

[WWW.FRESCOTENNIS.COM](http://WWW.FRESCOTENNIS.COM)

OFFICIAL FRESCOTENNIS™ DIGITAL RULE BOOK AND GUIDE V-9.0



*Frescotennis*™

FRESCOTENNIS.COM

TENNIS + RACQUETBALL + FRESCOBOL = *FRESCOTENNIS*

[WWW.FRESCOTENNIS.COM](http://WWW.FRESCOTENNIS.COM)



Copyright © 2022 **S. Rowe**

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of certain noncommercial uses permitted by copyright law. For permission requests, contact: [IFL@FRESCOTENNIS.COM](mailto:IFL@FRESCOTENNIS.COM)

Library of Congress Control Number: **PENDING**

Front Cover Image by **S. Rowe**

Book Design by **S. Rowe**

First Printing Edition **2022**





# FRESCOTENNIS™

Authored by **S. Rowe**

Version 9.0 – March/2022

"A lightning paced and exhilarating match between multiple competitors - smashing forehands, striking hard, precise backhands and utilizing flash physics to outwit your opponent in this classic cardio oriented 'Battle-Royale'. Frescotennis is quickly becoming the chess-version of tennis." -**S. Rowe**

**NOTE: FRESCOTENNIS CAN BE A DANGEROUS SPORT. ALWAYS USE PROTECTIVE GEAR. CHECK WITH YOUR DOCTOR BEFORE PLAYING FRESCOTENNIS. PLAY SAFE AND HAVE FUN!**

The IFL believes that in coordination with a healthy diet and lifestyle, playing Frescotennis 1-3+ times per week may help achieve stated potential results. This is based on real world medical studies and feedback from current IFL members.

## III➔ A BRIEF INTRODUCTION

Frescotennis was created on Bainbridge Island, Washington in 2018 at Battle Point Park. The goal was to create an intense, high level rally oriented solid paddle sport played on a standard hard court. The International Frescotennis League (IFL) was created in 2019. Frescotennis has developed into a professional sport with the creation of competitive “Match Games”; a fun and engaging exercise option for almost all ages. The IFL and members alike genuinely believe in the multiple health and social lifestyle benefits that this sport offers. Read this Rule Book and Guide carefully and *ENJOY!* Developing your personal and unique skills is one of the most rewarding aspects within this sport.

## III➔ LOCATION AND ELEMENTS

Frescotennis is played on a standard hard court. Clay and grass are playable courts, however, are not permitted for “IFL Ranked Matches”. It is possible to play in the elements as light rain and gusts will not greatly impact ball dynamics. Always use caution when playing in the rain; unkempt courts may have extremely slippery areas. Polarized sunglasses or yellow-tinted “sports-glasses” are recommended for medium-high sun levels. Adequate water intake to maintain hydration is critical in all climates – especially in cases of inevitable high energy exertion.

## III➔ BASIC PREMISE

The entire court (with “Doubles Lines”) is played and (0-2) bounces are allowed on a player's court before returning. Volley hits are legal. A second bounce can be out-of-bounds and still be considered a live-ball. If a ball ever bounces (3) times consecutively, it is immediately rendered a “Dead Ball”. This makes for a more strategic and rally-oriented game than regular tennis. With the extreme “bounce-ability” of the special balls played, well placed shots can score points in a vast variety of ways.

## III➔ IFL 50mm BALL AND PADDLES

Only one type (design structure, specification) of ball may be used for the duration of an *official* Frescotennis Match – the IFL hybrid rubber 50mm. The Frescotennis paddle must consist of either solid wood, solid/shell fiberglass or solid/shell carbon-fiber and weigh within 8-15 ounces, including grip/over-grip. Paddles may not exceed 18” in length or 8.5” in width or contain strings. Paddles can be swapped during any match recess.

## III➔ GAME BALL DESCRIPTIONS

**IFL Standard Rubber 50mm:** The benchmark and preferred match ball within the IFL. The duality of controllability and power these types possess is remarkable. These yellow projectiles have near perfect dynamics and composition and are widely considered the perfectly balanced game ball. An added bonus is the visibility factor, especially on a blue court. This ball makes a distinct popping or cracking sound when hit on its sweet spot. It can be played in light rain and wind; high gusts and large puddles will affect the trajectory. High contrast yellow, hybrid rubber composition, hollow, non-pressurized, high velocity, 50mm, 33 grams. Contains proprietary technology. Standard racquetballs can also be used.

## III➔ PLAYING GLOVE AND GRIP

A fitted leather (or alternative material) sports glove is recommended for use at all times on the court. Even a small amount of sweat on your hand can alter the intended direction and power of your hit. **IMPORTANT:** Maintain your proper paddle grip by applying adequate grip-tape to your paddle and wearing your glove at all times. Fine tuning your paddle “hold” is critically important to playing at your best and advancing skill level.

## III➔ USING STRATEGY

What is the most effective strategy to defeat your opponent? A power player may hit unrelenting forehands at maximum velocity. A defensive player could use sharp angles and ball height to outwit his or her adversary. A player with faster acceleration can charge the net instantaneously and unexpectedly smash on the

opposition. A taller player works the far back-line and takes his time to backhand the cross-court winners. A well-rounded player will incorporate all of these styles. Identifying and building on your strengths in this sport is paramount to winning matches and increasing your general skills and abilities. Build on your obvious strengths and branch out to diversify your skill levels.

### |||➡ **BUILDING YOUR SKILLS**

Want to expand your skills ASAP? Practice and repetition. A focus on control and ball dynamics. Understanding the physics involved with ball movement. Increasing reaction times and acceleration. Posturing and setting up for the return. Perfecting your hitting form. General weight training and cardiovascular exercise. Proper nutrition and hydration. Playing regular match games.

### |||➡ **MAINTAINING SPORT INTEGRITY**

As Frescotennis is considered a “Civilized Sport”, it is requested that players be honest and cognizant about points scored at all times. All service faults should be called immediately by *both* players if possible. Balls landing outside the boundary line should be called “Out” immediately only if a defender is *100% Positive*. If any player returns the ball without definitively and audibly calling “Out” the point continues as normal. There is a (2) second timeframe for the returner to call out after making contact with the paddle. The player must be categorically correct in this post-contact call. A ball that is not immediately called out is an instant point loss for the returner. Teamwork through competition is the *Golden Virtue* within this sport. Please keep this in mind and be honest and fair at all times with your opponents and teammates alike.

### |||➡ **RALLY-PLAY WORKOUT**

An attraction for many players is directed towards the “Rally-Play” format of Frescotennis. There is no scorekeeping and players work together on the court to collectively hit the ball back and forth as many times as possible. Aside from being an apex level fat-burning/cardio workout, it is an excellent exercise for enhancing ball-control *and* dynamic placement practice. This format of play will

strengthen your core, calf and hamstring muscles and will burn approximately (400+) calories per hour. WARNING: *ADDICTIVE*.

### |||➡ HOUSE-RULES

Although this rule book and manual was authored to define official IFL matches, and has binding authority for IFL match and tournament play - you may change the official rules to suit your own unique tastes for personal matches. For example, if you prefer not to use the “Doubles Lines”, you can declare them “Out-of-Bounds”. If you want to play a “Mixed Ball” match with multiple ball types/colors, go for it! – Individual custom rule modifications can make the sport more exciting.

