

What is USTA Northern League Tennis?

USTA League Tennis is the country's largest recreational tennis league, providing organized, structured team matches for men and women of all ability levels. Levels are based on the National Tennis Rating Program (NTRP) and range from beginner (2.5) to advanced (5.0). All teams are set up according to player's NTRP rating and players are assured of facing someone of comparable ability. USTA League Tennis features sectional playoffs, culminating in a national championship.

WHAT TYPES OF LEAGUES DOES USTA NORTHERN OFFER?

ADULT 18 & OVER

- Single-gender teams for men and women 18 and over.
- Match format consists of two singles and three doubles for 3.0, 3.5, 4.0 and 4.5 NTRP levels and one singles and two doubles for 2.5 and 5.0+ NTRP levels.
- Local league winners advance to Sectional championships and potentially a National championship.

ADULT 40 & OVER

- Single-gender teams for men and women 40 and over.
- Match format consists of two singles and three doubles for 3.0, 3.5, 4.0 and 4.5+ NTRP levels.
- Local league winners advance to Sectional championships and potentially a National championship.

ADULT 55 & OVER

- Single-gender teams for men and women 55 and over.
- Match format consists of three doubles positions and teams are a combined rating of the two players at the 6.0, 7.0, 8.0 and 9.0 levels (i.e. – 3.0 rating + 4.0 rating = 7.0 combined rating). Partner combined NTRP rating cannot exceed the level of the team.
- Local league winners advance to Sectional championships and potentially a National championship.

ADULT 65 & OVER

- Single-gender teams for men and women 65 and over.
- Match format consists of three doubles positions and teams are a combined rating of the two players at the 6.0, 7.0, 8.0 and 9.0 levels (i.e. – 3.0 rating + 4.0 rating = 7.0 combined rating). Your total NTRP rating cannot exceed the level of the team.
- Local league winners advance to Sectional championships and potentially a National invitational championship.

MIXED DOUBLES 18 & OVER

- For men and women 18 years of age and older.
- Match format consists of three doubles positions and teams are formed with one man and one woman combining for a rating of 6.0, 7.0, 8.0, 9.0 or 10.0. Partners combined NTRP cannot exceed level of team.
- Local league winners advance to Sectional championships and potentially a National championship.

Singles,
Doubles, Mixed
AND MORE!



Come join
the **FUN!**



MIXED DOUBLES 40 & OVER

- For men and women 40 years of age and older.
- Match format consists of three doubles positions and teams are formed with one man and one woman combining for a rating of 6.0, 7.0, 8.0, 9.0 or 10.0. Partners combined NTRP rating cannot exceed level of team.
- Local league winners advance to Sectional championships and potentially a National championship.



ONE DOUBLES

- Single-gender teams for men and women 18 years of age and older.
- Teams consist of 2-4 players at the same NTRP. Levels of play offered are 3.0, 3.5, 4.0 and 4.5.
- Each team match is one doubles position. (You must play at level in the Twin Cities.)
- Local league winners advance to Sectional championships and potentially a National invitational in March (except 3.0) during the BNP Paribas Open in Indian Wells, Calif.

HOW TO GET STARTED

Step 1: JOIN THE USTA TODAY

Go to www.usta.com/membership or call (800) 990-USTA. You must be a USTA member to play USTA League Tennis.

Step 2: FIND OUT YOUR NTRP RATING

A current USTA National Tennis Rating Program (NTRP) rating is required to play league tennis. If you are new to USTA League Tennis, or have not played in the last three years, you will need to self-rate. To self-rate, you will be asked a series of questions when you register which will assess your tennis and athletic participation prior to registering for USTA League Tennis. Based on your answers, the system will then assign you a rating which you will use to register. If you need further help, contact Nancy Lundberg in the USTA Northern office at lundberg@northern.usta.com or at (952) 358-3286 for further assistance.

Step 3: FIND A TEAM

- Contact players and facilities in your area.
- Contact USTA Northern's Matchline, which pairs players looking for teams with existing captains. To find a team, contact Matchline at matchline@northern.usta.com.

Step 4: REGISTER FOR YOUR TEAM

Once you find a team, the captain will give you a team number. Take that team number, as well as your USTA membership number, and visit www.tennislink.usta.com/leagues. Click on USTA League Tennis, then on Register For A Team in the upper right corner. You will then enter your USTA number and a team number. Once you do that and pay your fee, you are ready to play USTA League Tennis!

I Want To
Play USTA
League Tennis

What
Do I Do?



For more information about USTA Northern League Tennis, please contact
Nancy Lundberg at lundberg@northern.usta.com or (952) 358-3286 or
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Visit our website at www.usta.com/northernleagues.