



## 2023 North Carolina Junior Team Tennis Level of Play Guidelines

USTA North Carolina recommends the following level of play guidelines regarding a player's on-court abilities to strive for fairness in competition and facilitate level-based play.

<b>Beginner</b>	<b>Low</b>	Player has limited experience and is working primarily on getting the ball in play. Player is concentrating on getting the ball over the net from a stationary position, often blocking or pushing the ball. Player is learning to serve, keep score, and learn basic rules.
	<b>Mid</b>	Player is learning to coordinate moving when hitting the ball. Can sustain short rallies and can overhand serve. Knows how to keep score, and can play unassisted matches.
	<b>High</b>	Player is able to sustain longer rallies. Is becoming successful with groundstrokes, volleys, overheads and with serving. This player knows where to stand before each point starts in both singles and doubles.
<b>Intermediate</b>	<b>Low</b>	This player is fairly consistent on medium paced shots. Typically uses full strokes during point play instead of poking at the ball even when running for a ball. They can hit either topspin or slice on one of the groundstrokes or serve. Speed is becoming important.
	<b>Mid</b>	This player uses full strokes during point play when running for balls and can hit topspin and slice on one of the groundstrokes and slice serves. Player is developing the ability to control the direction of the ball and moving to balls begins before their opponent's ball has come back and crossed the net. May play in a low position on a varsity high school team. This player might play in a North Carolina Level 6 or 7 tournament.
	<b>High</b>	Consistent on groundstrokes with depth and directional control. Most groundstrokes include topspin or underspin, volleys are hit with a slice. Serves are hit flat or with slice. Players are developing placement on second serves. Strategy for singles and doubles is obvious when playing as well as an offensive weapon. Weapons may include a strong forehand, backhand, serve, consistency or movement which forces opponents to make errors.
<b>Advanced</b>	<b>Low</b>	All groundstrokes include topspin or underspin, volleys are hit with slice and serves can be hit flat, with slice and possibly kick. Weapons may include powerful groundstrokes, consistency, accuracy and athleticism. Can hit all specialty shots including half volleys, lobs, approach shots and drop shots when appropriate. Able to maintain proper technique on groundstrokes when running hard for a ball and then recover for the next shot. This player might play in a Southern Level 5 tournament.
	<b>Mid</b>	May play in a high position on a varsity high school team. This player may have a North Carolina top 100 ranking.
	<b>High</b>	The top state ranking players will be at this level.