



**CENTRAL QUEENSLAND
MACCA'S JUNIOR
DEVELOPMENT
SERIES QLD**

2026 Handbook



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Guidance for Tennis Players and Families

Our mission is to help our local players and parents understand the JDS circuit, the goal of the circuit, and why it's an integral part of a young players tennis journey in Queensland.

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- ✓ Overview of the Junior Development Series
- ✓ Entry Requirements & Formats
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- ✓ Code Of Ethics
- ✓ Planning Your Pathway to the JDS State Finals

Sportsmanship Pillars



Fairness



Growth



Mind Set



Resilience



Respect

Overview of the Central QLD JDS

The philosophy of the circuit is to focus on player development.

What is the Junior Development Series?

The Macca's Junior Development Series Queensland (JDS) is a series of tournaments for beginner to intermediate players. These tournaments are conducted all around Australia. The Central Region has ten (10) JDS tournaments strategically spread out across the region, giving players plenty of opportunity to play in JDS tournaments throughout the year.

Who are these tournaments for?

For ages up to 17 years, the JDS is designed to give players their first experience in playing a series of tournaments. Each tournament allows players to experience crucial competitive play and skill development opportunities. The JDS has a development focus allowing players to fine tune their skills in a friendly match play environment.

For more experienced players, the Central JDS Circuit is the perfect opportunity to enhance match play skills preparing players for J125 and J250 Tournaments as well as Open Events. Further information on junior tournament pathways can be found here:

<https://www.tennis.com.au/compete/getting-started/competing-as-a-kid#junior-tournament-pathways>.



Scan to learn more about junior tournament pathways

Overview of the Central QLD JDS

Can I get ranking points for these tournaments?

The JDS does not offer Australian Junior Tour Points as it maintains a development focus. The Central JDS Circuit has a mixture of tournaments based on age of the players and skill level of the players. All matches on the JDS Circuit will contribute to a players UTR (Universal Tennis Rating).

For more information on the UTR please visit the Tennis Australia website (www.tennis.com.au/competitiveplay/utr-rating).

By playing in the JDS, players have the opportunity to represent the region at the JDS State Finals in Rockhampton. For selection criteria, please see page 16.

Entry Requirements & Formats

Entry Requirements

- Must be 17 years or younger (age is based on age as at 31/12/2026).
- Must have completed their Competitive Player Profile. Scan QR code below to set up.
- When entering into a JDS, players must commit to playing on both days.
- All players in 10/U, 11/U and 13/U will automatically be entered in both singles and doubles (no exception all players must play doubles). All players in the 15/U and 17/U events may play singles and doubles or two singles. Girls wishing to play the Boys singles in the 17/U age must also play the 17/U Girls singles.
- In 17/U events with small nominations mixed singles may be played.
- Players are reminded that all entries should be received through the Tennis Australia tournaments website <https://tournaments.tennis.com.au/> by the closing deadline.

JDS Tournament Fees

- 15/U and 17/U Singles: \$35.00
- 15/U and 17/U Doubles \$15.00
- 10/U, 11/U and 13/U (\$50.00) includes Singles and Doubles
- Orange and Red Ball Singles are offered at select events only



Scan to set up Competitive
Player Profile

*Subject to change

Entry Requirements & Formats

Formats

The Central JDS Circuit has a mixture of age group based play for A, A+ and C tournaments and the use of a rating based system for B and D tournaments. Please see table below.

JDS Category	A+	A	B	C	D
Type of Event	Age based event	Age based event	Tiered/skill-based event	Age based event	Tiered/skill-based event
Event 1	Rocky Juniors	Yeppoon	Rocky	Maryborough	Hervey Bay
Event 2	Bundaberg	Biloela	Gayndah	Gladstone	Emerald
Sportsmanship Pillar	Fairness	Respect	Resilience	Growth	Mindset
Sportsmanship Motto	Play fair, play true	Respect the game, respect each other	Bounce back stronger	Learn something every match	Stay calm and confident

The continuous play format will be used for all singles events, which guarantees every player (win or lose) a similar amount of matches and a ranking at the completion of the tournament.

*Subject to change

Entry Requirements & Formats

Type of Events

Age Based Events

Players compete against players in their age group and gender. Age is based on the players age as at 31 December 2026. Seeding of players is based on a players UTR and the Central JDS Circuit Committee.

