

Are You Ready to Play?



1. Always wear shorts/skirts with pockets, or a ball clip, as collecting and picking up balls slows down the game.

2. Be punctual and arrive at least 15 minutes before your scheduled match and be ready to play.



3. Make sure you have sunscreen and a hat on and a water bottle before going on court to play.

4. Do not swear and never throw or swing your racquet in anger.



5. Change ends quickly and jog to collect balls ready to serve.



6. Don't run across another court in the middle of a rally. Wait until the point has finished.

7. Roll balls into the corner or to the back of the next court, not onto the court where a player could trip and fall.



8. If you are in any doubt over a line-call on your side, you must give your opponent the benefit of the doubt and call the ball in.

9. Praise your opponent's good shots and shake hands at the end of a match.



10. Play every point to the best of your ability, no matter what the score.