



SHANGHAI RACQUET CLUB & APARTMENTS
上海西庭网球俱乐部和公寓



i-rate: rate yourself

'i-rate' put simply is a club player rating system. i-rate provides players and administrators with functions to compare player standards at club, regional, state, national & inter-national levels, predict match results, rate head to head scores and automatically updates from match results entered from the Xpoint system.

The i-rate number travels with a player wherever they play and for their entire tennis career. It can be utilized to track player's improvement, match players of similar standards, select players in teams, place players correctly in events and even be used as a talent ID tool. In summary it is similar to the golf system where player performance is directly reflected in their handicap.

Find the chart below to select an initial rating which only ever has to be done once. It is important to be as realistic as possible in selecting your initial rating and note once 10 match results have been reached the system adjusts your rating to the correct level.

i-

Guideline / Description

- 10
- 9
- 8
- 7.5
- 6
- 5
- 4
- 3
- 2.5
- 1.5
- 1
- 0.25

- Male player ATP ranked top 10

- Male player ATP ranked 500 approximately

- Female player WTA ranked top 10 & Male player ATP ranked 1000 approximately

- Female player WTA ranked 100 & Male player ATP ranked 1250 approximately

- **Serve** – aggressive 1st serve with power & moderate consistency; strong & consistent 2nd serve with spin; depth & placement d
- **Forehand/Backhand** – f/h reliable with good consistency, control, spin variation & power plus defends well; b/h consistent & ac
- generate power off moderate shots plus defends well
- **Volleys/Overhead** – good technique, touch & footwork on volleys but can break down on more difficult shots; o/h reliable
- **General Play** – consistent ground strokes hit with extra power when time is given; approach shots & mid court attack well develo
- attack weak 2nd serves; can vary game plan & covers weaknesses; court movement & fitness excellent

- **Serve** – placing both 1st & 2nd serves; 1st serve becoming consistent & gaining power; 2nd serve medium pace with spin & cor
- **Forehand/Backhand/Returns** – f/h reliable with good consistency, control, spin variation & moderate power; b/h consistent & ac
- depth, control & power;
- **Volleys/Overhead** – f/h good technique; b/h volley may still lack technique; developing control on wide low volleys
- **General Play** – playing tactically & analyses opponents weaknesses & strengths; reliable ground strokes with accuracy & depth
- paced shots; follows attacking shots to net or can occasionally put away short balls plus can put away easy overheads;

- **Serve** – 1st serve developing pace & becoming consistent when not at full power; 2nd serve controlled with slice &/or kick with lit
- **Forehand/Backhand/Returns** – f/h good consistency & control with moderate power plus often with spin; b/h has consistency w
- difficulty on high or shots with power & returns these defensively; returns developing consistency
- **Volleys/Overhead** – net play becoming part of game when an easy opportunity to approach presents; f/h placing with control
- volley generally defensive; making solid contact on o/h & developing power but unreliable
- **General Play** – rallying with placement, good variety with moderate power plus has developed approach shot, drop shot & hal
- good anticipation & court coverage, looks for opportunities to attack, hits winners with topspin, & developing understanding o

- **Serve** – 1st serve technique becoming sound but inconsistent chasing power & 2nd serve reliable but slow plus developing spin; re
- **Forehand/Backhand** – f/h technique sound & power increasing when opportunity presents; b/h consistent but still lacks power &
- **Volleys/Overhead** – f/h consistent but lacks control & power; b/h defensive; o/h inconsistent & lacks power
- **General Play** – consistent with moderate pace but inconsistent when chasing power & can lob defensively; anticipation improv

- **Serve** – developing technique although 1st serve unreliable & 2nd serve reliable but slow
- **Forehand/Backhand** – f/h developing technique & generating moderate power at times; b/h developing but still avoids when p
- **Volleys/Overhead** – undeveloped technique & reluctant to approach net; makes contact on o/h but errors common
- **General Play** – can sustain slow rallies & beginning to anticipate opponents shots plus ball placement in rallies developing when

- **Serve** – incomplete swing & lacks directional control but double faults are few
- **Forehand/Backhand/Returns** – f/h slow & reliable but lacks technique; b/h lacks technique & generally tries to avoid; returns erra
- **Volleys/Overhead** – undeveloped technique & is reluctant to approach net
- **General Play** – familiar with static court positioning & beginning to anticipate during point play

- **Serve** – generally serves ball into play but double faults are common
- **Forehand/Backhand/Returns** – incomplete swings with little control & avoids backhands; returns very erratically
- **Volleys/Overhead** – undeveloped technique & is very reluctant to approach net
- **General Play** – familiar with static court positioning but frequently out of position during point play

- **Serve** – occasionally serves ball into play
- **Forehand/Backhand** – no technique developed
- **General Play** – just starting to play