



RULES & REGULATIONS

Jr. Team Tennis 2026

The GRETA Jr. Team Tennis (JTT) league is a fun, team-oriented, and competitive tennis league for youth tennis players from beginner through advanced levels of play. Teams are co-ed and comprised of players of similar age and ability. JTT is open to all players regardless of club or school affiliation. Teams will compete against other local teams in the spring season for the opportunity to advance to a state championship. There is also a fall season for players to continue to gain match experience. The objective of the GRETA JTT league is to introduce kids to team competition in a positive setting that promotes sportsmanship, skill development, and personal growth.

The GRETA JTT league is sanctioned and supported by the United States Tennis Association (USTA), the USTA Southern Section, and the North Carolina Tennis Association. In addition to the local JTT regulations outlined in this document, all players, coaches, and parents must abide by the national regulations set forth by the USTA as well as additions set forth by USTA Southern.

SEASON DATES

- Spring Season Dates – March 21-May 9 (no matches April 4/11)
 - match day/time – Saturdays 12pm/1pm/2pm
 - JTT State Championships July 10-12 in Winston Salem
- Fall Season Dates - TBA

SPRING DATES/DEADLINES

- Monday, February 2
 - Team creation and player registration begins
 - to create a team, a parent/coach must complete the Safe Sport training and background check
 - Inform league coordinator if you have a “home” site or need one as well as any blackout dates for home matches
 - Provide contact info (both cell/email) to league coordinator for each team captain and/or pro who handles the weekly matches
- Friday, March 13
 - Deadline for team creation and minimum number of players (4) registered
 - Players may register for a team (per captains decision) throughout the season
 - Players registered without a team will be either combined to form a team or added to another team
 - If there are not enough players or a team to join the player will be refunded the registration fee (less processing fee)
- Monday, March 16
 - Match schedule published in TennisLink

DIVISIONS

- A minimum of 2 teams must be registered to field a division. Teams may move to another division to participate.
- Divisions Offered-
 - 10U Beginner (orange ball, rally ball league w/ no serve, no state chp advancement)
 - 10U Beginner (orange ball w/ serve)
 - 10U Intermediate (orange ball)
 - 12U Beginner (green ball)
 - 12U Intermediate (green ball)
 - 14U Beginner, Intermediate, Advanced
 - 18U Beginner, Intermediate, Advanced

MATCH SITES/DAYS

- Teams must designate a facility for home matches
 - if a team does not have a facility, they may use public courts or be a travel team
- Matches will be scheduled on Saturday afternoons at 1pm unless a facility requires another time

LEAGUE FEES

- The online registration fee is \$40 per player.
 - Your facility or club may charge an additional administrative fee and/or for practices
- GRETA will provide awards for division winners/finalists and for good sportsmanship

MATCH FORMAT (TBD after captains meeting in early February)

- 10U Beginner Rally Ball– 1 court singles/1 court doubles; no serves just underhand feed anywhere in the court; round robin play for 1 hour
- 10U/12U/14U/18U – 2 courts of singles and 1 court of doubles

SCORING FORMAT (TBD after captains meeting in early February)

- 10U Beginner Rally Ball – 1 game to 7 points, win by 1; 1 underhand or bounce-hit “serve” anywhere in the court
- 10U Beginner – (1) 4-game short set, first to 4 games (no tiebreaker)
- 10U INT/12U/14U/18U – 2/3 4-game shorts sets, 7-pt tiebreaker at 3-3, 10 pt match tiebreaker if split sets

STATE CHAMPIONSHIP ADVANCEMENT

- The spring season is the qualifying season for the JTT State Championships for 10U-18U age divisions
- Winners from our local league receive an automatic bid to the State Championships
- If the winning team cannot attend the State Championships the bid will go to the 2nd, then 3rd, and so on
- Players must have a 2-match history in the local league (1 may be a default) to qualify
- Minimum of 4 players must be on the roster to register for the State Championships
- The 10U Beginner Rally Ball division will not advance

TEAM COMPOSITION

- Teams can be formed with any combination of boys and girls at the appropriate age and ability level for the division they are competing in
- 10U/12U/14U/18U minimum number of players – 4

PLAYER REQUIREMENTS

- Prior to registration, the player must
 - be a current USTA member, in good standing, thru July 31, 2026
 - age eligible thru July 31, 2026

- compete at the appropriate skill level (see JTT Levels of Play Guidelines document)
- not be suspended from USTA competition
- 10U/12U/14U/18U players must have prior tennis match experience
- 10U Beginner Rally Ball players must have some tennis training but no match experience required

PLAYER RESPONSIBILITIES

- Show up 10-15 minutes prior to your scheduled match time
- Check in with your team captain when you arrive for your match
- Exhibit good sportsmanship and effort
- Encourage and cheer for your teammates
- Report match scores to your team captain

