GENERAL

MAILINGS: All information pertaining to tennis should be found in this section of the Handbook or online.

CLASSIFICATIONS: A, AA, AAA and AAAA for both men and women.

DATE OF FIRST PRACTICE: No earlier than August 1 (women) or no earlier than February 12 (men).

PRESEASON SCRIMMAGES: Schools are allowed two preseason varsity scrimmages. These scrimmages must be conducted as events open to the public (no closed scrimmages allowed), and multiple team scrimmages are allowed. Junior varsity scrimmages are allowed in conjunction with varsity scrimmages at the same date and site.

DATE OF FIRST MATCH: No earlier than August 19 (women) or February 26 (men).

INCLEMENT/HOT WEATHER GUIDELINES: Precautions must be taken to prevent heat-related problems. The following should be considered when scheduling practice: time of day, intensity level of practice, equipment worn, and environmental conditions. High temperature and high humidity create a dangerous situation for athletes. However, a high humidity and low temperature can cause serious heat-related problems.

Water should be made available in unlimited amounts throughout practice. Water/fluid replacement breaks are recommended each 20 or 30 minutes, depending on practice conditions. Each LEA must have a written policy pertaining to practice on days of extreme heat or early dismissal due to extreme weather conditions. Schools must also have a policy in place regarding lightning. In addition to these guidelines, schools must have a plan/procedure for all emergency situations. See charts at end of Sports Section.

NUMBER OF REGULAR SEASON CONTESTS: No more than four per week if one is on a non-school day. A two-day individual tournament represents two matches. No more than two dual-team matches are allowed daily (weekly limit still applies). No season limit.

ELIGIBILITY SHEETS: Should be kept on file at the local school. Must be available to NCHSAA upon request, and are required to be shared among conference members.

REGULAR SEASON RULES AND REGULATIONS FOR DUAL TEAM

SCORING: 1 point is scored for an individual or doubles team win. The first team to win five points wins the match. **Singles matches are played first, followed by doubles.** Doubles matches start 15 minutes following the conclusion of singles, if any doubles players competed in singles.

TEAM COMPOSITION: 6 singles competing in flights 1, 2, 3, 4, 5 and 6 singles; and 3 doubles teams competing in flights 1, 2 and 3 doubles. An individual may compete in both singles and doubles. Any school competing in the NCHSAA dual team tennis playoffs must have participated in an actual regular season schedule for the current year.

LINE-UPs: Coaches shall exchange both singles and doubles line-ups simultaneously, no later than 15 minutes prior to the match.

Any change in the line-up must be in accordance to the regulations.

Players shall be ranked in order of ability, the best player on the team playing at the #1 position, the second best at #2 and so on through all positions. This rule shall also apply to doubles play, with the strongest combination listed at #1 and so on. **In the case a player is not available in singles, all players must move up.** The team appearing with insufficient number of players shall default matches an the bottom of the line-up (i.e. the six player team appearing with five players must default at the #6 singles position, and in doubles, at the #3 position). **STACKING YOUR LINE-UP IS NOT ALLOWED AND IS CONSIDERED CHEATING.**
The positions paired at the number-one doubles positions (e.g., #1 and #3 = 4) must add up to an equal or lower number that those paired at the number two doubles (e.g., #2 and #4 = 6). The number two doubles pairing must add up to an equal or lower number than those paired at #3 doubles (e.g., #5 and #6 = 11). A number one singles player may NOT play at number three doubles. Any player NOT in the top 6 will be considered a #7 player for purpose of placement in doubles.

A coach is permitted to substitute for a player in the doubles as long as it is a lower ranked player not already in the doubles line-up. The doubles team with the substituted player is NOT subject to the doubles pairing regulation.

SPORTSMANSHIP: Ethical conduct of players and coaches shall be observed at all times. Use of profanity, obscene gestures, or unsportsmanlike conduct by players will not be tolerated. If unsportsmanlike conduct occurs, the two competing coaches will deal with the offending player. For misconduct, first offense is point penalty; second offense is loss of game; third offense is default. Disqualification can occur at any time. Please help by monitoring your players' behavior throughout the season. The Code of Conduct penalties are cumulative through the entire event and follow a player or doubles team for the duration of the match or state tournament. Doubles teams accrue points, not individuals.

PLAYOFFS

UNPAID FINES: Schools that have unpaid fines to the NCHSAA are not eligible to compete in the playoffs for that sport (i.e. baseball fine would be specific to baseball playoffs) unless the fine is paid two (2) days prior to the reporting date for that sport.