- Boys 10/U Singles
- Boys 10/U Doubles
- Boys 11/U Singles
- Boys 11/U Doubles
- Boys 13/U Singles
- Boys 13/U Doubles
- Boys 15/U Singles
- Boys 15/U Doubles
- Boys 17/U Singles
- Boys 17/U Doubles
- Girls 10/U Singles
- Girls 10/U Doubles
- Girls 11/U Singles
- Girls 11/U Doubles
- Girls 13/U Singles
- Girls 13/U Doubles
- Girls 15/U Singles
- Girls 15/U Doubles
- Girls 17/U Singles
- Girls 17/U Doubles

Players (excluding 10/U age group, Red Ball and Orange Ball events) will be allocated points dependent on their progress through the draw (i.e.) Winner - 75 points, Runner-up - 50 points, 3rd - 40 points, 4th - 35 points, 5th - 30 points, 6th - 25 points, 7th - 20 points, 8th - 15 points, 9th - 10 points, and 10th - 5 points.

Please note that some age groups and gender groups may be merged due to entry numbers.

No points are allocated for doubles matches. No points will be allocated to players who become injured or ill while participating in the event.

Entry Requirements & Formats

Type of Events

Tiered / Skill-based Events

Players are allocated to 'tiers' based on their skill level and UTR. For new players, local coaches will be consulted to confirm an appropriate tier for the player to compete in.

30 points are awarded to all participants who compete in B & D tournaments. No points will be allocated to players who become injured or ill while participating in the event.

Umpiring 10/U Matches

We encourage players 13/U age and above with playing experience who are mature and confident enough to umpire matches to assist with umpiring 10/U matches, provided this does not interfere with their own scheduled matches or warm-up requirements. Umpiring siblings matches is not allowed.

If a player believes they are mature enough to umpire but do not meet the minimum age requirement, any special considerations may be submitted via email to christine.mccoombes@Tennis.com.au. Supporting experience must be provided, and all requests will be reviewed and determined by the Central JDS Circuit Committee.

This initiative helps support younger players as they develop their match-play skills, while also fostering leadership, responsibility, and a strong sense of community within the Central JDS Circuit.

To recognise and reward this contribution, older players will receive a free grip for each 10/U match they umpire. In addition, at the completion of the Central JDS Circuit, all players who have assisted with umpiring 10/U matches (refer to page 15) will be entered into a draw, with one player being selected for a prize, as a thank-you for their support and commitment to the circuit.

Sportsmanship Pillars

Good sportsmanship is at the heart of junior tennis because it shapes not only how players compete, but who they become as people. When young athletes show respect, honesty, resilience, and kindness on court, they help create an environment where everyone feels safe, supported, and inspired to do their best.

Tennis is a sport that asks players to make their own calls, manage their emotions, and handle both winning and losing with maturity – and those habits start early. By practicing good sportsmanship, juniors learn to value effort over outcome, treat opponents as partners in growth, and carry themselves with integrity in every match. It's these qualities, even more than trophies, that stay with them long after the final point is played.

To encourage good sportsmanship, in 2026 we will be focusing on the 5 pillars of sportsmanship:

- **Fairness** – Play fair, play true

Players are encouraged to compete with honesty and integrity, making fair calls and valuing the spirit of the game as much as the score.

- **Growth** – Learn something every match

Every match is an opportunity to improve. Players are encouraged to focus on learning, developing new skills, and embracing progress over perfection.

- **Mindset** – Stay calm and confident

A strong mindset helps players manage emotions, stay composed under pressure, and approach each point with clarity and belief.

*Subject to change

Sportsmanshship Pillars

- **Resilience** – Bounce back stronger

Tennis is full of challenges, and resilience helps players recover from mistakes, stay determined, and keep giving their best effort.

- **Respect** – Respect the game, respect each other

Respect is shown through positive behaviour toward opponents, officials, coaches, and oneself, helping create a supportive and enjoyable environment for everyone.

JDS Category	A+	A	B	C	D
Sportsmanshship Pillar	Fairness	Respect	Resilience	Growth	Mindset
Sportsmanshship Motto	Play fair, play true	Respect the game, respect each other	Bounce back stronger	Learn something every match	Stay calm and confident

Sportsmanship Nomination Process

Who can be nominated?

