



FAST4 TENNIS

DELIVERER MANUAL

**HOW CAN YOU RUN
FAST4 TENNIS AT
YOUR VENUE?**



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FAST4 TENNIS OVERVIEW

What is FAST4 Tennis?

FAST4 Tennis is a shortened competition format with 4 innovative rules making sets fast and fun allowing players to get a quick tennis fix.

Why FAST4 Tennis?

In today's society, most people are increasingly busy and time poor. Players don't have the time or the interest to commit to participating in traditional competitions on the weekend or during the week that can have 14+ weeks seasons and may take 3+ hours to complete play.

FAST4 Tennis aims to address this, allowing players to get on and off court quickly without making a long-term commitment. A FAST4 Tennis set takes approximately 15-20 minutes to play.

Who is FAST4 Tennis for?

FAST4 Tennis is not for the traditional, die hard tennis player who is happy to dedicate the time to play long seasons of competition and grind it out on the court for 3+ hours. It is for the casual and social player interested in having a quick, social hit, usually with friends.

Professionals who work long hours, past players that don't have the time to commit to the traditional competition and Cardio Tennis players who are looking to play some real matches after getting back into tennis are examples of the target market for the FAST4 format. And, of course, new players (whose children may also be learning) looking for an easy entry point into tennis with the family or some friends.

What can my venue use FAST4 Tennis for?

A FAST4 Tennis competition can be used for a range of purposes at your venue.

- An event to get new or lapsed players back into the sport
- An avenue to get club sponsors more involved in the club and assist in building relationships between sponsors, the club, and its community
- A more social competition for your club to run outside of what is currently being offered (usually more traditional interclub competition)
- An additional revenue item for the club
- Overcome time issues for those wanting to play competition but don't have the time to commit to a long season or 3+ hours per round

THE 4 **FAST4** TENNIS RULES



1. PLAY LETS

If the serve clips the tape and lands in the correct service box, there's no let, its play on. What's more, if you're playing doubles either the receiver or their partner can take the return.



2. NO AD SCORING

As soon as a game gets to deuce it's a Power Point. The receiver chooses which side will take the serve. This applies to doubles too with the receiving pair deciding who returns the point.



3. SHORT TIEBREAK AT 3 GAMES ALL

At 3 games all, a short tie-break is played, first to 5 points. A deciding point determines the winner at 4 points all.



4. FIRST TO 4 GAMES WINS

First team to get to 4 games wins the set.

FAST4 TENNIS

COMPETITION INFORMATION

Tennis competitions can be played in many different ways/formats. There are a range of different competitions happening around Victoria, all with different team sizes, singles or doubles, season lengths, partner combinations, genders and more.

The following are some suggestions as to how you could run a FAST4 Tennis Competition at your venue. All suggestions are based on a variety of successful models used around Victoria since the introduction of FAST4 Tennis in 2014.

GENERAL INFORMATION

How many weeks should a FAST4 Tennis Competition run for?

Between 4 and 8 weeks. The target market for FAST4 Tennis is time poor adults who may not want to commit to any more than 8 weeks in a row. The shorter the competition season the easier it is to commit to.

When should we run FAST4 Tennis?

As we know, tennis is a year-round sport, but most people see tennis as only an option in the spring and summer months. For FAST4 Tennis we recommend running it during either Term 1 or Term 4. The better weather makes it easier for your club to attract new or lapsed players to the competition.

Should it be singles or doubles?

We recommend doubles. Doubles builds on the social side of FAST4 Tennis allowing players to make new friends and not be isolated when they are on court. Players are more likely to play if they are playing alongside a friend or team mate rather than out on court by themselves for singles.

Divisions or Sections

If you have sufficient player numbers, venues should consider dividing teams into different divisions (grades) based on their playing ability. Unlike other sports, the range of playing standards can hinder the experience that players have on the court. If players win or lose too easily, their tennis experience won't be as enjoyable as it would be if all players are of a similar ability.

The number of teams in a division should be based around how many rounds will be played. If possible, teams should only play each other once before the finals to keep the competition fresh.

Modified Green Balls

Modified Green Balls are 75% the compression of the standard tennis ball and are used in the ANZ Tennis Hot Shots Coaching Program. Modified Green Balls can assist in bridging the gap between playing standards within a competition, promoting longer rallies making tennis easier and more enjoyable for any new players.

LADDERS

POINTS SCORING FORMAT

Points scoring formats can be used if you intend to have a winning team at the end of the competition. Having a winning team at the end of the competition is important to motivate the teams and give them something to play for each week through the rounds.

