

Characteristics/Traits for USTA/NTRP/Vagabond Self-Rating System

To rate yourself:

To get your rating, start at the top and read down. When you identify with one of the items indicated, put that rating's number on that line (example: if you identify with an item under 2.5, put 2.5 on the line after that item). When you are finished, add up all the numbers that you have put on lines and divide by the number of entries. That is your rating. (Example: If you have 3 2.5s (total of 7.5), 3 3.0s,(total of 9.0) and 4 3.5s (14.0), you'd have total points of 30.5. You'd then divide 30.5 by 10 (3+3+4) for a rating then of 3.05, so for Vagabonds, you'd have a rating of 3.1 or 3.0+. Be very honest and fair with yourself when doing this. Read each point carefully and rate yourself according to how you usually play, not how you used to play or how you play once in a while.

1.5

You have limited experience and are working primarily on getting the ball in play _____

2.0

You lack court experience and your strokes need developing _____

You tend to have an incomplete swing, not following through _____

You lack directional intent – you can't regularly hit it where you want it to go _____

Your backhand still needs to be learned _____

Double faults are fairly common _____

Return of serves is erratic _____

You are reluctant to play the net _____

You lack good footwork to adjust positions, frequently out of position to return shots _____

Total of 2.0 Points _____

2.5

You are still learning to judge where the ball is going _____

Your court coverage is limited _____

You can only sustain a short rally of slow pace with other players of the 2.5 ability _____

You try to avoid backhand by hitting forehand _____

You have an inconsistent toss on your serves _____

You have trouble returning serves unless they are slow-paced _____

You are uncomfortable at the net, especially when having to use backhand _____

You try to lob occasionally but without great control of it _____

You usually make contact on overheads but not good control of direction _____

You can sustain a short rally of slow hits but not harder ones _____

Weak court speed _____

You tend to remain in doubles position without moving a lot _____

Total of 2.5 Points _____

3.0

You are fairly consistent when hitting medium-paced shots _____

You lack directional control and depth on your shots _____

Your backhand is developing but still needs work _____

Not consistent when trying power shots _____

Second serve is fairly weak _____

Generally okay at returning medium power serves but power serves are difficult _____

You have trouble with low and sideline shots _____

Trying to develop good lob shots but not harder ones _____

Limited court coverage _____

Generally just move to net when forced to go there _____

Total of 3.0 Points _____

3.5

- You have achieved improved stroke dependability with directional control on most shots _____
 - You have a solid forehand and backhand _____
 - You have good court coverage _____
 - You seldom double fault _____
 - You can lob effectively and return lobs effectively _____
 - You are starting to develop spin _____
 - You exhibit aggressive net play _____
 - You can return serves and sideline shots of 3.5 players consistently _____
 - You are consistent on overhead shots _____
 - You are developing drop shots _____
 - You look for net opportunities _____
 - You have good court coverage and are developing teamwork in doubles _____
- Total of 3.5 Points _____

4.0

- Dependable strokes with directional control and depth on both forehand and backhand shots _____
 - You can use lobs, overheads, approach shots, volleys with good success against 3.5/4.0's _____
 - You occasionally force errors and get points when serving against 3.5/4.0's _____
 - Teamwork in doubles is evident _____
 - Can use spin _____
 - You place both first and second serves consistently, often with power on the first serve _____
 - Dependable on returning power serves. Handle sideline and low shots well. _____
 - Can put away overheads well _____
 - Following aggressive shots, you rush to the net to hit opponent's return _____
 - Can hit to opponent's weaknesses _____
 - Very good court coverage and good teamwork _____
- Total of 4.0 Points _____

Total of All Points _____
 Total No. of Lines with Points on Them _____
 Now Divide the Total Points by the No. of Lines with Points _____

That Number is Your Final Rating (Round Down if Under .05, Up if .05 or Higher)
 (.1 is a + rating, .2 is ++, .3 is next rating point with a --, .4 is next rating point with one -)

YOUR FINAL RATING IS _____

Your Name _____

Date Form Filled Out _____

Signature _____