Any player participating in a Central JDS can be nominated who demonstrates one or more of the following 5 Sportsmanship pillars:

- Fairness - Play fair, play true
- Growth - Learn something every match
- Mindset - Stay calm and confident
- Resilience - Bounce back stronger
- Respect - Respect the game, respect each other

Nominations will be accepted from:

- Fellow players vote is worth 1 point
- Parents / Carers / Grandparents vote is worth 1 point
- Coaches vote is worth 1 point
- Officials/ TD vote is worth 5 points

Multiple nominations are encouraged, provided they are for different players. You must not nominate yourself or family member.

Why nominate?

- Encourages positive behaviours in competition
- Highlights role models for younger players
- Reinforces Tennis value - effort, sportsmanship, resilience, and respect
- Recognition will include:
 - 1 player per JDS will receive an award and public acknowledgment on the Central Region Facebook page
 - All winners will go into a draw to win \$100 towards tennis related expenses at the Central Region Finals

Player with the most points will win the award.

How to nominate

- Scan the QR code / visit <https://form.jotform.com/260210280106843>
- Complete a 3 minute nomination form by midnight following the conclusion of the JDS.

CENTRAL QLD
SPORTSMANSHIP
NOMINATION



Tournament Rules & Conditions of Play

- The Tournament Director managing the tournament shall have the entire control of the tournament except for matters designated to the referee or court supervisors.
- The JDS Coordinator manages the draws in conjunction with the Central JDS Circuit Committee.
- No entry fee shall be refunded unless the event is cancelled due to lack of entries or a player withdraws due to extenuating circumstances.
- Used balls may be supplied for all round matches. New balls to be used for finals.
- 10/U age group will use the Tennis Australia approved Green Ball.
- Orange Ball events are open subject to the tournament director's discretion and can include singles and doubles events, either being separate Girls and Boys events or combined events dependent on number of entries. Orange Ball singles and doubles events will use the Tennis Australia approved Orange Ball and modified courts.
- In events with four or less entries, runner-up trophies may not be awarded.
- Players will be forfeited if unavailable to play at the scheduled time. No exemptions will be made.
- All 15/U Boys and Girls and 13/U Boys players are required at 7:45am for a 8am start on the Saturday morning at every tournament. All other players are required to attend by 8:30am. At B & D events all players are required by 8am unless otherwise instructed.
- Players shall be seeded by the Central JDS Circuit Committee.
- To win the Central JDS Circuit based on points players:
 - Must complete 1 JDS in A+, A, B, C, and D category and
 - Have the highest total points in a single age group.
 - No points will be allocated to players who become injured or ill while participating in the event, however it will count towards the number of events you have competed in to qualify for the Central Region finals, team selections, and end of year prizes. We value the health and wellbeing of all players and encourage anyone injured or ill to seek assistance from a qualified health provider.

Central JDS Circuit Committee

Rhett McKinnon (JDS Coordinator) - 0459 030 395 or
centralcompetitiveplay@gmail.com

Ben Murree

Craig Maddy

Glenn Vickery

Murray Whitbread

*Subject to change

2026 JDS Circuit Prizes

Major Prize - All winners of the Central JDS Circuit Finals, 11/U, 13/U, 15/U and 17/U will receive a voucher to the value of \$100. All winners of the Circuit (on points) 11/U, 13/U, 15/U and 17/U will receive a voucher to the value of \$200, only one (1) prize per winner. If a player wins more than one age group a maximum of \$300 can be won. These vouchers are to be used for tennis related activities.

Players have to have played the following events in one age group to qualify for the major prize; one A+, one A, one B, one C and one D event. The players best results in each of these categories will be used to determine the winner. If players have equal points then their head to head results will be used to determine the winner. Although it is compulsory to play one (1) B event and one (1) D event to win the major circuit prize, all participants receive 30 points for a B & D category JDS.

Player of the Year Runner-ups - Five awards of \$100 towards tennis related costs (e.g coaching), will be awarded to players during the Central JDS Circuit Finals. This award is flexible in application in that it may be given for winning but may also be presented for reasons such as good sportsmanship, behaviour, improvement etc.