TEAM CAPTAIN REQUIREMENTS

- Prior to team creation, the team captain must
 - be a current USTA member or have a USTA number
 - complete the USTA Safe Play background screening and online education from the U.S. Center for Safe Sport on a bi-annual basis prior to creating a team. Click here to complete the 3-step process or visit <https://www.usta.com/en/home/safe-play.html>
- Make sure players and parents abide by the local league rules

TEAM CAPTAIN RESPONSIBILITIES

- Have match balls (new or slightly used) for the match
- Communicate with their team on player availability
- Communicate with other team captain on forfeits and general skill level of players
- Put together match line-ups
- Record on scoresheet your lineup and opponent's lineup
- Take picture of completed match with scores and winners circled and text to LLC 919.630.0386
- No coaching allowed by the team captain, assistant captain, coaches, and spectators during match warm-up and match play
- Ensure all spectators for their team follow the code of conduct
- Attempt to provide matches for extra players
- Select 1 player from the opposing team for the Good Sportsmanship Award

CREATE A TEAM

- Click here or visit https://support.activenetwork.com/usta/articles/en_US/Article/Create-a-JTT-Team for a step-by-step guide to create your JTT team

REGISTER A PLAYER

- Click here or visit <https://tennislink.usta.com/TeamTennis/Main/RegisterPlayers.aspx> to register a player using a team number and the players USTA account number

GRIEVANCE PROCEDURE

- In the case of a grievance filing, the Local League Coordinator will form a grievance committee comprised of 3 persons that are free of conflict

SPECTATOR CODE OF CONDUCT

To promote fairness and to assure a physically and mentally healthy experience for all players, tennis has expectations around spectator behavior. All JTT spectators are asked to follow these rules of conduct:

Cheering

Clapping for good shots is encouraged and will be allowed provided spectators show respect for all players.

- Please wait until a point has finished before clapping. Clapping during play is a distraction for all players.
- Please keep cheering respectful in tone and volume. Cheering that gets out of control can intimidate children on the court, disrupt other matches in progress, and cause conflict between opposing teams.

Coaching

Coaching and all other communication to the players from both spectators and the team captain/coach is prohibited in our local league. Spectators are not allowed to assist with making line calls, calling double bounces, or providing scores to players. The team captain/coach may intervene in a match to answer a question or resolve a dispute.

ZERO TOLERANCE POLICY

To promote a more enjoyable and fair experience for all, USTA NC has implemented a ZERO TOLERANCE POLICY for all unsportsmanlike conduct. For more information visit <https://www.nctennis.com/jtt>.

Jr Team Tennis Match Information

Division	Ball/Court	Match Format	Min # of Players	Scoring
10U Beginner Bounce Serve	Orange 60' court	1 court of singles 1 court of doubles round robin play	3	1 st to 7 pts win by 1 Drop-hit
10U Beginner	Orange 60' court	1 court of singles 1 court of doubles *Play 2 rounds	4	(1) 4-game set, no ad No tiebreakers
10U Intermediate	Orange 60' court	2 courts of singles 1 court of doubles	4	**2/3 4-game short sets 7-pt tiebreaker at set score 3-3 10-pt tiebreaker if split sets
10U Advanced	Green	2 courts of singles 1 court of doubles	4	**
12U Beginner Intermediate	Green 78' court	2 courts of singles 1 court of doubles	4	**
14U/18U Beginner Intermediate Advanced	Yellow 78' court	2 courts of singles 1 court of doubles	4	**

ADDENDUM - LEVEL OF PLAY GUIDELINES

USTA North Carolina strives for fairness in competition. Our primary goal is to preserve the integrity of the Beginner division by ensuring that players who have clearly progressed beyond entry-level skills are placed appropriately.

If any coach/manager is unsure where to place a player/team they should contact their local league coordinator prior to the team registration deadline.

Category	Beginner	Intermediate	Advanced
Experience	<ul style="list-style-type: none"> • Limited tennis experience • Learning the basic rules • Developing coordination while hitting 	<ul style="list-style-type: none"> • Participates regularly in clinics to develop technical skills, speed, accuracy, and pace • May play in a low position on a varsity high school team • Participates entry-level tournaments and wins 	<ul style="list-style-type: none"> • Trains technically & tactically • Regularly competes in L6 or higher tournaments • May play in a high position on a varsity high school team • Has a National Standing
Technique	<ul style="list-style-type: none"> • Inconsistent strokes • Slower, inconsistent serve • Basic grips & swing shapes • Volleys & overheads are unformed 	<ul style="list-style-type: none"> • More consistent strokes with spin and pace development • Reliable serve • Strengthening and using volleys/overheads in play • Improving directional control to run basic patterns 	<ul style="list-style-type: none"> • Consistent strokes with spin, pace, and placement • Serve variety (flat, kick, slice) • Can hit specialty shots: half volleys, lobs, approach shots and drop shots
Match Play	<ul style="list-style-type: none"> • Short rallies, often blocking or pushing the ball • Needs help with scoring & match formats • Focus is on contact and having fun 	<ul style="list-style-type: none"> • Uses full strokes when running for a ball • Long rallies; compete with more strategy and control • Moves well to track down difficult shots • Reliable player at the net during doubles play 	<ul style="list-style-type: none"> • Constructs points intentionally, forces errors • Maintains consistency under pressure • Adapts strategy mid-match • Minimizes errors and capitalizes on opportunities • Confident at net and in all court areas. Recovers quickly

