



# POP Tennis Quick Facts



- 🎾 **Ball ... green ball\***... green-dot tennis ball
- 🎾 **Court ... 60-foot court, throw-down, blended or taped lines**
- 🎾 **Racquet ... “Pop”/Padel Tennis racquet ... max length 18.5 inches**
- 🎾 **Net ... same as regular court ... does not need to be lowered**
- 🎾 **Rules ... same as tennis ... except one underhand serve**
- 🎾 **Scoring ... same as tennis**
- 🎾 **Surface ... all surfaces - hard, clay, modular, etc.**

**To request more info and demo kits go to [GrowTennis.com](http://GrowTennis.com)**

## What is POP Tennis?

POP Tennis is the rebranding of 100-year-old paddle tennis, now made “POPular” and played on shorter tennis courts with shorter racquets, lower compression (green dot) tennis balls, the same scoring and rules as tennis, except for one underhand serve. POP Tennis is a fun, social activity that adults can play and enjoy—immediately! Simply grab a racquet and a ball and start playing. (\*low compression green-dot or orange-dot tennis ball, depending on skill level.)

## Is POP Tennis easy to play?

YES! POP Tennis has a short learning curve—just pick up a racquet and have fun playing. POP Tennis IS tennis, played on a 60-foot court, using lower compression balls and a POP Tennis racquet that has no strings. Rallies are easy to sustain.

## How do you play POP Tennis?

The scoring is the same as tennis, except players serve underhand and get one serve. A green-dot or orange ball can be used, depending on skill level. Court size is 60 x 21 feet, which can be a standalone court or a full-size tennis court with blended lines, throw-down lines or tape set 9 feet in from either end of the baseline.

## POP Tennis Event Coming to your Club!

Date:

Time:

## Benefits of Playing POP Tennis ... It's FUN!!

POP Tennis is a great social activity—it can add years to your life and life to your years! Just like tennis, POP Tennis also provides great health and fitness benefits! All ages and abilities can play together. It's easy to cover the smaller court and POP Tennis can provide exciting net play and long rallies.

## Can I get a good workout playing POP Tennis?

Yes! POP Tennis has all the right ingredients for a great fitness workout: long rallies, and a speed of play that can be very quick relative to skill level.

## Why is POP Tennis so POPular?

POP Tennis can be played on existing tennis courts with the same scoring rules as tennis. Players can engage in a fun, social, healthy activity with friends and family. With a smaller court size, shorter length racquet and low compression balls, players quickly master the strokes and the sport.

