

INTERNATIONAL GAME REGULATIONS

Art. 1: The Teams

- **Composition:**
 - **Men:** 5 players on the court and 2 substitutes.
 - **Women:** 4 players on the court and 1 substitute.
 - Every player must have a personal number on the score sheet and on their jersey.
 - **Substitutions:** 2 changes allowed for men, 1 for women. Changes can only happen at the end of a full game. The captain must notify the referee with the players' numbers.
 - **Injuries:** If a player must leave and cannot be replaced, the game continues with 4 men or 3 women.
 - **Exclusion:** A player who has been substituted cannot return to the game.
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Art. 2: Equipment

- The game is played with a "**shaved**" **tennis ball** (without the fuzzy cover).
 - Balls must be approved by the tournament director and marked with an official tournament sign.
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Art. 3: Hand Protections

- Players play barehanded, with "One Wall" gloves, or with specific protections (green medical tape, foam, and cardstock).
 - You can use a maximum of **3 layers** of each material. The total thickness cannot exceed **1 cm**.
 - Referees check protections before, during, and after the match. Using illegal protection leads to disqualification and a suspension.
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Art. 4: The Game

- **Service (The Serve):** Only the server can be in the service area. You get **two attempts**. If the server touches or crosses the line, the point goes to the opponent.
- **Return:** The ball can only be returned after the first bounce.
- **Turns:** Every team member must take a turn serving. One team serves for an entire game.
- **Lines:** A ball that lands on the line is **IN (GOOD)**. If it bounces outside, the point goes to the opponent.
- **Hands:** It is allowed to stop the ball with two hands.
- **Scoring:** Points are counted as **15, 30, 40, and Game**. At 40-40, the team that wins the next point wins the game (sudden death).
- **Winning:** The match is played to **6 games**.

- **Tournament Points:**
 - Win 6-0, 6-1, or 6-2: Winner gets **3 points**.
 - Win 6-3, 6-4, or 6-5: Winner gets **2 points**, loser gets **1 point**.
- **Time-Outs:** Each team has 2 time-outs of **1 minute** each. They must be requested at the end of a game.

Art. 5: The Court

- **Surface:** Must be **concrete or asphalt**. Grass or synthetic grass is not allowed.
 - **Men's Court:** 70 m long and 20 m wide.
 - **Women's Court:** 50 m long and 14 m wide.
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