To be considered for one of these awards, the player must have competed in (5) Central JDS Circuit tournaments (must be 1 x A+, A, B, C and D events) and must have won at least one singles titles at a Central JDS tournament. The win may be from any age-based or tier-based event. Players must also complete a nomination form and return it to the JDS Coordinator by the Monday before the Central JDS Circuit Finals. The JDS Circuit Management Committee will review and select the winners.

Player of the Year - At the completion of the Central JDS Circuit, a Player of the Year grant of \$500 towards tennis related costs (e.g coaching), will be awarded in addition to the Gareth Wroe Memorial Cup. To be considered for the Player of the Year Award players must have competed in at least five (5) Central JDS Circuit tournaments and have also won at least one JDS tournament. Players must also complete a nomination form and return it to the JDS Coordinator by the Monday before the Central JDS Circuit Finals. The JDS Circuit Management Committee will review and select the winner.

2026 JDS Circuit Prizes

Sportsmanship Awards - A player at each Central JDS Circuit event will win a sportsmanship award, selected from the sportsmanship nominations received. Refer to page 12 for further information on the nomination process. One of the players will be selected for the final sportsmanship award. This award will be selected based on points and presented to the winner at the Central JDS Circuit finals. The winner will receive a \$100 grant to go towards tennis related costs (e.g. coaching).

Lucky Players Prizes - Eight lucky player prizes will be awarded at each Central JDS Circuit event in 2026. These lucky player prizes will be distributed evenly amongst each age group. These prizes will be given to players who have not won major prizes at the event.

Junior Umpiring Award - All players who umpired 10/U matches throughout the year will be entered into a draw. One winner will receive \$100 to go towards tennis related costs (e.g. coaching). Refer to page 9 for further information on this initiative.

*Subject to change

Calendar & Important Dates

CQ JDS Circuit Finals Gladstone Tennis & Squash

The Regional Finals will take place at Gladstone Tennis & Squash on the 5th and 6th of September. Players who have qualified will be able to compete in this event and have the opportunity to be selected in the QLD JDS State Finals Team. At the Regional Finals the '**Player Of The Year Awards**' will be awarded along with other prizes.

To qualify for the Regional Final players must play a minimum of four (4) Central JDS Circuit Tournaments, this can be from any category.

Players who do not qualify for the Regional Finals will have the opportunity to participate in a tiered tournament: however, they will not be eligible for selection in the Qld JDS State Finals.

Selection criteria:

- Boy and girl winner of each group at the Central Regional Finals.
- Boy and girl Circuit points winner of each age group (based on points accumulated over the JDS series). The players best result in each of these categories will be used to determine the winner. If players have equal points, then their head-to-head result will be used to determine the winner.
- If for any reason, a player who won the Central JDS Finals or the Circuit winner is unable to play at the QLD JDS State Finals, then the next highest Circuit winner based on points will make the Central team. Again if that player is unable to play then the next highest Circuit points winner is selected until a player accepts a position on the team. If the position is not filled by a circuit points winner, then the player is selected based on position achieved in the Central JDS finals.

Information Sessions & Workshops

Stay tuned! Information sessions and workshops will be delivered throughout 2026 across a range of topics. These will be promoted on the Central Region Facebook page.

*Subject to change

Central Region 2026 JDS Circuit

DATE	VENUE	DATE	VENUE
FEB 21-22	Yeppoon (A)	JUL 18-19	Rockhampton (B)
MAR 7-8	Hervey Bay (D)	AUG 1-2	Gayndah (B)
MAR 21-22	Rockhampton Juniors (A+) - location is Gladstone	AUG 15-16	Gladstone (C)
MAY 16-17	Maryborough (C)	AUG 22-23	Emerald (D)
MAY 30-31	Biloela (A)	SEP 5-6	Central Region Finals - Gladstone
JUN 13-14	Bundaberg (A+)	OCT 16-18	JDS State Finals Rockhampton



SCAN TO ENTER



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COMPETITIVE
PLAY

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What To Bring

Make sure you are fully prepared before arriving at a JDS event. Being organised and properly equipped helps players perform the best on court and stay focused throughout the tournament. Take time in advance to check that you have everything you need for competition, warm-up, hydration, and recovery. Planning ahead reduces stress, allows you to adapt to changing conditions, and ensures you can concentrate on learning, competing, and enjoying the JDS experience.

