

Self Rating Guide

The National Tennis Rating Program (NTRP) is the official system for determining the levels of competition for the USTA League Program.

Purpose

The primary goal of the program is to help all tennis players enjoy the game by providing a method of classifying skill levels for more compatible matches, group lessons, league play, tournaments and other programs.

Guidelines

The rating categories are generalizations about skill levels. You may find that you actually play above or below the category which best describes your skill level, depending on your competitive ability. The category you chose is not meant to be permanent, but may be adjusted as your skills change or as your match play demonstrates the need for reclassification. Ultimately your rating is based upon match results.

Players must rate themselves in accordance with NTRP. When players are rating themselves and they question at which level they should play. They should place themselves in the higher level of play.

To Place Yourself

A. Begin with 1.5. Read all the categories carefully and then decide which one best describes your present ability level. Be certain that you qualify on all points of all preceding levels as well as those in the level you chose.

B. When rating yourself assume you are playing against a player of the same gender and the same ability.

General Characteristics of Various Playing Levels

1.5

You have limited experience and are working primarily on getting the ball in play.

2.0

You lack court experience and your strokes need developing. You are familiar with the basic positions for singles and doubles play.

2.5

You are learning to judge where the ball is going, although your court coverage is limited. You can sustain a short rally of slow pace with other players of the same ability.

General Characteristics of Various Playing Levels (cont'd)

3.0

You are fairly consistent when hitting medium-paced shots, but are not comfortable with all strokes and lack execution when trying for directional control, depth, or power. Your most common doubles formation is one-up, one-back.

3.5

You have achieved improved stroke dependability with directional control on moderate shots, but need to develop depth and variety. You exhibit more aggressive net play, have improved court coverage and are developing teamwork in doubles.

4.0

You have dependable strokes, including directional control and depth on both forehand and backhand sides on moderate-paced shots. You can use lobs, overheads, approach shots and volleys with some success and occasionally force errors when serving. Rallies may be lost due to impatience. Teamwork in doubles is evident.

4.5

You have developed your use of power and spin and can handle pace. You have sound footwork, can control depth of shots, and attempt to vary game plan according to your opponents. You can hit first serves with power and accuracy and place the second serve. You tend to over hit on difficult shots. Aggressive net play is common in doubles.

5.0

You have good shot anticipation and frequently have an outstanding shot or attribute around which a game may be structured. You can regularly hit winners or force errors off of short balls and can put away volleys. You can successfully execute lobs, drop shots, half volleys, overhead smashes, and have good depth and spin on most second serves.

5.5

You have mastered power and/or consistency as a major weapon. You can vary strategies and styles of play in a competitive situation and hit dependable shots in a stress situation.

6.0 to 7.0

You have had intensive training for national tournament competition at the junior and collegiate levels and have obtained a sectional and/or national ranking.

7.0

You are a world-class player.