Intermediate Ranking Criteria

- Players with 30 or more ranking points in any age group by Combined National Standings List as of 1/7/26 for spring, 7/29/26 for fall shall play Intermediate in any age group.

Advanced Ranking Criteria

Players with a National standing in the ranges below as of January 7, 2026, shall play Advanced.

- 12U: 1-650 – shall play ADV in either 12U, 14U or 18U INT or 18U ADV
- 14U: 1-1500 – shall play ADV in 14U or 18U age group
- 18U: 1-1500 – shall ADV in 18U age group

Use the standings list provided, or you may look up any players using USTA's player search feature. TennisLink will NOT stop an ineligible player from registering on a team if it is due to their standing. *It is the responsibility of the coach/manager to check eligibility before registering each player. Failure to do so will result in disqualification.*

Additional Placement Considerations for Players/Teams

1. Once a player plays Intermediate or Advanced, they shall not return to Beginner unless approved by the LLC.
2. A player with a fully verified or high-confidence rating under any rating system shall not play Beginner without approval from the LLC.
3. For teams with both Beginner and Intermediate players, it's mandatory to reach out to your LLC for guidance.
4. If a player had strong results in the Beginner division in past seasons and/or went to a State Championship.
5. Made the roster of a school tennis team
 - Note: Some high schools have a no-cut policy or allow all players to participate, so this may not always indicate Intermediate-level ability.
6. When deciding between Beginner vs. Intermediate or Intermediate vs. Advanced, consider each player's standing on your team:
 - If a player on your Beginner team meets Intermediate criteria and is not your top player, the team should be placed in Intermediate.
 - If a player meets Advanced criteria and is not your top player, the team should be placed in Advanced.

Unsure where to place a player or a team? Contact your LLC **before** the team registration deadline.

ZERO TOLERANCE POLICY

USTA North Carolina Junior Team Tennis Sportsmanship Initiative



To promote a more enjoyable and fair experience for all, USTA North Carolina has implemented a ZERO TOLERANCE POLICY for unsportsmanlike conduct.

PLAYERS

Players must adhere to the **USTA Player Oath**:

I recognize that tennis is a sport that places the responsibility for fair play on me. I promise to abide by the rules of the game, which require me to give the benefit of the doubt to my opponent. At all times I shall strive to compete with the true spirit of sportsmanship, recognizing that my behavior on the court is a direct reflection of my character. Whether my matches end with my victory or defeat, I promise to conduct myself in a way that honors my opponents, those who support me, and the game of tennis.

Players must adhere to the **principles of good sportsmanship and fair play**.

- Introduce yourself to your opponent.
- Give your opponent the benefit of the doubt.
- As the server, clearly call out the score before each point.
- Give your best effort no matter the score.
- Respect opponents calls on their side of the net.
- Shake hands or tap racquets at the end of the match, be positive no matter the result.



SPECTATORS

Spectators refers to anyone in attendance not actively playing a match.

Spectators must adhere to the **Spectator Oath**:

I recognize that tennis is a sport rooted in respect, integrity, and fairness. I will honor the calls and decisions made by the players on the court. My support will always be positive and uplifting. Win or lose, I am committed to fostering a fun, respectful atmosphere for everyone involved. Above all, I promise to carry myself with dignity and sportsmanship, honoring the game and all who play it.

Spectators must adhere to the **principles of good sportsmanship and fair play**.

- Set a positive example for players.
- Treat fellow spectators, players, coaches, and JTT staff/officials with respect.
- Emphasize the importance of fair play and good sportsmanship.
- Cheer respectfully for winners and good points.
- Players will make mistakes, it's okay.
- Allow players to make their own calls and settle on-court disputes without interfering.

Unsportsmanlike behavior by a spectator may result in immediate removal of that spectator from the playing area or premises.

Removal is not subject to appeal. Failure to comply with a removal request may result in further penalties assessed by the local league coordinator.

JTT staff have the authority to determine unsportsmanlike behavior and impose penalties. Players and spectators may be assessed penalties at the first occurrence of misconduct.

This policy is in immediate effect and will be diligently enforced.