The checklist below can assist you in preparing and ensuring you have everything you need for the event.

Essential Tennis Equipment

- Two (2) racquets:** Have at least one backup racquet that's match ready in case strings break.
- Tennis Shoes & Socks:** Ensure your shoes are designed for the surface you're playing on. Recommend you break in the shoes before competition. Always bring spare socks in case you need a dry pair.
- Grip Tape:** Worn grips or sweaty hands can impact performance - always pack extras.
- Tennis Balls:** Bring a can of balls for warm-ups.
- Hat / Visor & Sunglasses:** Sun protection is essential in Queensland's climate.
- Towel:** Using a towel during changeovers can help you stay dry and focused.
- Spare Clothes:** Pack a set of spare clothes to change into if required.

What To Bring

Fueling & Hydration



Water Bottle: Recommend having 1-2L cold water in a insulated water bottle if possible.



Electrolytes: Electrolyte drinks and tablets can enhance endurance, particularly in hot conditions.



Meals / Snacks: Proper nutrition is essential as it fuels performance, supports endurance, and aid's recovery throughout long tournament days.

Pre-Match Meal (2-3 hours prior) suggestions: eggs, rice, chicken, pasta, chicken or turkey wrap.

Light Protein & Carb Combos suggestions: yoghurt and fruit, smoothie, peanut butter on bread / toast, cheese and crackers.

Quick Carbohydrate focused suggestions: banana & muesli bar, fruit salad cup, toast with honey or jam, rice cakes with peanut butter or honey, and oat bar or energy bar (low fibre).

Grab & Go Snack suggestions: trail mix (small portions), pretzels, homemade energy balls, sultanas or dried fruit.

What To Bring

Injury Prevention & Recovery

- Sunscreen & SPF Lip Balm:** Using sunscreen and lip balm helps protect the skin from sun damage, dehydration, and discomfort during play.
- Foam Roller / Massage Ball:** Recommend using a foam roller or a massage ball / gun in your warm-up and post-match warm down. This helps reduce muscle soreness, improves circulation, and support faster recovery, allowing you to perform better and reduce injury risk.
- Resistance Band:** Resistance bands are a great for shoulder and hip activation before stepping out on the court.
- Tape / Strapping:** Strapping tape can support joints, prevent injuries, or to provide quick stability if niggles or strains occur during play.
- Magnesium Cream / Sprays:** Magnesium supports muscle relaxation, nerve function, and recovery, helping reduce cramps, tightness, and fatigue. *Recommend you consult your health professional before use*

What To Bring

Extra Essentials to Consider



Phone Charge / Power Bank



Umbrella / Shade Cover



Mindset Toolkit: Having a mindset toolkit for a tennis tournament is important because it helps you stay focused, manage nerves, bounce back from mistakes, and maintain confidence throughout matches. Consider the following:

- **Focus Triggers** - Tennis is fast-paced, and mental lapses can cost points, so having cues - like a breathing pattern, a keyword, or a pre-serve routine keeps concentration sharp and performance consistent.
- **Notebook** - A notebook can be really useful because it helps you stick to match routines, track your performance, set goals, reflect, plan strategies, manage mindset and monitor recovery and nutrition.
- **Positive Reminders** - Have 5-10 positive phrases you can tell yourself which will help when pressure hits.

Code of Behaviour

What is the Code of Behaviour and when does it apply?

Tennis Australia and all its clubs want to make sure everyone in tennis feels safe, welcome and included, while having fun. The Code of Behaviour helps to achieve this and is a guide to how everyone should behave at tennis tournaments and competitions in Australia. The Code applies whether you're playing, coaching, watching, officiating or helping out during any competitive tennis event in Australia, both on and off the court, during, before and after any match. The policy can be found <https://www.tennis.com.au/wp-content/uploads/2025/01/TA-Code-of-Behaviour-Competitive-Play-effective-1-Jan-2025.pdf>

Expected behaviour during competitive play

To keep tennis fun and fair, everyone should uphold the spirit of tennis, which requires you to:

- Treat everyone with respect and kindness.
- Be honest, humble and play fairly.
- Always try your best and value good sportsmanship over winning.
- Take responsibility for your own actions. Respect your opposition players, spectators, officials, and volunteers.
- Follow the rules and ask if you're unsure about anything.
- Help create a safe, inclusive and welcoming environment for everyone.
- Listen to tournament staff – they're there to make sure everything runs smoothly.

