

USTA Junior Team Tennis

PROVIDER STARTER SHEET

USTA Junior Team Tennis (JTT) brings together boys and girls aged 5-18 to play singles, doubles, and/or mixed doubles against other coed teams in their local communities. Beyond being fun and a great form of exercise, JTT is a competitive, level-based environment that promotes individual growth, social development and life skills.

An overview for local track orange, green, and yellow ball programs is listed below. Refer to the USTA Junior Team Tennis program guide for more detailed information.

Season Length:	6 to 8 Weeks	
Number of Seasons:	Multiple Seasons per Year	
Practices:	One practice per week is recommended during season	
Match Day:	Day of the week to be discussed and agreed upon between coaches/coordinators (Saturday or Sunday recommended)	
Team Makeup:	3-8 players per team • Orange Ball- Coed • Green/Yellow Ball - Coed or separate Boys/Girls	
Courts Needed:	2 or 3 Courts	
Team Match Details:	Orange Ball	Green/Yellow Ball
Team Match Length:	1-1.5 Hours	1-1.5 Hours
Multiple Rounds:	Create level-based play, add flexibility & reduce forfeits	Create level-based play, add flexibility & reduce forfeits
Match Format Options:	<ul style="list-style-type: none"> • 2 Court - 1S/1D followed by 1S/1D • 3 Court - 2S/1D followed by 2S/1D 	<ul style="list-style-type: none"> • 2 Court - 1S/1D followed by 1S/1D • 3 Court - 2S/1D followed by 2S/1D
Match Scoring:	No Ad Short Set to 4 Games (no Tiebreak) (20min) • Timed match not to exceed 20 min	No Ad 6 Game Set (no Tiebreak) (35min) • Timed match not to exceed 35 min
Determining Match Winner:	Total games won	Total games won
Coaching:	Positive feedback and/or technical suggestions should be offered by one designated coach or parent between points or changeovers and should not interrupt the flow of play. Coaches should work together to create level-based play.	
USTA Section Contact:	The latest section coordinator contact list can be found at usta.com/jtt	