

MARKING RED & ORANGE COURTS

There are a variety of ways of setting up the Red and Orange courts. The following options which vary in terms of set up time, cost and life cycle, are available to clubs and coaches to permanently or temporarily set up the Red and Orange courts:

STAND ALONE COURTS



PERMANENT LINES

(Blended & coloured lines)



TEMPORARY LINES

(Throw down lines, roll down lines, fabric or elastic lines, chalk lines, tape lines)



To download the Tennis10s: Marking Red and Orange Courts Guidance Manual, visit tennis10s.com/resources

ACCESSING TENNIS10s EQUIPMENT

Using the appropriate equipment is vital for a successful Tennis10s programme. Most manufacturers now produce the slower Red, Orange and Green balls and smaller rackets. A list of manufacturers and their products supporting Tennis10s can be found via tennis10s.com/equipment

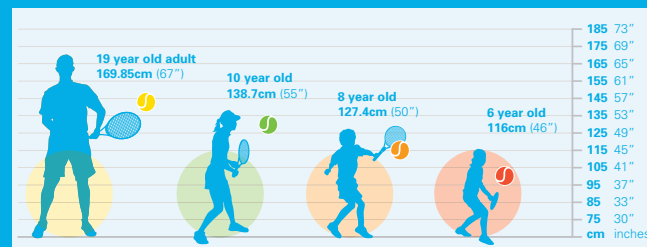
AVAILABLE RESOURCES

The following resources are available in a variety of languages to support the development of Tennis10s programmes:

- Implementation Manual
- Competition format guides
- Posters
- DVD
- Leaflets

These resources can be downloaded via tennis10s.com/resources

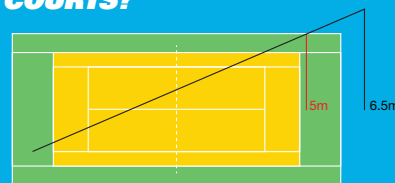
WHY USE SLOWER BALLS FOR 10-AND-UNDER PLAYERS?



The diagram above highlights the average heights (UNESCO, 2002) and the rebound height of the different balls (ITF, 2012). It shows that the Yellow ball bounces above the height of all the 10-and-under kids.

WHY USE SMALLER COURTS?

The court size for Tennis10s is recommended to be relevant to the size of the player. Most children aged 10-and-under will struggle to cover the full court, meaning rallies are shorter, and the use of advanced tactics is unrealistic.



The diagram below shows that the distance required to cover a cross court shot on a full court is much greater than required on a shorter court. A 10-and-under player trying to cover that shot on a full court will require a greater number of steps than an adult to cover the same distance (on average 5 steps versus 3 steps).

DEVELOPING HIGH PERFORMANCE PLAYERS... PROGRESSING FROM RED, TO ORANGE, TO GREEN

Tennis10s, with its use of slower balls and smaller courts, is very important for the development of high performance junior players as the players are more likely to develop good technique and can implement more advanced tactics that they could not do on a full court with Yellow balls.

It is important that players only progress to the next stage when they are able to control the ball and implement tactics effectively at their current Tennis10s stage. If they move to the next stage too soon they may develop poor technique and lose confidence and interest.

The ITF recommend that 10-and-under players should only progress from Stage to Stage based on the following circumstances:

- technical and tactical competence using the relevant Stage ball and success at the relevant Stage competition

Coaches and in particular the player and their parents, should be clear that is it not a 'race to the Yellow ball'.

Printed & Updated July 2012



A GUIDE TO tennis 10s



SLOWER BALLS SMALLER COURTS EASY GAME



tennis10s.com



serverallyscore



WHAT IS tennis 10s?

TENNIS FOR PLAYERS AGED 10 AND UNDER

Tennis10s is tennis for players aged 10-and-under, played on smaller courts with slower Red, Orange and Green balls. It is a fun way to start tennis and makes it easy for children to play the game, develop good technique and tactics and a love for the sport.