Any fine not paid at the end of the fiscal year (June 30) will carry over to the following school year making all teams at said school ineligible for playoffs until the fine is paid in full.

REGIONALS-INDIVIDUAL COMPETITION

DATE AND SITES: regional tournaments will be held October 18-19 (women) and May 2-3 (men) at sites indicated online. Play on Fridays in regionals begins at 2 pm (coaches’ meeting 1 pm).

Each conference must determine its qualifiers (note: assigned number for each conference is listed with regional information on website).

REGIONAL SITE DETERMINATION: At the regional meet a meeting of coaches must be held to select a site and a director for the upcoming season. This is a mandatory meeting that will be conducted by the current regional director. The current director will then notify the NCHSAA office within 10 days after the completion of the tournament, of the host school and director for the next season.

REGIONAL ASSIGNMENTS (MEN’S & WOMEN’S): Regional assignments, along with the most current information about regional sites, dates and times, are posted on the NCHSAA website. Go to http://www.nchsaa.org, and click on the link for regional information. Please note that changes may occur in sites, times, etc., even near the scheduled event, so check shortly before the appropriate date to make sure there are no last minute changes.

PLAYOFF ENTRIES: Deadline for playoff entries to be in the hands of the regional directors is October 14 (3:00 pm) for women and April 28 (3:00 pm) for men. Director may call conferences who have failed to send in entries by the deadline. Late entries may be submitted to the NCHSAA and must be in by 9 am the Wednesday prior to the regional. Use the form on the NCHSAA website. A $50 late fee will be assessed for each individual entry. No entries after this will be accepted.

Schools must call director for confirmation of entries by Tuesday prior to the tournament. Regional entries can be found on website. Any school planning to participate in tennis but not listed in the regional assignments should contact the NCHSAA.
NUMBER OF ENTRIES: Each conference will be allowed an assigned number of singles and doubles participants. This number is determined on a percentage basis. Each conference will determine who its qualifiers are to the individual regional tournament. Refer to NCHSAA website for regional information and number of qualifiers. Conference qualifiers are expected to compete throughout individual tournament.

TENNIS BALLS: Each player and doubles team in the individual regional tournament will supply their own tennis balls. The winner will keep the unopened can.

QUALIFIERS TO INDIVIDUAL STATE CHAMPIONSHIPS: The semi-finalists in both singles and doubles will qualify from the regionals to the state events. These players, however, must participate in the semifinals and finals to advance (no exception). Directors are asked to e-mail results to the state directors immediately after the completion of the regional tournament. Qualifiers to state championships are expected to compete.

SEEDINGS AND PAIRINGS: Seedings and pairings for the individual regionals will be done under the direction of the tournament director. All coaches should attend the seeding meetings at the respective regionals. Criterion 1: Head to head competition during the season; and, Criterion 2: records (not state USTA rankings) will be used for seeding players.

AWARDS: Awards will be given to the singles and doubles winners and runners-up.

FORMAT: Two out of three sets in singles and doubles, with 10-minute break after split sets. The set tie breaker will be used (1st to seven points, win by two) when score is 6-6 in set. Two minute break after first set.

EXPENSES: Schools will bear their own expenses to regional tournaments.

NCHSAA SPORTS BRACKETS

For the most up-to-date information on brackets in various sports, including conference playoff berths, seeding priorities and qualifiers, consult the NCHSAA web site at www.nchsaa.org, and use the Playoff Brackets link on the homepage.

Since brackets sometimes undergo changes during the course of an academic year, the decision has been made to omit them in printed form in the Handbook and make them available only on line. This eliminates confusion between brackets printed in some cases many months before the playoffs begin, and the actual updated online versions that may contain changes from the original version.

2013-14 TENNIS REGIONAL ASSIGNMENTS

Please refer to the NCHSAA website (www.nchsaa.org) for the most current information about regional assignments, sites, directors, dates and times for both men and women. Note that changes can occur even near the scheduled event, so check shortly before the appropriate date of competition to make sure there are no last-minute changes.

INDIVIDUAL STATE CHAMPIONSHIPS

DATES AND SITES: The women’s individual state championships are scheduled for October 25-26, with the men’s state championships May 9-10. The sites will be posted on the NCHSAA website.

SEEDINGS AND PAIRINGS: In all classifications, matches will begin at 9:00am on Friday. Two rounds will be played on Friday and two rounds on Saturday (1A only one round on Saturday). A predetermined draw will be used (see website for pairings). A mandatory coaches’ meeting will be held at 8:30am.
FORMAT: Two out of three sets in both singles and doubles, with 10-minute break after split sets. If tied 6-6 in a set, the set tie-breaker is used (1st to seven, win by two). Two-minute break after first set.

