

# WHAT IS tennis 10s

## TENNIS 10s IS TENNIS COMPETITION FOR PLAYERS AGED 10 AND UNDER

The ITF recommend that players aged 10 and under do not train or play competition with a regular yellow ball on a full court, but instead train and compete with a Red, Orange or Green ball on the appropriate sized court (see inside).

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

Tennis 10s is part of the ITF's 'Tennis...Play and Stay' campaign, visit [tennisplayandstay.com](http://tennisplayandstay.com)

## 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)
- Tiebreak instead of a 3rd set
- No ad scoring (play 1 game point at deuce)
- A combination of these

Instead of using single elimination formats, multi-match formats and 'tennis festivals' are recommended, which involve all players playing more than one match (e.g. round robin, compass draw), to ensure that all children play the same number of matches. Timed matches can help with effective organisation and rotation.

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

Download free competition formats at [tennisplayandstay.com/competitions](http://tennisplayandstay.com/competitions)

## MARKING COURTS

This equipment can be used to mark lines and nets on the Red and Orange courts. For information on how and where to mark courts for competition or training, visit [tennisplayandstay.com](http://tennisplayandstay.com)



Tape, marked (above) as a Red court



Throw down lines, marked (above) as an Orange court



Elastic Orange court lines, marked (above)



Portable net and barrier tape, used to create nets across Red courts (above)

To access the above equipment, as well as the slower Red, Orange and Green balls, visit: [tennisplayandstay.com/equipment](http://tennisplayandstay.com/equipment)



Official programme of:  
The International Tennis Federation



**10 & UNDER  
TENNIS:  
SLOWER BALLS,  
SMALLER COURTS,  
EASY GAME.**

For more information, go to:  
[tennis10s.com](http://tennis10s.com)




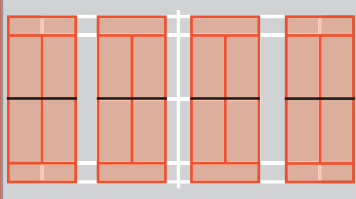

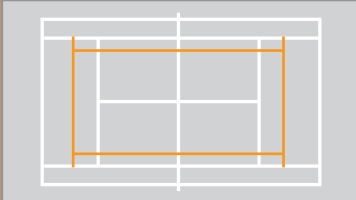

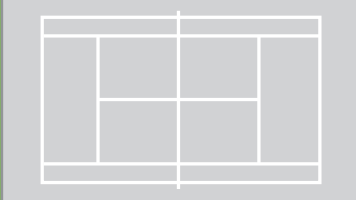

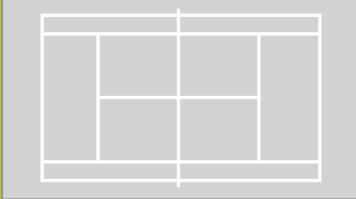
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Trim short to allow closing flat.



STAGE	AGE	BALL	COURT	RACKET *(Dependent on the size of the player)	SCORING OPTIONS	STAGE DESCRIPTION
<b>tennis</b> <b>10s</b>	5-8 years	 (Foam or Felt) 75% slower than a yellow ball	 11-12m (36-39ft) x 5-6m (16-19ft) Net Height: 80-83.8cm (31.5-33in)	Up to 23" (43-58cm)*	1 x tiebreak to 7 or 10 Best of 3 tiebreaks to 7 1 x short set to 4 Timed Matches	At Red, slower balls, smaller courts and shorter rackets, enable players to play the game from the first lesson. Players start to play fun, team-based matches, and develop good technique and use realistic tactics.
<b>tennis</b> <b>10s</b>	8-10 years	 50% slower than a yellow ball	 18m (60ft) x 6.5-8.23m (21-27ft) Net Height: 80-91cm (31.5-36in)	23-25" (58-63cm)*	Best of 3 tiebreaks to 7 1 x short set to 4	Players move to a larger court, relevant to their size. The ball is slightly faster, but continues to provide an optimal striking zone and the ability to implement advanced tactics. Matches are longer than at Red, and children play both 'team' and 'individual' events.
<b>tennis</b> <b>10s</b>	9-10 years	 25% slower than a yellow ball	 Full Size Court	25-26" (63-66cm)*	1 x short set to 4 Best of 3 short sets to 4 (3rd set as match tiebreak)	The ball is faster than at Orange, but still slower and lower bouncing than the yellow ball, helping experienced players to continue to develop good technique and to implement advanced tactics. Matches are slightly longer than at Orange, and both 'team' and 'individual' events are played.
<b>tennis</b>	11 years and over	 Yellow Ball	 Full Size Court	26-29" (66-73.7cm)*	Any scoring system within the Rules of Tennis	Once players have progressed through the Red, Orange and Green stages, they will usually be ready to train and compete with a yellow ball on the full court.

From 2012, The International Tennis Federation rules will mandate that 10 and under competition is organised using slower **Red**, **Orange** or **Green** balls on the appropriate sized court, with the appropriate sized racket. Players who begin tennis later (e.g. 9 years or above) are still recommended to begin training and competing at **Red**, before progressing to **Orange** and then **Green**.