## FRESCOTENNIS MATCH PLAY

### |||➡ GAME PACE

The pace of a “Match Game” is designed to flow smoothly and efficiently. Minimal interruption to match play is essential for maintaining a natural pace. There should always be a sufficient number of game balls on the court in pockets to avoid unnecessary delay in a match. If both players choose, they may bypass any bench recess. *Serve Reset* rules for serve setup are to be followed by both server and receiver. See “Serve Reset” section for more information.

### |||➡ TIME LENGTH

With the exception to a server or returner’s potential (penalized) “Time Delays”, there is no time limit for a Frescotennis match. The time length for “Best of 7 Sets” game matches can vary greatly by player type and level of skill. An experienced player versus a beginner can take (10) minutes. Two evenly matched advanced players could battle for over two hours.

### |||➡ THE ESSENTIALS OF MATCH PLAY

The entire court is an active in-bounds area. Doubles lines are in-bounds. The outermost line’s edge of the entire opponent’s court line is legal territory to hit

into. The net functions as a barrier in the same manner as tennis. A player's ball hitting the net, thus being completely impeded from reaching opposing in-bound territory, will result in a point for the opposite player. Any (non-service) ball that hits the net and succeeds in reaching the opposite player's court is still considered a "Live-Ball". After successful service, the ball may be volleyed or bounce either once or twice before being returned. Only the first bounce has to be in-bounds. The second bounce can be out of bounds and still be legally returned. If the ball is still active and a player is unable to return the ball due to an obstruction (example: court fence), the obstructed player loses the point. Hitting continues until one player does not successfully return the ball to the opponent's home court without it being returned in a legal manner.

### ▣▣▣➔ **MATCH ARRANGEMENT**

Matches consist of "Best Of 7" sets with each match concluding when one player wins (4) sets. In ranked competition, players will play "Best of 3 Matches" to decide the winner. Service is initially determined by a coin toss or *rock, paper, scissors*. The winner of the coin toss may choose the side of the court to begin and will always start service. Service is conducted by the same player (for the duration of the 5 point set) and service alternates after every set. The initial coin toss may offer a slight advantage because the playing side of the court does not change during the entire match. However, unless both players agree to waive, there is a court side change (swap) at the beginning of each subsequent match.

### ▣▣▣➔ **SINGLES MATCH STRUCTURE**

- 1) Players will flip a coin to determine who begins service
- 2) Players will both take the proper service positioning
- 3) Server will audibly call the score ("0-0, Set 1") and commence service
- 4) The first player to score (5) points will win the "Set"
- 5) In-team service will alternate at the start of each new "Set"
- 6) The first player to win (4) "Sets" wins the "Match"

- 7) To complete a “Ranked Match” a player must then win an additional match to complete the “Best of 3” match requirement

## ▣▣▣➔SERVICE INTRODUCTION

Service, conducted by both players, is a required task to begin each point and is an excellent opportunity to score points. While “Aces” are somewhat rare in this sport, your opponent's *return* from your serve presents a prime chance to score immediately. An effective service style is to serve the ball as hard as possible with your opponent being your central target. A powerful serve will rarely, if ever, elicit an equally hard forehand or backhand return. The server always has an advantage in this regard, and for setting the general pace of the game. For returning against extremely hard-hitting servers, it is recommended to use standard Frescotennis defensive deflection tactics.

## ▣▣▣➔SERVE FORMAT

Service must be executed with only (1) hand/arm and can be served *underhand, sidehand or overhand*. The ball is tossed with the opposite serving hand. No bounces are permitted. Any serve that has commenced and is not followed through is considered a fault. Agreeing to use “House Rules” to allow bounce serves (or other modifications) is accepted in non-ranked matches.

Each point begins with one player stating the current score and serving to the other to begin the point. The server must start by standing within (5x5) feet of the center line marker behind the back line – the “Frescotennis Serve Box”. The returner has more room and may stand anywhere in the centered (8x6) foot “Return Box”. The server must serve the ball in-bounds within (8) feet (from the centered back-line – four feet in each direction) and the ball must reach the receiving player in one bounce. Technically speaking, the ball must *at least* reach the outermost exterior of the backline on its second bounce or it is immediately rendered a fault. The server may not enter the court until initial contact has been made by the paddle of the returner. The receiving player is not permitted to cross the back line into active play with his or her feet before returning the ball.

There are several faults that can occur for the server. If there are two consecutive serving faults, the returning player automatically wins the point and service

resets. Neither player may enter the court until a legal serve has contact made to the ball by the receiver. A receiver entering the court prematurely results in an automatic point for the serving player. This penalty would be called as “Step” by an official.

(2) Consecutive faults are an immediate point loss. Players will reset to service positions. The server will announce the new score and serve again, if applicable. Any player that witnesses a fault will immediately verbally call “Fault”. In official IFL ranked matches, all faults will be monitored and called by officials. Players are allowed to challenge serve calls in ranked matches. However, they are subject to the (3) challenge limit guidelines.

An “Ace” occurs when a server successfully meets the criteria for service and there is no ball contact whatsoever by the receiver. This is an automatic point for the server.

The score must be verbally stated by the server before each serve. The returner must be able to clearly hear the score call. For example, the server would announce “2-4” before serving. The server's point is announced first in the sequence. If the server has a fault, it must be called verbally for the pre-serve score call. Example: Server would then announce “2-4, 1 fault” before the second serve.

## ➡ SERVICE FAULTS

A service fault occurs if the server commits any of the following infractions (#1-9):

- 1) If the server's ball in anyway makes contact with the net (a “Let” in tennis).
- 2) If the server serves from outside of the (5x5) foot designated serving area behind the back line.
- 3) If the ball is served to the sides or past the back-line (out-of-bounds).
- 4) If the ball does not make it to the returner in one bounce (receiver cannot cross back-line to return).

- 5) If the ball is served outside of the (8) foot designated receiving zone (centered from back-line).
  - 6) If the server crosses the back-line into inbound territory before the returner has made paddle contact.
  - 7) If the server misfires, botches or aborts the serve after announcing score and starting service motion.
  - 8) If the server does not audibly and clearly make a score call before serving the ball.
  - 9) If the server begins service when the returner is not in a ready position in the designated area.
- A) \*If an unauthorized type of ball is served, there will be (1) “Warning” assessed for this infraction. A re-serve would occur. If a second unauthorized ball is served, the player will be disqualified and lose the match.
- B) \*If a *server* exceeds (30) seconds before serving, there may be a “Delay Warning” and subsequent point penalties. After (3) point penalties, the player will be disqualified and lose the match.
- C) \*If a *returner* exceeds (20) seconds before reverting to return position, there may be a “Delay Warning” and subsequent point penalties. After (3) point penalties the player will be disqualified and lose the match.
- \*A, B and C are not considered service faults. They are initially a “Warning” by an official. Penalties shall be subjectively applied progressively if there is a clear disregard for time limits or the intentional use of an unauthorized ball type.

