



# TOP SPIN

## TENNIS

### Junior Tennis Advice

So your son or daughter has just started playing junior tennis. This information sheet will explain nearly everything you need to know about choosing the correct racket size, which colour ball your child should be playing with, and other helpful information about junior tournaments. Remember that this is just a guide. Other factors such as how much progress your child is making will contribute to which group your child belongs in.

There are three junior tennis groups: red, orange and green. After that, the next group is adult yellow! Keep reading to find out which group your child should play in, and remember to talk to your child's coach to get their opinion and advice too.

#### RED

- All 8&U events must be played with a red ball. Red balls bounce lower and are 75% slower than yellow balls; this is to encourage longer rallies, and for players to try new shots.
- There are two types of red ball: sponge and felt. Red sponge balls are to be used inside, and red felt balls outside.
- Games must be played on a red-size court – the dimensions are: 11m x 5.5m or 12m x 6m (or badminton lines), with a net height of 80cm.
- Scoring must be a one match tiebreak of first to 10 points – with either two clear points or a sudden death at 9-all.
- Each match will have a court helper to assist with line/net calls and scores.
- The recommended racket size for this group is 17" to 23"

#### ORANGE

- All 9&U events must be played with an orange ball. Orange balls bounce slower and are 50% slower than yellow balls; this is to help with shot control.
- Games must be played on an orange-size court – the dimensions are: 18m x 6.5m (or 18m x 8.23m for a doubles court), with a net height of 80cm.

- Scoring must be best of three standard tie-break games (first to seven points with either two clear points or sudden-death at 6-all), or one short set to four games.
- Each match will have a court helper to assist with line/net calls and scores – usually one court helper per two courts.
- The recommended racket size for this group is 23" to 25".

#### **GREEN**

All 10&U events must be played with a green ball. Green balls bounce lower and are 25% slower than yellow balls; this is to help juniors develop and improve all aspects of their game.

- Games must be played on a standard-size court, with a standard net height.
- All doubles matches should be played on a standard-size court with singles sticks in place.
- Scoring must be two short sets with a match tie-break, or one short set to four games.
- The recommended racket size for this group is 25" to 26".