

# 2019-20 NCHSAA Tennis Rules Clinic

**Tra Waters**  
Assistant Commissioner

National Federation of State  
High School Associations



# Introduction

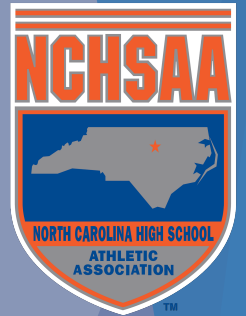


Caitlin McMannen  
Assistant Director of Sports

caitlin@nchsaa.org  
(919) 240-7379

Sport/Activity Responsibilities:

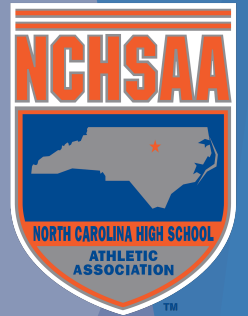
Women's Tennis  
Men's Tennis  
Cross-Country  
Cheerleading  
Women's Soccer



# Sport Specific Rule Changes, Updates, and Clarifications

## NCHSAA Points of Emphasis

2019-20



# Calendar

## Women:

**1<sup>st</sup> Practice:**

**1<sup>st</sup> Contest:**

**Dual Team Line-up Form Due:**

**Last Contest:**

**Regional Entry Deadline:**

**Dual Team Brackets Posted:**

**Dual Team 1<sup>st</sup> Round:**

**Individual Regionals**

**Dual Team 2<sup>nd</sup> Round:**

**Individual State Championships:**

**Dual Team 3<sup>rd</sup> Round:**

**Dual Team Regional Round:**

**Dual Team State Championships:**

Thursday, August 1

Monday, August 19

Monday, September 23

Saturday, October 12

Monday, October 14 (3:00 PM)

Monday, October 14

Wednesday, October 16

Friday, October 18 - Saturday, October 19

Tuesday, October 22

Friday, October 25 - Saturday, October 26

Monday, October 28

Wednesday, October 30

Saturday, November 2



# Calendar

## Men:

**1<sup>st</sup> Practice:**

**1<sup>st</sup> Contest:**

**Dual Team Line-up Form Due:**

**Last Contest:**

**Regional Entry Deadline:**

**Dual Team Brackets Posted:**

**Dual Team 1<sup>st</sup> Round:**

**Individual Regionals**

**Dual Team 2<sup>nd</sup> Round:**

**Individual State Championships:**

**Dual Team 3<sup>rd</sup> Round:**

**Dual Team Regional Round:**

**Dual Team State Championships:**

Wednesday, February 12

Monday, March 2

Monday, April 6

Saturday, April 25

Monday, April 27 (3:00 PM)

Monday, April 27

Wednesday, April 29

Friday, May 1 - Saturday, May 2

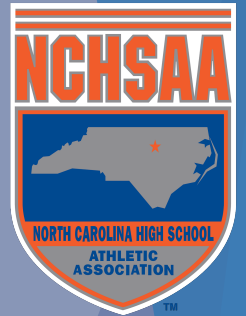
Tuesday, May 5

Friday, May 8 - Saturday, May 9

Monday, May 11

Wednesday, May 13

Saturday, May 16



# State Championships

- ▶ Individual State Championships:

- ▶ Coaches Meeting: 8:30 AM; Play Begins: 9:00 AM
- ▶ 1A/2A - Cary Tennis Park
- ▶ 3A - Burlington Tennis Center
- ▶ 4A - Millbrook Exchange Park

- ▶ Dual Team State Championships:

- ▶ 1A/3A Coaches Meeting: 9:00 AM; Play Begins: 9:30 AM
- ▶ 2A/4A Coaches Meeting: 12:00 Noon; Play Begins: 12:30 PM
- ▶ Burlington Tennis Center



# Required Coaches Education

- ▶ NFHS Fundamentals of Coaching
  - ▶ All coaches (paid and volunteer)
  - ▶ Prior to first play date
  - ▶ One-time requirement
- ▶ NFHS Concussion in Sports
  - ▶ All coaches (paid and volunteer)
  - ▶ Prior to first practice
  - ▶ Annual requirement
- ▶ CPR/AED Certified
  - ▶ All head and paid coaches
  - ▶ Must maintain certification
- ▶ NFHS Sudden Cardiac Arrest
  - ▶ All non-paid coaches
  - ▶ Prior to first practice
  - ▶ Annual requirement
- ▶ NCHSAA Rules Clinic
  - ▶ Head Varsity Coach
  - ▶ Prior to first play date
  - ▶ Annual Requirement



