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This article will discuss various sports that start with the letter T.

The sports included are tennis, table tennis, track and field, and track cycling.

Each sport will have a brief description of its rules and origins.

Sports Beginning With T

Tennis, Table Tennis, Track, and Triathlon are all sports that

start with the letter "T".

All four of these sports are widely enjoyed by people all around the world.

Tennis

Tennis is a wonderful sport that can be enjoyed by people of all ages and

abilities.

It is a great way to get some exercise, fresh air, and sunshine, and it can also be very competitive.

Tennis is played on a court with a net stretched across the

middle, and two or more players use rackets to hit a small, hollow ball

back and forth.

The game can be played singles (one player per side) or doubles (two players per side).

The object of the game is to score points by hitting the ball into your

opponent's court so that they cannot return it.

If you are playing singles, there are two service boxes; if you are playing

doubles, there are four service boxes.

When serving, you must stand behind the baseline and throw the ball into

the air so that it bounces once before hitting the ground in your opponent's

service box.

Your opponent then hits the ball back to you, and the rally

continues until one player makes a mistake or hits the ball out of bounds.

The first player to score four points wins the game.

Tennis can be a very challenging sport, but it is also great fun.

So grab a racket and some balls and head out to your nearest

tennis court today!

If you're looking for a fun and challenging way to stay

active, table tennis is the perfect game for you.

Also known as ping-pong, table tennis is a sport that can be

enjoyed by people of all ages and skill levels.

Whether you're playing casually with family or friends, or competing in

tournaments, table tennis is a great way to get your heart pumping

and have some fun.