

Adaptive Standing Tennis Facts

USTA MIDWEST

Why Adaptive Standing Tennis:

The United States Tennis Association is dedicated to supporting and developing the Adaptive Player. From the grassroots to the high-performance player, the USTA wants to support you. We understand that some players can only play in the standing position due to upper limb involvement. We understand that some players may choose to play standing vs. from a wheelchair. We support the athlete's ability to choose.

Who plays Adaptive Standing Tennis:

Individuals with decreased mobility due to amputations, cerebral palsy, hemiplegia, limb difference, other congenital conditions and little people. The adaptive standing player may play for recreation (grassroots) or at a very high level of competition (high performance), similar to athletes who play from a wheelchair. Adaptive standing players have a high level of independence and do not have a severe cognitive disability.

What are some of the adaptations in Adaptive Standing Tennis:

- Use of adaptive equipment such as a prosthetic, an orthotic/brace or a crutch
- A change in rules such as two bounces allowed
- The use of a smaller court or larger balls for those with more mobility concerns
- A change in the length of the match to a shortened format
- Note: Many adaptive standing players play with no modifications to the game. Many train and compete against players who do not have disabilities. Now, you can do both.

How are Adaptive Standing Players classified:

To offer a competitive, yet fair, playing environment

Mobility Categories: 1 or 2

1. Persons with highest functional mobility. For example- single below-the-knee amputation (BKA), or possessing a single upper or lower extremity motor impairment.
2. Person with high functional mobility. For example- single above-the-knee amputation (AKA) or two or more limbs affected.

Tennis Divisions: A, B, C, D

A- Advanced tournament players (4.0+ NTRP Rating)

A 1 (one limb affected or BKA) A2 (two limbs affected or AKA)

B- Intermediate tournament players (3.5-3.0 NTRP Rating)

B1 (one limb affected or BKA) B2 (two limbs affected or AKA)

C- Beginning tournament players (2.5-2.0 NTRP Rating)

ALL- Players new to competition, double bounce rule accommodation may be used

D- Players new to tennis

ALL - Beginners, not ready for match play, reduced court size and red ball accommodation may be used.

Note: Divisions or categories may be combined, due to participation levels, when needed.

Where can I play Adaptive Standing Tennis:

The USTA is committed to offering clinics, play days and tournaments that support the Adaptive Standing player. Please join the following groups for dates and opportunities:

- [USTA Midwest Adaptive Tennis](#)
- [USA Adaptive Standing Tennis Coalition](#)

For information on how you can get involved, please contact:

Greg Boyd, USTA Director of Community Tennis: 317.669.0448 or greg@midwest.usta.com.