

Rules and guidelines for members 18/19 season

Like any club, we have a few rules which members are expected to observe. We also have a few suggestions that will help you get along with other members, and get the most from your tennis at Cotham Park. Here they are:

Car parking

The club has equal rights with Bannatyne's and Arrow Bowling to use the car park on a 'first come first served basis'. Please do not park on the double yellow lines.

When you arrive

Don't walk across the back of the courts to the clubhouse while a point is in progress or between 1st and 2nd serves. Wait for a break in play. You must wipe your feet on the mats to remove any sand before walking up the steps to court 2. **DO NOT** stamp your feet on the steps or the court to remove sand.

Visitors

The visitor's fee is £4 for adults and £1 for juniors. If you have a visitor, please sign the visitor's list on the notice board, and put the money in the box (limited to 6 visits per visitor per year). If you have a visitor who wants to play during Club Play times, please talk to a committee member first.

Clothing and footwear

When playing please wear recognised sports clothing (not jeans etc) and most importantly Tennis Shoes. This is for two reasons, first, other shoes mark and damage the courts and second, non tennis shoes do not grip the courts as well and can cause accidents and avoidable injury if you were to fall or slip. (Simon Margetts, the racquet stringer, can supply recommended shoes.)

No smoking on the premises

Smoking is not allowed in the clubhouse or any other part of Club. This includes the entire site bounded by the perimeter fence. Should you wish to smoke you must do so outside the main gate. Please put your fag ends in the bin that's attached to the fence.

Chewing gum is not allowed on courts or in the clubhouse.

Changing

Please use the changing rooms, not the clubhouse. If you're concerned about keys and other valuables, take them onto court with you.

Balls

Balls are kept in the tray in the clubhouse. Please take only **three** balls on court and return them when finished. Balls are supplied for Club Play only. Practice balls are kept in a basket. Juniors are to use the practice balls when they play. **DO NOT** mix up the balls for Club Play with the practice balls.

Playing times

For full details of when courts are reserved for specific purposes, see the booking sheets on the clubhouse notice board or find them on the Cotham Park website.

Booking courts

At times when courts can be booked (see playing timetable) please use the booking website (There is a link from the Cotham Park website).

Courts may be booked for a maximum of two hours. When you have to cancel a booking please remove your name from the booking. If a booked court is not occupied within 15 minutes of the time it has been booked for then the booking will be considered cancelled.

Court Usage

Evenings

Monday - Competitive club play
Tuesday – Ladies' Training
Wednesday – Men's training
Thursday – Club play, all welcome
Friday – League matches / Singles club play in winter

Afternoons

Monday and Saturday - Club play, all welcome

Rules governing Club Play

1. Write your name below the last name on the board when you are ready to play or when you finish a set - winners' names go up first. Please play if selected
2. If your name is at the top of the board select three others from the top eight. Choose any combination in order to pick a balanced four.
3. Start playing immediately a four is available and a court is free.
4. Warm up for two minutes and then play a short set - first to six games.

Choosing a four (using rules above)

When you are a new member picking a suitable four can seem a little daunting - don't be afraid to ask for help! It is generally good etiquette to pick the players who have been waiting the longest but also try to pick an even set. For example it is not normally a very good idea to mix very strong players and very weak players - neither will thank you for it! However if you have two strong players and a weak player try to choose another fairly weak player to even it out.

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We normally pair the strongest with the weakest to make the set as even and therefore as competitive as possible. If your four has just come off court and there is no one waiting in the queue it can be a good idea to wait if another set is about to finish so that players can be mixed up a bit and you do not end up playing with the same three all afternoon.

Retrieving Balls

Avoid wasting time collecting balls between points. If your opponent has to walk a significant distance to get a ball, look around your side to see if you can use that time to collect a ball that is a similar distance away.

The server should always make sure they have two balls at the start of each point. We strongly advise wearing tennis clothing with pockets or a ball clip for keeping the second ball. It is best not to play with a ball in your hand. **Never leave your second ball by your feet, it is dangerous!**

Tennis court etiquette

Please do not walk behind players whilst a rally is in progress, this is to avoid distracting other members and most importantly to avoid any potential accidents on court.

If you are trying to cross a court please wait until you are invited to and it is safe to do so.

When you are crossing courts it is normal to do so at the rear of the court and not at the net.

When you decide to cross behind other courts do so as quickly as possible and don't stop for a chat on the way.

If a stray ball comes onto your court don't knock it back immediately, wait until the owners are ready and then hit it to the server's end.

During play and particularly between games, keep the amount and volume of conversation down to a minimum necessary to play and enjoy your own games. Too much social chatter or debate can be

disturbing to those on adjacent courts who came to play tennis.

Only call the lines on your side of the net. Call clearly and firmly what you see and what you honestly believe to be correct.

Try not return a first serve that is obviously out. Let it go past you or hit it into the net.

If you are not absolutely certain or didn't see the ball clearly, the ball was **IN** and must be given in the opponents favour.

If occasionally you have serious doubts as to your opponents eye-sight, ask politely if they are certain as to the accuracy of their call. If they say that they are, get on with the next point.

If you feel your opponents regularly have difficulties making correct calls, start looking for different opponents!

If in social friendly matches there is some doubt over a line call, offer to play the point again rather than cause undue aggravation and time wasting.

Do not criticise your partner or opponent, be positive and offer encouragement instead.

Body Language - Tennis can be a frustrating game if you are not getting your serves in or not hitting your shots, but try to remain upbeat and happy. Your opponent and/or doubles partner doesn't want to be playing tennis with someone who is miserable so cheer up! You are more likely to play better tennis if you are calm, relaxed, focused, and in a positive frame of mind.

Rules & Useful Information

The Code of Tennis gives a guide to default behaviour for all unofficiated matches on matters that are not covered by The Rules of Tennis such as line calls, interrupted points etc.

There is a copy of the Code of Tennis in the Club Rules folder in the Clubhouse as well as the LTA handbook.

Care of courts 3 and 4

After each set the courts **MUST** be dragged and the lines swept. Drag the court in a spiral starting at the outside and finishing in the middle. When you get to the middle lift up the mat to remove the sand that has collected on it. If this leaves a small pile of sand then just go over it with the mat to level it out. Dragging the courts in the above manner will reduce the amount of sand being removed from the courts. This will then maintain the playing characteristics of the court and ensure that the binder layer does not get worn. The court is designed to play like a clay court and this is only possible with the correct levels of infill. If the court is used when the fibres are exposed they can be permanently damaged causing the base to compact and harden. This will then cause a loss of drainage and the slide consistency will also be affected. The life of the courts will then be shortened. Leave the drag mats and line sweepers near the chairs at the side of the court. **DO NOT** hang them on the fence.

You must wipe your feet on the mats before walking up the steps to court 2 to remove sand from your shoes. **DO NOT** stamp your feet on the steps.

End of session

Please wind down nets and return club balls to the tray, practice balls to the basket. Take any glasses back to the Clubhouse and clean them. Remove any rubbish and dispose of it.

Locking up / unlocking

Member's keys open the door from the car park into the courts. The key to the clubhouse is in the nearest locker on court 2.

If you're the last to leave (day or night), please ensure that the clubhouse door is locked, the key returned and the gate to the car park locked.

That's it. Enjoy your tennis!