

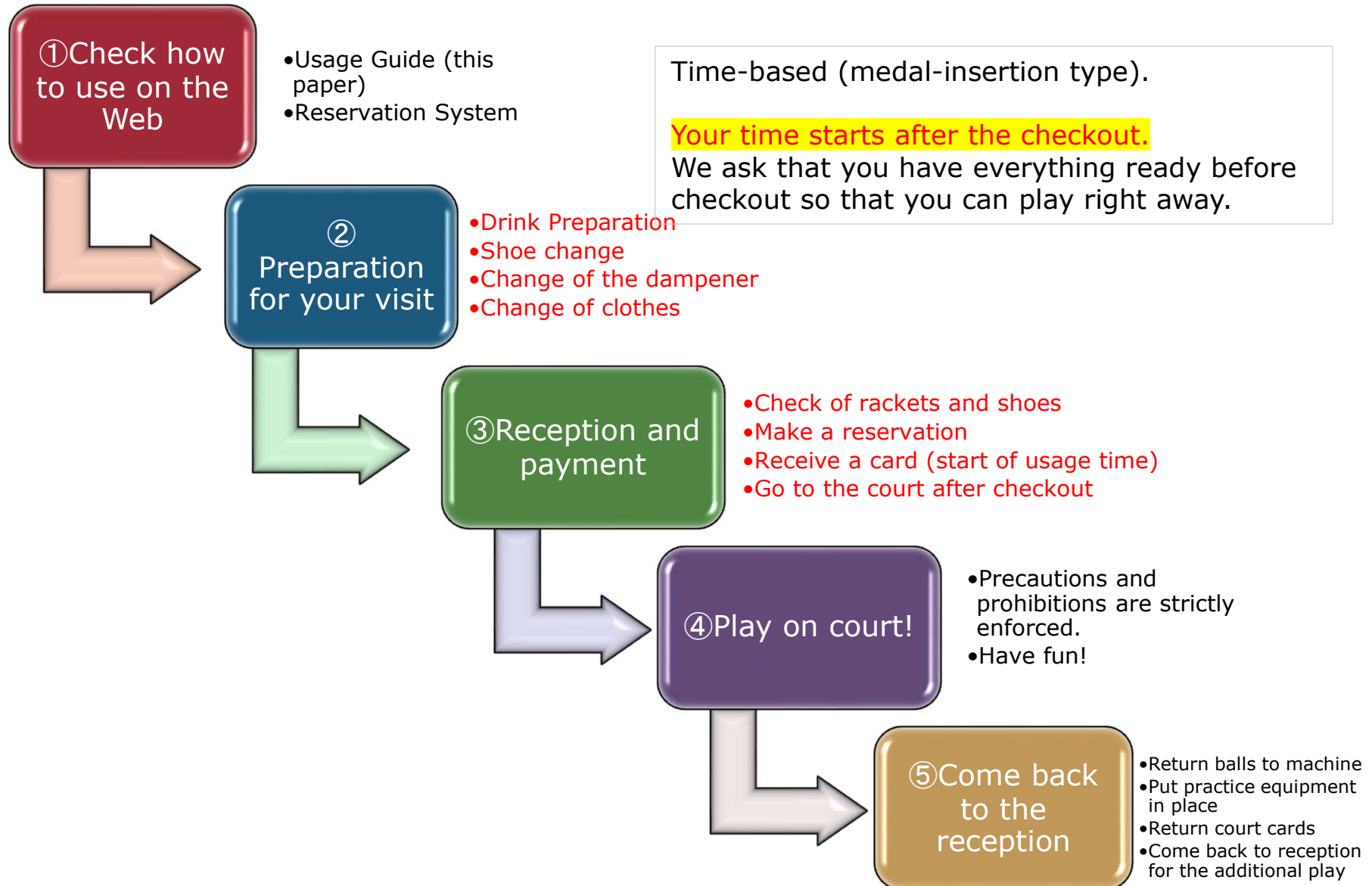
How to use Nova Autotennis



Nova Autotennis

【Flow of use】

We operate with a few number of staffs. We are committed to ensuring the smooth operation of the facility by ensuring that our guests follow the rules. Please observe the following rules.



【We operate with priority given to reservations 】

We have introduced a web-based reservation system.

You can make a reservation from the "Make a Reservation" page on our website.