# Assistant Coach

- ▶ Reminder that each team is allowed to have two (2) designated high school coaches
- ▶ This additional coach must meet all of the same coaching requirements as the head coach
  - ▶ Fundamentals of Coaching
  - ▶ Concussion in Sport
  - ▶ AED/CPR Certified/Sudden Cardiac Arrest





# Coaching Regulations

- ▶ Coaching is allowed only after every odd-game (exception: not after game one) and only by the designated high school coaches (2)
- ▶ Coaches may NOT enter the court. All coaching must be done from outside the fence. Only the designated high school coaches are permitted to coach (not other players, parents, private coaches, etc.)
- ▶ The 90-second period for coaching begins immediately following the last point, not when the 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.



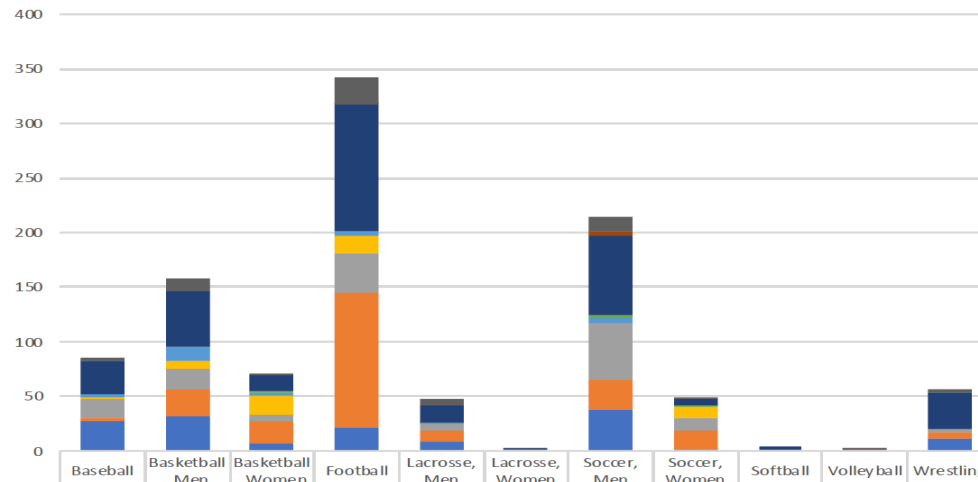
# Sportsmanship

- ▶ Ethical conduct of players and coaches shall be observed at all times. Player's behavior should be monitored throughout the season.
  - ▶ Use of profanity, obscene gestures, unsportsmanlike conduct, etc. by players will NOT be tolerated
  - ▶ Ejectionable Offenses:
    - ▶ Fighting, profanity, obscene gestures, taunting/baiting, flagrant contact, disrespectfully addressing an official, spitting towards opponent or official, biting
  - ▶ If unsportsmanlike conduct occurs, the two competing coaches shall deal with the offending player in accordance with USTA regulations
  - ▶ For unsportsmanlike conduct/misconduct other than those meeting ejection criteria, first offense is point penalty; second offense is loss of game; third offense is default of match
  - ▶ Disqualification can occur at any time
  - ▶ 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.



