More Players…

tennis
10s
• Update on Tennis Play and Stay Campaign

• Adult Starter Tennis Programme

• Tennis10s/Rules change 2012
Main aims of Play and Stay....

TENNIS IS EASY AND FUN! IF YOU SERVE, RALLY, SCORE FROM THE FIRST LESSON

TENNIS IS HEALTHY WHEN YOU SERVE, RALLY, SCORE!

TENNIS IS A SPORT FOR ALL IF PLAYERS CAN SERVE, RALLY, SCORE THEY SHOULD HAVE A RATING

THE RED, ORANGE AND GREEN BALLS AND THEIR IMPORTANCE IN DEVELOPING HIGH LEVEL JUNIORS

IF YOU USE THE RIGHT COURT

RED BALL

- Good for younger children
- Faster pace than in adults
- Good pace for the game

GREEN BALL

- Suitable for beginners
- Lower bounce than the red ball
- Allows the coach to introduce basic movements

ORANGE BALL

- Medium pace
- Allows the coach to introduce basic movements
- Allows players to focus on their technique

IF YOU USE THE RIGHT RACKET

RED BALL

- Lighter racket
- Easier to hold for young children
- Allows the coach to introduce basic movements

ORANGE BALL

- Medium weight
- Allows the coach to introduce basic movements
- Allows players to focus on their technique

GREEN BALL

- Heavier racket
- Allows the coach to introduce basic movements
- Allows players to focus on their technique

IF YOU USE THE RIGHT BALL

Red: 3, Orange: 2, Green: 1

The ITF Tennis, Play and Stay Campaign centres around “serve, rally, score” and the recommendations that junior players play the game from the first lesson. The programme features six key aspects of the game: serve, rally, score, change of ends, and change of sides. Each aspect is designed to help players develop the skills and techniques necessary to excel in tennis. The programme is designed to be fun, friendly, and enjoyable for all players, regardless of their age or skill level.

The ITF have also released the red, orange, green, and yellow balls, which are designed to cater to different levels of play and help players develop their skills. The red ball is the standard tennis ball used for competitive play, while the orange ball is designed for younger players and is easier to hit. The green ball is the most retractable ball and is used for beginners, while the yellow ball is designed for older players and is used in more advanced tournaments. The programme features six key aspects of the game: serve, rally, score, change of ends, and change of sides. Each aspect is designed to help players develop the skills and techniques necessary to excel in tennis. The programme is designed to be fun, friendly, and enjoyable for all players, regardless of their age or skill level.

Serve, rally, score! When you serve, rally, score, the game becomes more fun and exciting. The programme features six key aspects of the game: serve, rally, score, change of ends, and change of sides. Each aspect is designed to help players develop the skills and techniques necessary to excel in tennis. The programme is designed to be fun, friendly, and enjoyable for all players, regardless of their age or skill level. The programme features six key aspects of the game: serve, rally, score, change of ends, and change of sides. Each aspect is designed to help players develop the skills and techniques necessary to excel in tennis. The programme is designed to be fun, friendly, and enjoyable for all players, regardless of their age or skill level.
Officially launched at ITF AGM 2007
The Slogan...

SLOWER BALLS, SMALLER COURT, EASY GAME

SERVE・RALLY・SCORE
Key Messages

Tennis is.....

• .....FUN if starter players Serve, Rally, Score from the first lesson
Key Messages

Tennis is.....

..... EASY if coaches working with starter players use the slower red, orange or green balls on smaller courts
Key Messages

• Tennis Competition can be fun

.....and formats and scoring systems exist to suit all lifestyles and abilities
Supporting messages

• Tennis is healthy
  Research conducted in 2006 by the ITF on the physiological demands of tennis supports this

• Tennis is a sport for all
  And all players should have a tennis rating
EL TENIS ES FACIL Y ENTRETENIDO

USE LAS PELOTAS MAS LENTAS, ROJA, NARANJA Y VERDE, Y LOS JUGADORES SERVIRAN, PELOTEARAN Y PUNTUARAN DESDE LA PRIMERA LECCION

Primero juegu el juego, luego enseña la técnica para que los jugadores puedan jugar mejor.

