## 2012 USTA Standards for 10 and Under Tennis

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<th>Stage/Age</th>
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| Red 5-8 years  | Red felt or foam reduced bounce for ages 5-8 | 36’ x 18’                | 2 out of 3, 7-point tiebreaks (official USTA rule for 8 and under competition)       | • Slower play on smaller court  
• Shorter racquets enable earlier rally/play  
• Individual/team games and activities are played  
• Development of technique and simple tactics  
• Required specifications for all USTA-sanctioned 8 and Under tournament play* | Pee Wee  
Red Ball 1  
Red Ball 2 |
| Orange 9-10 years | Orange reduced bounce for ages 9-10     | 60’ x 21’ singles, 60’ x 27’ doubles | 2 out of 3, 4-game sets using no-ad scoring; 3rd set is a 7-point tiebreak          | • Play is faster vs. Red stage  
• Lower bounce appropriate for child’s size  
• Implementation of advanced techniques and tactics  
• Longer matches for individual/team events  
• Approved for USTA-sanctioned 10 and Under tournament play** | Orange Ball 1  
Orange Ball 2 |
| Green 9-10 years | Green, slightly reduced bounce from standard tennis ball | 78’ x 27’ singles, 78’ x 36’ doubles | Modified scoring formats for shorter matches are recommended                  | • Play is faster vs. Orange stage  
• Continued development of technique, movement and advanced tactics  
• Individual/team events are played  
• Approved for USTA-sanctioned 10 and Under tournament play** | Teen Beginner  
Tournament Development  
Tournament Training |
| Yellow 11 years and over | Yellow standard tennis ball | 78’ x 27’ singles, 78’ x 36’ doubles | Any scoring system within the Rules of Tennis | • After progression of Red, Orange and Green stages | Teen Beginner  
Middle School Training  
High School Training  
Tournament Training  
Tournament Elite |
BIRMINGHAM Racquet Club

2100 East Lincoln Street • Birmingham, Michigan
248-644-5683

Your Area Leader in the USTA’s
10 and Under Tennis Initiative

What?

10 and Under Tennis play format takes a new and more effective approach to introducing kids to the game. Balls are lower in compression; they bounce lower and don’t move as fast so they are easier to hit. This allows kids time to get to the ball and helps them develop optimal swing patterns. Racquets are sized for small hands, and the courts are smaller and easier to cover. All that equals more fun and more success.

Why?

Kids learn to play baseball by first playing t-ball; they use shorter, lighter bats and larger, softer balls. Kids learning basketball shoot baskets with kid-sized balls and lowered backboards; they play soccer on smaller fields with smaller goals. But when it comes to learning tennis, kids have learned to play on full size courts with highly pressurized balls and oversized racquets. Too hard! But tennis has finally caught up. The USTA’s 10 and Under Tennis Initiative follows the same logic as other youth sports like baseball or soccer: kid-sized courts and kid-sized equipment. The benefits are immediate. Within an hour kids are rallying, having fun and psyched for more. They’re playing real tennis and having real fun. And isn’t that the point?

Where and How?

Right here at the Birmingham Racquet Club! The basic philosophy behind the USTA’s 10 and Under Tennis Initiative, is for kids to have fun learning and playing tennis. We offer instructional programs for children 10 and under throughout the week, and class times and days vary by age and level.

Along with our instructional programs, we offer Friday Match Play for our 10 and under players. Our professional staff will orchestrate competitive games and matches with players of similar abilities, and the appropriate colored ball and court size will be used based on the specific group’s level. It is a great second day supplement to a weekly instructional program. Descriptions of all our 10 and under programs can be found on the other side of this flyer. Sign up for one of our great 10 and under programs at the Birmingham Racquet Club today!