### III➡ **CREATING A LIVE-BALL**

After service, as soon as the returner creates legal contact (by returning in-bounds to the server’s court) with his or her paddle, both players can enter the in-bounds court and can position anywhere on their half of the court, including out-of-bounds. The instant a returner’s paddle makes contact (resulting in a legal return) with the ball, it is now considered a “Live-Ball”; a ball that is active in play and will decide a point. As long as a “Live-Ball” is in play, it can be hit from any

individual players on-court *or* out-of-bounds position from a volley, or on either bounce (0-2 options to make ball contact).

### |||➡ LIVE-BALL

After normal successful service and return, any ball that has touched the in-bounds side of a player's court or the outermost line of the external barrier line is now considered a "Live-Ball". The ball can then bounce once or twice (or be volleyed) – thus being returned legally or rendered a "Dead-Ball". If any player is unable to successfully return the ball to the opponent's in-bounds court, he or she loses the point and action stops immediately. A "Dead-Ball" has been rendered and a point is to be awarded.

### |||➡ BALL POSSESSION ON COURT

During match play, (4) balls per player (pocket possession) is standard. The server may request and be granted all (8) balls. For safety reasons, there may not be over (12) balls on the entire court at any time during a "Ranked Match". All balls must be secured either in pockets or off court in a safe and non-rolling state. If a game ball is seen rolling near your opponent's *active* field of play – specifically in an accidental slipping area, interject and notify them immediately. A hazardous ball rolling or positioned in an area where it could be stepped on is grounds for stopping play and replaying the point. Control all balls at all times to maximize safety.

### |||➡ BALL CONTACT WITH PLAYER

If a "Live-Ball" makes contact in any way with *any* player's physical body, the point is awarded to the opposite player (the hitter). There are no penalties for aiming at or hitting the opposing player with a serve or live game ball. It is advised to use caution when defending close to the net. Eye protection is recommended.

### |||➡ BOUNCE OUT RULE

If a ball is hit out-of-bounds, its first bounce *must* be allowed to bounce out for official establishment, before being stopped by a receiving player. If the ball does

not bounce out-of-bounds once and is stopped or deflected by the receiving player, he or she would lose the point.

### |||➔ **EXTERNAL INTERFERENCE**

If there is “Interference”, the point is replayed. Interference would be considered any foreign object entering the field of play. Interference is rare in Frescotennis. replays are only permitted in cases of legitimate interference and are never to be used normally in relation to the serving process or during normal game play. In the unusual case of interference, it must be called and agreed upon by both players. A dispute would result in a coin toss. Natural weather elements are not considered interference. An external ball rolling or entering the court is not grounds for interference stoppage/replay unless there is an immediate safety threat.

### |||➔ **BENCH RECESS**

At the conclusion of (1) “Set” either player may elect to take a (2) minute bench recess.

At the conclusion of (1) “Match” either player may elect to take a (10) minute bench recess.

If (1) player selects a bench recess, the other player must also abide. He or she may instead choose to stand on their court's backline instead of sitting on the bench.

### |||➔ **SERVE RESET**

There is a (30) second “reset time” in which the server has to return to the service area after a point has been scored (or at the initiation of service). If the server takes longer than (30) seconds to serve (or the *returner* takes longer than 20 seconds to reset position), he or she may receive a “Delay Warning”. The (20-30) reset clock begins the instant the last point was scored. After (1) warning, the offending player will receive a (1) point penalty for each subsequent offense. See “SERVICE FAULTS” for more information.

## III➔ POINT DISPUTES

A point dispute may arise from service or normal gameplay. For a non-ranked match, any point dispute must be called *immediately* by a player. If the point is perceived and audibly called as out-of-bounds by a receiving player, play is to cease immediately. In rare cases a ball may be returned (by athletic instinct) even though it is out. The returner shall call out within (1) second of making contact that would result in the ball being returned successfully. It is imperative that a defender choosing to stop play be 100% Positive about the ball being hit out-of-bounds. Through an objective process involving open dialogue, possible physical markings on the court and deductive reasoning, both players will decide who receives the point. If there is no mutual agreement, a coin toss will decide the point. It is vital to be honest, but also to trust your opponent. If that reliance exists, there will usually never be contested points in the first place.

## III➔ COURT TRESPASS

A player may not for any reason trespass into their opponent's court in any space with body *or* paddle. Example: A player would not be able to cross his arm and paddle over the net to return a ball. This would be considered entering the opponent's court and would result in an automatic point for the player whose court was entered illegally. This infraction will be verbally called "Trespass" by officials.

## III➔ OPEN COURT ADVANTAGE

It is advantageous to play on the most open court possible with minimal obstructions. Due to the second bounce rule, there can be a wide area (*including out-of-bounds*) to cover effectively and the ability to sprint unimpeded is a definite asset. Use caution around court fences when sprinting.

## III➔ CENTER LINE JUDGE

It is recommended to play matches with a third (non-playing) person who is designated as the "Center Line Judge" - a score caller and extra set of eyes on the court. This person will state the score before each service and call balls out if he

or she has better optic positioning than the defender. After each point, an arm signal is pointed toward the winner. The correct positioning for this role is at the side of the net either sitting, standing or at an elevated height. The “Center Line Judge” also creates the option to implement a two-thirds majority for contested points. This convenience eliminates the requirement to conduct a coin toss for contested points.

## DOUBLES MATCH PLAY

### |||➡ FRESCOTENNIS DOUBLES

Doubles play can be especially exciting in Frescotennis due to the teamwork involved and sheer exhilaration from almost every point. Doubles is intense and wildly synergistic. There can be a combination of any player type and gender. A winning team can present themselves in many forms. For example, a taller male player protects the back line while his faster female partner charges forward to force volleys. There are multiple strategies involved with teamwork, positioning and style in Frescotennis *Doubles Play*. The opposition's evolving playing tactics will prompt teamwork to plan formulations to most effectively defeat your opponents.

### |||➡ DIFFERENCES IN DOUBLES

Standard doubles, for the most part, follows the same basic rules as singles. The scoring is the same format for sets and matches. Opening possession is determined in the same manner. After sides have been decided by the coin toss, the players will prepare for service. With the exception of the server, the remaining (3) players may position anywhere behind the back line. Per team, there will be (1) elected server per “Set”. The team server automatically switches after each return to service. The server must serve from within (5x5) feet from the center of the back line (the same positioning as singles games). The server's team doubles partner will wait behind the back line until first contact has been made by the returner to create a “Live-Ball” or “Active Play”. The receiving team will also wait until first contact has been made to enter their court. All (4) players

must wait until the paddle of the returner has made first contact and then may enter the court (in or out-of-bounds) at any location within their territory.

### ▣▣▣ DOUBLES MATCH STRUCTURE

- 1) Teams shall flip a coin; winner will determine who chooses starting court side and service rotation.
- 2) The serving team will choose the first server and both teams will take the proper service positioning.
- 3) Server will audibly call the score (“0-0, Set 1”) and commence service.
- 4) The first team to score (5) points will win the “Set”.
- 5) Service on both teams will alternate at the start of each new “Set”.
- 6) The first team to win (4) “Sets” wins the “Match”.
- 7) To complete a “Ranked Match”, the team must then win an additional match to complete the “Best of 3” match requirement.

