

# Tennis Rules & Regulations Quick Reference Guide



## Girls Season:

July 31:	First Day of Coaching
August 4:	Regular Season Begins
September 5:	Non-Interscholastic Date
September 24:	Sectional Draw
Oct. 2-7:	Sectional Tournament
Oct. 9-14:	District Tournament
Oct. 19-20:	State Tournament
Oct. 28:	Season Ends

## Boys Season:

March 4:	First Day of Coaching
March 22:	Regular Season Begins
April 8:	Non-Interscholastic Date
April 28:	Sectional Draw
May 6-11:	Sectional Tournament
May 13-18:	District Tournament
May 23-24:	State Tournament
June 1:	Season Ends

## PRE-MATCH INSTRUCTIONS

Prior to the start of the match the coach of the home team will call all the participants and coaches together to explain the rules. He/she will:

1. Provide his/her line-up card in writing to the visiting coach and receive the visiting coach's line-up card in writing.
2. Introduce both coaches as match officials.
3. Introduce any assistant coaches at the match.
4. Announce that all regular season matches will be two out of three tie-breaker sets or the appropriate number of pro sets (conference or invitational tournaments only), or combination of pro sets and two out of three sets (conference or invitational tournaments only). Refer to the OHSAA Tennis Regulations regarding a 10-point match tiebreaker in lieu of 3rd set. Participants will have a 10-minute warm-up.
5. Inform participants about restroom facilities and water.
6. Inform participants what to do in case of inclement weather.
7. Inform participants of any idiosyncrasies of the courts and facilities, such as overhead wires, etc.
8. Inform the participants that the OHSAA/OTCA point penalty system (Code of Conduct) will be enforced.
9. Supply two (2) or three (3) new USTA approved tennis balls. The use of new balls for the third set is optional for regular season matches. It should be indicated prior to the match if new balls for the third set are to be provided. The same regulations hold for all courts.

## STATE RULES INTERPRETER

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## SCHOOL REPRESENTATIVES

No team or individual participant will be permitted to compete in an interscholastic contest unless accompanied by a properly certified school coach or person authorized by the Board of Education or similar governing body.

Teams or individuals unaccompanied by an authorized school representative shall be disqualified and removed from competition. The school's representative shall be present throughout the contest.

Only an individual who is authorized by a Board of Education or similar governing body, or a member of the school team, may participate in interscholastic match/contest activities (e.g. warmups).

## LINE-UPS

Singles players must play in order of team rank. The better doubles team must play No. 1 doubles. This rule also applies to injury or illness preceding a match. Forfeiting a point for a missing player's position is not allowed. If the No. 1 player cannot compete, the regular No. 2 player plays at No. 1, the regular No. 3 player plays at No. 2, and the substitute is placed at No. 3. "Stacking" is not allowed under any circumstances.

Note: This does not mean that the best player on the team must play first singles. However, if he/she is going to play singles, he/she must play at the No. 1 position. Any lineup which places a more skilled player above a less skilled player, and a more skilled doubles team above a less skilled doubles team is appropriate.

## ELECTRONIC DEVICES

1. If the cell phone of a player (or that player's coach on the court) rings during the match, said player will receive a warning and each subsequent offense will be assessed a point penalty.
2. If the cell phone of a player (or that player's coach on the court) rings while the ball is in play, that player loses the point being played.
3. The use of ANY electronic devices such as cell phones, digital messaging systems, radios, mp3 players, CD and DVD players, cassette players, and **watches that receive digital messages** to receive coaching and other information is prohibited.

**FIRST OFFENSE**, the player will be warned, and each subsequent offense will be a point penalty.

## CONTINUOUS COACHING

In addition to at the end of games 3, 5, 7, etc. and the end of each set, a coach may coach their own player(s) any time during the 25 seconds between points as long as the coach does not interfere with actual play...coaching cannot interrupt the continuous play rule. There can be absolutely no coaching during actual match play.

Coaching on the court may only take place where facilities permit it. Matches on other courts cannot be interfered with. A coach may sit or stand near the net post (only one coach permitted to sit or stand during a dual match near the net post), and all coaches (when more than one is permitted) must stay within the area where the players' chairs or benches would be located if not provided. The coach's movement shall be limited so as not to distract the players. A coach may change courts when his/her movement will not interrupt play. It is permissible to coach from outside of a fenced court, on an empty adjacent court where the coach may stand, and/or at the doubles sideline on the same side of his/her own player but must remain in the players area... if the coaching does not interfere with other matches occurring simultaneously or the match in progress. Coaches shall in no way distract an opposing player. Coaches may coach within the lines of the court only during a changeover or set break.