Please make reservations from your computer, smartphone, or tablet.

Please check our website for details.

A screenshot of a web-based reservation system interface. The title is "ご予約内容の選択" (Select Reservation Content). It has three main sections: 1. "メニューを選択してください" (Select Menu) with a dropdown menu showing "30分枠 (メダル2〜5個)" and a red "予約" (Reserve) button. Below this are details: "※現在予約できる期間: 2021/01/06(水) ~ 2021/01/09(土)", "※受付時間: 2020/05/22(金)から", "※受付場所: 当日の受付窓口まで", and "※受付開始: 30分前15時から". 2. "コートを選択してください" (Select Court) with a dropdown menu showing "すべてのコート". 3. "予約日時を選択してください" (Select Reservation Date and Time) with a date range "2021/01/06(水) ~ 01/12(火)" and a calendar grid. The calendar shows days 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12. The 1st is highlighted in blue. Below the calendar are checkboxes for "予約できます" (Can reserve) and "予約できません" (Cannot reserve).

	1月6日	1月7日	1月8日	1月9日	1月10日	1月11日	1月12日
予約できます	○	○	○	○	○	○	○
予約できません	○	○	○	○	○	○	○

It is also possible to play without a reservation.

The maximum number of consecutive games you can play at one time is 3 medals.

You can use the courts as many times as you like as long as there are courts available.

Please note that you may have to wait in line during busy times.

During busy times, you will be given a number card.

If you scan the QR code and register your e-mail address, you will receive an e-mail notification when it is your turn to play.

【Things to bring】

Required



- **Athletic shoes** (with clean and undamaged soles) *Rental shoes are available.

-We do not insist on tennis shoes, but we do not allow the use of tennis shoes with spikes or other shoes that may damage the court. We may check the shoes before use. Older racquets with a battered grip or shoes with damaged soles may not be used at the discretion of the staff.
Please understand that these items may cause severe damage to the courts.

-Heart to stay positive even if things don't go well!

In principle, we need

Hardball tennis rackets(as a general rule, no dampener less than 5 cm in length) *Rental is available.

If necessary

- Change of clothes (changing rooms are available)
- Towel
- Insect repellent and insect bites (especially in summer)
- Drinks (vending machines available)



【Rental rackets】

¥300/a racket (tax including)

【Rental shoes】

¥400/a pair (tax including)



In principle, we ask you to bring your own. This is a service for those who do not have it or cannot bring it due to circumstances.

It was finally restored in January 2020. Shoes started in April 2022.

Usage System and Prices

Your usage time is determined by the number of coins you have purchased.

Weekdays ¥470/game (tax included)

Weekends+national holidays ¥530 /game (tax included)

Usage time of the court: **8min/game**
(autotennis 5min with 75balls+additional time 3min)

*If you have not used up all of your coins by the time you return, any remaining medals will not be carried over and will be collected. If you are not feeling well, please let our staff know as soon as possible.

You can use the additional time when the machines are not running to swing, take a break, serve with balls you missed on the court, teach, check your videos etc.

recommended

coupon tickets (for 20coins)	¥8,400 (tax included)	expiration/6 months
coupon tickets (for 100coins)	¥39,000 (tax included)	expiration/1 year
coupon tickets (for 200coins)	¥70,500 (tax included)	expiration/1 year

Regarding to the time usage

The end time depends on the number of coins you have purchased.

You will be given a court card with your return time at the reception desk.

You are responsible for keeping track of the time.

Please use the clocks and timers installed in the courts to keep track of your time.

E.g. in case of 3 coins

8min/game (autotennis 5min+additional time 3min)

$8\text{min} \times 3\text{coins} = 24\text{min}$ in the court

In total, autotennis 15min, additional time 8min

Please return to the reception desk by the time written on the card

*If you have not used up all of your coins by the time you return, any remaining coins will not be carried over and will be collected.

If you are not feeling well, please let our staff know as soon as possible.

【How to enjoy autotennis more】

8 things you can do in your additional time



① Practice swing



【Rental for free】
Ace trainer
power stroke
power swing

② Tennis guide



【Rental for free】

③ Serving

with the balls
missed on the
ground

【Rental for free】
Serving guide
Ace trainer

④ Feeding



with the balls
missed on the
ground

⑤ Advice time



parents→children
experienced
→beginner
Staff
Yoshinori→customers
(Costing fee)
etc.