### ▣▣▣ SERVICE LOCATION

The ball must be served to a returner within (1) bounce within the doubles lines (the outward most exterior of the doubles line is the out-of-bounds line) for service only. After *either* returner has made first contact, all (4) players may legally enter the court to engage the live-ball to decide the point.

### ▣▣▣ DOUBLES SERVICE ROTATION EXAMPLE

**Team A** wins the coin toss. The doubles match officially begins. *Player 1* is elected server. *Player 1* commences service and **Team A** wins the first set 5-2. *Players 3 and 4* have collectively lost their first set and begin service – a starting server is elected, *Player 4*. *Players 3 and 4* win their set, 5-3. Service returns to *Players 1 and 2*. *Players 1 and 2* must rotate service. It is mandatory for *Player 2* to begin and complete service in the third set. After **Team A** subsequently loses set three, service returns to *Players 3 and 4*. Now it is mandatory for *Player 3* to begin service. This rotation is required for the duration of the doubles match.

## ▮▮▮ DOUBLES SERVING FAULTS

The same serving faults for Singles Games are applied to Doubles Games except for “Service Fault #5” which references the (8) foot service rule for Singles Play.

## ▮▮▮ RETURNING THE SERVE

Either returning player may return the ball. There is no requirement for serving to any specific player or location within the singles lines – as long as the ball reaches the backline within (1) bounce. Once the live-ball has been created, any player may be positioned at any location in-bounds or out-of-bounds. The only exception would be crossing into your opponent's court with body or paddle.

## ▮▮▮ BALL ON PLAYER CONTACT

If two players on the same team make double contact with the same ball in any form, they automatically lose the point. Example: Player A hits a forehand from the back line which hits his teammate, Player B on the shoulder as it passes into their opponent's court. Due to the ball contact between players, this would be an automatic loss of the point. Player B would verbally call the contact to his shoulder by saying “Contact”. The opposite team should also notice this point penalized “Player Interference” and audibly make the call. Making *non-ball* physical contact with your teammate is permitted.

## ▮▮▮ RANKED MATCH GAME WIN REQUIREMENTS

One player must complete the following requirements (not necessarily in the sequencing of straight set wins) to win an “IFL Ranked Match”:

- 1) 5 “Points” to Win “Set” #1
- 2) 5 “Points” to Win “Set” #2
- 3) 5 “Points” to Win “Set” #3
- 4) 5 “Points” to Win “Set” #4
- 5) Winning player now has (1) “Match” won (best of seven sets).

- 6) Player now has to win (2) “Matches” to complete the “Best of Three” requirement to win against opponent.
- 7) When either player scores the “Championship Point” on their second “Match” victory, he or she officially wins the IFL sanctioned “Ranked Match”.

## III➔ IFL MATCH EQUIPMENT SPECIFICATIONS

Any player can be disqualified for using equipment not within the following specifications. The following types of paddles are legal for play in IFL Ranked Matches. The material must be one of the following: solid carbon fiber (or 2mm+ shell), solid fiberglass (or 2mm+ shell) or solid natural hardwood. Paddle dimensions and total weight (with griptape) *must meet the following criteria:*

- 1) **Carbon Fiber:** 8-15 ounces and maximum 18” long, 8.5” wide
- 2) **Fiberglass:** 8-15 ounces and maximum 18” long, 8.5” wide
- 3) **Natural Hardwood:** 8-15 ounces and maximum 18” long, 8.5” wide

For official ranked play, ball specifications must be precisely 50mm in diameter and weigh 33-35 grams. Balls must be composed of hollow rubber. Any abnormal balls must be discarded immediately as they are not suitable for Frescotennis play. For specific game ball questions, contact the IFL directly.

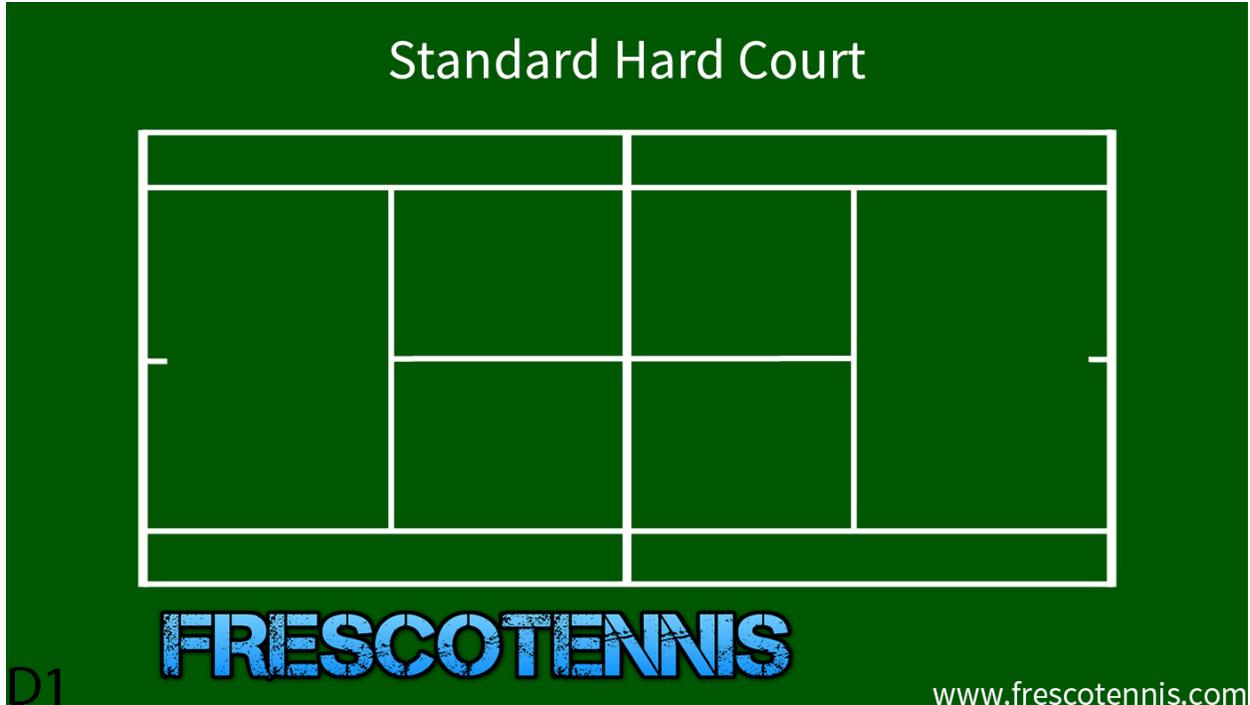
**Solid Wood Paddles:** This classic type is a good choice for beginners and generally more relaxed type gameplay. Can be heavier in weight depending on the wood type, however makes solid contact and follow-through. Due to the composition these are moderately balanced; all paddles should be tested properly prior to match play.

**Fiberglass Paddles:** These have a layer of hardened foam connecting two sides of stunning graphic fiberglass design. These paddles are lighter and stronger (relating to ball impact). Recommended for IFL Match Play. Due to the material and forming process these are considered highly balanced. The standard choice of Frescotennis professionals.

