

Tennis Rules Clinic-Unit 3: (NMAA Rules Changes and reminders)

The following rules are adopted by the NMAA Board through the referenda process. Key rules are being included here, as a reminder to all high school coaches. All rules are incorporated into the NMAA Tennis Rules in Unit 3 of this document and in the “Championship Information” documents available on the NMAA tennis web site.

1. USTA Recovery Rule. The recovery rule is a part of USTA Regulation III.H (See Table 11, Page 105 of the USTA Rules and Regulations www.usta.com Under The Code—Friend of Court: USTA Rules and Regulations. The rule is designed to provide added relief and recovery time for singles players to promote player health and safety, as well as performance.

The purpose of the rule is to ensure that a minimum rest period of two hours is offered by a tournament referee/official, to a player who has just completed a singles match in which a match format of 2 out of 3 standard tie-breaker sets is used, and where the player is scheduled for another singles match the same day. The Recovery Rule does not apply to short-set matches. A recommended 30-minute rest period should be offered between doubles matches. The player who just completed a singles match may waive the 2-hour rest period, but to no less than 60 minutes.

2. USTA/ National Federation/NMAA Heat Illness Rules. The NMAA has adopted USTA Emergency Care Guidelines under Section III (Reg. III.H, pages 113-114) and Section IV of the USTA Rules and Regulations, www.usta.com. The National Federation provides coaches with a free course titled “Guide to Heat Acclimatization and Heat Illness Prevention” at www.nfhslearn.org. The NMAA rule requirement for schools during practice sessions and events is outlined at the bottom of the NMAA home page (www.nmact.org) by clicking on “heat index”. There is also an up-to-the minute heat index calculator on this link for your event location.
3. Key NMAA rules applicable to district and state competition/qualifying.
 - A. Tennis District Team Championships/State Qualifying (NMAA 7.21.3.B).
 1. All teams qualifying/selected will be seeded (1-8 in class A-4A and 1-10 in classes 5A and 6A)
 2. District team champions will qualify automatically to the state tournament. All remaining teams in the state bracket will be selected by the NMAA seeding committee based on NMAA seeding criteria in NMAA 7.11 (NMAA 7.21.3.C).
 - B. Tennis District Individual Championships/State Qualifying (NMAA 7.21.3.B)

1. The top 4 individuals (singles and doubles) based on the district individual tournament will qualify for the state tournament.
 2. The NMAA seeding committee will seed the top 4 places. All remaining places in the bracket will be randomly drawn into the bracket.
- C. Tennis District and State Team Doubles Substitution Rule (7.21.3.C.8)
Coaches may substitute a member of a designated doubles team (as submitted to the NMAA on Sunday of Week 43) without regard for the reason for the substitution. The substituted player/team must conform to the rules in 7.21.3.C.8 as follows: “a coach may substitute a member of the #1 doubles team with a member of the #2 doubles team (in the #1 doubles position); a coach may substitute a member of the #2 doubles team with a member of the #3 doubles team (in the #2 doubles position); a coach may substitute a member of the #3 doubles team with any member of a lower-declared team (in the #3 doubles position). Coaches may also still move up entire “intact” teams in the lineup. For example, in a dual match a doubles lineup may consist of #2 (playing in the #1 spot), #4 (in #2 spot) and #6 (in #3 spot).” **Note: If a team has an odd number of players a coach may add an odd player to the end of the doubles lineup for substitution purposes under this rule.**
- D. Individual District Entry Form (Due Wednesday, April 25 at noon). This form is the declaration made by every school as to which players will commit to individual singles or individual doubles at the district individual tournament. The statewide list is posted to the NMAA web site by end of the day Wednesday, April 25th. Changes to the submitted list after April 25 must be approved by the state director of tennis.
- E. State Team Championships (7.21.3.C.5). All first round state team matches, where a team is playing their first round in the tournament, are played to the full nine points. Once a team has reached 5 points the remainder of the matches will play a 10-point match tie-breaker in lieu of a third set. After each team has played their first match in the tournament the first team to reach 5 points ends the match.
- F. Match Limitations (7.21.1.D). By interpretation, a tournament or event is defined as one that “logically and equitably determines the rank order of teams/individuals resulting from the competitive format of the event”.

Examples of formats resulting in 1 event/tournament:

1. A multi-team bracketed tournament where teams advance based on previous round results.
2. A multi-team round robin tournament where each team plays every other team.

3. A multi-team round robin tournament where each team plays the same number of team matches during the event, leading to an ultimate rank order based on overall event record.
4. A bracketed individual tournament where individual players advance based on results of previous rounds.

Note: If you have questions regarding your event and how it will impact the match limitation rule please contact the NMAA Director of Tennis

G. The following rules interpretation is in reference to the tennis match/event limitation under 7.21.1.D (set at 12 matches/events) and the impact of NMAA 7.3.1 (Multi-Activity Participation: Dual Participation) on those limitations.

Q. May a player participate in an adult tennis league during the high school tennis season (February 6—May 5)?

A. Yes, however any match a player participates in in league play will count toward the match/event limitation under 7.21.1.D.

Q. Do matches played at the sub-varsity level, either in head-to-head matches between schools or in the USTA JV League, count toward the match limitation under 7.21.1.D?

A. Yes

Q. Does a player traveling with his/her parents to play in a sanctioned USTA Tournament during the high school tennis season count against the match limitation under 7.21.1.D?

No. The NMAA has made an exception to the dual participation rule for USTA Sanctioned tournaments, as long as the team coach is not traveling to the event with the player. This was done to promote high school tennis and allow players to earn USTA ranking points at these events without losing eligibility for high school matches.

H. NMAA Team Minimum of 6 players (NMAA Tennis Handbook Sec. 7.21.2.B.4—Rosters—Team Competition). The Q&A following this handbook section provides answers to many of the commonly asked questions. Within district play a school must have a minimum of 6-players to be considered an official match. If a school arrives at the match site with fewer than 6 players the match is considered a 9-0 forfeit for the team meeting this requirement. However, the schools may still engage in individual competition on that day. The results are utilized for individual player records for district and state individual competition.

I. Verification of Equipment and Sportsmanship Regulations. It is the head coach responsibility to insure that all players and coaches:

Have Been:

1. informed what equipment is mandatory and what constitutes illegal equipment.
2. provided the equipment mandated by rule
3. instructed to wear and how to wear mandatory equipment during a match.
4. instructed to notify the coaching staff when equipment becomes illegal through play during the game
5. made aware of and will practice the safety as well as the sportsmanship regulations in concert with NFHS, USTA and NMAA rules.

By signing the rules clinic attendance form, you certify that you and all members of your team/coaches are cognizant of the above information.