

WHAT YOU NEED

Tennis Racket

- Weight: Typically between 260–340 g for adult players. Lighter rackets (260–300 g) offer better maneuverability, while heavier rackets (300–340 g) provide more power and stability.
- Length: The standard racket length is about 68.6 cm.

Tennis Balls

- Weight: 56.7–58.5 g, meeting official standards.
- Size: Diameter of 6.54–6.86 cm.
- Types: Regular duty for clay/indoor courts, extra duty for hard courts.

Grip Tape

Grip Tape is applied to the racket handle for improved comfort and control. It is available in various thicknesses to suit individual preferences.

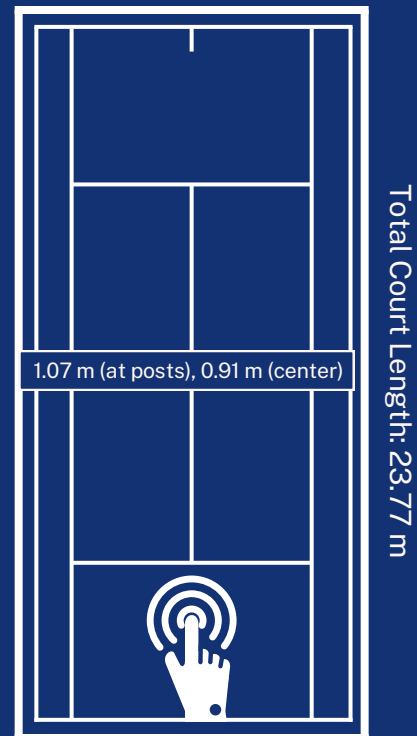
The Outfit

Tennis players wear breathable shirts with shorts, skirts, or dresses for comfort and mobility. Non-marking shoes provide grip on different court surfaces. Cultural or religious modifications are allowed if they don't interfere with play.

THE COURT

Court Width:

10.97 m (doubles), 8.23 m (singles)



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