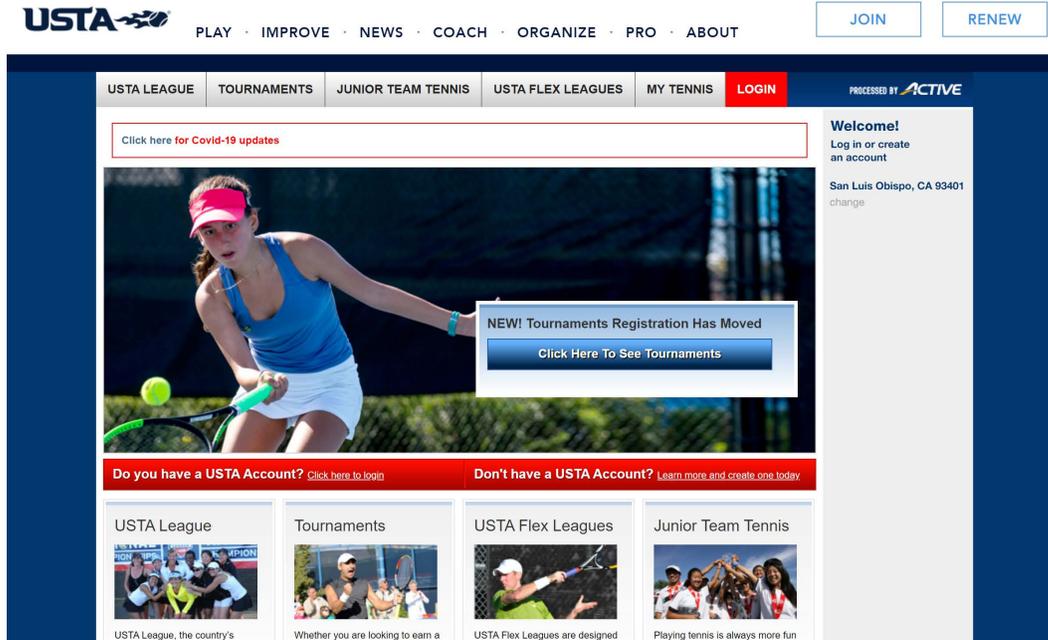


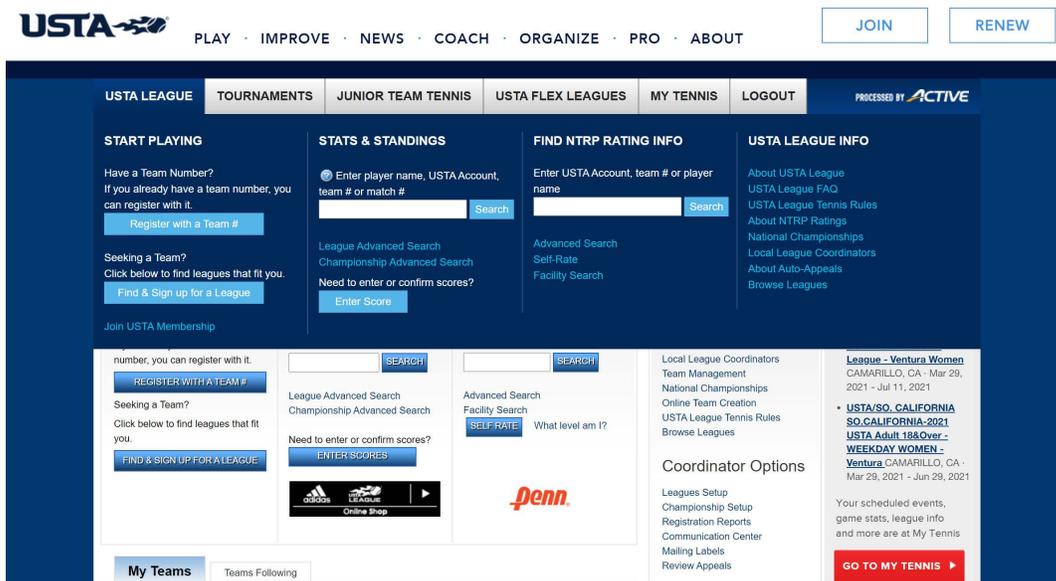
USTA NTRP Self-Rating Instructions

If you do not have an NTRP rating or your rating is expired, please follow these instructions to self-rate. NTRP ratings are required to play in USTA leagues and tournaments.

1. Login to your tennislink.usta.com account: <https://tennislink.usta.com/Dashboard/Main/>



2. Mouse over the USTA LEAGUE tab and click the link that says Self-Rate.



3. The self-rate questionnaire will open. Begin by checking the box that affirms that you will answer all questions truthfully and accurately.

4. Complete the questionnaire by answering yes or no to all 7 questions about your tennis experience. Please make sure you answer the questions honestly to best determine your appropriate rating level. When completed, you will see a summary page of your answers and two buttons. One button will allow you to continue and the other will allow you to start over if you made a mistake answering the questions.

5. Once you are finished, press the continue button. You will be offered three options for your self-rating:

Accept the rating: This is the minimum level you can play at. Generally, a player will not be given a rating lower than their last valid rating.

Appeal your Rating UP: If you believe you should be playing at a higher level, select that level. Don't jeopardize yourself, your captains, or your teams by under rating or over rating.

Appeal your Rating DOWN: If you believe your rating is too high and does not reflect your skill level, select the "appeal down" button. A form will then pop up that you must fill out and submit. Your appeal will be reviewed by a committee and you will be notified of their decision by email. If your appeal is granted you will be notified by email. It usually takes 1-2 weeks for the committee to send a decision.

6. Submit your rating.

If you have questions, please reach out to Adult Tennis Coordinator India Hoffman at 310-208-3582 or ihoffman@scta.usta.com.