

What is Soccer Tennis?

Much like traditional tennis matches where teams of 1-2 players a side use rackets to hit the ball over a net to the opposing team, soccer tennis replaces the use of rackets for the players feet, head, chests, thighs, etc. to hit the ball over the net. Although the concept of each game is essentially the same, the rules differ. Soccer tennis typically allows each team to have the ball bounce on each side once, but also allows players to “pass” the ball to each other in the air before they return it to their opponents. The court is marked by out-of-bounds markers and if the ball hits the net AND goes over, it is still in play. Below is a more in depth look at rules and regulations. There will be three “levels” of play comprising different rules depending on what skill level of the player and at what intensity you would like to play at.

Disclaimer: For simplicity’s sake, rules will be based on hooking 2 Futouch nets together with 2 players on each team.

The court:

The court can be set-up on multiple surfaces including but not limited to grass, turf, concrete, and sand. Out-of-bounds can be marked using whatever is available to players at the time (i.e. shoes, bags, etc). Dimensions should be approximately 12 feet long and the width of 2 Futouch nets across.

The Net:

The Futouch net was designed to be lightweight, portable, and durable. If high winds are an issue, simply drop your soccer gear bag onto the stability paddles on the bottom part of the net to anchor it a bit.

Touches:

Level 1 (Beginner)

Unlimited touches per player per side are allowed at this level of play. The goal of this stage is not simply to score points but to keep to the ball in constant play while developing ball touch, coordination, forward thinking, and creativity. In addition to unlimited touches on the ball, the ball is allowed to bounce twice on each side of the court per possession.

Level 2 (Intermediate)

Touches on the ball are not limited to 3 per player (touch limit per side is unlimited as long as players continue to pass to each other using no more than 3 touches). At this stage players get lots of repetition and touches on the ball, which promotes better ball control as well as developing their “second nature” moves. Level 2 limits the ball to bounce once on each side of the court per possession.

Level 3 (Elite)

At this level players are skilled enough to play with only 1 touch. Touches on the ball per side can vary (1 touch per player per side OR 1 touch per player unlimited per side as

long as each player passes to their teammate using a single touch. Level 3 also inhibits bounces on each side of the court so match play must be done so in the air.

Duration of match:

Matches are played as best of 3 games to 15 points, the team does not have to win by 2 points. At certain tournaments, organizations may play a full match with only one game. In that case, the first team to reach 15 points is the winner.

Scoring:

Every play can result in a point scored by either one of the teams. Both teams can score a point at any time (the defending team can score even if they did not kick off to start play).

A point is awarded if:

1. Player uses more touches that allowed at their respective level.
2. Ball bounces more times than allowed at respective playing level.
3. Ball hits the net and does not go over to opponent's side.
4. Player touches the net.
5. Player faults on their serve more than twice.
6. Ball bounces out of bounds (pending that it has already bounced the correct number allowed at respective playing level). A ball may travel out of bounds in the air as long as it has bounced inside the playing field before hand.
7. A player uses his or her hands to play a ball.