

SELF-RATE GUIDELINES & HOW-TO INSTRUCTIONS

Hello! It appears that your rating has either expired or is not valid for the league you are trying to roster in. You will need to “Self-Rate” before you can register for your team.

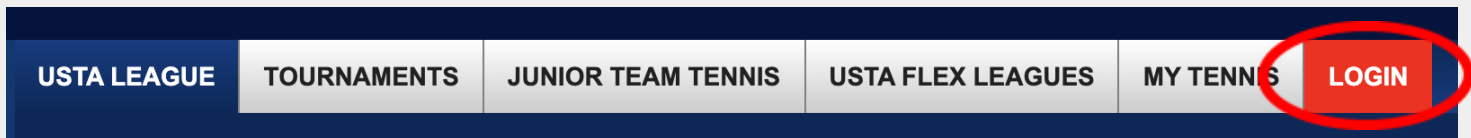
See below for the steps to Self-Rate. (See [HERE](#) on pg. 4 for rating details)

Step 1: Go to the USTA National website by clicking tennislink.usta.com

Step 2: Click  in the grey toolbar

Step 3: Enter your login information to access your account.

Please make sure you are using your USTA NATIONAL password (This may be different than your NorCal password)



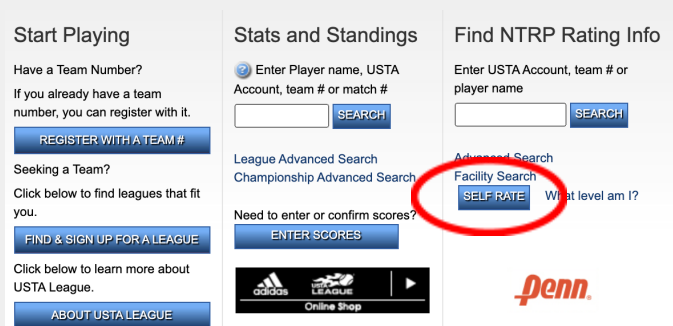
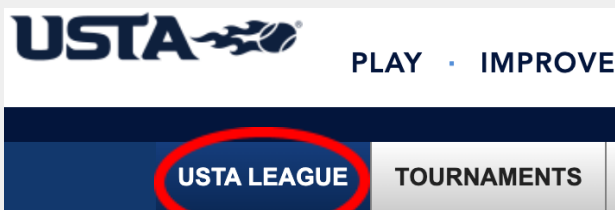
Did you forget your password?

Click on the “[Reset Password](#)” link and follow the prompts (Call 1-800-990-8782 if you need assistance)

Step 4: Click on “USTA LEAGUE”

Step 5: Click on “SELF-RATE”

Please make sure to disable your pop-up blockers. If the button works, proceed to the questionnaire.



If you are able to access the questionnaire through the Self-Rate button above (Step 5), please skip to Step 7. If the button does not work, please proceed to Step 6.



Still having issues? Call NorCal Member Services for help:

(510) 748-7373

Hours: Mon - Fri 9:00am-12:00pm; 1:00pm-4:30pm

Step 6: Click “Register With A Team #”

When you click on this button, your information will be auto filled except for a “team number.” You will need to enter a designated **team number** from below to proceed (please note these are not your actual team numbers).

o **Men:** 5083884438

o **Women:** 5083884439

Start Playing

Have a Team Number?

If you already have a team number, you can register with it.

REGISTER WITH A TEAM #

Seeking a team?

Click below to find leagues that fit you.

FIND & SIGN UP FOR A LEAGUE

Click below to learn more about USTA League.

ABOUT USTA LEAGUE

Hit the continue button and you will see two red boxes. In the lower red error box, you will see “Click here to Self-Rate this player.” Click this link below to continue.



There is a problem with your form. See below for details



The NTRP rating for this player is expired. Please enter a new self-rating. If you are not sure, view the Self-Rating Guide. A self-rating describes individual playing level, not the team level.

Click here to Self-Rate this player [General & Experienced Player Guidelines](#)

Step 7: Complete the Questionnaire

Complete the questionnaire by answering **yes** or **no** to each question about your tennis experience level. Please make sure you answered the questions as honestly as possible to determine your appropriate rating level. When completed, you will see a summary page showing your assigned level along with the options below.

Once you are finished:

- **Accept the Rating:** This is the minimum level you can play at.
- **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. An Appeal form will then pop up that you must fill out and submit.
- **Submit your Rating:** Your rating will take 1-2 business days to transfer from the National website to the NorCal website. When your rating has been updated, visit your [NorCal Account](#) to register (see below).



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