

COIN TOSS

Determine which player or team is serving first and where players will start with a "toss". Many players spin a racquet for this, using the racquet butt, label or dampener for the "toss".


The winner can choose...	Then the opponent can choose...
To serve or receive first	The end of the court to start on
The end of the court to start on	To serve or receive first
To defer the choice	To serve or receive first, or the end of the court to start on

TIME RULES

How long do you get...

For warmup	5 min
Between points	25 secs
Between games	90 secs
Between sets and changeovers	2 min
For an injury timeout	3 min
Before you have to forfeit because you're late	15 min

The maximum time starts from the moment that one point finishes until the first service is struck for the next point.

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