## **|||➔ OFFICIAL RULE CHANGES**

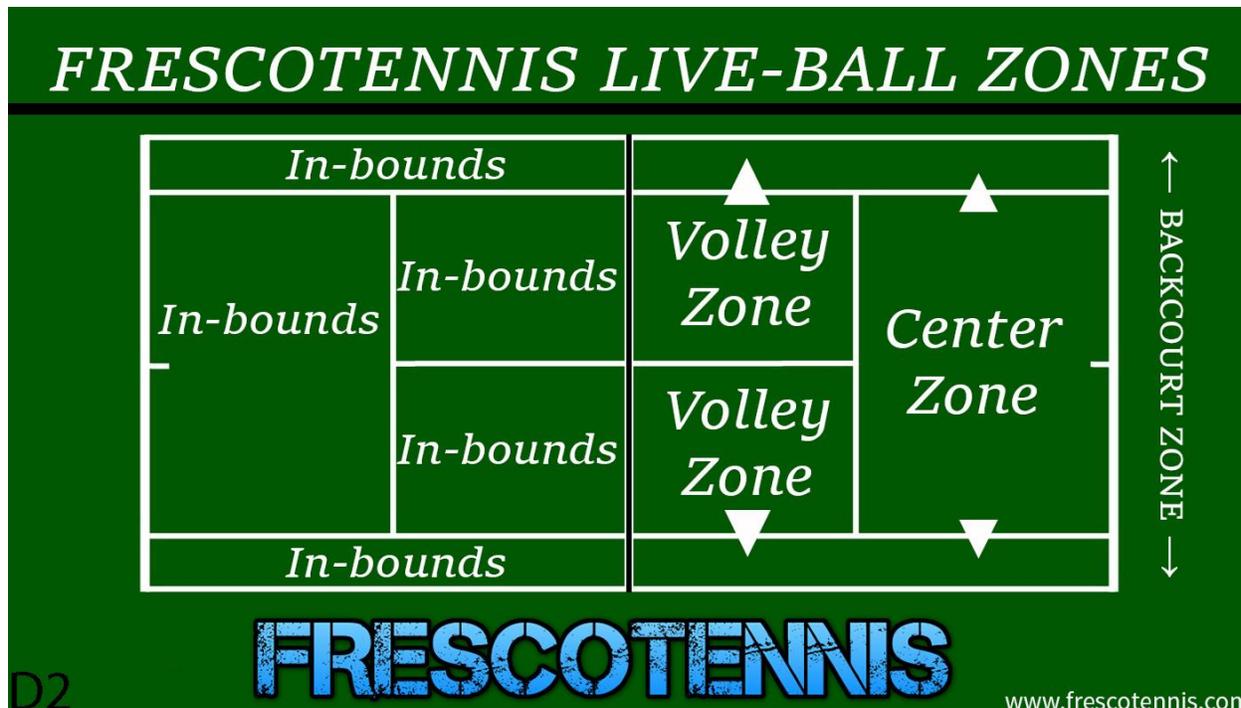
The IFL can be contacted via IFL@frescotennis.com with proposals for rule modifications or changes. All suggestions will be reviewed, and when necessary there will be officially binding updates. All IFL members will be immediately informed via email. The most current rule book will supersede any previous rule versions and are official and binding for IFL official match play, ranking and tournaments. Check the website for the most up-to-date version designation of the official rules.

# COURT SCHEMATIC DESCRIPTIONS



## ▲ Diagram D-1: Standard Hard Court

Figure D-1 displays a standard tennis hard court. This intentionally blank diagram is used primarily as a template for general reference, strategic or coaching purposes. Example: Doubles partners creating unique gameplays during bench recess or an instructor teaching a private or group lesson.



**▲ Diagram D-2: Frescotennis Live-Ball Zones**

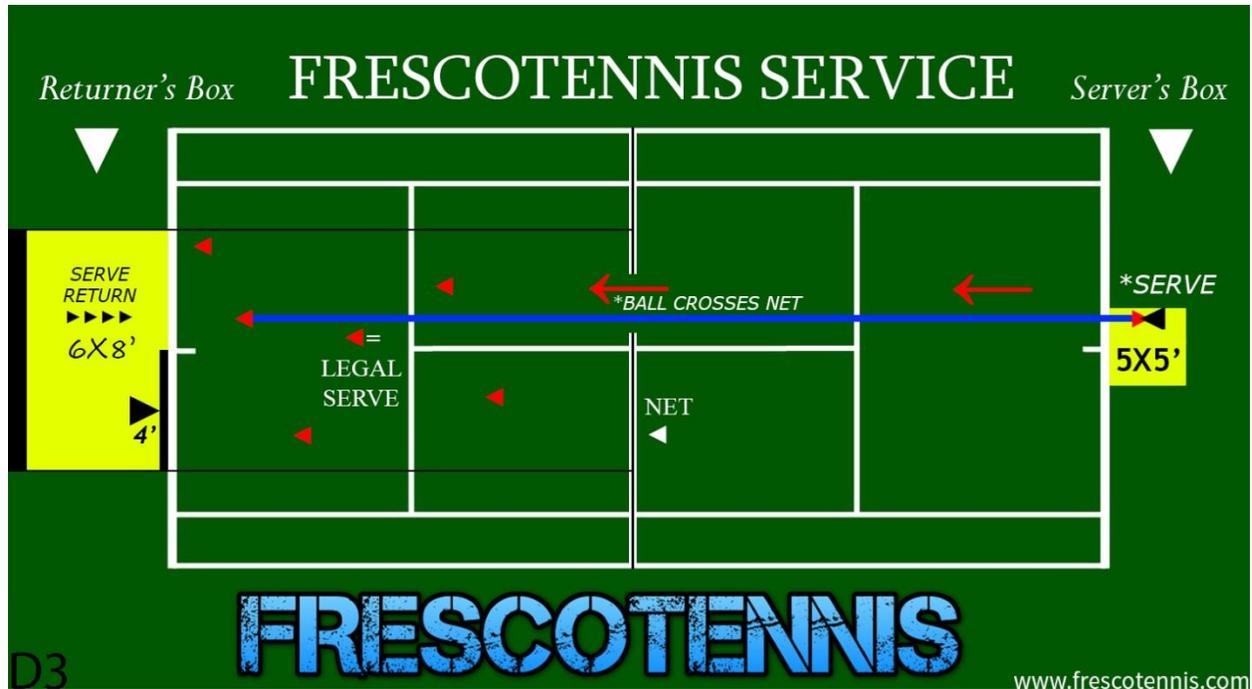
Figure D-2 defines the different zones and boundaries on the court during a live-ball sequence (post service). The right courtside illustrates the specific play zones for both offense and defense. The left courtside shows where the game ball may bounce to any player on the first bounce (during active gameplay, not service). The second bounce may be out-of-bounds and still live. The ball is rendered dead if there are ever (3) bounces. Any player may legally be outside of the court (out-of-bounds) at any time (during a live-ball). This is inferred with side pointing arrows. A player may not, under any circumstances cross (with body or paddle) their opponent’s court (in-bounds *or* out-of-bounds).

Backcourt Zone: The most familiar area with players. All service is conducted within specific dimensions in the backcourt zone. An area that can be vigorously and potently defended. Many hard hit balls during active gameplay will force the defender to stay in this area – until gaining the upper hand (example: a high ball) and rushing into the center or volley zones to change the inertia of a point. The backcourt zone is critically important for chasing down second bounce live-balls.

