

# Junior Tennis Stringing Protocol

## Professional Guidelines for Tournament & Development Players (Ages 12–18)

### Objective of the Stringer

The goal of junior stringing is performance without compromising long-term physical development. Strings must provide control, feedback, and arm protection. Power is never the primary goal.

### Most Common Junior Strings (Tournament Level)

#### Controlled Monofilaments (with strict hour management):

Yonex PolyTour Rev • Yonex PolyTour Pro • Luxilon ALU Power Soft • Head Lynx / Lynx Tour • Solinco Hyper-G Soft • Babolat RPM Team

#### Protective Alternatives:

Yonex PolyTour Pro (full) • Head Velocity MLT • Tecnifibre Multifeel • Wilson NXT • Mono / Multi hybrids

### Recommended String Gauge

Age Range	Recommended Gauge
11–13	1.20 – 1.23 mm
14–16	1.23 – 1.25 mm
17–18	1.25 mm (1.30 only in rare cases)

### Safe Tension Zone

For standard 100 sq.in frames, the safe range is typically **21–23.5 kg**. For juniors, it is always safer to reduce tension by 0.5 kg rather than increase it.

### String Hours – Non-Negotiable Rule

**Monofilament:** 6–8 hours maximum (indoor closer to 6 hours).

**Multifilament:** 12–15 hours, monitor fraying.

Never wait for breakage. Dead strings transmit more shock than fresh stiff strings.

### Tournament Behavior – Professional Standard

- Prepare at least two identical rackets before the tournament.
- Use fresh strings for important matches.
- Avoid experimentation during competition.
- Always track real string hours.

### Immediate Warning Signs

If the player reports loss of feel, need to swing harder, stiffness, or forearm discomfort: **the issue is the stringbed, not technique**. Replace strings immediately.

### Golden Rule for Junior Stringing

*The best junior string setup is the one the player does not notice.*

If the player swings freely, without forcing or discomfort, the job is done correctly.