

ARTICLES ON COMPETITION



ADAPTING COMPETITION FORMATS

(by James Newman, ITF)

This is a guide to adapting competition formats to suit your players. The guide will show how to adapt formats to make it suitable to the ages and abilities of your competitors. The sections show you how to adapt formats to suit:

- Teams **p1**
- Stage 3 – Red (Children aged 4-8 and some starter adults) **p3**
- Stage 2 – Orange (Children aged 7-11 and starter adults) **p4**
- Stage 1 – Green (Children aged 8-15 and starter adults) **p5**

ADAPTING FOR TEAMS

Team events are recommended for starter players, especially for those aged 9 years and under.

It may be easier to choose pre-prepared team formats for your players, visit <http://www.tennisplayandstay.com/competitions/team-formats.html> to find team formats you could use. Team leagues that run over a number of weeks or months can be especially popular with players young and old.

CREATING TEAMS

Depending on the format, you can have any number of teams so long as you have enough players and courts. You can have any number of players in each team, though some formats are best suited to between 4-6 players per team.

Quick Cones (see Example A below) can be run with just two teams with as many players as you want. Team Round Robin (see Example B below) works best with 4 players per team and usually has 4-6 teams.

With most formats you should ensure each team is as even as possible in terms of ability – avoid putting all the best players in one team and all the lowest ability players in another.

If you have a wide range of skill levels, you could consider running 2 events side-by-side with the lower ability players in one event and the higher ability players in another.

MATCH FORMATS

There are 2 main ways that team matches can be played:

1. Players play alongside their team-mates

Players play with their team-mates against other teams, for example Reds v Blues could feature Red players playing all or a selection of the Blue players and the team who win the most matches wins. See Quick Cones (Example A) for an example of this type of format.

2. Players play individually, away from their team-mates

Players play matches individually but earn points or wins for their team. This could be a series of singles or doubles matches against players from other teams and each player records individually how many points or wins they earn. This gets added to their teams total. The team with the most combined points wins the event. See Team Round Robin (Example B).

HOW TO WIN

There are a number of ways a team can win, most common ways of deciding the winner are:

- *Team with most matches won* (eg Reds won 7 matches, beating Yellows and Blues)
- *Team with most points won* (eg Reds won 39 points in 3 matches, Greens won 33 in 3 matches, Yellows won 21 in 3 matches and Blues won 19 in 3 matches)

Points and wins can be based on players earning points alongside their team mates or by playing individually and having their total added to their team's total at the end (see MATCH FORMATS above).

ARTICLES ON COMPETITION

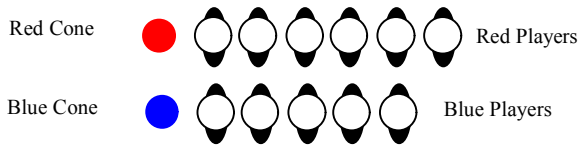


ADAPTING FOR TEAMS - EXAMPLES

EXAMPLE A – QUICK CONES / TEAM CONES

Individual Version: Each player plays singles matches against as many of the other players as possible in a set time period. Matches are tiebreak to 7 and players earn 1 cone for every match they win. The player with the most cones at the end is the winner.

Adapted for Teams: Instead of playing as an individual, split all players into 2 teams, one is the Red team the other the Blue team. Players line up, the Red team in one line, opposite the Blue team in the other line. When a Red player gets to the front of their line, they go and play a match on the next free court, with the player who is at the front of the blue line.



Once a match is played, the winning player gets a cone for their team and both players return to the back of their line. Once time is up and the competition is over, the team with the most cones wins.

EXAMPLE B – ROUND ROBIN / TEAM ROUND ROBIN

Individual Version: All players are split into round-robin boxes of 4 people. In each box, every player plays one match against every other player in that box. The player with the most wins/points go on to play a knockout against the winners of the other 3 boxes. This means there are 2 semi-finals and then a final to decide the winner

Adapted for Teams: Put all players into 4 teams (try to keep teams equal in terms of ability). Seed each player in the team from 1 (Strongest) 4 (Least strong). Organise so that all the number 1 seeds from each team play in Round Robin Box 1 (eg Red 1, Blue 1, Green 1, Yellow 1), all the number 2 seeds from each team play in Box 2, all the number 3 seeds from each team play in box 3 etc.

Round Robin Box 1

	Red 1	Blue 1	Green 1	Yellow 1	Wins	Points
Red 1		7	4	7	2	18
Blue 1	4		7	4	1	15
Green 1	7	5		3	1	15
Yellow 1	2	7	7		2	16

In each box, each player plays every other player in their box. At the end, add up all the wins or points that each player has earned for their team to get a team total, the team with the most points or match wins is the winner of the event (eg Red = 62 points, Blue = 85 points, Green = 52 points and Yellow = 57 points so Blue is the winner).