AWARDS: Plaques will be presented to the winners and runners-up in singles and doubles.

EXPENSES: Teams will be paid a rate of five cents per mile for each qualifier, including coach, up to a maximum of 35 cents.

BALLS: The Wilson T1001 is the official ball of the state championship. NCHSAA will provide balls.

DUAL TEAM TENNIS PLAYOFFS

PLAYOFF DECLARATION: A school has the option to "opt out" of the playoffs, provided it fills out the Playoff Declaration Form on the website, submits it and it is in the NCHSAA offices prior to the reporting deadline for that specific sport. Proper submission means the school will not be considered for either an automatic berth or a wild card position. If the form is not submitted, then the school will be considered and may qualify for a playoff berth.

DATES AND SITES: All rounds of play through the regionals will be played at the home site of the designated representatives. The dual team state final match in all four classifications for women and men will be held at the Burlington Tennis Center.

The dual team playoff dates are as follows:

<table>
<thead>
<tr>
<th>Women's</th>
<th>Men's</th>
</tr>
</thead>
<tbody>
<tr>
<td>deadline for reporting:</td>
<td>Mon., Oct. 14, 6 am</td>
</tr>
<tr>
<td>First Round</td>
<td>Tue., Oct. 15</td>
</tr>
<tr>
<td>Second Round:</td>
<td>Tue., Oct. 22</td>
</tr>
<tr>
<td>Third Round:</td>
<td>Mon. Oct. 28</td>
</tr>
<tr>
<td>State:</td>
<td>Sat., Nov. 2</td>
</tr>
</tbody>
</table>

REPORTING PLAYOFF QUALIFIERS AND ADVANCEMENT: For reporting potential qualifiers to state playoffs, conference presidents are required to submit the appropriate information online immediately upon conclusion of the regular season. The information includes overall won-loss record and winning percentage for all conference schools. This must be submitted by the appropriate deadlines. The overall winning percentage and finish in conference standings will be considered when determining which schools qualify for wild-card berths in playoffs.

Upon conclusion of the conference tournament, the conference president will immediately submit the adjusted overall records of all teams. These are the records that will be listed on the brackets themselves when playoff qualifiers are posted.

Failure to comply with the initial reporting procedure will result in a $400 fine to the conference.

After schools have qualified for the playoffs, it is their responsibility to report advancement by the appropriate method and deadline as designated by the NCHSAA. Failure to report a playoff advancement will result in a $400 fine to the school. Teams must report advancement no later than 6 a.m. the day following each win. Postponements should also be reported.

Check website for additional information.

EXPENSES: Schools will bear their own expenses to the dual team championship. As in other sports, conferences will determine their representatives into this playoff.

AWARDS: At the regionals, team plaques will be presented to the champion and runner-up.
Singles players must have played 25% of the total team matches at a position in order to be seeded (eligible) at that position unless there is an approved issue (injury, illness, etc.). Proof must be provided at the conference meeting prior to submitting the line-up sheet to the NCHSAA and reason for exception stated.

The positions paired at the number-one doubles positions (e.g., #1 and #3 = 4) must add up to an equal or lower number than those paired at the number-two doubles (e.g., #2 and #4 = 6). The number-two doubles pairing must add up to an equal or lower number than those paired at number-three doubles (e.g., #5 and #6 = 11). A number-one singles player may NOT play at number three doubles. Any player NOT in the top 6 will be considered a #7 player for the purpose of placement in doubles.

A coach is permitted to substitute for a player in the doubles as long as it is a lower ranked player not already in the doubles line-up. The doubles team with the substituted player is NOT subject to the doubles pairing regulation. If players split sets in singles, a 10-point tiebreaker (first to 10, win by two) will be played to decide the outcome of that match. A three-minute break is allowed before the tiebreaker, and player(s) may NOT leave the court during this time to confer with their coach. Doubles matches are played after singles competition and a 15-minute break (see info under scoring) and the format is a 10-game pro set. In a tie at the end of the doubles pro set, the set tiebreaker (first to seven and win by two) will be played. If mutually agreed, the match may conclude as soon as one team wins by five points.

**INJURY TIME OUTS:** One injury time-out is permitted per match for each different injury, for three minutes or four minutes on a changeover. Medical condition includes but is not limited to an injury, illness and heat-related condition or cramping. Play shall never be suspended, delayed or interfered with for the purpose of enabling a player to recover his or her strength, breath or physical condition. A blister is considered loss of condition, but a blood blister qualifies as an injury time-out. This is the USTA rule.

