

FIND YOUR LEVEL - PICKLEBALL

Brand New Player - 2.0	<ul style="list-style-type: none"> • This player is just starting to play pickleball
Novice - 2.5	<ul style="list-style-type: none"> • I know where to stand at the beginning of each point • I usually get my serves “in” • I usually let the return of serve bounce • I am getting the hand of keeping score • I can often keep the ball in play • I know what a dink shot is
Intermediate (Low) - 3.0	<ul style="list-style-type: none"> • I understand the basic rules • I am working on getting my serves and return of serves deeper • I am working on getting my dinks shallower/lower • I am capable of hitting a few dinks in a row • I can usually hit backhand shots when I need to • I am trying to add more power or softness to my game
Intermediate (High) - 3.5	<ul style="list-style-type: none"> • I know most of the rules (including, net rules, net post issues, NVZ, etc.) • My serves & returns are almost always deep • I sometimes try to hit a 3rd shot drop shot • I try to be strategic about how and where I hit the ball • I have a wide variety of shots in my arsenal • I actively work with my partner to win the point
Advanced - 4.0	<ul style="list-style-type: none"> • I can often anticipate my opponents’ shots • I often finish the point when my opponent gives me an opening • I am usually consistent with drop shots and dink shots • I almost always play at the no-volley line • With a good partner I can cover almost any shot • I try to be patient & wait for the opening
Expert - 4.5-5.0	<ul style="list-style-type: none"> • I can consistently convert a hard shot to a soft shot • I am almost always patient & wait for the opening • I rarely make unforced errors • I consistently use power & finesse to my advantage • I can easily sustain a rally of 40 or more shots • I have competed and/or won in tournaments at the 4.5 level or higher

FIND YOUR LEVEL - TENNIS

Brand New Player - 1.0	<ul style="list-style-type: none"> • This player is just starting to play tennis
Beginner (Low) - 1.5	<ul style="list-style-type: none"> • This player has limited playing experience apart from the ball being fed by a coach • Still focused on getting the ball into play • Working on basic stroke production and any inconsistent bounce causes difficulty
Beginner (Mid) - 2.0	<ul style="list-style-type: none"> • This player has obvious stroke weaknesses but is familiar with basic positions • They know how to all ground strokes off the coach's feed • Lacks court experience in terms of movement adjustment and ball bounce
Beginner (Advanced) - 2.5	<ul style="list-style-type: none"> • This player is learning to judge where the ball is going although court coverage is weak • Can sustain a slow rally with other players of similar level • Can sustain slightly faster rally with a coach
Intermediate (Low) - 3.0	<ul style="list-style-type: none"> • This player is consistent when hitting medium pace shots • Not yet comfortable with all strokes (volley, overhead, serve) • Lacks control when trying for direction, depth, or power
Intermediate (Mid) - 3.5	<ul style="list-style-type: none"> • This player has improved and dependable strokes with direction of moderate paced shots but lacks depth and variety • Has the ability to attack the net and anticipate their opponents' shots • Starting to show teamwork and understand doubles
Intermediate (Advanced) - 4.0	<ul style="list-style-type: none"> • This player has dependable strokes, and has directional control, on both forehand and backhand side on moderate shots • Has the ability to use lobs, overheads, approach shots, and volleys with success • Has the ability to force errors from their opponents, and rallies are often lost due to player impatience • Shows strong teamwork and doubles strategy

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<p>Advanced (Low) - 4.5</p>	<ul style="list-style-type: none"> • This player, in addition to directional and depth control, has begun to develop varying degree of spin and power • First serve has power, spin, and accuracy. Second serve is accurate and dependable and able to rush the net on either serve • Can handle considerable pace and has strong footwork. They can vary their game based on opponents
<p>Advanced (Mid) - 5.0</p>	<ul style="list-style-type: none"> • This player shows strong anticipation and frequently has an outstanding shot around which a game may be structured • This player can consistently hit winners or force errors off short balls, and can put away volleys and overheads • Has the ability to execute half volleys, drop shots, and top spin lobs • In addition to power and placement, this player can use heavy spin on their second serve
<p>Advanced (Pro) - 5.5</p>	<ul style="list-style-type: none"> • This player uses power and/or consistency as a major weapon • This player can vary strategies and styles of play in difficult situations and hits dependable shots when under pressure
<p>Professional - 6.0+</p>	<ul style="list-style-type: none"> • Played NCAA Tennis, ITF or similar