ARTICLES ON COMPETITION



ADAPTING FOR RED - STAGE 3 (Children aged 4-8 and some starter adults)

Red events can be the easiest and most profitable events to run as 4 Red courts can be placed over every full-sized court. This means either more players or less full-sized courts are needed.

SETTING UP (Courts and Balls)

4 Red courts can be placed over 1 full sized court as per DIAGRAM A below. Nets can be purpose-made portable nets or made with barrier tape. Net height should be approximately 80cm high.

Balls used should be approved Stage 3 – Red balls, either foam or felt slower and larger than a normal tennis ball.

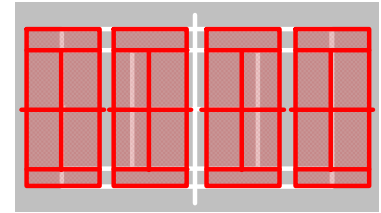


DIAGRAM A – 4 Red Courts (11m x 5.6m)

See www.tennisplayandstay.com for further details on courts, balls and equipment suitable at Red.

MATCH FORMAT

Formats should be team based at Red, see 'ADAPTING FOR TEAMS' in this document to change an individual event to a team event or visit <http://www.tennisplayandstay.com/competitions/team-formats.html> for ready made team formats.

SCORING

Red is for young players and some starter adults so scoring and match length should be short and simple. Tiebreak's to 7 are recommended. Many children in this stage will need an adult or junior to help score their matches.

AT THE END

When performing the awards presentations, include awards that reward effort and improvement such as 'Most Improved Player', 'Sportsperson Award', 'Best Effort'. This is especially important for young players as it reduces the focus on winning and losing (important at early stages of development) and promotes improvement and effort.

ARTICLES ON COMPETITION



ADAPTING FOR ORANGE - STAGE 2 (Children aged 7-11 and starter adults)

Orange events are played on 18m courts.

SETTING UP (Courts and Balls)

Orange courts are played over full-sized courts as shown in DIAGRAMS B and C but are shorter than a full court. Courts can either be full width or narrower than a full-sized court. Mark the courts with throw-down lines, tape or permanent lines.

Balls used should be approved Stage 2 – Orange balls, 50% slower than a normal ball.

See www.tennisplayandstay.com for further details on courts, balls and equipment suitable at Orange.

MATCH FORMAT

Most formats should be team based at Orange, see 'ADAPTING FOR TEAMS' in this document to change an individual event to a team event or visit <http://www.tennisplayandstay.com/competitions/team-formats.html> for ready-made team formats.

SCORING

Tiebreaks up to 7 or 11 are recommended at this stage. Most players should be able to score their own matches but younger children may need help.

AT THE END

When performing the awards presentations, include awards that encourage effort and improvement such as 'Most Improved Player', 'Sportsperson Award', and 'Best Effort'. This is especially important for young players as it reduces the focus on winning and losing (important at early stages of development) and promotes improvement and effort.

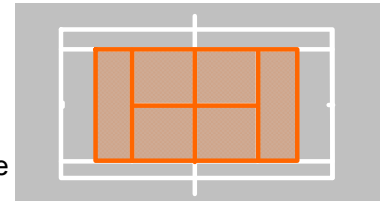


DIAGRAM B – Full width Orange Court (18m x 8.23m)

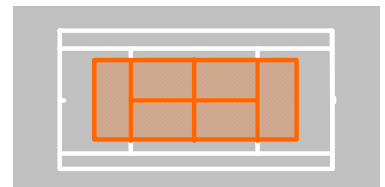


DIAGRAM C – Narrow Orange Court (18m x 6.5m)

ARTICLES ON COMPETITION



ADAPTING FOR GREEN - STAGE 1 (Children aged 8-15 and starter adults)

SETTING UP (Courts and Balls)

Green events are played on full size courts, as in DIAGRAM D.

Balls used should be approved Stage 1 – Green balls, 25% slower than a normal ball.

See www.tennisplayandstay.com for further details on courts, balls and equipment suitable at Green.

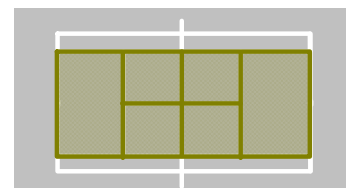


DIAGRAM D – Green court is the same size as a full court

MATCH FORMAT

A mixture of team and individual events are suitable for most players in Green, see 'ADAPTING FOR TEAMS' in this document to change an individual event to a team event or visit <http://www.tennisplayandstay.com/competitions/team-formats.html> for ready-made team formats.

SCORING

Short sets to 4 games or tiebreaks are the best scoring formats for players in Green.

AT THE END

When performing the awards presentations, you can still include awards that encourage effort and improvement such as 'Most Improved Player', 'Sports Person Award', and 'Best Effort'. Try to avoid awards for adults that are more suited to younger children – 'Most Improved Player' is an award that could suit both younger and older players.