⑥ Checking videos



【Rental for free】
-tripod
-phone holder

⑦ Footwork training



【Rental for free】
-a ladder
-corns

⑧ Balance ball



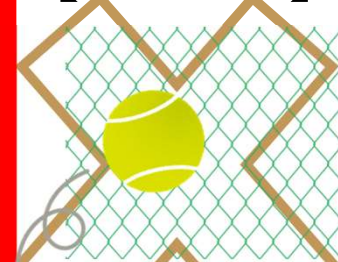
【Rental for free】

【Prohibited】

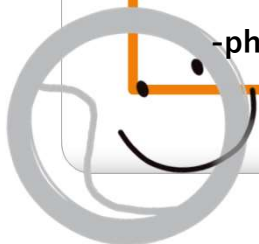


A Rally

【Prohibited】



Practice
with the net



【Regulations】

We operate with a few number of staffs. Please follow the rules to ensure smooth operation.

For safety reasons, no more than two players are allowed on the court. Please be careful to avoid injury.

More than two people can take turns during the game.

***We do not recommend the use of the court by two small children at the same time, as it is dangerous. Please proceed at the discretion of the parents.**

If you have used up all of your coins and wish to add more, **you will have to wait in line again if there are other customers waiting.** Please return to the House and inform the staff that you want to play more.

Even if there is still time left on your court ticket, you will not be able to add more coins and will have to wait in line again.

You would have to wait in line, in particular often in a busy time. (You will be given a number card then)

Coins cannot be taken home or carried over to the next session.

If coins are left over after the usage time has been completed, the coins will be collected at the reception desk.

*If you need to interrupt your game in the middle of the usage time, please let our staff know as soon as possible. We will exchange the coin for the unused time for a voucher with expiration date.

Other services

■Serving practice **Weekdays only**

10m/time Unlimited balls

Solo practice ¥470 (tax included)

Practice for two people ¥700 (tax included)

※Ticket coupons are also available

※This might not be available in the congestion to prioritize autotennis

■Restrung of rackets

Please check out the other website "Restrung Shop Nova"([ガット張り替え店ノヴァ](#)) for more detail

■Rental of tripods

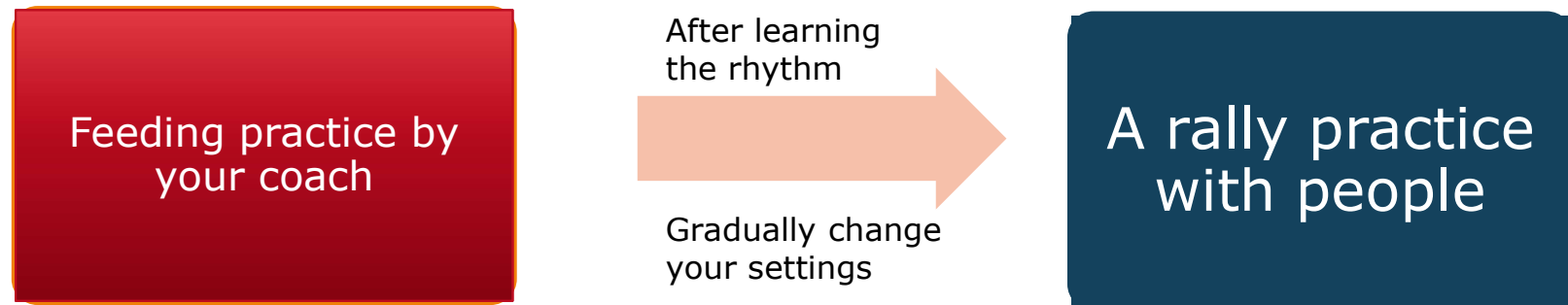
- ・ Monthly unlimited use ¥500(tax included)

■Trial of rackets for sale

- ・ Only once per person **¥500(tax included)** (up to five rackets)

The arts of machine settings

【The image leading to your improvement 】



The balls are launched from a close distance because the court is only half the size.
Therefore, you have very less time to hit the balls than on the actual court.

Please keep in mind that you tend to get upset and have a different form from the usual: using the power from just your arm, not from your entire body.

Please try to adjust your settings like feedings from your coach.