Choosing one or two bounces in which to return the ball can be a luxury commonly afforded to backcourt players. To avoid injuries it is recommended to play on a court with no external court fencing or obstructions.

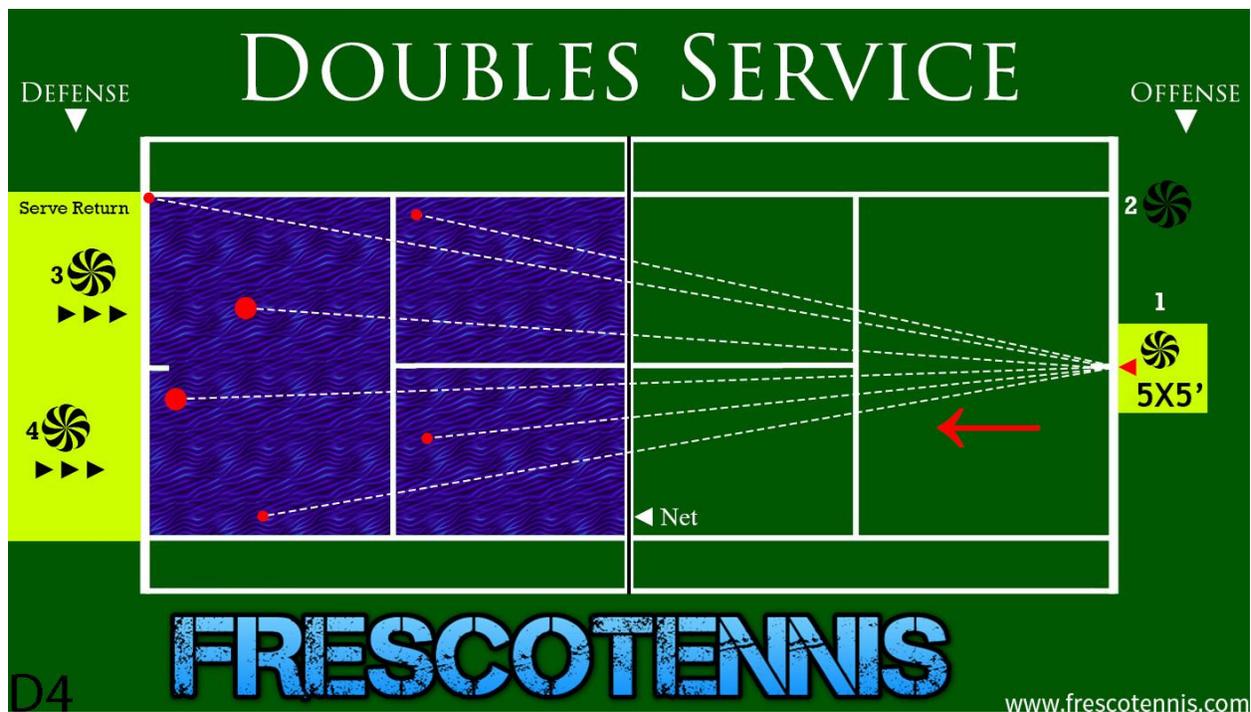
Center Zone: The center zone is a crucial location in which to score points. The center zone may be entered at any time (by any player) following the creation of a live-ball (contact by the receiver's paddle). For instance, if a ball is returned too softly by your opponent you can easily charge this zone and secure the point. Doubles players may strategically shift in patterns to counter specific types of offense or defense. Master this zone and you will be in control of the match. Use caution in this zone during team play as players can make hard contact with bodies and paddles.

Volley Zone: The volley zone may only rarely be played in singles games. This quadrant is unique in regards to the strong scoring opportunities present – especially in *Doubles* and *Triples* gameplay. The volley zone may be entered at any time (by any player) following the creation of a live-ball (except linesmen in *Triples* format). Any ball contact to a defender's physical body whatsoever results in an automatic point to the offensive player. It's a potential danger zone for receiving body or headshots. Sports goggles are recommended for the *STRIKER* position in *Triples* game format. Always use caution in this zone – Frescotennis balls can have explosive dynamics.



▲ **Diagram D-3: Frescotennis Service (Singles)**

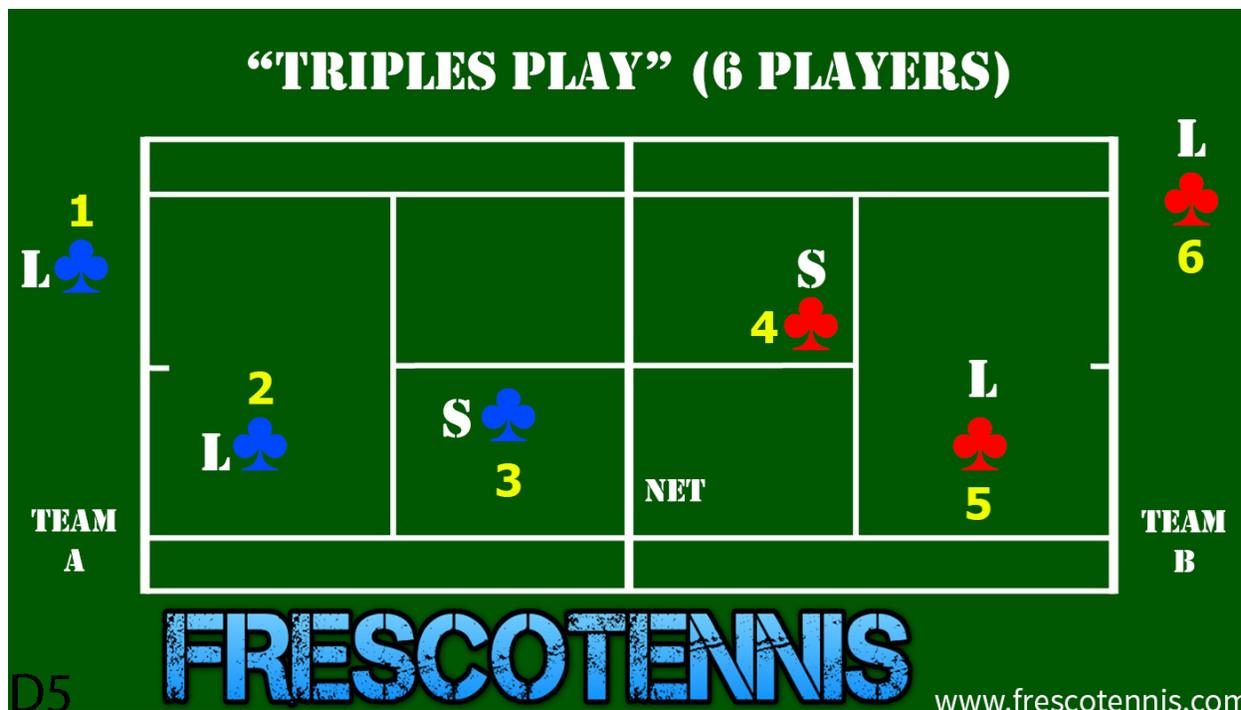
Singles service is demonstrated in diagram D-3. The server on the right side of the court is represented by the black arrow. He or she stays completely inside the specified 5X5' yellow serve box until successful service and contact by the returner. The red arrow directly facing the server represents the impact of the paddle to ball – occurring within the specified serving box. The net cannot be touched in anyway during service. The red arrows in the “Returner’s Box” represent examples of where the serve could initially bounce. The blue line simply denotes a centrally served ball – one of many examples of locations to serve. The ball must reach the returner within *one bounce*. The returner is assigned a (6X8) foot box centered from the backcourt center, in which to return service from. If the returner is unable to reach the serve within the first bounce without crossing the backcourt line, the server would be faulted. The returner is never to cross the line prematurely, as this would result in an automatic point loss. If a returner exits their box parameters or encroaches into the center zone before making legal contact it is an automatic point for the server. Note: Serving boxes not to scale. Enlarged to show detail. Marking tape can be used to clearly mark the 4' boundaries on either side. If players desire they may additionally mark service boxes.