Tennis10s is part of the ITF's Tennis Play and Stay campaign and from 1st January 2012, the International Tennis Federation Rules of Tennis state that 10-and-under competitions can no longer be played using a regular Yellow tennis ball, with the mandatory use of slower Red, Orange or Green balls on the appropriate size court.

Using these slower balls helps players to develop the most efficient technique and to be able to implement advanced tactics that in most cases could not be performed using the Yellow ball on the full court.



Roger Federer: "I grew up playing with slower balls, and I could easily swing through the shot, and the balls didn't fly all over the place"








FORMATS AND SCORING SYSTEMS

The following scoring systems are included in the Rules of Tennis, to tailor competitions to the needs of 10-and-under players:

- 1 Match tiebreak to 7 or 10
- Best of 3 match tiebreaks to 7
- 1 Short set (1st to 4 games)
- Best of 3 short sets (1st to 4 games)
- Tie break instead of a 3rd set
- No ad scoring (play 1 game point at deuce)
- A combination of these

Instead of using single elimination formats, the ITF recommends to use multi-match formats and tennis festivals which involve all players playing more than one match (e.g. round robin, compass draw, etc), and ensure that all children play the same number of matches. Timed matches can also be used to facilitate effective rotation and organisation.

Team based matches are strongly recommended for 10-and-under players, especially at Red and Orange stages.

STAGE/ AGE	BALL	BALL SIZE, RACKET, COURT DIMENSIONS	SCORING OPTIONS	STAGE DESCRIPTION
STAGE 3  5-8 YEARS	 75% SLOWER than a Yellow ball* (Foam or Felt)	Foam ball 8.00-9.00 cm Standard ball 7.00-8.00 cm Racket 17-23" (43-58.4cm)** Court 36-42ft (10.97-12.8m) x 14-20ft (4.27-6.1m) Net Height (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	<ul style="list-style-type: none"> 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 realistic tactics.
STAGE 2  8-10 YEARS	 50% SLOWER than a Yellow ball*	Standard ball 6.00-6.86 cm Racket 23-25" (58.4-63.5cm)** Court 58-60ft (17.68-18.29m) x 20-27ft (6.1-8.23m) Net Height (at the centre) 31.5-36" (0.8-0.914m)	Best of 3 Tiebreaks to 7 1x Short Set to 4	<ul style="list-style-type: none"> 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 advanced tactics. Matches are longer than at Red, and children play both 'team' and 'individual' multi-match events.
STAGE 1  9-10 YEARS	 25% SLOWER than a Yellow ball*	Standard ball 6.30-6.86 cm Racket 25-26" (63.5-66cm)** Full Size Court 78ft (23.77m) x 27ft (8.23m) Standard Net Height (at the centre) 36" (0.914m)	1x Short set to 4 Best of 3 Short Sets to 4 (3rd Set as match Tiebreak to 10)	<ul style="list-style-type: none"> 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.
tennis 11 YEARS AND OLDER	 Yellow ball	Standard ball 6.54-6.86 cm Racket 26-29" (66-73.7cm)** Full Size Court 78ft (23.77m) x 27ft (8.23m) Standard Net Height (at the centre) 36" (0.914m)	Any scoring system within the Rules of Tennis	<ul style="list-style-type: none"> Players reach Yellow having progressed through the Red, Orange and Green stages. Players will usually be ready to train and compete with the Yellow ball on the full court.

As effect from 1st January 2012, the International Tennis Federation Rules of Tennis state that 10-and-under competitions can no longer be played using a regular **Yellow** tennis ball, with the mandatory use of slower **Red, Orange or Green** balls on the appropriate size court. Players who begin tennis later (e.g. 9-years-and-older) are still recommended to begin training and competing at **Red**, before progressing to **Orange** and then **Green**. *(Estimated ball speed) **(Dependent on the size of the player)