SERVIR, PELOTEAR Y PUNTUAR

HAGA QUE LA COMPETENCIA SEA MUY ENTRENADA... USE NUEVOS FORMATOS Y SISTEMAS DE PUNTAJE PARA ADAPTAR EL TENIS AL ESTILO DE VIDA DE LOS JUGADORES


JUEGUE TENIS... RAPIDO

LOS JUGADORES QUE EMPIEZAN DEBEN USAR PELOTAS MAS LENTAS, ROJA, NARANJA Y VERDE, PARA QUE EL TENIS SEA MAS FACIL Y MAS ENTRETENIDO DE JUGAR

Los jugadores que comienzan a jugar deben con pelotas rojas, laranjas, y verdes, tienen más tiempo y control, desarrollan las técnicas más aplicado y pueden servir, pelotear y puntuar más rápidamente.
Play+Stay is made up of 3 Progressive Stages

Roger Federer discusses Tennis 10s - ITF Official Video
Play and Stay Promotional DVD

- Federer
- Roddick
- Ivanovic
- Nadal
Success to date

- 100+ ITF nations have signed up and are actively participating

- Message has been delivered directly to over 100,000+ coaches
PLAY AND STAY: UPDATE FOR FEDERATIONS
JANUARY/FEBRUARY 2008

Best wishes to all of you for the New Year. Everyone in the ITF Development Team looks forward to growing participation with you in 2008. Here is the latest on Play and Stay...

UNITED ARAB EMIRATES AND SRI LANKA LAUNCH
December saw the addition of United Arab Emirates (UAE) and Sri Lanka to the Play and Stay family, as both nations launched their campaigns.

UAE became the first Gulf nation to formally launch, and, with the help of Olympic Solidarity funding, held a press conference, seminar and Play Tennis course in Dubai. Mark Tennant, ITF Tutor, ran the event alongside Ben Biggins from the UAE Tennis Association. Mark said UAE has taken a big step forward with the event. Their coaches now know how slower balls and smaller courts can be used to help players serve, rally and score from the first lesson.

Sri Lanka also launched the campaign in Colombo where Suresh Marap, ITF Development Office for Asia, took part in a press conference and delivered the Play Tennis course.

US TO LAUNCH QUICKSTART TENNIS

The USTA, along with industry partners including the USPTA, TIA (Tennis Industry Association) and PTR, have taken steps to bring tennis to US children in a more fun and dynamic way. This effort has resulted in QuickStart Tennis, a new format that will get more children playing the game, developing skills and staying longer.

QuickStart Tennis promotes the use of Red (fnt and foam) balls on the 30' x 11' court and Orange balls on the 20' x 11' court. Visit www.quickstarttennis.com for more information. Dave Hagg, ITF Executive Director of Development, will also be presenting on Play and Stay at the ITF Symposium in February.

RULES OF TENNIS - APPENDIX IV - OFFICIAL 10 & UNDER COMPETITION

In a significant step forward in promoting slower balls and smaller courts, a trial appendix has been added to the Rules of Tennis for 2008, officially recognizing that the 11m (Red) and 16m (Orange) courts, as well as the Stage 3 (Red), Stage 2 (Orange) and Stage 1 (Green) balls and various shorter scoring formats are acceptable for use in official competition for players aged 10 and under. This full court and full ball play can still be used. The ITF hope this will assist in convincing coaches and parents of young players that the balls and courts formats are beneficial for player development.

View Appendix IV (p 20) in the Rules of Tennis 2008 here.

BALL ACCESS

In November, the ITF contacted manufacturers asking for them to send a list of all their distributors supplying the slower balls, there was not a great response and we encourage all manufacturers to forward these details to Jamie Newman at ITFtennis.com. The ITF recently started providing gores to Red, Orange and Green balls for those nations who have difficulty accessing the balls in their region.

LATEST PLAY AND STAY ACTIVITY

- Australia promoted their Tennis Hot Shots programme using slower balls and smaller courts at the Australian Open.
- Madrid hosted Play and Stay presentations as part of the Harman Coaches Conference.
- Colombia hosted a Tennis course in Bogota.
- The Historic Tennis Race in Argentina included Play and Stay sessions for children and will host activity at the Davis Cup tie against Great Britain in Feb.
- The French Tennis Federation (FFT) adopted the Red, Orange and Green terminology for their excellent Empty programme and will conduct presentations across France featuring Play and Stay and its methods.
- British coaches received a presentation from the ITF on Play and Stay at the British Tennis Coaches Association annual conference.
- Coaches from across West Asia attended the launch of Play and Stay and a Play Tennis course in Dubai, United Arab Emirates.
- Sri Lanka held a Play Tennis course in Colombo.
- Mike Spauld, ITF Tutor, ran a Play and Stay workshop for coaches in Beijing and met with those in charge of the campaign at the Chinese Tennis Association.
- USTA prepared a series of videos for launch (see feature above).

NORWAY GROWING PARtICIPATION

Norway's Play and Stay programma is gaining significant support from clubs and coaches nationwide, so much so that the federation is planning to appoint for 1 full-time and 2 part-time roles to manage the demand. Another significant achievement is the signing of Official Davis Cup sponsor KPN Pantos to sponsor their participation programme. Congratulations must go to Oleiv Spjeld, Director of Education and Development at the federation, for his great work to develop the project.