A coach shall not initiate a conversation with an opposing player or in any way get involved with an on-court situation, except at the request of the player(s) or opposing coach in accordance with what is already permitted. At no time should a player initiate a conversation with an opposing coach.

**Coaching is not permitted during an OHSAA match by anyone other than the school's assigned Board approved tennis coaches. All coaches must have the proper ODE/OHSAA credentials. Member schools permitting non-certified coaches to coach may incur a fine and be subject to additional penalties, including those imposed by the Ohio Department of Education.**

The use of signals, cheering (as opposed to applause), vile suggestions, and the like, during play, is considered unsporting and is not permitted.

## UNIFORMS

All team members must wear an appropriate school uniform or proper tennis attire, preferably in school colors. Proper tennis attire is defined as clothing specifically manufactured for tennis wear. Any lettering or pictures on clothing, and/or headgear must pertain to the school name or logo, the student's name (no nicknames), a tennis racquet and/or tennis ball, or be patriotic in nature (e.g. the United States flag).

No phrases, quotes, or "slogans" shall be permitted.

Manufacturer's names or logos are permitted provided they do not exceed one and a half inches in height.

Girls have the option of tennis dress or school uniform.

"Doubles" team players shall wear school color tops.

Any visible undergarments that extend below the uniform shorts, dress, or skirt shall be the same color of the shorts, dress or skirt or represent school colors or, be all white or all black, or all gray.

This dress code shall be enforced by the home coach or tournament director. Any clothing deemed to be "reflective" or "distractive" in nature shall not be permitted. Failure to comply will result in a player being denied the right to participate

## HINDRANCES

A player who claims a hindrance must stop play as soon as possible. Talking when a ball is in play:

- Singles players should not talk during points
- Talking between doubles partners when the ball is moving toward them is allowed.
- Doubles players should not talk when the ball is moving toward their opponent's court.
- Any talking that interferes with an opponent's ability to play a ball, it is a hindrance.

## INTERSCHOLASTIC PARTICIPATION

1. Dual competition consists of three singles matches and two doubles matches using seven different players. OHSAA regular season dual contests must be played using this format, and not all doubles competition or all singles competition if the appropriate number of competitors are available to participate.
2. Each individual dual match is best two out of three sets. The 12 point tie-breaker rule shall be used when necessary.
3. During a regular season contest, when the winner has been determined (3 points scored), coaches may mutually agree to utilize a "match tiebreaker" in lieu of the 3rd set.
4. There shall be a two-minute rest period between each set.
5. If weather or darkness interrupts a contest before either team has won three points (and thus the contest), incomplete matches shall be resumed at the exact point where suspended. The match(es) shall be rescheduled at the earliest possible date agreeable to both coaches. Players not appearing for a rescheduled match shall forfeit their respective match. Unfinished contests where a winner cannot be determined shall not count toward the 22-contest season limitation.

## MEDICAL TIMEOUT & BLEEDING TIMEOUT

OHSAA regulations indicate that a medical timeout consists of evaluation time as determined by the official/referee plus a maximum of five minutes for treatment. The time allotted for evaluation and treatment should not **exceed 15 minutes**. Please note that under USTA regulations the treatment time is limited to three minutes. USTA regulations may be modified by the OHSAA for interscholastic tennis. **Remember it is a medical timeout per player, not per injury.**

In the case of stoppage of play involving bleeding, body fluids, asthma attacks, and/or diabetic attacks, the affected player is entitled time to stop the bleeding/body fluids and clean the affected area, administer medication or administer insulin (insulin medication may be administered either on or off the court). If clothing becomes soaked with blood or body fluids, the player must change clothing. When there is a stoppage in play due to an issue involving blood or body fluids, the stoppage shall not be counted as an injury timeout. Ensure the court is cleaned and dispose of all contaminated items.

If the bleeding/body fluids or the removal of the blood/body fluids, asthma attack, or insulin attack takes more than 15 minutes or if the official in charge determines that the continuation of the match would likely involve continued interruptions, such as after the third stoppage of play, and thus would not be fair to the opponent, the official shall require the player who is bleeding/body fluids/or having an asthma attack or insulin attack to retire.

**Players shall not receive a medical timeout or treatment any time during a match, a warm-up or rest period for general player fatigue (fatigue not accompanied by cramps, vomiting, dizziness, blisters, etc.). Medical timeouts are not to be used to "rest."**