Simple Points Scoring Format:

Overall match win	2 points
Win a set	1 point
Draw a match	1 point
Bye	0 points

LADDER SORTING FORMATS

Ladder sorting included the properties that determine who finishes at the top of the ladder. The first option is the first level of sorting through to the final option being the last priority of sorting.

Simple Ladder Sorting Format:

Priority	Property based on
1st	Premiership Points
2nd	Match Wins
3rd	Sets
4th	Game %

MATCH FORMATS

PAY AS YOU PLAY

Type

Flexible

Description

Pay to play is a very flexible competition structure. Firstly, the venue set out the dates in which the competition is going to be played. Players then simply turn up or book in the weeks in which they wish to play. Players don't need to commit to the full 4-8 week season.

When should we use the Pay as you Play format?

Pay as you play is a good structure if you are trialling the program and want to get an understanding of the demand in the market place and want to get feedback from players on their thoughts around the program to get an idea if it would work as a more structured fixture.

Draw Type

Venues can utilise a pre-made round robin Draw (Appendix 2 - Individuals Round Robin Draw and Appendix 3 - Pairs Round Robin Draw). These draws allow organisers a quick and easy option to create draws. Simply write the players names in the box and match it to the number in the draw. This means that if any players turn up without notice, all you need to do is add their name to the list.

Suggested Number of Weeks?

8 weeks. For this format there is no commitment, based loosely on a school term is a good duration to give as many players as possible the opportunity to participate.

Finals

No finals will be played in this structure. The winner will be determined by who scores the most points over the competition season.

2 PLAYER TEAMS

Type

Structured

Description

Teams are made up of 2 players. Players can either enter with a partner or by themselves and be paired up for the duration of the season under the same team name. Fixtures are made up at the start of the season.

When should this be used?

2 player teams are good if you are running a parent/ child type competition as well as in the early days of the competition if you are unable to get 4 players into a team. 2 player teams can also be effective to encourage current players to bring a friend to participate in a fun /social competition.

Draw Type

Draws can be created through the National competition software, League Manager, for this structure. For information on League Manager contact your Participation Leader.

2 or 3 rounds of competition can be played each week to ensure players get enough tennis. To make score recording easy, teams can be given a Match Card outlining their opponents and a proforma they can record their scores on (see appendix 4).

Suggested Number of Weeks?

4-6 weeks. A competition length that is short and easy to commit to.

Finals

Finals can be played out on the last week of the competition. The finals format for the 2-player format can be a 2-round final as multiple rounds are played in one night.

An example of this is:

Semi Finals Round: 1 v 4 and 2 v 3

1/2 Playoff: winner of 1 v 4 vs winner of 2 v 3

3/4 Playoff: loser of 1 v 4 vs loser of 2 v 3

All other teams can follow the same structure in a 5 to 8 playoff, 9 to 12 playoffs etc. It is important that all teams participate on the finals day.



4 PLAYER TEAMS

Type

Structured

Description

One of the more traditional formats for tennis competition, 4 player teams allow players to enter with their friends or by themselves where they are added to a team. This format allows each player to play 3 doubles matches, one with each of their team members making it more social and fun for the new or lapsed player. A round can last for approximately 90 minutes.

Teams entered for this structure are committing to the entire competition season duration and play under the same team name each week. If venues have the player numbers available, this is the recommended format as it gives the tennis competition a more social, team centred atmosphere.

When should this be used?

4 player teams can be used as soon as the venue has a suitable number of players to be able to fill teams of 4.

Draw Type

League Manager can be used to create the draw quickly and easily as teams are committing to the full duration of the competition. Scorecards can be printed directly from League Manager to be used each week (Appendix 5)

Suggested number of weeks

4-6 weeks. As players are committing to every week, a shorter season is more enticing to new or lapsed players.

Finals

It is important that all teams participate in finals. Finals can be held on the last week of the competition. The top 2 teams play off to determine the winner of the competition as well as a 3/4 playoff etc.

For example: Championship Playoff: 1 vs 2 > 3rd Place Playoff: 3 vs 4 > 5th play playoff: 5 vs 6



TARGET MARKETS

Below are suggested target markets that your venue can investigate to attract to your FAST4 Tennis Competition as well as ways to get people and groups involved in tennis at your club. Allow long lead-times for adequate promotion and planning.

Current Players / Members

If you are starting your FAST4 Tennis Competition from scratch it can be hard to get enough numbers, so current players at your venue are important to ensure you have a critical mass of players to get the competition off the ground.

