



## APTA Tournament Director Handbook

### The Standardized Warm-Up for Platform Tennis

---

It's critical that the warm-up for platform tennis leagues and tournaments be limited to approximately 15 minutes. Often extended warm-ups delay matches and drive tournament play off-track. When we have a framework to work within, it gives plenty of time to adequately prepare for a match. This time is maximized when both teams cooperate to keep the ball in play.

**The standard warm up for tournament and match play is as follows:**

**2 balls**

**(One team) 2 players at net and (One team) 2 players on the baseline**

**2 minutes** baseline team hits groundstrokes down the line and net team volleys back straight ahead

*(focus on consistently getting the ball over the net at ¾ speed on groundstrokes and try to get the volley past the service line)*

**2 minutes** baseline team lobs down the line and net team hits overheads straight ahead

*(if asked, you may feed a double screen shot - it's dangerous for the net team - as they may back in to each other to attempt to get the ball to the side screen. At the baseline - back up to play the ball off the back screen.)*

**4 minutes** Baseline team comes to net and net team moves back to baseline. Repeat sequence.

**1 minute** Spin Racquet for serve: Typically home team will spin and the winner will choose one option: to either serve, receive, choose a side or defer the choice back to their opponent.

*(If the spin occurs before the serves are taken, players will have the option/opportunity to serve on the side they will be serving from in the match. This can be helpful if there are conditions such as sun, wind, shadows etc... that could affect the server.)*

**4 minutes** serves (2 minutes each side- deuce and ad courts) One player will serve and the other will catch the ball and serve it back.

*(Politely let your opponent know if you choose to return a few of their serves, but remember that you will hit fewer serves as a result in the time allowed)*

**Commence play. Total warm up less than 15 minutes.**



## APTA Tournament Director Handbook

### The Standardized Warm-Up for Platform Tennis

---

#### Some Helpful hints:

- Don't try and win the warm up...There's plenty of time to bring out your weapons during the match! Dazzle your opponent with your ability to control the ball.
- Use your time wisely- try and assess your opponent's strengths and weaknesses and use this information to form a game plan with your partner.
- When lobbing -try to utilize the screens as much as you can since they may differ from club to club.
- Assess the conditions- Agree on your serving rotation and options for the spin with your partner BEFORE you walk out on the court.
- Only hit a few returns from the side of the court you are playing...It's a waste of serving time to return from your partners side.
- Don't count on your opponents to warm you up. Make sure you jog, stationary bike or do anything to get your body temperature up before you walk on the court- particularly when it's freezing outside. This is a great way to help prevent injury.

This warm-up protocol will be adapted by the Chicago Platform Tennis League for all league matches commencing October 2008 and has been submitted to the American Platform Tennis Association Rules Committee for inclusion in the "Official Rules of Platform Tennis" in an effort to expedite organized match play.

Marina Ohlmuller, Former APTA Board Member & PPTA Professional