines. The athlete scores five points for hitting into either service box.

**h. 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 Contest.

**SECTION D – TRAINING NOTES**

1. All athletes should warm-up and have an appropriate stretch before practicing or playing.
2. Athletes should drink water during practice and play.
3. Athletes should wear appropriate attire especially tennis sneakers (not shoes with black soles).