Venues should approach those players that suit the competition you want to run. These players may include those who are open minded and support the venue in everything they do, fun and friendly players that don't take themselves or the result too seriously and those who enjoy meeting new people. These players can also be used to attract players from the FAST4 Tennis program into the more traditional competition setting at your club.

Committee Members

Committee members are usually active members of the club who help with the everyday business of the club and are involved as either a player or parent of players. Encouraging the committee members to be part of the FAST4 competition can help build initial numbers and add to the environment by providing a welcoming and friendly atmosphere.

Committee members are involved in the venue from a business side as well as a playing side whether it be kids in tennis or they play themselves. Encouraging the committee to be a part of the competition can help to get initial numbers up and help to make sure the competition has a fun and welcoming environment.

Something as simple as each committee member being a team manager or captain can help get initial traction in terms of building the competition with player numbers and enthusiasm.

Corporates / Sponsors / Local Businesses

Some of the most successful FAST4 Tennis competitions have been those that have targeted their sponsors or other local businesses around their area. Venue sponsors are an ideal target market for a FAST4 Tennis competition as they already have an invested interest in the venue and are interested in a time friendly, fun, social activity that they can be part of to build staff morale.

If you are targeting corporate or sponsors, a short Corporate Cup season is an ideal competition.

Parents

Like sponsors, parents also have an invested interest in the sport through their child who is participating in the ANZ Tennis Hot Shots coaching program or other club programs. Venues could also consider the with the opportunity to organise and run a Parent / Child type FAST4 Tennis competition, allowing parents to get on court with their kids who are currently playing and learning the game.

Cardio Tennis Players

Players that are currently participating in Cardio Tennis may develop a desire to participate in a tennis competition but want to keep the social atmosphere that Cardio Tennis brings them.

FAST4 Tennis can provide this, with the shortened format ensuring they can get on and off the court quickly while still experiencing a social hit.

EXTRA PLAYER EXPERIENCES

The following are ideas that venues have used to give their FAST4 Tennis competition a point of difference to other tennis competitions.

Winners' Prizes

Instead of personal trophies or medals, the award for the winning players could be something donated from a major sponsor or something that is appealing to the demographic playing the competition.

For example:

- 🟢 Sports store voucher
- 🟢 Wine glasses
- 🟢 Food vouchers
- 🟢 Coffee vouchers
- 🟢 Beach towels
- 🟢 Meat trays

If you intend to run your FAST4 Tennis competition as an annual event, such as a corporate cup, a perpetual trophy may be considered – the winning team has their name engraved on it at the end of the season. This can prompt winning teams and players to post pictures on Social Media and in doing so further promote the competition.

Music

Playing music during competition play adds to the social atmosphere of the competition creating a fun, friendly feel to each week and the overall completion.

Theme Weeks

Theme weeks are a good way to promote the fun side of FAST4 Tennis. Each week venues can have a different theme, or one week during the competition you could have a theme night to encourage players to get creative with their dress. Spot prizes are a good way to encourage as many players as possible to get involved.

Some theme ideas include:

- 🟢 Footy Colours - around Grand Final time
- 🟢 White Theme - during Wimbledon
- 🟢 Favourite Tennis Player





Social events / activities after play

FAST4 Tennis is aimed at getting the social, new or lapsed player involved in your tennis club. Social activities/events after play allow players to be involved in the club not just on the court but off it as well. This gives the club an opportunity to build relationships with players making them feel welcome at the tennis club and increasing the chances that they will return outside of the FAST4 Tennis competition.

Social events/activities after play include things such as:

- 🟢 BBQ
- 🟢 Open the bar
- 🟢 Spot prizes for theme night
- 🟢 Spot prizes for longest rally, best serve, funny act etc

Team Colours

After entry, allocating a team colour to each team is another strategy to add to the player experience in a FAST4 Tennis competition. Team colours can make it easy for new players who are attending the club to identify who is in their team as well as give new players a sense of comradery and identity when playing on the court. It can also provide good photo opportunities and make the competition look colourful and fun from the outside looking in.

The following items could be worn by players in their team colour:

- 🟢 Head bands / wristbands (venue could supply lengths of fabric for this)
- 🟢 Zinc
- 🟢 Sweatbands
- 🟢 Hats
- 🟢 Sunglasses
- 🟢 Socks

Competition Names

The competition name provides an opportunity for the club to get creative by either naming the competition after a major club sponsor, or even honour a long serving player or committee member who has gone above and beyond for the club.

