

New Player Guide

USTA NORCAL • Adult Leagues

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Welcome to USTA NorCal. Here's a guide that will help you get started into USTA NorCal Leagues and Tournaments:

Becoming a USTA Member

If you are not a USTA member yet, this will be the first step for you. You will have to be a USTA member to participate in USTA sanctioned tournaments and league teams.

1. How to register for a USTA membership: Go to <http://ustanorcal.com> and click on "JOIN USTA in the blue box on the top right side of your screen
2. Follow the step-by step process until you receive a completed message (Note: The system takes 24 hours to process your payment and register you on the system.)
3. Don't forget to add your address so your information is transferred to the NorCal system

Additionally, you can find information on memberships on the [national USTA website](#). You may also contact USTA Member Services at 1-800-990-8782.

Getting a Valid NTRP Rating

- First, you will have to get a valid NTRP rating. You can do that on the [NATIONAL website](#), NOT the NorCal website. Login with your national password (call 1-800-990-8782 to reset it if you cannot remember it). Once you are logged in on the national website, you will see the "self-rate" button to the right under "Find NTRP Rating Info". That will get you to the self-rate questionnaire. *Sometimes, pop-up blockers prevent this new tab from opening. If you run into any issues, please contact the NorCal office.* Please answer the self-rate questions as accurately and honestly as possible. If in doubt, please select the higher rating to avoid being disqualified and penalized. If you feel the rating is too low, you may select a higher rating. Please keep in mind you cannot further adjust your rating down after being granted the higher rating.
- If you STRONGLY believe the assigned rating is not accurate or too high you may appeal it at the end and the committee will make a decision within 2-3 weeks. Please visit the [How to Appeal Your Rating](#) page for step by step instructions.
- Once you complete this process, it may take 2-3 business days for your rating to transfer from the National website to the Northern California website. If you try to register for a team immediately, it will not let you do that. Only once the rating shows up on your NorCal Player page, you will be able to register for a team or tournament.

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Joining a Team

Now, you are ready to find a league and team on our NorCal registration system!

- Go to <http://ustanorcal.com> and click on “New to NorCal.” Enter your USTA membership number, email address, birthdate and submit. Follow the steps in your email to activate your NorCal profile.
- Go back to <http://ustanorcal.com> and login with your new password. Now click on the “My Profile” tab at the top of your screen.
- From this page, click on the green “Join a Team” button. This takes you to our list of all our currently running adult tennis leagues.
- Scroll down and find a division that best fits your age and ability (Ex: Adult 18 & Over is for anyone 18 years old and over. “Womens 3.0” is a women’s league where the minimum rating is 3.0)
- Click on the division that best fits you and select a team located in or near where you live.
- Contact the captain of this team by clicking on the “email captain” option located under the captain’s name. If they accept you on their team, they will email you a link to join!

Information about Adult Leagues and Tournaments

We have a list of resources with information on rules, regulations, teams, levels, ratings, etc on our NorCal Website. Check out the [Adult League Resources](#) to find more information about Leagues and other competitive play or the [Adult Tournament](#) page to learn more about NTRP Tournaments.

Get Connected with a Team



[Get Connected](#) is a new service that will help you get on a team. You can choose your gender and browse a list of teams that are actively looking for players or just email getconnected@norcal.usta.com with your information and we'll help you find a team. Choose your league, gender and rating on [this website](#), click on the league and you will see a list of all teams currently registered in that category. You may sort those by area by clicking on “Area” in the dark blue column heading.

If you see a green “Looking” button, the captain indicates that he or she is looking for more players for the team’s roster. If you see a team you are interested in, click on that team. The

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captain's information will be in the upper left-hand corner. Send the captain an email asking if the team still needs players. You need the captain's permission before you join a team.

Local Area League Coordinators

Our Local Area League Coordinators can also help you connect with teams and get you started on the court.

We hope this will help get you started with USTA NorCal. Please let us know if you have any further questions and we'd be happy to assist you at leagues@norcal.usta.com or 510-748-7373.