

Quick Start Tennis

(Age Ten and under Tennis)

A new way to play tennis for Kids 10 and under.

Revolutionary Rule Change:

The United States Tennis Association (USTA) has passed new rules for 10 and under tennis tournaments. The new rule requires 10 and under tennis tournaments to be played on smaller courts using lighter racquets and slower moving, lower bouncing balls.

Quick start tennis is an exciting new way for kids to have an enjoyable tennis experience almost immediately and at an early age. Youth sports such as little league baseball, soccer and basketball have been doing this for years. The tennis equipment, court sizes and scoring has been adapted to the age and size of the kids. They have been designed for kids to enjoy the sport right from the start. Scaling down the game to the size of the kids makes the learning process faster, easier and a lot more fun. The shorter, narrower courts give the kids the ability to cover the entire court. Racquets are downsized and the balls are designed to bounce at the child's playing ability. The scoring has also been simplified. This all results in longer rallies allowing the kids to experience the great game of tennis. The more fun they have the more likely they will be back to play again.

The Quick Start Court (Ten and Under Tennis) can be incorporated into the existing courts with very little work or expertise. They can also be set up to stand alone. On an existing court, multiple quick start courts can be set up without interfering with adult play. The lines are a shadow or an off color from the existing court (white cannot be used). The lines are 1 ½" instead of the standard 2" lines. The lines must stop within 3" of the white lines and they must not run up to or over the white lines.

In one standard tennis court, there are various combinations of quick start courts that can be done: there can be one under ten and two under eight, or two under ten or four or six under eight. New England Sealcoating Co., Inc. can help you layout your court or courts. They right size courts will be kids enjoy the game right from the start.

Serve Rally and Score

The chart below outlines what serve, rally and score for each age group would look like.

	Serve	Rally	Score
5-6 Year Olds (Kindergarten & 1 st Grade)	Parent/coach toss or drop hit with red ball	Passing, rolling or tossing red ball, bean bag, koosh ball	Counting consecutive rallies
7-8 Year Olds (2 nd & 3 rd Grades)	Self serve underhand serve, drop hit with red ball	Hitting red ball over net	First to seven
9-10 Year Olds (4 th & 5 th Grades)	Overhand serve with orange ball	Hitting orange ball over net	2 out of 3 4-game sets 3 rd set = tie break
11 Year Old & Up (6 th Grade and up)	Overhand serve with yellow ball	Hitting yellow ball over net	2 out of 3 sets

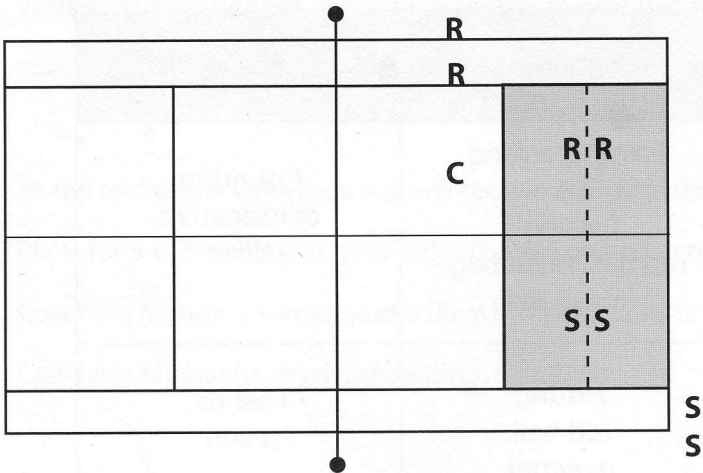
Team Doubles (One coach, 6-8 players)

KEY

S: Serving Team

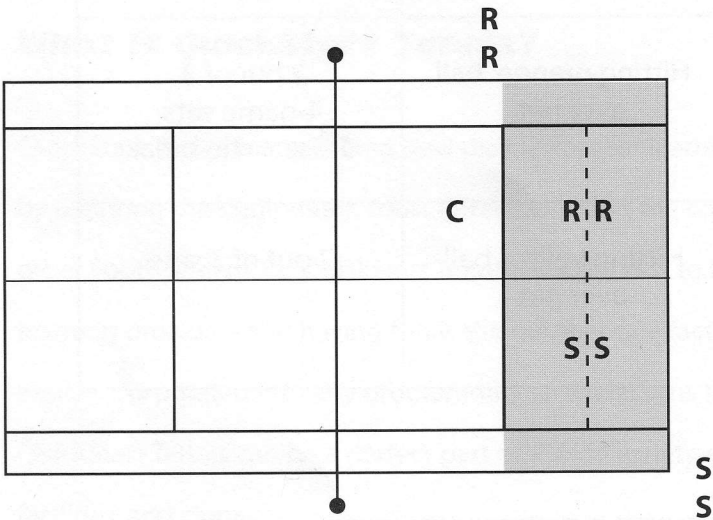
R: Returning Team

C: Coach



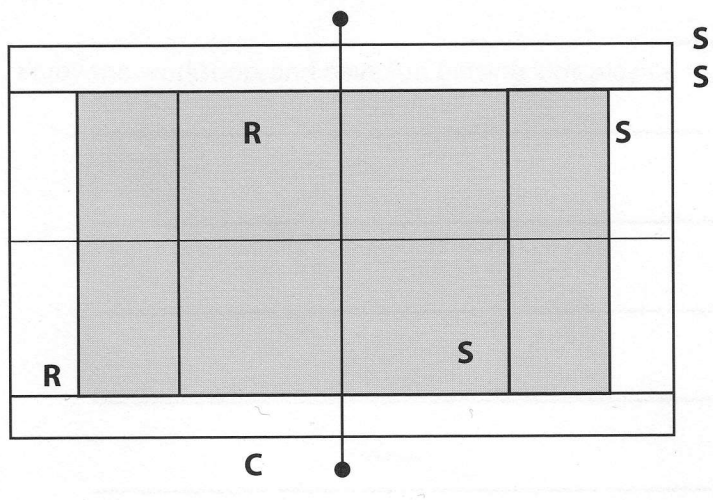
5-6 year olds

- Red ball
- Serve – coach toss
- Scoring – 2 points and rotate



7-8 year olds

- Red ball
- Self serve – underhand, drop hit, or coach toss
- Scoring – 2 points and rotate, first team to 7 points



9-10 year olds

- Orange ball
- Serve – overhand
- Scoring – 2 points and rotate, first team to 7 points

QuickStart Tennis Format Six Specifications

The format includes six specifications that puts children together in physical, emotional and social age groupings that are developmentally appropriate. The specifications include - age, court size, racquet length, ball, net height and scoring. All of the specs should be used together for optimal success.

1. Age:

- 8 & under
- 10 & under

2. Court size:

- 36' x 18' - 8 & under singles and doubles
- 60' x 21' - 10 & under singles
- 60' x 27' - 10 & under doubles

3. Racquet length:

- 19" - 23" for 8 & under
- 23" - 25" for 10 & under

4. Ball:

- 8 & under - red foam or red felt
- 10 & under - orange low compression

5. Net Height:

- 2'9" for 8 & under on a 36' court
- 3' for 10 & under on 60" court

6. Scoring:

- 8 & under -
 - 2 out of 3, 7 point games
 - Matches last about 20 minutes
- 10 & under -
 - 2 out of 3 short sets - first to 4 games
 - 3rd set is a game to 7 points
 - Matches last about 45 minutes