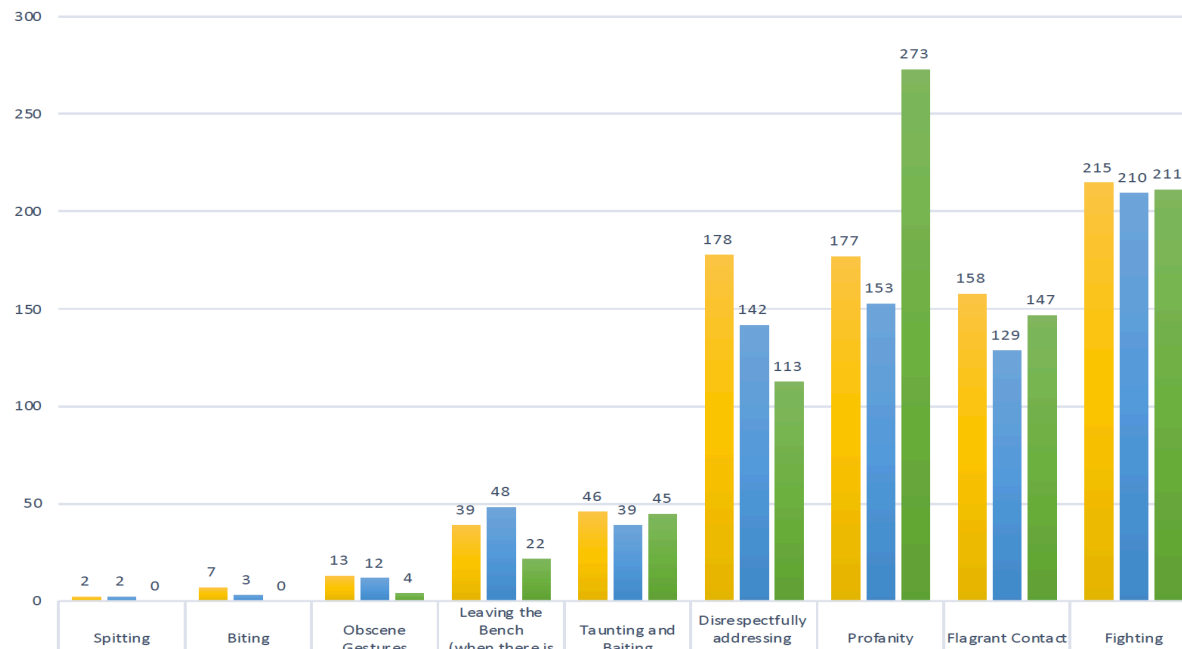
# Sportsmanship/Ejections

2018-19 Ejection Report - Reason and Sport

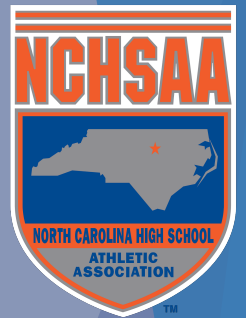


# Sportsmanship/Ejections

NCHSAA Ejection Reasons 2016 to Current



	Spitting	Biting	Obscene Gestures	Leaving the Bench (when there is not a fight)	Taunting and Baiting	Disrespectfully addressing official	Profanity	Flagrant Contact	Fighting
2016-17 (835 Total)	2	7	13	39	46	178	177	158	215
2017-18 (738 Total)	2	3	12	48	39	142	153	129	210
2018-19 (815 YTD)	0	0	4	22	45	113	273	147	211



# Dual Team Format and Regulations

- ▶ Singles are played first, followed by doubles
- ▶ Scoring:
  - ▶ 1 point is scored for an individual or doubles team win
  - ▶ 5 points are needed to win the match
- ▶ Team Composition:
  - ▶ 6 singles players, ordered 1-6 in order of ability
  - ▶ 3 doubles teams
  - ▶ Players may compete in both singles and doubles in the same match
  - ▶ Schools must participate in conference competition to be guaranteed an opportunity to qualify for the dual team playoffs



# Dual Team Format and Regulations

- ▶ Singles Format:
  - ▶ Best 2 out of 3 sets
  - ▶ A 10-point tiebreaker will be played to if players split sets
- ▶ Doubles Format:
  - ▶ **DOUBLES MATCHES WILL PLAY AN 8-GAME PRO SET (\*\*CHANGE\*\*)**
- ▶ If mutually agreed upon, a match may conclude as soon as one team achieves five points



# Dual Team Lineups & Stacking Prevention

- ▶ Coaches shall exchange both singles and doubles line-ups simultaneously, no later than 15 minutes prior to the match using the **MANDATORY official NCHSAA regular season dual team line-up sheet**
- ▶ 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
- ▶ If a player is not available in singles, or a team is not available in doubles, **all players/teams must move up in the lineup**
- ▶ A team appearing with an insufficient number of players shall default matches at the bottom of the line-up



## Dual Team Lineups & Stacking Prevention

- ▶ **STACKING OF THE LINE-UP IS NOT ALLOWED, IS CONSIDERED CHEATING, AND MAY BE PUNISHABLE WITH FORFEITURES AND/OR MONETARY PENALTIES**
- ▶ **Players are only allowed to move one spot up or down in the singles line-up from their position the previous match. Players may move up more than one position if players are unavailable**
- ▶ **A coach is permitted to substitute for a doubles team player provided it is a lower ranked player not already in the doubles line-up. The doubles team with a substituted player is NOT subject to the doubles pairing regulation only if the substitution was due to a legitimate injury/illness**