In Pictures: Play and Stay at the ITF World Coaches Conference, Paraguay - October.
Tennis Europe Conference, Poznan and Netherlands
• Play Tennis course and seminars with ITF Expert, May 2009

• Plans to expand to 29 major cities with further education workshops
Brazil and Kuerten

- Play and Stay has been developed successfully by CBT in Brazil

- Kuerten used Play and Stay as part of his ‘Guga Tennis Week’ to promote tennis
USTA 10 and under programme

• US launched live on ESPN at Disney World, Florida, with over 150,000 players attending their kid zone in one weekend

• 21-23 inch racket sales up 88%
Australia
Argentina
ATP and WTA events
Play and Stay Seminar, London
November 29-December 1st
Participating Nations; Manufacturers, ATP/WTATour
2 main priorities

- Adult programme
- Tennis10s
Adult Tennis Programme

- Established “Adult Working Group”
Because of the balls……

• Tennis is easy to play……Any adult can serve rally and score!!!
“Tennis Quick Play”

• Important we compare favourably with sport they come from!

• 10 hour programmes using the orange and green balls combining training and competitive play

• Less technical…..more playing the game!

• Provide active and dynamic experience
Full Support for the launch of...
• Is the ITF’s name/brand for 10 and under tennis

• Competitive tennis played with slower balls on the appropriate sized court

• No need to translate….the name/logo is the same in most languages
• 10 and under competition should never be played on a full sized court with a regular yellow ball

• Exceptionally talented players can progress and play 11 and under events with a regular ball
The Proposed Rule Change?
Proposed Rule Change…

• From January 2012, for 10 and under tennis competition, the balls described in Appendix I (traditional ‘yellow’ ball) cannot be used. Instead one of the Stage 3 (Red), Stage 2 (Orange) or Stage 1 (Green) balls described in Appendix VI must be used
Proposed Rule Change...

- In addition to the standard court, the court designated as “Red” and the court designated as “Orange” in Appendix VI can be used for 10 and under competition.
A Stage 3 (Red) ball is recommended for play on a “red” court by players up to the age of 8 years with racket up to 23 inches.

A Stage 2 (Orange) ball is recommended for play on an orange court by players aged 8-10 years with racket between 23 and 25 inches.

A Stage 1 (Green) ball is recommended for advanced players aged 9 to 10 years with racket between 25 and 26 inches.
WHAT IS tennis

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 lower inside.

Using these slower balls will help players to develop the most efficient techniques 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

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
- 3 short sets (1st to 4 games)
- Best of 2 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, multi-match formats and “tournaments” are recommended, which involve all players playing more than one match (e.g. round robins, composite draw), to ensure that all children play the same number of matches. Tournamnet 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

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

Tennis 10s

Tape, marked (above) as a Red court

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

Elliptic Orange court lines, marked (above)

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

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

For more information, go to: tennis10s.com
<table>
<thead>
<tr>
<th>STAGE</th>
<th>AGE</th>
<th>BALL</th>
<th>COURT</th>
<th>RACKET <em>(Dependent on the size of the player)</em></th>
<th>SCORING OPTIONS</th>
<th>STAGE DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>5-8 years</td>
<td>75% slower than a yellow ball</td>
<td>11-12m (36-39ft) x 5-6m (16-19ft)</td>
<td>17-23” (43-58cm)*</td>
<td>1 x tiebreak to 7 or 10 Best of 3 tiebreaks to 7 Timed Matches</td>
<td>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.</td>
</tr>
<tr>
<td>8-10 years</td>
<td>50% slower than a yellow ball</td>
<td>18m (60ft) x 6.5-8.23m (21-27ft)</td>
<td></td>
<td>23-25” (58-63cm)*</td>
<td>Best of 3 tiebreaks to 7 1 x short set to 4</td>
<td>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.</td>
</tr>
<tr>
<td>9-10 years</td>
<td>25% slower than a yellow ball</td>
<td>Full Size Court</td>
<td></td>
<td>25-26” (63-66cm)*</td>
<td>1 x short set to 4 Best of 3 short sets to 4 (3rd set as match tiebreak)</td>
<td>The ball is 25% slower and lower bouncing than the yellow ball, helping players to continue to develop good technique and to implement advanced tactics. Matches are slightly longer and both ‘team’ and ‘individual’ events are played.</td>
</tr>
<tr>
<td>11 years and over</td>
<td>Yellow Ball</td>
<td>Full Size Court</td>
<td></td>
<td>26-29” (66-73.7cm)</td>
<td>Any scoring system within the Rules of Tennis</td>
<td>Once players have progressed through the Red, Orange and Green stages, they will be ready to play and train with a yellow ball on the full court.</td>
</tr>
</tbody>
</table>

The International Tennis Federation recommend that all 10 and under competition and training, should be organised using slower Red, Orange or Green balls on the appropriate sized court, with the appropriate sized racket.
Why 2012?

