



SPORT GUIDELINES

GIRLS TENNIS

Acalanes, Alhambra, Benicia, Berean Christian, Campolindo, Clayton Valley Charter, College Park, Concord, Las Lomas, Miramonte, Mt. Diablo, Northgate, Ygnacio Valley

Approved: March 19, 2024

1. SEASON

- 1.1 Girls Tennis is a Fall Sport, as defined by NCS.
- 1.2 Starting dates for practice will be determined by NCS.

2. CONTEST INFORMATION

- 2.1 Matches will be played on Tuesdays and Thursdays, with a starting time of 3:30.
- 2.2 Per NCS By-Laws; Maximum number of contests: 24.
- 2.3 Per NCS By-Laws; Maximum number of scrimmages: 2.
- 2.4 League games will not be played when school is not in session, unless agreed upon by AD's and Principals of both schools.
- 2.5 League games take precedence over any tournament or pre-season postponed games.
- 2.6 Contest format shall consist of a maximum of nine (9) matches, six (6) singles and three (3) doubles.
- 2.7 Host team is to contact visiting team to find out how many players will be playing and approximate arrival time.
- 2.8 Match will consist of two of three sets for varsity play. The third set will be a 10-point super tie breaker. The winner must win by 2 points.
- 2.9 *Challenge Ladder: Strength ladders must be available for inspection prior to the match. The submitted team ladder must represent the strongest ladder for their team. No player will be listed on the doubles team unless they are listed on the teams' individual player strength ladder in order of their strength. Moving players around with the intent of gaining an advantage is not allowed and shall subject the team to default. A player may only move up or down one position on the ladder by challenge. A player who has established a record at a team position in six team matches and whose results show that they are clearly stronger than the player below them may not be moved down. The lineup must stay in order of ability.*
- 2.10 All singles and doubles will be played in the order of strength consistent with rules of NCS, Player Strength Ladder Form.
- 2.11 The lineup must be presented prior to the start of the match.
- 2.12 Host team is responsible for reporting match results to **UTR**.
- 2.13 Rain Outs: League matches postponed must be made up the first available school day.

3. RULES

- 3.1 USTA rules will govern league and tournament play.
- 3.2 Contests will be conducted according to the rules of the National Federation of State High School Athletic Association, to be superseded by the CIF, NCS, and DAL rules and guidelines.
- 3.3 Coaching during team competition is allowed by designated coaches only and will never interfere with continuous play.
- 3.4 A coach may coach a player at any time during the match so long as the coach does not interfere with play. Coaches shall not in any way distract or annoy, or talk to the opposing player. A violation of these provisions shall result in the player on the court where the violation occurred being assessed a point penalty. (Penalties for coaching are not treated as part of the Point Penalty System, and they do not accumulate). USTA has a maximum of 20 seconds between points, and 90 seconds on changeovers.
 - 3.4.1 Coaches may not sit or stand anywhere that interferes / obstructs with play. The coach's movement shall be limited so as to not distract the players. A coach may change courts when the movement will not interrupt play. Coaches may coach within the lines of the court only during a changeover, set break or when changing courts. Coaches may stand outside the playable sidelines.
- 3.5 Each team will be allowed two coaches.
- 3.6 At no time during the course of a match, excluding injury, will a parent or other player be allowed within the playing area of the competitors.
- 3.7 Non-players will not be allowed on the courts. Matches will be suspended until non-players are removed from the court (inside the fenced area).
- 3.8 The USTA Point Penalty System will govern all matches with one exception: There will be no warning for Code

of Conduct violations.

- 3.9 Warning to be given prior to the start of each match to all players. Penalties are as follows: First offense – loss of point. Second offense – loss of game. Third offense – default of match and banned from participation at the next league match.
- 3.10 All other USTA rules governing the game of tennis will be in effect and knowledge of the rules will be the responsibility of each player.
- 3.11 Penalties are the sole responsibility of either coach and can be given to any player, in the best interest of controlling the match yet not interfering. The coach must advise the opposing coach of the infraction.

