


CANTAMIA
PICKLEBALL
TOURNAMENT SELF-RATING GUIDE

Self-Rating	Pickleball Rating Description
Novice	You are a Pickleball newbie, just starting to play. You understand the rules of pickleball, can basically keep score, mostly get your serves in, and can sometimes sustain a rally (hitting the ball back and forth).
Intermediate 1	You are an experienced player, but you can't yet run with the big dogs. You know the rules, scoring, and court positioning, although you are slow getting up to the No Volley Zone. You can serve, sustain a rally, can hit a good forehand drive (but not with a lot of pace), maybe a good backhand from time to time. You can mostly protect yourself from hard hitters but you don't like that style of play. You are not a power player. You know about dinking and 3rd shot drops, but you are not confident executing them.
Intermediate 2	You are a skilled experienced player and can run with the big dogs. You don't have to think much about rules, scoring, and court positioning, they are engrained. You do think about strategy and how/what/whom to attack. You have good paddle skills including forehand and backhand drives, can hit the ball with pace, can block a drive, and have good mobility. You know about dinking, 3rd shot drops, lobs, but don't employ those skills often. You don't miss many serves, have minimized unforced errors, and know how to exploit and attack your opponent's weaknesses.
Advanced	You are a highly skilled experienced player, and you are a big dog. Rules, scoring, positioning, strategy, and shot selection are second nature. You can influence the pace of play. You know when to drive, drop, or dink and you can execute all. You have mastered paddle skills, forehand and backhand drives, can serve and return deep with pace, and can volley at different speeds with pace and control. You rarely make unforced errors, and you attack your opponents' weakness on the court.