▲ **Diagram D-4: Frescotennis Service (Doubles)**

D-4 shows a typical service inception in a doubles match. *Player 1* is the server and serves anywhere into the blue zone. The red arrow indicates contact with the ball and direction of motion. The ball may bounce only once and must reach the backcourt zone without encroachment by a defender. The solid red circles represent examples of where legal serves could land. The enlarged circles in the middle *only* highlight the most common service paths. *Player 2* must remain (anywhere) behind the backline until initial contact has been made by a returner. *Player 3* and *Player 4* are ready for serve return in their box. The black arrows represent one of their returns and the change in ball direction of motion. Once either *Player 3* or *Player 4* has made paddle contact all players may cross the backline and commence gameplay to decide the point. During a live-ball any player can be in any position on the court – in-bounds or out. No player may encroach into their opponent’s court for any reason (body or paddle) or make non-ball contact with the net. This would result in an automatic point loss for the offending team.

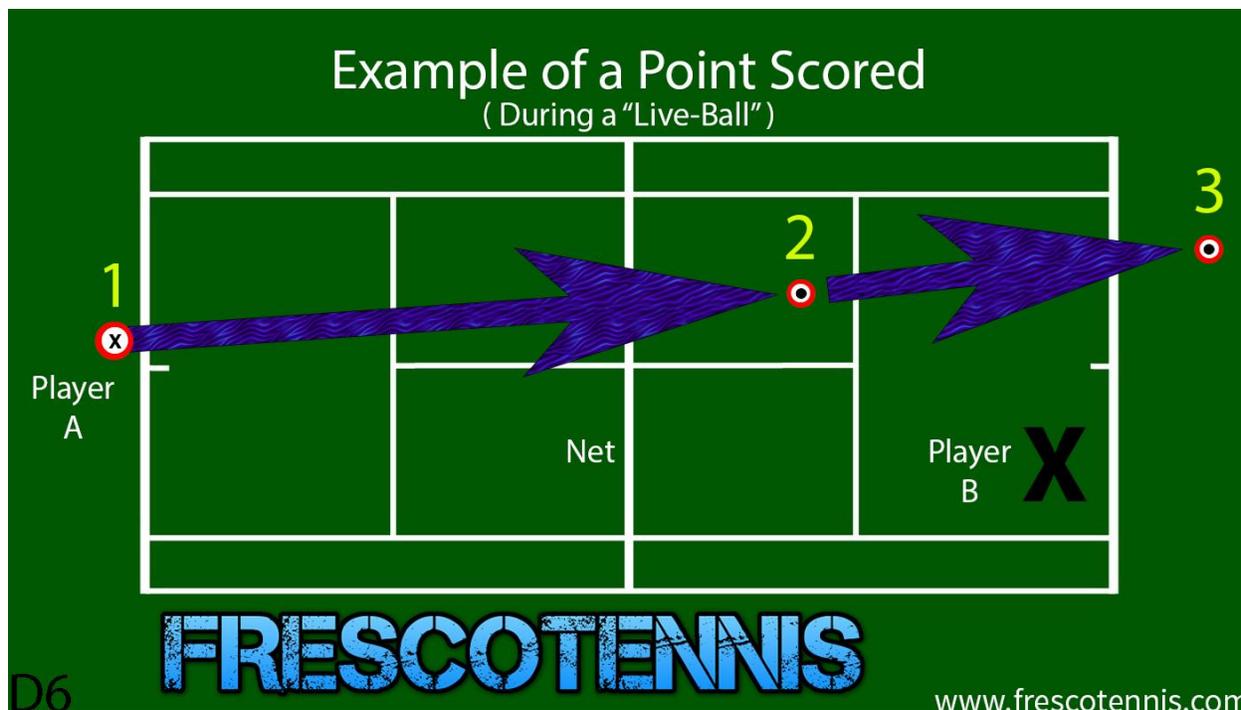
Mandatory Serve Rotation Example: **Team A** wins the coin toss. The doubles match officially begins. *Player 1* is elected server. *Player 1* commences service and **Team A** wins the first set 5-2. *Players 3 and 4* have collectively lost their first set and begin service – a starting server is elected, *Player 4*. *Players 3 and 4* win their set, 5-3. Service returns to *Players 1 and 2*. *Players 1 and 2* must rotate service. It is mandatory for *Player 2* to begin and complete service in the third set. After **Team A** subsequently loses set three, service returns to *Players 3 and 4*. Now it is mandatory for *Player 3* to begin service. This rotation is required for the duration of the doubles match.