Giving your FAST4 Tennis competition a unique name can add to the feeling of the competition as well as give the competition some more meaning to the players and people around the club to ensure it is a success.

CASE STUDIES

FAST4 Tennis competitions have been run successfully at many clubs across Victoria. The case studies outlined below are examples of how clubs have included FAST4 Tennis as a part of their calendar of events and in doing so have built the profile of tennis in their local communities leading to increased participation.

Warrnambool Lawn Tennis Club

Target Market

Corporate - Corporate Cup

Competition Name

Ace Radio Corporate Morton Cup

Why did they choose FAST4 Tennis?

Saturday competition numbers decreasing and wanted a way to provide a program to engage sponsors in the club and get new players.

Team Sizes

4 players

Duration

4 weeks - twice a year

Description

The Morton Cup at the Warrnambool Lawn Tennis Club has been running using the FAST4 Tennis program since 2015. The club run the event as a way to get local business and club sponsors involved in the tennis club on the court as well as off it. Since starting the Morton Cup, players numbers have grown year on year. In 2017 90+ players participated in the competition.

The Morton Cup runs twice a year for 4 weeks, every Thursday in February and every Thursday in November. As well as filling all 26 courts with matches, the majority of the players stay after play for a BBQ and refreshments. The competition is made up of sponsors, new players, lapsed players coming back to the sport as well as some of the current Saturday senior and junior players getting in extra match practice while playing alongside their family and friends.

In order to get team entries and build the numbers, the organisers of the competition approached all sponsors personally and introduced them to the concept of the "Corporate Cup" asking if they would be interested in entering a team. This had a positive response with a majority of sponsors entering a team. As time went on, word spread and more local businesses entered teams which resulted in the club acquiring more sponsors as more businesses got involved through FAST4 Tennis.





Woodend Tennis Club

Target Market

Adult social players

Competition Name

FAST4 Social

Why did they choose FAST4 Tennis?

The club were looking to attract new and lapsed players to the club after undergoing a rebrand and relaunch of the club.

Team Sizes

4 player teams

Duration

8 weeks

Description

Woodend Tennis Club's FAST4 Tennis Competition takes fun and social to the next level. Dress ups, music, food, laughter and fun are only a few things that describe the competition.

Each team is allocated a "host week" where that team gets to pick the theme and supply the after-play food. Everything from Wimbledon week, where players were dressed in all white, ate strawberries and cream and drank Champagne, to players coming dressed as the opposite sex. Woodend did it all, and the only rule was the host team had to dress the part.

This exciting, social atmosphere resulted in teams coming from neighbouring towns to participate. Woodend secured up to 8 teams participating in their in-house competition which resulted in players needing to wait off as all their courts were full.

Woodend Tennis Club then started up an inter club competition with surrounding clubs. The Woodend FAST4 Tennis competition started with their President standing at the front gate inviting people to come in and have a hit and handing them a flyer promoting the competition well in advanced. Each week, he stood at the front gate and welcomed every player, every night, whether they were new, returning or current players. This made all players feel comfortable and welcomed creating an inviting environment for new players to start their tennis journey at the Woodend Tennis Club.

TENNIS VICTORIA SUPPORT

FAST4 Tennis Registration

For Tennis Victoria to support your FAST4 Tennis Competition, we need to know when you are running it. Venues can register their FAST4 Tennis Competition online at www.tennis.com.au/vic/players/competitions/fast4

Starter Pack

Tennis Victoria will provide venues who register their FAST4 Tennis Competition with a starter pack to help get your FAST4 Tennis Competition started.

The Starter Pack includes:

- 🎾 Player give-aways
- 🎾 Balls
- 🎾 Fence or net court signage
- 🎾 Club give-away

Venues will receive 1 starter pack when they register their FAST4 Tennis Competition.

Participation Leaders

Tennis Victoria's dedicated Participation Leaders are always available to support clubs to grow participation. Don't hesitate to contact your local Participation Leader to assist with your FAST4 Tennis Competition.

Visit www.tennis.com.au/vic/pl to find and contact your local Participation Leader.

Online National competition software

If your venue is wanting to use the National competition software, League Manager to run your FAST4 Tennis Competition, we can help you get started.

**They can be contacted by calling
1800 PLAY TENNIS or
email play@tennis.com.au**

APPENDICES

Appendix 1

FAST4 Tennis Rules

Appendix 2

Round Robin - Individual Play
Draw Template

Appendix 3

Round Robin - Pairs Draw Template

Appendix 4

Match Cards for 2 player teams -
2 rounds per night

Appendix 5

League Manager 4 teams
scoresheet





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THE 4 **FAST4** RULES



1. PLAY LETS

If the serve clips the tape and lands in the correct service box, there's no let, it's play on. What's more, if you're playing doubles either the receiver or their partner can take the return.