We recommend to set balls slow at first and check if you are playing with your entire body.

At the beginning we want you to get used to the rhythm of the machine (once for 4min).
You might want to speed up later gradually.

The recommended setting on the next page ➡

The recommended setting

You can't stop during the game

(*You can still change the setting)

Spin

Flat is recommended for the first play

Speed

2~3 is appropriate for the first play

Up and down buttons on the machine

Don't touch it first. You can change the angle of the tube from which the ball comes out.

Please put only one coin at a time

※It might not work properly with over two coins at a time

Left and right buttons on the machine.

First, OFF is recommended (fixed at the center of the court)
Turn ON to swing and OFF to fix

The recommended setting:

Speed 「2~3」, Spin 「Flat」, Horizontal 「Off」

2013/08/

As of April 2016, it can be pointed even higher than before (^o^).

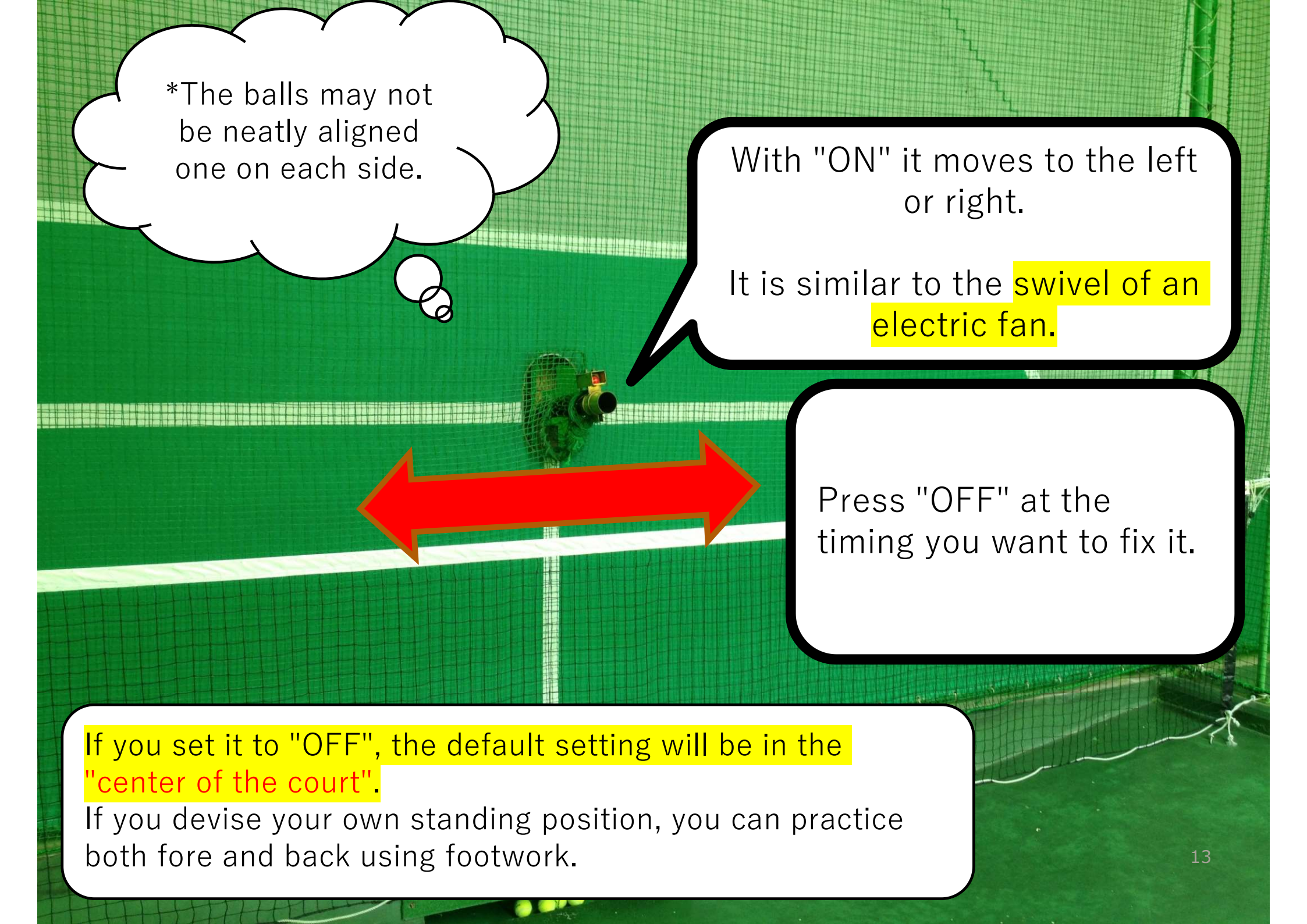
The default setting is "**slightly upward**".