**COACHING:** Coaching is allowed only after every odd-game (exception: not after game one) and only by the designated high school coach. The coach may not enter the court. All coaching must be done from outside the fence. Only the designated high school coach is permitted to coach.

The 90-second period for coaching begins immediately following their last point, not when conversation begins.

Coaching is permitted to be continuous throughout the match as long as it does not interfere with play and only during the 90 second changeovers. The purpose of such coaching is solely to offer advice to the player and not in any way to distract or annoy the opponent.

**SPORTSMANSHIP:** Refer to Regular Season Rules and Regulations for Dual Team.

### DUAL TEAM STATE FINALS

**Coaches Meeting:**
9:00 am (2-A, 3-A);
12:00 pm (1-A, 4-A).

**Match Times:**
9:30 am (2-A, 3-A);
12:30 pm (1-A, 4-A).

**BALLS:** The Wilson tennis ball T1001 will be furnished for the finals only. Each team is responsible for furnishing balls during preliminary rounds. The winners will keep the unopened cans; the loser keeps the used balls.

**OFFICIAL LINE UP:** Submit to the NCHSAA office (electronically) by October 14 for women and April 28 for men. A copy of what was sent to the NCHSAA must be pre-
sented with your line-up at each dual team playoff match prior to play. Line up sheets can be found online. Conferences are responsible for verification of dual team line-ups before they are sent to the NCHSAA office. The procedure for verification is the decision of the conference; however, the NCHSAA strongly recommends that line-ups be reviewed by all conference coaches at a conference meeting. If there is a question about position of players, etc., the conference settles it at that meeting. This procedure should eliminate any possible problems regarding stacking before the playoffs begin. A conference administrator must sign dual team line-ups before they are submitted to the NCHSAA office.

**FACILITIES AND EQUIPMENT:** The host school is responsible for providing the playing facilities (hard courts unless moved inside for rain or mutual agreement to play on soft) and setting the starting time. You must set up matches to be played on courts which have lights or have lighted courts reserved in case you must move to continue the match after dark. Make these arrangements prior to the match and inform your opponent.

**SUSPENDED MATCH:** Shall resume at the point of interruption. If the delay was 30 minutes or more, a warm-up period not to exceed 10 minutes is allowed.

**EXPENSES:** Schools bear their own expenses to the dual team championship.

**AWARDS:** At the state finals team plaques will be presented to the champion and runner-up and members of the championship and runner-up teams will receive individual medals (total of 13 medals).
Hot Weather Management, Prevention Guidelines and Recommendations

1. Measure WBGT reading if this can be done accurately onsite. If not, determine this from weather station or reliable airport site within 5 to 10 miles of practice site. If WBGT is not available, determine temperature in F/C and Relative Humidity and refer to the following Heat Index Chart:

<table>
<thead>
<tr>
<th>WGBT Index (F)</th>
<th>Color Code</th>
<th>Athletic Activity Guideline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 80</td>
<td>White</td>
<td>Unlimited activity with primary cautions for new or unconditioned athletes or extreme exertion; schedule mandatory rest / water breaks (5 min water / rest break every 30 min)</td>
</tr>
<tr>
<td>80-84.9</td>
<td>Green</td>
<td>Normal practice for athletes; closely monitor new or unconditioned athletes and all athletes during extreme exertion. Schedule mandatory rest / water breaks. (5 min water / rest break every 25 min)</td>
</tr>
<tr>
<td>85-87.9</td>
<td>Yellow (Amber)</td>
<td>New or unconditioned athletes should not practice. Well-conditioned athletes should have more frequent rest breaks and hydration as well as cautious monitoring for symptoms of heat illness. Schedule frequent mandatory rest / water breaks. (5 min water / rest break every 20 min) Have immersion pool on site for practice.</td>
</tr>
<tr>
<td>88-89.9</td>
<td>Red</td>
<td>All athletes must be under constant observation and supervision. Remove pads and equipment. Schedule frequent mandatory rest / water breaks. (5 min water / rest break every 15 min) Have immersion pool on site for practice.</td>
</tr>
<tr>
<td>90 or above</td>
<td>Black</td>
<td>SUSPEND PRACTICE</td>
</tr>
</tbody>
</table>

2. As temperatures increase, minimize clothing and equipment.

3. Provide unlimited drinking opportunities during hotter practices. NEVER withhold water from athletes.

4. If and when possible, pre and post-practice weigh-ins should be conducted. (NOTE: an athlete who is not within 3% of the previous pre-practice weight should be withheld from practice. These athletes should be counseled on the importance of re-hydrating.)