2. NO AD SCORING

As soon as a game gets to deuce it's a Power Point. The receiver chooses which side will take the serve. This applies to doubles too with the receiving pair deciding who returns the point.



3. SHORT TIEBREAK AT 3 GAMES ALL

At 3 games all, a short tie-break is played, first to 5 points. A deciding point determines the winner at 4 points all.



4. FIRST TO 4 GAMES WINS

First team to get to 4 games wins the set.



INDIVIDUAL DRAW TEMPLATE



FAST4 TENNIS

ROUND ROBIN DRAW | INDIVIDUALS

NAME	1	2	3	4	5	6	7	8	TOTALS
1									
2									
3									
4									
5									
6									
7									
8									

4 PLAYERS	5 PLAYERS	6 PLAYERS	8 PLAYERS
1 & 4 2 & 3	1 & 2 3 & 4	1 & 2 3 & 4 5 v 6	1 & 2 3 & 4 5 & 6 7 & 8
3 & 1 4 & 2	5 & 1 2 & 3	6 & 4 5 & 2 1 v 3	1 & 3 5 & 2 7 & 4 8 & 6
1 & 2 3 & 4	4 & 5 1 & 3	1 & 5 6 & 3 4 v 2	1 & 5 7 & 3 8 & 2 6 & 4
	5 & 2 4 & 1	2 & 3 4 & 5 1 v 6	1 & 7 8 & 5 6 & 3 4 & 2
	3 & 5 2 & 4	1 & 4 2 & 5 3 v 5	1 & 8 6 & 7 4 & 5 2 & 3
		6 & 4 3 & 1 5 v 7	1 & 6 4 & 8 2 & 7 3 & 5
		6 & 7 3 & 5 1 v 2	1 & 4 2 & 6 3 & 8 7 & 5

DOUBLES DRAW TEMPLATE



FAST4 TENNIS

ROUND ROBIN DRAW | DOUBLES PAIRS

NAME	1	2	3	4	5	6	7	8	9	10	TOTALS
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											

4 PAIRS	6 PAIRS	8 PAIRS	10 PAIRS
1 & 4 2 & 3	1 v 2 3 v 4 5 v 6	1 v 2 3 v 4 5 v 6 7 v 8	1 v 10 2 v 9 3 v 8 4 v 7 5 v 6
3 & 1 4 & 2	1 v 3 5 v 2 6 v 4	1 v 3 5 v 2 7 v 4 8 v 6	9 v 1 8 v 2 7 v 3 6 v 4 10 v 5
1 & 2 3 & 4	1 v 5 6 v 3 4 v 2	1 v 5 7 v 3 8 v 2 6 v 4	1 v 8 2 v 7 3 v 6 4 v 5 9 v 10
	1 v 6 4 v 5 2 v 3	1 v 7 8 v 5 6 v 3 4 v 2	7 v 1 6 v 2 5 v 3 10 v 4 9 v 8
	1 v 4 2 v 5 3 v 5	1 v 7 8 v 5 6 v 3 4 v 2	1 v 6 2 v 5 3 v 4 7 v 9 8 v 10
		1 v 8 6 v 7 4 v 5 2 v 3	
		1 v 6 4 v 8 2 v 7 3 v 5	
		1 v 4 2 v 6 3 v 8 7 v 5	

MATCH CARD TEMPLATE



TEAM NAME:					FAST⁴ TENNIS	
DATE:						
ORDER OF PLAY:	COURT NUMBER:	OPPONENT'S NAME:	YOUR SCORE (GAMES WON)		V	OPPONENT'S SCORE (GAMES WON)
1.					V	
2.					V	

4 PLAYER SCORECARD



Competition name
GRADE 1 / ROUND 1

COURT: _____

	HOME TEAM NAME		AWAY TEAM NAME
R1 1&2 1&2	&	S1	&
R2 3&4 3&4	&	S1	&
R3 1&3 1&3	&	S1	&
R4 2&4 2&4	&	S1	&
R5 1&4 1&4	&	S1	&
R6 2&3 2&3	&	S1	&
WINNER <input type="checkbox"/>	S _____	G	S _____ WINNER <input type="checkbox"/>

Signed By _____

Signed By _____

Comments