

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. 10 for rating details)

****If you are a M or T rated Player, jump to step 6****

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

Step 2: Click **LOGIN** in the gray 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?

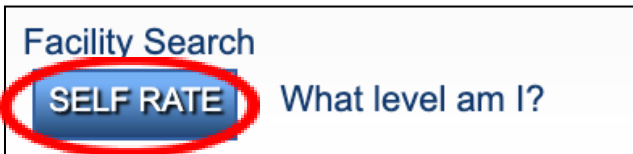
Click on the “Reset Password” link and follow the prompts (Call 1-800-990-8782 if you need assistance)

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.



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 #”

****Start Here if you are a T or M rated Player****

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).

- [Men:](#) 5083884438
- [Women:](#) 5083884439

The screenshot shows a registration page titled "Start Playing". It asks "Have a Team Number?" and provides instructions for users who already have a team number. A blue button labeled "REGISTER WITH A TEAM #" is circled in red. Below it, there is a "Seeking a team?" section with a "FIND & SIGN UP FOR A LEAGUE" button, and an "ABOUT USTA LEAGUE" button.

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.

Step 7: Complete the Questionnaire

The screenshot shows a form with two red error messages. The top message says "There is a problem with your form. See below for details". The bottom message says "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." Below this message is a link "Click here to Self-Rate this player" which is circled in blue, and another link "General & Experienced Player Guidelines".

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. **PLEASE WAIT 1 TO 2 DAYS BEFORE TRYING TO ROSTER ON A TEAM.**



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