

como se cadastrar na brazino777

Tennis and volleyball combination

For the sport called "beach paddleball", see Matkot.

For other sports called "paddleball", see Paddleball (sport).

Beach tennis is , a game combining elements of tennis and volleyball

and played on a beach.

Overview [edit]

Beach tennis is played in , over 50 countries and by more than half a

million people, with its greatest popularity occurring in Italy, Brazil and

Spain.

Beach tennis offers a highly aerobic cardio workout with low impact to

the knees and joints because it is played , on sand.

The sport preserves most of the rules and scoring of traditional tennis

, though modifications have been made to adapt , to movement around the sand c

ourt and to the faster pace of the game.

As the ball may not touch the , ground, the game is played entirely w

ith volleys, which makes for a quicker game than does traditional tennis.

gt;

Points start with , a serve and end when the ball touches the ground,

forcing players to dive to reach difficult plays in a , similar manner used b

y volleyball players.

The objective is to return the ball with only one hit so that it reache

s , the opposing side of the net.

A depressurized tennis ball, which travels more slowly through the air

than does a regulation , tennis ball, is used for beach tennis to allow for lo

nger rallies.

The sport is usually played by two-person teams on , a regulation bea

ch-volleyball court with a 5-foot-7-inch-high net.[1]

Beach tennis rackets and ballsHistory [edit]

Beach tennis emerged in Italy in , the early 1970s when tennis player

s on vacation in Lido degli Estensi, in the Ferrara town of Comacchio, played us

ing , their rackets and the existing volleyball nets already installed on the

beach.

[2][3] The game was played for the first time , with its current set

of rules in Torredembarra, Spain in 1976.

The first championship was played in Torredembarra in 1978.

Since then , (with few interruptions), it takes place on the same bea

ch every year.

Over the years, the sport spread to the beaches , along the coast of

Italy, and it is estimated that there are now more than 1,600 beach-tennis nets

along the , Italian coast in addition to a growing number of inland and indoor

courts.