The angle is designed to produce a mountainous ball suitable for speeds 2 to 3.

It goes up and down

Set to "up" for loose balls out of the machine.
Set to "down" for fast balls.

If you raise it up quite a bit.
You can also practice **high volley and smash.**



*The balls may not be neatly aligned one on each side.

With "ON" it moves to the left or right.

It is similar to the swivel of an electric fan.

Press "OFF" at the timing you want to fix it.

If you set it to "OFF", the default setting will be in the "center of the court".

If you devise your own standing position, you can practice both fore and back using footwork.

Cautions

- Our main policy is that all customers should feel comfortable using our machines, while being considerate to other customers.
- The number of balls in the machine is about 30. It is recommended that no more than 15 balls be left on the court.
- Stepping on the ball is dangerous and may cause injury. Please roll the ball forward around your feet and back to the machine.
- When two players are on the court, please be very careful not to injure others. (Especially children)
- When playing autotennis, please put the practice equipment back in place before playing. It is dangerous if you bump into the equipment or your feet get caught on it. If you feel that the equipment is dangerous, please take it out of the court and into the aisle.
- When playing tennis for the first time in over a year, please do not overwork and take care of your body conditions. You may experience soreness after playing.
- Take care of yourself by stretching before and after playing. (This is the key to enjoying tennis for a long time!)

Cautions

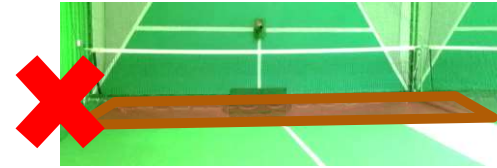
- Take breaks to hydrate and take care of your health.
- Even if you don't play the way you imagined, don't be discouraged by finding even one good point about your playing.
- We cannot guarantee the theft or loss of your belongings or injuries.
- Although we try our best to ensure your safety, we cannot be held responsible for any unforeseen circumstances, except for first aid.
- When you have finished playing, please return the ball to the machine and return the equipment to its designated place.
- For customers with two or more players, if you wish to use more than one court, please notify the receptionist of the number of courts you wish to use. If you wish to increase or decrease the number of courts during your visit, please inform the receptionist each time. Please also let us know how many coins you would like to use for each court.
- Please also read the other notices posted in the facility.
- One coin is a guarantee of playing time, and the number of balls will vary depending on your usage and the condition of the machine. For example, if you put the ball out of the court excessively, the ball may not come out and the number of balls will be reduced.

Regarding the use of dampeners

- Since 2018, we have restricted the use of so-called "dampeners" attached to the rackets.
- The use of these devices has been a problem for our operations due to frequent overhaul repairs caused by small dampeners falling off and getting mixed in with the machine and preventing the ball from being released.
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- **【New rule】** From October 2022
- In principle, the use of a dampener less than 5 cm in length is prohibited.
- However, if the dampener has a hole in it and is tied with fishing line to prevent it from coming off, it may be used on a limited basis even if it is less than 5 cm in length.
- The staff will decide whether they can be used or not.
- **【Our response】**
We will tie it with fishing line free of charge. We will sell you a corresponding dampener of less than 5 cm which has a hole to tie it up .

