

# Para Standing Tennis Information

USTA MIDWEST

## Why Para 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 with various physical disabilities may choose to play standing vs. from a wheelchair. In addition, there are players who are only able to play in the standing position due to upper limb involvement. We support the athlete's ability to choose.

## What are some of the adaptations in Para 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 low compression balls for those with more mobility concerns
- A change in the length of the match to a shortened format

Note: Many Para 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.

## Where can I play Para Standing Tennis?

The USTA is committed to offering clinics, play days and tournaments that support the Para Standing Tennis Player. Please join these groups for upcoming opportunities:

- USTA Midwest Adaptive Tennis  
Facebook Group: [www.facebook.com/groups/USTAMidwestAdaptiveTennis](https://www.facebook.com/groups/USTAMidwestAdaptiveTennis)  
Website: [www.usta.com/midwest/adaptiveandwheelchair](http://www.usta.com/midwest/adaptiveandwheelchair)
- Para Standing Tennis Alliance:  
Facebook Group: [www.facebook.com/groups/1123598937979640](https://www.facebook.com/groups/1123598937979640)  
Website: [www.parastandingtennis.com](http://www.parastandingtennis.com)

## Who plays Para Standing Tennis?

Individuals with decreased mobility due to amputations, cerebral palsy, hemiplegia, limb difference, other congenital conditions and little people. The Para 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. Para Standing Players have a high level of independence and do not have a severe cognitive disability.

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## How are Para Standing Tennis Players classified?

To offer a competitive, yet fair playing environment, players will be classified as follows:

- PS1: (Para Standing 1): One upper limb affected due to paralysis, amputation or congenital condition.
- PS2: (Para Standing 2): Below Knee Amputee or very mild cerebral palsy with similar mobility
- PS3: (Para Standing 3): Above Knee Amputee, double below knee amputee, two limbs affected, moderate cerebral palsy with two limbs affected or similar
- PS4: (Para Standing 4): Short Stature, three or more limbs affected, severe cerebral palsy or similar

### Notes:

- After a player is classified, they can play up in class if they choose. They cannot play down.
- Classes may be combined for tournament play based on the number of entries and the tournament director's discretion.
- Classes may evolve over time as the number of players grows.

Information as of July 2023