

brazino 7777

Tennis and volleyball combination

For the sport called "beach paddleball", see Matkot.

For other sports called "paddleball", see Paddleball (sport).

Beach tennis is a game combining elements of tennis and volleyball and played on a beach.

Overview [edit]

Beach tennis is played in over 50 countries and by more than half a million people, with its greatest popularity occurring in Italy, Brazil

and Spain.

Beach tennis offers a highly aerobic cardio workout with low impact to

the knees and joints because it is played on sand.

The sport preserves most of the rules and scoring of traditional tennis

, though modifications have been made to adapt to movement around the

sand court and to the faster pace of the game.

As the ball may not touch the ground, the game is played entirely

with volleys, which makes for a quicker game than does traditional tennis.

Points start with a serve and end when the ball touches the ground, forcing players to dive to reach difficult plays in a similar

manner used by volleyball players.

The objective is to return the ball with only one hit so that it reaches

the opposing side of the net.

A depressurized tennis ball, which travels more slowly through the air

than does a regulation tennis ball, is used for beach tennis to allow

for longer rallies.

The sport is usually played by two-person teams on a regulation

beach-volleyball court with a 5-foot-7-inch-high net.^[1]

Beach tennis rackets and ballsHistory [edit]

Beach tennis emerged in Italy in the early 1970s when tennis

players on vacation in Lido degli Estensi, in the Ferrara town of Comacchio, played

using their rackets and the existing volleyball nets already installed

on the beach.

[2][3] The game was played for the first time with its current

set of rules in Torredembarra, Spain in 1976.

The first championship was played in Torredembarra in 1978.

Since then (with few interruptions), it takes place on the same

beach every year.

Over the years, the sport spread to the beaches along the coast

of Italy, and it is estimated that there are now more than 1,600 beach-tennis

nets along the Italian coast in addition to a growing number of indoor

and indoor courts.