# Dual Team Lineups & Stacking Prevention

- ▶ All schools must submit dual team lineup sheets to the NCHSAA three (3) weeks prior to the reporting deadline (Women - September 23; Men- April 6)
- ▶ Lineup sheets must include all players on the roster, ranked in order of ability
- ▶ Challenge matches should be completed prior to the established deadline as no changes to the lineup will be allowed prior to the playoffs unless there is a documented injury/illness to a player or if a player is returning to the team from such injury/illness.



# Dual Team Lineups & Stacking Prevention

- ▶ Lineups will be posted to the NCHSAA website for review and scrutiny from other member schools
- ▶ Any school wishing to challenge the ranking of a player(s) on a team must submit an appeal within five (5) business days to the NCHSAA. All appeals will be heard by an appeals committee composed of high school coaches from all four (4) classifications selected by the NCHSAA and NCTCA. The committee's decision will be final and the school must make a change to their lineup if instructed
- ▶ Schools must also update the final records of their players prior to the reporting deadline (Women - October 14; Men - April 27). Failure to submit either lineup by the established deadline(s) will result in a monetary penalty to the school.
- ▶ **TO BE ELIGIBLE FOR DUAL TEAM PLAYOFF COMPETITION, PLAYERS MUST HAVE PLAYED AT LEAST 50% OF THE TOTAL TEAM MATCHES UNLESS THERE IS AN APPROVED ISSUE (INJURY OR ILLNESS). PROOF MUST BE PROVIDED ON THE LINEUP SHEET FOR ANY SUCH INJURY OR ILLNESS**



# Dual Team Lineups & Stacking Prevention

- ▶ **MaxPreps**
  - ▶ **All rosters, individual results and team results must be entered on the school's MaxPreps team page within 72 hours of completion of a match**
  - ▶ Records and standings for team post-season qualifications
    - ▶ MaxPreps Record = Official Record
    - ▶ Incorrect record subject to DQ from playoffs
  - ▶ All game results **MUST** be finalized and entered by:
    - ▶ Women - Saturday, October 12<sup>th</sup> at 11:59 p.m.
    - ▶ Men - Saturday, April 25<sup>th</sup> at 11:59 p.m.
    - ▶ Triple check your record!
  - ▶ Instructions can be found on the NCHSAA website



# Individual Format and Regulations

- ▶ Each school must submit their own singles/doubles entries to the Individual Regional Tournament even though the conference determines the qualifiers.
- ▶ Any schools who have failed to send in entries by the deadline (Monday prior to the tournament at 3 pm) may submit late entries to the NCHSAA by 9am the Wednesday prior to the regionals. The form may be found on the NCHSAA website (Tennis Page). A \$50 late fee will be assessed for each individual entry. **NO entries after this will be accepted.**



# Individual Format and Regulations

- ▶ At the regional, the top two players by vote of the coaches will be seeded on lines one and sixteen of the draw. The next four players by vote of the coaches will be placed, with players number three and four on lines five and twelve, and players number five and six on lines eight and nine of the draw. Team mates will be kept in opposite halves of the draw based on the regional seeding procedure.



# Individual Format and Regulations

## ▶ Regionals:

- ▶ Coaches Meeting - 12:00 Noon
- ▶ Play Begins - 1:00 PM
- ▶ Seeding procedure will be posted on NCHSAA website (\*No Change from 18-19\*)
- ▶ Conference berths for singles and doubles will be posted as soon as all eligibility summaries are submitted from member schools
  - ▶ Percentage basis will still be used to assign appropriate number of berths

## ▶ Individual Regionals (14):

- ▶ 1A (2) - East & West
- ▶ 2A (4) - East, Mideast, Midwest, West
- ▶ 3A (4) - East, Mideast, Midwest, West
- ▶ 4A (4) - East, Mideast, Midwest, West



