



# CONTINUOUS COACHING RULES

The following continuous coaching procedures will be used during Sectional and District play read over carefully and follow the procedures outlined. Coaches that do not follow the procedures will receive a warning and then point penalties against their player throughout.

1. ONLY **ONE** COACH IS PERMITTED ON THE COURT PER MATCH. (INSIDE COURTS AND OUTSIDE COURTS)
2. IF YOU COACH ON THE COURT YOU **MUST** STAY AT THE NET POST AREA. NO TOUCHING THE NET POST OR NET, NO ROAMING ONTO THE COURT AT ANYTIME. COACH MUST STAY IN THE DESIGNATED AREA.
3. DURING THE FIRST GAME OF EACH SET AND DURING A TIE-BREAKER, IT IS **CONTINUOUS PLAY**. COACHES MAY TALK TO THEIR PLAYER BUT IT FOLLOWS THE SAME RULES AS THOSE THAT ARE APPLIED BETWEEN POINTS.
4. TIME REMINDERS: 25 SECONDS BETWEEN POINTS  
90 SECONDS BETWEEN GAMES (except first game of the set)  
2 MINUTES BETWEEN SETS
5. ONCE YOU ARE ON THE COURT YOU MUST REMAIN THERE UNTIL THERE IS A NATURAL BREAK IN THE MATCH (ex: switching of sides and between sets). THERE IS NO MOVING OFF THE COURT OR ACROSS THE COURTS BETWEEN POINTS OR GAMES THAT INVOLVE NO SWITCHING OF SIDES.
6. COACHES SHALL IN NO WAY DISTRACT AN OPPOSING PLAYER AND SHALL NOT INITIATE A CONVERSATION WITH AN OPPOSING PLAYER OR IN ANY WAY GET INVOLVED WITH THE MATCH.
7. ALL MATCH DISPUTES (score, line calls, etc.) ARE TO BE ADDRESSED TO THE TOURNAMENT MANAGER OR COURT MONITORS BY THE PLAYERS ONLY.... COACHES DO NOT GET INVOLVED.