Tennis Racquet Grip Tape Replacement

How to remove an old tennis racquet grip and replace it with a new one. Also teaches how to apply an overgrip on top of a preexisting grip.

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INTRODUCTION

For this repair you will be removing your old grip and replacing it with a new Replacement Grip that you purchased from a sports store. This guide will also explain how to apply an Overgrip that you may have purchased for a variety of reasons: disliking the texture of the replacement grip, feeling you want a thicker grip, or simply wish to protect the more expensive Replacement Grip.

TOOLS:
- Staple Remover (1)
- Utility Scissors (1)
- Pencil (1)
Step 1 — Tennis Racket Grip Tape

- Pull the rubber collar towards the tennis racquet head off the handle.

Step 2

- Unwrap the tape on the tennis racquet handle top.
Step 3

- Remove the old grip.

ℹ️ Some older tennis racquets may have a few staples holding the grip to the buttcap. Use the staple remover to take them out.

Step 4

- Peel off 6 inches of the paper backing covering the adhesive from the replacement grip.
Step 5

Face the racquet so the buttcap is towards you.

- If you are left-handed, wrap the tape towards the right. This method is what is used in the photos.

- If you are right-handed, wrap the tape towards the left

- Wrap the grip flush with the buttcap base.
Step 6

- Wrap the handle at a steady incline, peeling off the backing 6 inches at a time.

⚠️ Stop wrapping just before you finish wrapping the handle.

ℹ️ The handle is the off color or unpainted portion below the tennis racquet head.
Step 7

- Wrap the handle top **with** the backing on.
- Mark a horizontal line parallel to the buttcap around the grip.

Step 8

- Cut along the marked line using either scissors or a knife.

> Cutting with scissors is significantly easier, however if you do not have scissors that can cut the grip, a knife will work.
Step 9

- Remove the backing and finish wrapping the replacement grip.

Step 10

- Wrap the tape that comes with the grip around the handle halfway on the racquet and halfway on the grip.
Step 11

- Complete your fix by pulling the rubber collar back to its original location.

ℹ️ If you do not wish to add an overgrip, skip step 12.

Step 12

- Pull the collar up off the handle.

- Repeat steps 4 - 11 to apply the overgrip.
Congratulations, your racquet grip is now fixed and you can go out and continue playing!