# Individual Format and Regulations

- ▶ Format:
  - ▶ Best 2 out of 3 sets in singles and doubles
  - ▶ 2-minute break required in between 1<sup>st</sup> and 2<sup>nd</sup> set
  - ▶ 10-minute break required prior to playing the 3<sup>rd</sup> set if players split sets
  - ▶ Set tie-breaker will be used at 6-6
    - ▶ First to 7 points, win by 2
- ▶ Qualifiers to State Championship:
  - ▶ The top 4 individuals in each regional will qualify to the state championship
  - ▶ Players **MUST** participate in the semi-finals and finals to advance



# Dual Team Playoffs

- ▶ 1A - 24 team bracket; 2A, 3A, 4A - 32 team bracket
- ▶ Pre-determined brackets
  - ▶ Will rotate conference match-ups in bracket
  - ▶ Number of automatic qualifiers in each conference will be determined based upon number of wrestling teams in each conference
    - ▶ Sports eligibility summary form





# Skill Development

- ▶ On a given day, an athlete is limited to 1.5 hours of skill development or weight training/conditioning during the academic school year calendar; inclusive of all weekends, holidays, work days, etc. Skill development sessions are not to exceed 1.5 hours in duration including flex time (stretching), meetings, video review and breaks.



# Wet Bulb Globe Temperature

- ▶ Add language to the WBGT Index and Athletic Activity Chart in the 90 or Above category for Athletic Activity Guidelines: **SUSPEND PRACTICE/MUST INCLUDE MANDATORY BREAKS AS DIRECTED BY GAMEDAY ADMINISTRATOR DURING CONTEST.**



# 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
  - Environmental conditions
  - Equipment worn
- ▶ High temperature and high humidity create a dangerous situation for athletes. However, a high humidity and low temperature can cause serious heat-related problems.



# Inclement/Hot Weather Guidelines

- ▶ Water should be 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, schools must have a plan/procedure for all emergency situations.\*\***



# Facilities

- ▶ The NCHSAA has the right to require host teams to find an adequate facility based on expected game/contest attendance and/or quality of venue.



# General Board Changes

2019-20



# Gender of Player

- ▶ A student may participate based on the gender noted on the student's certificate of birth.
  - ▶ Women shall not participate on a men's interscholastic athletic team where the school has a women's team in the same sport or where a school sends an entry to the women's state playoffs in the same sport.
    - ▶ In cases where women are permitted on a men's team, the school forfeits all participation in the women's playoffs in the same sport.
  - ▶ Men's rules will be used where women play on men's teams.
  - ▶ Men's shall not participate on women's team's in any sport.



## Gender of Player

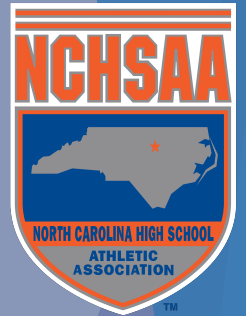
- ▶ When a student's gender identity differs from the gender listed on the student's certificate of birth, the Gender Identity Request Form must be submitted by the member school to the NCHSAA prior to any participation by the student under circumstances that would constitute ineligibility.





# Gender of Player

- ▶ The following information should be submitted with the Request:
  - ▶ Documentation from individuals such as, but not limited to, parents/legal guardians appointed by a court of competent jurisdiction, friends, and/or teachers, which affirm that the actions, attitudes, and manner demonstrate the student's consistent gender identification.
  - ▶ A complete list of all the student's prescribed, non-prescribed, or over the counter treatments or medications relative to gender identity.
  - ▶ A complete list of interventions that have happened related to the gender identity of the student.
  - ▶ Written verification from an appropriate healthcare professional (e.g. physician, psychiatrist, psychologist, school nurse, etc.) of the student's consistent gender identification. Include any other social/emotional information from health-care professionals that would help the Committee make a decision about the student. This information must be submitted on office letterhead of the healthcare professional who provides verification with contact information and professional title of the individual.
  - ▶ Any other pertinent documentation or information which the student or parent(s)/legal guardian(s) appointed by a court of competent jurisdiction believe relevant and appropriate.



# Gender of Player

- ▶ The NCHSAA will refer the Gender Identity Request to the NCHSAA Gender Identity Committee for consideration.
  - ▶ The NCHSAA Gender Identity Committee will consist of the following:
    - ▶ Current member of the Board of Directors;
    - ▶ LEA or school administrator;
    - ▶ Physician with experience in gender identity health care and/or World Professional Association of Transgender Health (WPATH) Standards of Care;
    - ▶ Psychiatrist, psychologist, or licensed mental health professional familiar with the WPATH.
- ▶ The Committee will approve the Request if it finds that the student genuinely identifies as the gender indicated in the Request.