4. EQUIPMENT AND UNIFORMS

- 4.1 Game balls will be any USTA approved balls. Minimum two balls per match, optional new balls for full third set if requested by players.
- 4.2 Home teams shall supply tennis balls for matches.
- 4.3 Home courts must be maintained in safe, playable condition.
- 4.4 All players must wear team uniforms.

5. OFFICIALS

- 5.1 Players will officiate their own matches. If a controversy occurs, they may call for line judges. A judge shall be selected, agreeable to both coaches, to assist in calls made by the players.
- 5.2 Coaches shall mutually resolve officiating problems that develop.

6. DETERMINATION OF LEAGUE OR DIVISION CHAMPIONS

- 6.1 League or Division Champion:
 - 6.1.2 The League or Division Champion will be the team with the best overall record over the course of the league or division schedule.
 - 6.1.3 If there is a tie for first place, the tied teams will be Co-Champions.
 - 6.1.4 Ties, for the purposes of NCS qualification and DAL Tournament Seeding (If Applicable), will be resolved using the tie-breaking criteria. (See 6.2)
- 6.2 Criteria used to break ties:
 1. Head to Head.
 2. Ladder Finish. Which is defined as comparing each team's record against the other teams in the league based on the league schedule, starting with the highest ranked team and continuing down the ladder until the tie is broken.
 3. In a 3 way tie (or more) once the initial tie is broken, it will revert back to the 1st tiebreaker with the remaining schools.
 4. Lottery. If the coach or designee is not present at the pre-season coaches meeting, that school will receive the last number. If there are more than one coach or designee absent, the commissioner will draw numbers for the absentees after the initial lottery.

7. NCS QUALIFYING AND AT LARGE REPRESENTATION

- 7.1 The automatic representative to the NCS Team Tennis Championship will be the League/Division Champion or the winner of the tiebreaker.
- 7.2 Any other qualified team may apply for an NCS At-Large Berth.
- 7.3 Tournament winners in singles and doubles automatically qualify for the NCS Championships. Individual schools may petition for an at-large berth in singles competition as designated by the NCS rules.

8. DAL END OF SEASON TOURNAMENT

- 8.1 Each DAL Division will hold their own tournament to determine NCS qualifying.
- 8.2 The DAL Tournament shall consist of up to a 32 draw for both singles and doubles. A player may enter doubles or singles, but not both.
- 8.3 The Tournament may be a three-day tournament.
 - 8.3.1 The first day of competition will begin at 11:00 AM and will consist of no add scoring, 3 rounds.
 - 8.3.2 Semi-final competition will begin at 3:00 PM.
 - 8.3.3 Final competition will begin. Time: TBA with add scoring.
- 8.4 Tournament seeding: Both singles and doubles teams will be seeded by the coaches to fill the draw. This shall be done according to a school's league standing at the completion of the regular season with each of the schools getting one additional spot. In case of a tie, the team winner of the second-round match will advance. Coaches must provide players names at the seeding meeting or lose their position in the draw. The position reverts to first place, second place and so on.
 - 8.4.1 Players must participate in at least 1 regular season DAL match in order to participate in the DAL Championship Tournament. If a player is unable to participate in the minimum required match due to injury or illness, they can appeal to a panel consisting of 3 DAL Athletic Directors.

- 8.5 The preliminary round to reach the field of 16 will be decided by a pro-set.
- 8.6 Tournament site rotation: Tournament site will be recommended by the coaches and approved by the Principals Council or the AD's. The host team shall provide additional team members, not playing, to serve as line judges when necessary, and to help with other organizational responsibilities.
- 8.7 The same coaching rules apply during Division Tournaments as during the regular season.

9. ALL LEAGUE SELECTIONS

- 9.1 The All-League Teams from each of the DAL Conferences will be as follows: 6-1st Team Singles; 6-2nd Team Singles; 3- 1st Team Doubles; 3-2nd Team Doubles, voted on by the coaches during the postseason meeting. After the conclusion of the voting process, each coach can add 1 Honorable Mention to the list.
- 9.2 Any athlete who is deemed academically or behaviorally ineligible at their school will not be eligible for all league consideration. Athletes who are ejected twice during the season under the NCS ejection policy will not be eligible for all-league consideration.