If you can do all of these things, it will guarantee that both you and those around you will have fun!



Scan to view Code of Behaviour Policy



SIDELINE BEHAVIOUR

A big way that parents can help make tennis a safe and fun environment for kids is to set an example of what a good sport is.

We know that kids most enjoy playing tennis when you do not have spectators on the sideline behaving poorly, putting too much pressure on you or are being discouraging. Parents/guardians and spectators are expected to support players in a positive way.

Below are some easy tips to ensure your behaviour doesn't become an issue for your child.

ENCOURAGE FAIR PLAY

- Cheer and acknowledge good shots on both sides of the net
- Refrain from behaving in ways that make the game less fun, safe or comfortable for others
- Avoid coaching players during a match.

SHOW RESPECT

- Avoid making rude or disrespectful comments or gestures.
- If you have an issue with a decision, deal with it in a controlled manner after the match.

UPHOLD THE RULES AND SPIRIT OF THE GAME

- If your club has a code of conduct, make sure you understand and abide by it
- If you're helping out, it's important to know the rules and treat everyone with respect and fairness
- Remember it's not a Grand Slam

ENCOURAGE FUN

- Emphasise the importance of trying your best and having fun
- Never yell at or ridicule a kid for making a mistake

KEEP YOUR EMOTIONS IN CHECK

- Screaming, using bad language or arguing with others is just not on
- Avoid threatening, intimidating, or disrupting anyone at the venue.



Scan the QR Code for further resources to help create a safer environment for children.

Stay up to Date



Tennis Queensland Instagram

[instagram.com/tennisqld](https://www.instagram.com/tennisqld)



Tennis Queensland Facebook

[facebook.com/tennisqueensland](https://www.facebook.com/tennisqueensland)



Tennis Queensland Competitive Play Instagram

[instagram.com/tqcompetitiveplay](https://www.instagram.com/tqcompetitiveplay)



Central Region Facebook

<https://www.facebook.com/groups/central.region.tennis>



Plan Your Pathway to the JDS State Finals

A + JDS

A + JDS
Rocky Juniors
(held in Gladstone)
21-22 March

A + JDS
Bundaberg
13-14 June

Track your journey and tick off the JDS's as you play them



A JDS

A JDS
Yeppoon
21-22 February

A JDS
Biloela
30-31 May

Remember to qualify to compete in the Central JDS Finals for a position on Central Team, you need to compete a minimum of 4 JDS's. This can be any JDS's.

B JDS

B JDS
Rockhampton
18-19 July

B JDS
Gayndah
1-2 August

To win the JDS Circuit on points (and be eligible for major prizes and a position on the Central JDS team) you need to complete at least 1 of each JDS category (so an A+, A, B, C and D JDS).

C JDS

C JDS
Maryborough
16-17 May

C JDS
Gladstone
15-16 August

D JDS

D JDS
Hervey Bay
7-8 March

D JDS
Emerald
22-23 August



Nominate someone for a Sportsmanship Award

Tennis is about more than scores. The Central Region is proud to honour JDS players who show outstanding sportsmanship, setting an example for teammates, opponents, and officials.

Have you seen a player at this JDS demonstrate:

FAIRNESS - someone who played fair and played true

GROWTH - someone who learnt something every match

MINDSET - someone who stayed calm and confident

RESILIENCE - someone who bounced back stronger

RESPECT - someone who respected the game and respected others



SCAN TO NOMINATE or visit
<https://form.jotform.com/260210280106843>

Umpire a match - GET REWARDED!

Let us know if you've umpired a 10/U match to go into the draw to win a prize at the end of the season!

Collect your FREE grip from the Tournament Director and scan the QR code to go into the draw to win a prize at the end of the season!

Refer to the 2026 Central JDS Handbook for terms and conditions



SCAN TO ENTER THE DRAW or visit
<https://form.jotform.com/260210280106843>