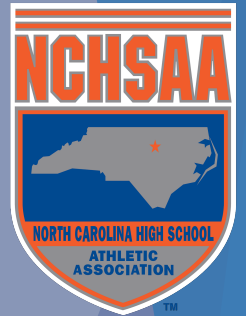
# Gender of Player

- ▶ The Committee will require that the member school has verified that the student is eligible in all other aspects.
- ▶ The Committee will respect and promote the student's privacy and confidentiality rights under HIPPA and FERPA in the process of considering a Gender Identity Request. Information provided to the Committee will be shared only to the extent necessary to decide the Gender Identity Request; provided that, if a Gender Identity Request is approved, the student's school may share the student's gender identity with other schools as necessary to ensure appropriate accommodations when competing at another school.



# Gender of Player

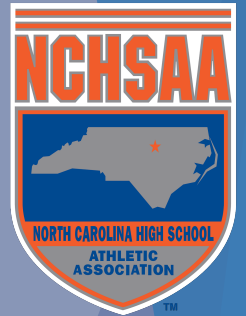
- ▶ In cases where a Gender Identity Request has been approved:
  - ▶ The student will be declared eligible to participate based on the student's gender identity.
    - ▶ 1.2.4.a is not in effect.
  - ▶ It shall be the responsibility of the school to comply with all state and federal mandates/laws.



# Home School Participation

## Initial Eligibility

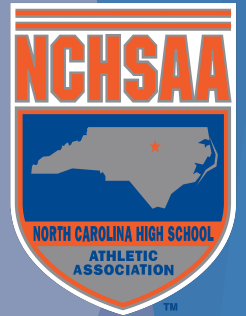
- ▶ Home school students
  - ▶ Documentation from the Division of Non-Public Education must be presented upon initial dual enrollment- attendance, immunization, transcript, school number, etc.
  - ▶ Home school students must communicate athletic intent at a member school in which they are domiciled and follow the enrollment and assignment procedures/policies established by the local board of education.
    - ▶ Notice to principal must take place at least ten days prior to the first practice date of each sports season.



# Home School Participation

## Attendance

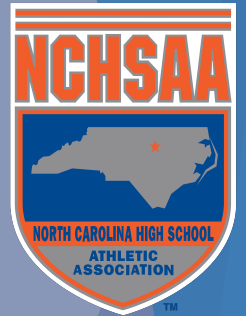
- ▶ Home school students:
  - ▶ Must have been enrolled in the registered home school for 365 days prior to being eligible in a member school.
  - ▶ Once deemed eligible at a member school, the student must maintain continuous dual enrollment.
    - ▶ Unenrollment would render the student ineligible for 365 days.
  - ▶ Must participate in a class schedule that is at least one half of the school's instructional day
    - ▶ At least one class must be on campus each semester or meet LEA requirements.



# Home School Participation

## Scholastic Requirements:

- ▶ A student must have passed a minimum load of work during the preceding semester to be eligible at any time during the present semester. The semester is normally considered half of the academic year. All students must also meet local promotion standards, set by the LEA and/or the local school. **Home school students must be on grade level according to a nationally standardized achievement test(s) indicating grade level.**
- ▶ A minimum load is defined as five courses in the traditional school schedule and three courses for schools on the “block” format. If the school is on an A/B form of block scheduling, a student must pass six of eight courses during what would traditionally be defined as a semester. Any student, including seniors must pass that minimum load, even if they need fewer for graduation. **Home school student must pass all public school courses in which he/she is enrolled.**



# Transfer Policy

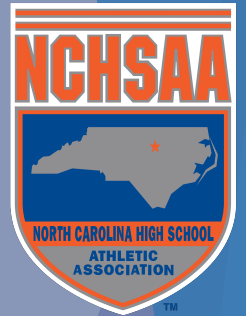
- ▶ Students transferring to the same member school where the student's coach has relocated within a calendar year will be deemed ineligible in any sport in which the coach is involved.
  - ▶ Now applies to within LEA as well as from LEA to LEA.
- ▶ If deemed ineligible due to athletic purposes, the student will only be ineligible in that sport(s) in which “athletic purposes” was reason for not authorizing.