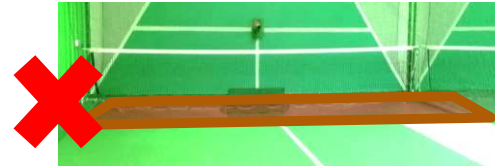


Prohibitions ❌



- To use the Nova Auto Tennis without reading the latest "Guide to Using Nova Auto Tennis".
- **Entering the sloping area in front of the court. (It is slippery and dangerous)**
- To use a vibration stop of less than 5cm (partially available under certain conditions). (Some machines can be used under some conditions.) Entering the machine will cause it to malfunction. (Long vibration shocks can be rented free of charge at the reception desk.) Please notify the staff when you run out of anti-vibration stops.
- Changing the courts or increasing or decreasing the number of courts without notifying the staff (please notify at the reception desk). (Please notify the staff at the reception desk.)
- Use of coins brought into the tournament without a prior notice (please notify us at the reception)
- Leaning on the ceiling, left, right, or back nets, or hitting the ball or racket against them.
- Rally (exchanging balls with other players).
- Staying on the court side for more than the allotted time.
- Reflecting other people when taking video or still pictures. Setting up the camera at an angle that may cause concern if another person is in the picture.
- Playing autotennis or leaving the court without returning practice equipment to its designated position. (For the prevention of injury and smooth operation)
- Using practice equipment other than one's own racket without permission. (To determine the impact on the facility, such as machine breakdowns)
- Using rackets with battered grips or bumper grommets, or shoes with soles that look like they are about to come off. (as they will contaminate the court)
- Continuously looking at others or using loud voices, sounds, strong lights, smells, etc. that make it difficult for other customers to concentrate.

Prohibitions ❌



- Please use the courts in a manner that does not cause any other inconvenience to other customers around you.
- Staying in the aisle of the court where others are playing (we appreciate your consideration of our customers' desire not to be seen).
- Drinking alcohol or smoking. (We ask that you do not come to the courts after consuming alcohol or any other alcoholic beverages.
- Entering the court wearing footwear other than athletic shoes.
- Walking away from the court with the speed of the machine set to 5 or more (for safety reasons, please set the speed to 2 or 3). (For safety reasons, we would appreciate it if you set the speed to 2 or 3)
- Leaving the facility in the same condition as you found it if you have made it dirty or damaged (please notify the staff). (Please report to the staff).
- Occupying the changing rooms for a long period of time (maximum 7 minutes).
- Staying too long after the end of play when the chairs in the house are too crowded (please give priority to those who are waiting). (Priority is given to those who are waiting for the next round.)
- Putting sand from omni courts or sand and mud from clay courts into the facility.
- Using the courts for any purpose other than tennis.
- Intentionally adjusting machine settings that players do not like. (This can lead to injury and prevent the enjoyment of tennis.)
- Breaking or taking any equipment from the facility.
- Bringing animals into the facility without permission from staff. (Please ask the staff for permission.)
- (Please ask a staff member for permission.) Do anything else that will disturb other guests or interfere with the facilities, staff, or operation of the facility.
- If any of the above applies, you may be asked to leave the premises at the discretion of the staff. There is also a possibility of claiming compensation for damages. This is to protect the safety of other guests and a comfortable tennis environment. Thank you for your understanding.

【Regarding the balls】

We have no choice but to **use the non-pressure** ball "SRIXON LP" that is designed for durability.

It is said to be fast off the ball, bounces well, and **has a hard, heavy hit feel.**

Since the ball **puts more stress on the body than a normally used ball**, we recommend that first-time customers, in particular, start with a swing of about 50% to check the hardness of the ball without taking a full swing.

After playing, please take care of your wrists, elbows, and shoulders by massaging them afterwards, just in case.

Please be especially careful with children of elementary school age and younger, especially if they use a junior ball on a daily basis.



【 How to use the serving plan】

One of the five auto tennis courts will be used for serving practice on workdays.

Since auto tennis has priority, serving practice may be suspended when the auto tennis courts are crowded or at the discretion of the staff.

As a general rule, you can only purchase one serving at a time at the reception desk.

If you wish to serve more than once, please come back after the first practice session.

Reception cannot be held at the same time as auto tennis.

During busy times, there may be a wait time for the auto tennis after serving vice versa.

Thank you for your understanding and cooperation.

【 Update History 】

- 201910 Totally changed due to renovations. Rates, hours of use, how to use, etc.
- 202012 Added simple course. Added and revised incidental content. Rental rackets started.
- 202101 Added some rules to prevent the spread of coronavirus infection, and revised other content.
- 202101 Discontinued the Simple Course.
- 202202 Changed the price of the frequency ticket. Addition of shoe rental.
- 202211 Revised fees. Relaxed the vibration stop rule.
- 202311 Relaxed corona rule.

Thank you for reading to the
end😊

Let's improve, refresh, and
get healthy at Auto tennis!