



Starting a Match, Toss/Spin Rules

After a coin toss or racquet spin, the winning player or team chooses one of the following:

- Serve first
- Receive first or
- Choose a side.

If they choose to serve or receive first, then the opponent chooses a side.

If they choose to take a side, then the opponent gets to pick either to serve or receive.

If your opponent chooses to receive first, then you serve by default.

Remember, you still get the option of choosing what side you want to start the match.

Make sure to correct your opponent if they win the toss and try to say, 'I'll let you serve but I'm going to choose this side.' Or 'I'll receive on this side.'

If something like that is said they are making both choices and leaving you with none. That is clearly unfair and breaking the rules. Any easy way to remember **if the coin toss is done right is to know that both sides get an option to choose from.**