

## ITF GUIDELINES AND RECOMMENDATIONS AROUND 12 AND 10 AND UNDER COMPETITIONS/ ACCELERATED PERFORMANCE PATHWAY

Stage / Age	Ball	Ball size / Racket / Court Dimensions	Scoring Options	Stage Description	Competitive structure (preferably during weekends or school holidays)	Competitive load
Stage 3 RED 5-8 years	 75% slower than a Yellow ball* (Foam or Felt)	<b>Foam ball</b> 8.00-9.00 cm <b>Red ball</b> 7.00-8.00 cm <b>Racket</b> 17-23" (43-58cm)** <b>Court</b> 36-42ft (10.97-12.8m) x 14-20ft (4.27-6.1m) <b>Net Height</b> (at the centre): 31.5-33" (0.8-0.838m)	1x Tiebreak to 7 or 10  Best of 3 Tiebreaks to 7  1x Short Set to 4  Timed matches	Slower balls, smaller courts and shorter rackets. Players are able to play the game from their first lesson. Players start to play in tennis festival events that use fun, team-based multi match events. Development of good technique and use of basic tactics.	No international or national competition No use of rankings  Regional and local level: Round Robin Events without winner (round robin formats)  Doubles for developmental purposes. It helps develop the social and teamwork side of the game	Maximum number of 36 competition days. Between 4 and 10 matches in one competition day  Matches no longer than 20 minutes  More short matches better than fewer longer matches. Short singles matches are better for concentration and learning effect.  Rest period in between matches approximately the same as the duration of the match.
Stage 2 ORANGE 8-10 years	 50% slower than a Yellow ball*	<b>Orange ball</b> 6.00-6.86 cm <b>Racket</b> 23-25" (58-63cm)** <b>Court</b> 58-60ft (17.68-18.29m) x 20-27ft (6.1-8.23m) <b>Net Height</b> (at the centre): 31.5-36" (0.8-0.914m)	Best of 3 Tiebreaks to 7  1x Short Set to 4  2x Short Sets + Tie-break  Timed matches	Players move to a larger court, relevant to their size. Ball is slightly faster than at Red, but continues to provide an optimal striking zone. Players have the ability to implement more advanced tactics as appropriate. Matches are longer than at Red, and children play both 'team' and 'individual' multi match events.	No international competition or national championships No National rankings  Regional level: Round Robin to Elimination or Compass Draw Scoring format: Best of 3 tie breaks , 1 set matches or 2 short sets + match tie break  Local level: Round Robin or Compass Draw Scoring format: timed matches or short set  Mixture of individual and team competition.	Maximum number of 70 competition days. Between 1 and 5 matches in one competition day (5 matches only possible with short scoring formats)  Matches no longer than 50 minutes when 3 matches per day Matches no longer than 30 minutes when 5 matches per day  Maximum of 80 matches when scoring format is 2 short sets + tie break Maximum of 180 matches when timed matches Try to achieve 25% of matches being doubles matches  Formats with several short matches preferable to formats where players play one longer match per day  Rest period in between matches approximately the same as the duration of the match but definitely a minimum of 30 minutes
Stage 1 GREEN 9-10 years	 25% slower than a Yellow ball*	<b>Green ball</b> 6.30-6.86 cm <b>Racket</b> 25-26" (63-66cm)** <b>Full Size Court</b> 78ft (23.77) x 27ft (8.23m) <b>Standard Net Height</b> (at the centre): 36" (0.914m)	1x Short set to 4  2x Short Sets + Match Tie-break  2x Sets + Match Tie-break  Timed matches	The ball is faster than at Orange. Ball still slower and lower bouncing than the yellow ball. Experienced players are able to continue to develop good technique and to implement advanced tactics. Matches are slightly longer than at Orange, with both 'team' and 'individual' multi match competition played.	No international competition or individual national championships No National rankings  National Team championships  National level: Elimination with placement or Round Robin to Elimination Scoring format: 2 short sets + match tie break or 2 sets +match tie break  Regional level: Round Robin to Elimination or Compass Draw Scoring format: 2 short sets + match tie break or one short set  local level: Round Robin or Compass Draw Mixture of individual and team competition.	Maximum number of 90 competition days. Between 1 and 5 matches in one competition day (5 matches only possible with short scoring formats)  Maximum of 100 matches when scoring format is 2x Short Sets + Match Tie-break Maximum of 80 matches when scoring format is 2x Sets + Match Tie-break  Matches no longer than 75 minutes when 3 matches per day Matches no longer than 45 minutes when 5 matches per day  Try to achieve 25% of matches being doubles matches  Rest period in between matches approximately the same as the duration of the match but definitely a minimum of 45 minutes.
U12	 Yellow ball	<b>Standard ball</b> 6.30-6.86 cm <b>Racket</b> 25-27" (63-68.5cm)** <b>Full Size Court</b> 78ft (23.77) x 27ft (8.23m) <b>Standard Net Height</b> (at the centre): 36" (0.914m)	Standard scoring system : best of 3 sets  Not excluding the options:  1x Short set to 4  Best of 3 Short Sets to 4  2 sets with 3rd Set as match Tiebreak to 10  Timed matches	<b>Yellow Ball</b> Ball bounces higher and retains speed Advanced players are able to play an all court game implementing various tactics Full matches with full 3 <sup>rd</sup> set allowed	International competition: Elimination with Placement matches or Compass Draw Scoring format: Best of 3 tie break sets or 2 sets with tie break instead of 3 <sup>rd</sup> set  National level: Elimination with Placement or Compass Draw Scoring format: Best of 3 tie break sets or 2 short sets + match tie break or 2 sets with tire break instead of 3 <sup>rd</sup> set  Regional level: Elimination with Placement or Round Robin to Elimination or Compass Draw Scoring format: Best of 3 tie breaks or 2 short sets + match tie break or 1 short set  local level: Round Robin or Compass Draw Scoring format: Best of 3 tie breaks or 1 short set  Mixture of individual and team competition.	Maximum number of 100 competition days. Between 1 and 3 matches in one competition day (with standard scoring system a maximum of 2 singles matches per day + 1 doubles match)  Maximum of 100 matches when standard scoring format is used. (singles and doubles together)  Try to achieve 25% of matches being doubles matches.  Rest period in between matches approximately the same as the duration of the match but definitely a minimum of 60 minutes