- The 2 year notice gives nations time to restructure their 10 and under tournament system

- By 2012 ball manufacturers can ensure all nations can access the slower balls at reasonable prices

- Nations can launch Tennis 10s sooner if they want
Why the rule change?

....The obvious is often the greatest secret!!
Why Slower Balls?

<table>
<thead>
<tr>
<th>Average height* of…</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 year old</td>
<td>110.3cm</td>
<td>109.6cm</td>
</tr>
<tr>
<td>6 year old</td>
<td>116.4cm</td>
<td>115.6cm</td>
</tr>
<tr>
<td>7 year old</td>
<td>122.2cm</td>
<td>121.3cm</td>
</tr>
<tr>
<td>8 year old</td>
<td>127.7cm</td>
<td>127.0cm</td>
</tr>
<tr>
<td>9 year old</td>
<td>133.0cm</td>
<td>133.0cm</td>
</tr>
<tr>
<td>10 year old</td>
<td>138.2cm</td>
<td>139.2cm</td>
</tr>
<tr>
<td>Fully grown adult**</td>
<td>175.8cm</td>
<td>162.1cm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Rebound height (range)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Yellow ball</td>
<td>135-147cm</td>
</tr>
<tr>
<td>Green ball</td>
<td>118-132cm</td>
</tr>
<tr>
<td>Orange ball</td>
<td>110-115cm</td>
</tr>
<tr>
<td>Red ball</td>
<td>95-110cm</td>
</tr>
</tbody>
</table>
Why smaller courts?

- Net height
- Running distance
  - Green 6,5m
    - 1,85 = 3,5
    - 1,38 = 4,7
  - Orange 5m
    - 1,38 = 3,6

2,55 = 1,4% vs 1,9%
2,14 = 1,58%
Other advantages

• Less extreme grips
• Less chance of injury
• More chance to develop all round players
• Court positioning nearer baseline/racket speed
• Can implement more advanced tactics
Approaching the Net

Performance....easier to Play well!
Festival of Tennis atmosphere

• Scoring systems
  – Tie Break
  – Best of 3 Tie Breaks
  – Short set
  – Bests of 3 short sets
  – Tie break for 3rd set
  – No Ad scoring
  – Timed matches

• Multi Match formats
  – round robin
  – feed in events
  – compass draws
If tournaments use the balls.....then coaches will use the balls in training.
Resources...

- Tennis 10s implementation manual
- Tennis 10s DVD
البرنامج الرسمي لـ
الاتحاد الدولي للتنس

tennis
10s

تنس ال 10 و ما دون
كرات أبطأً
ملاعب أصغر
لعبة أسهل

البحث عن الملاعب
من الأداء: يمكن استخدامها تدريجياً لللاعب في الكبار.
التفصيل الكامل للتنس
tennisplayandstay.com

الشريط المستقيم (أعلاه) للملعب الأحمر

الملعب البيني الضيق (أعلاه) للملعب البيني

tennisplayandstay.com/equipment

tennisplayandstay.com/competitions
Continuing to make setting up the courts easier...
Endorsed by the ITF Coaches Commission
Endorsed by ITF Juniors Committee
Endorsed by the tennis manufacturers

- Working closely with the manufacturers to ensure the balls are available worldwide?
Endorsed by Top Performance Coaches

Patrick McEnroe

“I am now completely convinced that the rule change regarding 10 and under competition will be a very positive step not only for increasing tennis participation but also in the development of performance players”
Endorsed by Top Players
Play and Stay has had a big impact!

- Improved the way tennis is introduced by many coaches worldwide

- Unified Message

- Positioned Tennis as Easy, Fun and Healthy
Now Tennis 10s can have a massive impact…

- Tennis coaching is not a sport – kids will be able to play tennis….without the coach!

- Parents can serve, rally and score together with their children – like kicking a football with their child!

- Due to slower, lower bouncing balls and appropriate sized courts, children will PLAY sooner…have Fun…and will STAY longer
Now Tennis 10s can have a massive impact…

- More players per court = increased revenue for clubs and coaches
- Tennis becomes cheaper and more accessible
Soccer

• 15 years ago there was no mini soccer

• 10 and under Kids played on full pitches

• Today no child under 10 plays soccer on a full pitch

• Mandated it
Tennis10s rule change will be one of the most important changes ever made in our sport.
• Help Tennis to compete with other sports!

• Increase tennis participation
Ask that tomorrow you support the proposed rule change for 10 and under tennis!