PARA-STANDING TENNIS

International Para-Standing Tennis Association Official Rulebook

May 2026

Rules and Regulations Committee

Kevin Foster, Patti Scrivano, JP Lion

PARA-STANDING TENNIS

Contents

1. Classification 3
1.1. Eligible Impairment Categories 3
1.2. Classifications 3
2. Modifications to the ITF Rules of Tennis 4
2.1. Rules 6-7: Score and Format 4
2.1.1. Match Format 4
2.1.2. Minimum Rest Periods 4
2.1.3. Coaching 4
2.2. Rules 16-19: The Service 5
2.2.1. Stationary Position 5
2.2.2. Permitted Forward Step 5
2.2.3. Mobility and Assistive Devices 5
2.2.4. Adapted Ball Release for Upper-Limb Impairment 5
2.3. Rule 24: Player Loses Point 5
2.3.1. Mobility and Assistive Devices 6
2.3.2. Two-bounce Sport Classes 6
2.4. Rule 29: Continuous Play 7
2.4.1. Equipment Adjustment 7
2.4.2. Mobility / Assistive Device Repair Timeout 7
2.4.3. Re-strapping and Repositioning 7
2.4.4. Mobility and Assistive Devices 7
3. Minimum Age for Entry 8

Rules of Para-Standing Tennis

Para-Standing Tennis (PST) is for players with physical disabilities who play without using a wheelchair. The following document sets out the official rules of this modality, including where they deviate from non-disabled tennis.

1. Classification

PST uses four functional classifications (PST1, PST2, PST3, and PST4). The IPSTA classification approach is modelled on the standard approach used by the International Paralympic Committee (IPC), which confirmed participants have an Eligible Impairment that meets the Minimum Impairment Criteria for the sport, and then assigns a Sport Class based on functional mobility.

A player, if otherwise eligible, may enter a PST division if they are classifiable under this system. An official IPSTA classification is not required at all Events - please check with your Event Organiser if you are unsure.

1.1. Eligible Impairment Categories

IPSTA follows guidelines set by the IPC for Eligible Impairments for classification in the Paralympic movement. Further information can be found on the IPC website.

1.2. Classifications

Sport Class	Summary Description
PST1	Unilateral upper limb amputee or similar impairment.
PST2	Unilateral below-knee amputee, mild cerebral palsy, or other impairment with similar mobility level.
PST3	Above-knee or bilateral below-knee amputee, bilateral arm impairment, or moderate to severe cerebral palsy.
PST4	Short stature or other impairment with similar impact on mobility.

Further detail on PST classification is published by the IPSTA Classification Subcommittee and can be found on the IPSTA website.

2. Modifications to the ITF Rules of Tennis

Para-Standing Tennis follows the ITF Rules of Tennis except where modified below.

2.1. Rules 6-7: Score and Format

2.1.1. Match Format

IPSTA-sanctioned World Ranking Events will play best of three full sets, with a 10-point match tiebreak played in lieu of a third set, for all main draw singles and doubles matches.

A maximum of three matches may be played per day, with no more than two singles matches.

No-Ad scoring may be played if required based on scheduling.

2.1.2. Minimum Rest Periods

For singles, at least 60 minutes must be allowed between matches.

For doubles, at least 30 minutes must be allowed between matches.

For events using pro-set or short-set formats, at least 30 minutes must be allowed between matches.

Use of No-Ad scoring does not reduce required rest periods.

2.1.3. Coaching

Coaching is not permitted during a 2-minute set break. Coaching is permitted during any 3-minute rest period.

2.2. Rules 16-19: The Service

2.2.1. Stationary Position

Before beginning the service motion, the server must assume a stationary position behind the baseline.

2.2.2. Permitted Forward Step

After becoming stationary, the server may take one forward, stabilizing step before striking the ball, provided no foot fault occurs.

2.2.3. Mobility and Assistive Devices

Mobility / assistive devices are considered part of the player's body.

All foot-fault rules apply equally to the device.

A foot fault occurs if any part of the foot or device touches the court outside the permitted service area during the service motion.

2.2.4. Adapted Ball Release for Upper-Limb Impairment

If a player cannot toss the ball by hand / arm, the serve may be delivered by:

- Using an assistive device to release the ball;
- Using the racket to release the ball; or
- Having another individual drop the ball, allowing it to bounce before being struck.

If the player intends to have another individual drop the ball for them, this must be announced prior to the match and they must use the same method for the entire match.

2.3. Rule 24: Player Loses Point

Except where modified by IPSTA rules, all ITF Rules of Tennis relating to loss of point remain in effect.

2.3.1. Mobility and Assistive Devices

Any mobility or assistive device is considered part of the player's body, and all rules that apply to the body also apply to the device.

2.3.2. Two-bounce Sport Classes

In Sport Classes where players are allowed two bounces of the ball, the player must return the ball before the third bounce. The second bounce may land either inside or outside the court boundaries. A player who is allowed two bounces loses a point if they fail to return the ball before the third bounce.

Bounce allowances for matches involving able-bodied or wheelchair opponents follow the PST bounce table and apply consistently throughout the match.

Para-Standing Tennis (PST) Classification and Bounces			
PST Classification	**Bounces for PST player in PST Events / Divisions**	**Bounces for PST player vs non-disabled player**	**Bounces for PST player vs Wheelchair player (non-WC Event)**
PST1	One	One	One
PST2	One	Two	One
PST3	Two	Two	Two
PST4	Two	Two	Two

2.4. Rule 29: Continuous Play

2.4.1. Equipment Adjustment

If clothing, footwear, or necessary equipment (excluding the racket) becomes broken or compromised, the player may be granted reasonable extra time to correct the issue.

2.4.2. Mobility / Assistive Device Repair Timeout

Players may take one or more timeouts for mobility-device repair. The timeout begins when repair work begins. Time spent retrieving tools or parts does not count toward the timeout.

If the cumulative stoppage exceeds 15 minutes: loss of a point.

If the cumulative stoppage exceeds 20 minutes: default.

Time used during a 90-second changeover or 120-second set break does not count toward the cumulative limit.

If play resumes after a repair timeout, players are entitled to a re-warm-up equal to the original warm-up.

No coaching is permitted during a repair timeout.

2.4.3. Re-strapping and Repositioning

When determined necessary by an official, a reasonable amount of time may be granted during a changeover or set break to re-strap the racket or reposition a mobility device.

No coaching is permitted.

2.4.4. Mobility and Assistive Devices

Devices used in PST competition must meet the following requirements:

- Devices may be constructed of any material, provided it is non-reflective and does not hinder the opponent.

- Devices must not leave permanent marks on, or otherwise damage, the court surface during normal play.
- Electronic devices such as motorised prostheses may not be used.

3. Minimum Age for Entry

A player is eligible to enter IPSTA-sanctioned World Rankings Events beginning on the date of their 14th birthday.

The ITF year-of-birth rule applies for age eligibility. A player who turns 14 during the calendar year may not compete until the actual date of their 14th birthday.

Junior events may be offered for players under the age of 18, but these are not eligible for IPSTA World Rankings points.