



**Step 1: Do an ITN On Court Assessment.**

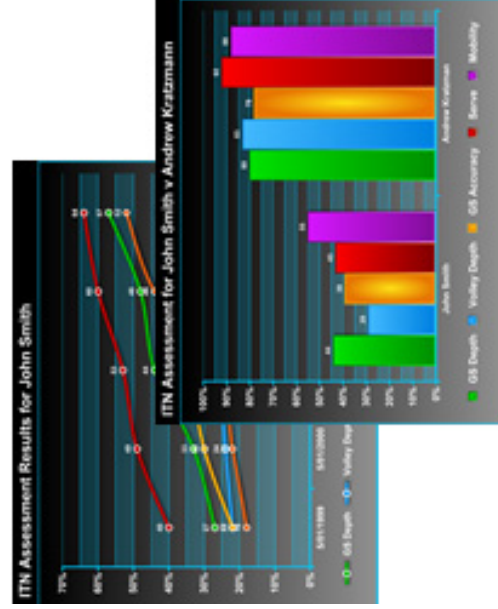
**Step 2: Your coach enters the score to the Official ITN On Court Assessment website at [www.oncourtpassessment.com](http://www.oncourtpassessment.com)**

**Step 3: Your coach will give you your own unique Player Profile Number and Password.**

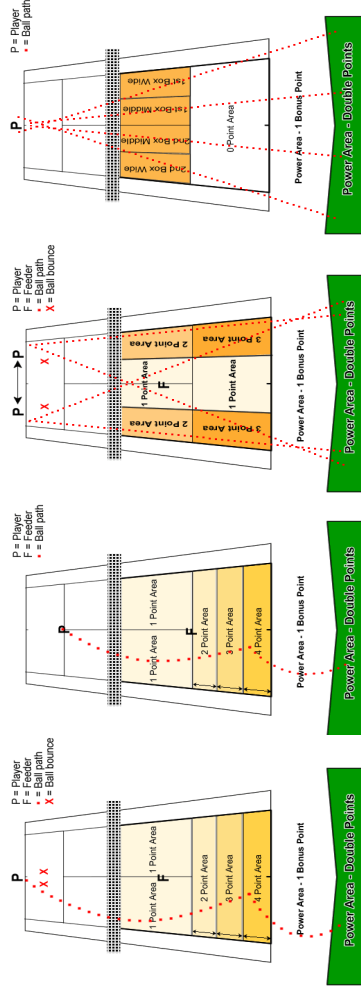
**Step 4: You Log in to the website to see your International Tennis Number Rating and use all the charts to track your own development & improvement while comparing your scores to other players you choose!**

**Dynamic full colour charts of your development and improvement!!**

- Now coaches and players can track a player's ongoing development and improvement online at [www.oncourtpassessment.com](http://www.oncourtpassessment.com)
- Whether you're just starting out or a seasoned competitor, the ability to see your results in colorful easy to read charts, will help you pinpoint what you're excelling at and what you need to improve on, to take the next step. The ITN On Court Assessment will clearly illustrate if you have more control of your forehand, backhand, volley or serve. We even measure control, accuracy and power.
- You can also compare your Assessment results with averages for your age as well as the highest scores in your age category. Juniors will be able to compare themselves with the very best players in their state, country and globally for their age group.
- This is an example of how your Assessment results will be displayed.



**The Assessment is made up of the following tasks.**



- Groundstroke Depth Assessment** - includes a power aspect. (10 alternate forehand and backhand ground strokes) (Maximum Score: 90)
- Groundstroke Accuracy Assessment** - includes a power aspect. (6 alternate forehand and backhand down the line & 6 alternate forehand and backhand cross court). (Maximum Score: 72)
- Volley Depth Assessment** - includes a power aspect. (8 alternate forehand and backhand volleys) (Maximum Score: 84)
- Serve Assessment** - includes a power aspect. (12 serves in total, 3 serves in each target area) (Maximum Score: 108)
- Mobility assessment** measures the time it takes a player to pick up five tennis balls and return them individually to a specified zone. (Maximum Score: 76)

**Mobility Chart**

Time	36	35	34	33	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17	16	15
Score	5	6	7	8	9	10	11	12	13	14	15	16	18	19	21	26	32	39	45	52	61	76

**Scoring Accuracy**

Scores are awarded for each shot based on where the ball lands within the singles court.

**Scoring Power**

1 Bonus point is awarded when the second bounce lands between the baseline and the Power Line. Double points are awarded when the second bounce lands beyond the Power Line.

**Scoring Consistency**

1 extra point is awarded for every shot that is not an error.

**Players receive their ITN upon completing 1 authenticated Assessment. The ITF recommend that players participate in a total of 3 Assessments in order to receive an accurate indication of their true ITN level. The true ITN level is based on the average score achieved in the last 3 Assessments.**