**▲ Diagram D-5: “Triples Gameplay” – Example of Positioning**

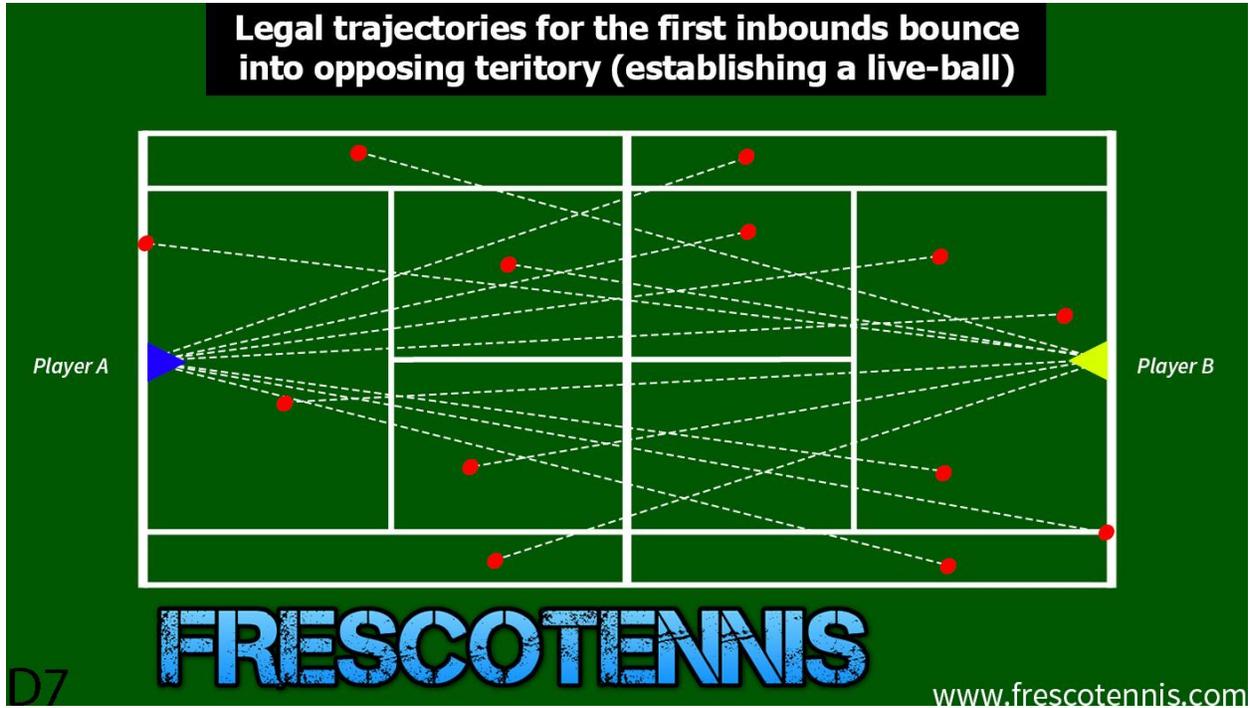
Triples gameplay format is a choice for an experienced group of 6 players (3v3). Expect high intensity movement and dynamics. Team players must coordinate their movements to avoid making contact. Body to body or paddle to paddle contact is not penalized – however, any ball contact to the body in any form whatsoever results in the loss of the point (to the struck player’s team). There are two positions in **Triples** - *Linesman* (2) and *Striker* (1). This diagram shows an example of common positioning during a live-ball. The Striker has complete access to the court (including out-of-bounds). As with all other formats of play, no player may cross over into their opponent’s court in any form. A Linesman may only legally be located in the backcourt or center zones at all times during the match. Any foot (not paddle) encroachment into the volley zone by a Linesman results in an immediate point loss for that team. Triples teammates may switch positions in any setting at the conclusion of a set. Players may not switch positions at the conclusion of a point. The game initially begins by the two teams flipping a coin to determine service start and court side. The team will then choose starting po-

sitions and setup on the court. This diagram does not show the service positioning to begin each point, rather an example of positioning during a live-ball. Both Strikers start each point in a 3' circle centered on the midpoint axis. Both Linesman begin service behind the backcourt line. The serving Linesman starts in the standard (5X5) foot serve box. As with other formats all Linesman (including the server) may not enter the court until paddle contact is made by one of the receiving Linesman. The server will commence service after announcing the score and will serve to the same region as in Doubles format – any trajectory that is within the doubles lines and reaches a returner within (1) bounce. After the initial return contact has been made all Linesman may enter the court (however, not the volley zone). There are no changes with the scoring format for Triples.



▲ **Diagram D-6: Example of a Point Scored (During a Live-Ball)**

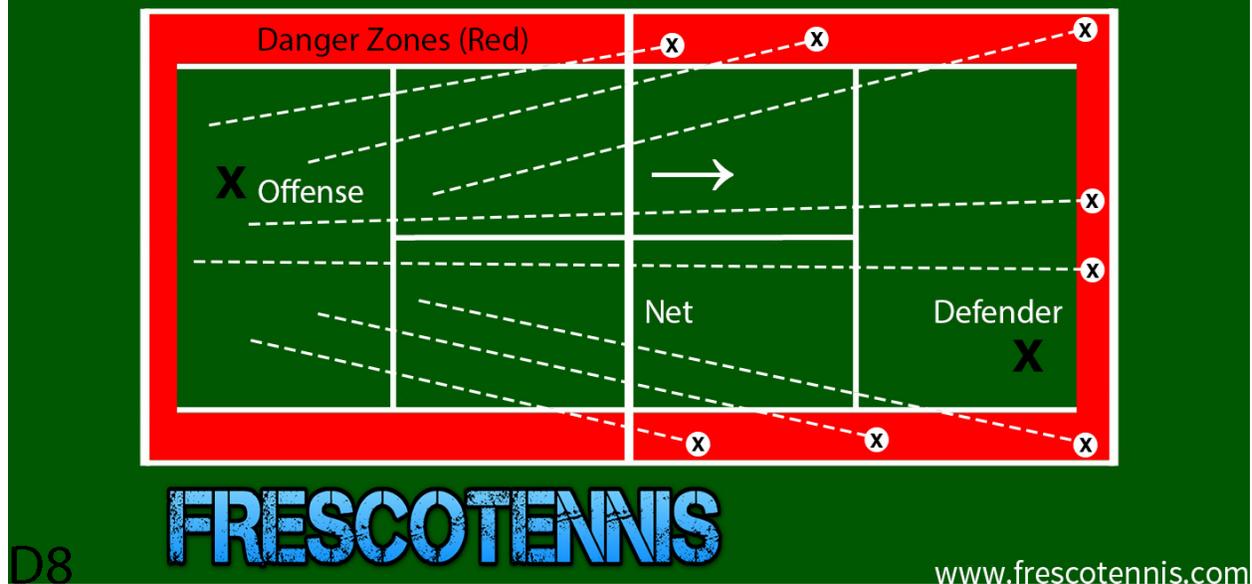
This illustration shows a clear example of a point scored during an active live-ball (post service). *Player A* returns a ball from *Player B* on its second bounce (out-of-bounds). This is when and where sequence (#1) occurs. *Player A* returns the ball at the specified marking. The returned ball crosses over the net and takes its first bounce in *Player B*'s volley zone (#2). *Player B* sprints incorrectly to the wrong side – anticipating a forehand hit to his current location. The ball takes a second bounce (still live) in the backcourt zone (#3) and is rendered a dead ball after either bouncing a third time or making contact with any object other than a player's paddle (example: rear fencing). The point is awarded to *Player A* and the service cycle resets.



**▲ Diagram D-7: Legal Trajectories (Examples for Establishing a Live-Ball)**

D-7 provides a general reference for where a *serve return* may be hit and its subsequent trajectory and bounce path. The blue and yellow arrows (initial paddle contact) each represent a *serve return* from behind the backcourt line within the specified return box. The red ball marks on the map are all legal locations for both *Blue Player* and *Yellow Player* to return the ball. During live-ball status the ball can be volleyed, bounce once or twice and still be live. The returned ball landing in any of these red dot area examples would thus create a live-ball and normal (post service) gameplay would begin and finish with one player winning the point (except in cases of interference, et cetera).

## Examples of Danger Zones and Advanced Placement Winners



### ▲ Diagram D-8: Danger Zones and Advanced Placement Winners

Figure D-8 conveys a general idea of where you can score the most points. Conversely, it shows where you are most susceptible to being scored on. The dynamics of the Frescotennis game ball can make it difficult to return hard hit balls into the marked white circles. Balls hit directly into the red zone must be returned immediately to prevent being scored upon. Be generally aware of these zones and advanced placement areas for maximum performance during gameplay.

**ALL MATERIAL IN THIS BOOK IS LEGALLY PROTECTED BY COPYRIGHT LAW.**

Individual and group non-profit use and PDF transfer is permitted.

Contact [IFL@frescotennis.com](mailto:IFL@frescotennis.com) for commercial permissions.

Please read "Page 2" of this manual for further legal information.