# Foreign Exchange Students

- ▶ After the first year of participation as a Foreign Exchange Student
  - ▶ Student can be eligible subsequently, based on the two-semester rule
    - ▶ Applies to the same school of initial enrollment



# Ejection Policy

- ▶ Clarified this policy:
  - ▶ Leaving the bench and coming on to the playing area during a fight (whether they participate in the fight or not)



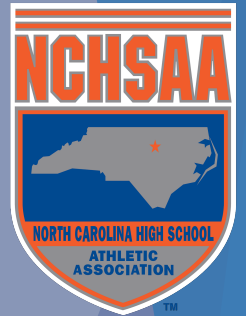
# Unpaid Fines

- ▶ Unpaid fines will be posted for NCHSAA membership view only



# Eligibility Summary Forms

- ▶ Deadline Changes
  - ▶ Fall - September 1
  - ▶ Winter - December 1
  - ▶ Spring - March 15



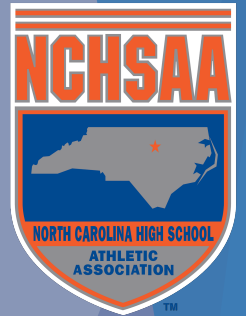
# Pre-Game EAP Review

## ► Purpose

- Effective communication of Emergency Action Plan
  - EAP is required by Law (Gfeller-Waller)
- Guide for administrators, coaches, officials and LAT/FR

## ► Conducted by the Game Day Administrator or Designee

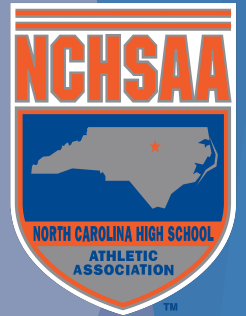
- The NCHSAA recommends that a hard copy or electronic copy of the venue specific EAP be provided to both the lead official and visiting team personnel.



# Pre-Game EAP Review Card

## All Events

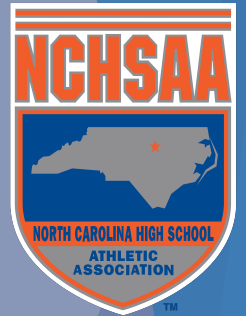
- ▶ Who is the gameday administrator and what is their contact information?
- ▶ Is there a Licensed Athletic Trainer (LAT) and/or First Responder (FR) on site and what is their contact information? If a LAT or FR is not on site who is the most qualified person to provide CPR and first aid care?
- ▶ Has the Emergency Action Plan (EAP) been reviewed and where is the posted venue specific EAP located?
- ▶ What first aid and emergency equipment is available at the venue and where is it located? (e.g., first aid kit, AED/CPR equipment, spinal injury stabilization equipment, exertional heat illness management equipment, etc.)



# Pre-Game EAP Review Card

## Outdoor Events

- ▶ Who will be monitoring environmental and field/facility conditions during the event? (e.g., thunder and lightning, Wet Bulb Globe Temperature)
- ▶ Who will notify officials of unsafe environmental or field/facility conditions?
- ▶ Has the lightning or thunder disturbances safe shelter and evacuation route been identified?
- ▶ What is the Wet Bulb Globe Temperature, if available, at the beginning of the contest?



# 2021-2025 Realignment

- ▶ The Board of Directors instructed NCHSAA Staff to delay the start of the Realignment process by one year
  - ▶ Will take the ADM numbers from Fall, 2020 instead of Fall, 2019.
  - ▶ Eliminating the “lame duck year” of the alignment period
  - ▶ New alignment will still begin for the 2021-2022 school year
  - ▶ Decision was to give various committees the opportunity to review the realignment process and the Association’s current classification structure while providing the necessary time for the Board and membership to make any necessary changes to implement their recommendations





# Thank You!

- ▶ To receive clinic attendance credit:
  - ▶ State Clinic
    - ▶ Sign-in prior to leaving
  - ▶ Coaches Clinic
    - ▶ Pick-up your card as you leave today
      - ▶ Enter your code immediately to get credit for attendance
        - ▶ Mobile device or computer
        - ▶ All fields required except comments box
        - ▶ Use same email address that was used for NFHS Courses
      - ▶ Deadline for entry is August 16, 2019.
      - ▶ Avoid \$400 fine for your school
- ▶ Online Clinic
  - ▶ Print certificate and keep on file

