

2014 TENNIS RULES MEETING

ALAN BESTE

**IOWA HIGH SCHOOL ATHLETIC ASSOCIATION
ASSISTANT EXECUTIVE DIRECTOR**

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ASSOCIATE DIRECTOR**



**THIS POWERPOINT PRESENTATION WAS COMPILED
JOINTLY BY THE IOWA HIGH SCHOOL ATHLETIC
ASSOCIATION AND THE IOWA GIRLS HIGH SCHOOL
ATHLETIC UNION**

TENNIS ADMINISTRATORS

BOYS: ALAN BESTE



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Tennis Advisory Committees

Boys' Advisory Committee

Chad Bruns, Harlan

Tony Witt, Oskaloosa

Eric Modracek, Prairie, Cedar
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Joe Steele, Spencer

Jared Feddersen, Fort Dodge

Craig Ihnen, Ex-Officio

Girls' Advisory Committee

Joe Benedict, Cedar Rapids,
Kennedy

David White, Urbandale

Bob O'Hara, Spirit Lake-Okobojo

Scott Giraud, Waverly-Shell
Rock

Cindy Rasche, Clinton

Stuart Dusenberry, Atlantic
(Official)

Larry Moglestad, Boone (AD)



First Practice & Competition Dates

FIRST PRACTICE DATE FOR BOYS AND GIRLS TENNIS

- Monday, March 17

FIRST COMPETITION DATE FOR GIRLS

- Wednesday, March 26

FIRST COMPETITION DATE FOR BOYS

- Monday, March 31
 - Students ineligible under the Scholarship Rule begin their ineligibility on the first competition date and are ineligible for 30-consecutive calendar days.
 - Eligibility is regained on the 31st day.



BOYS' Meet Limitations

- The meet limitation for boys tennis is 12 regular season dates. A school may schedule 12 varsity and 12 sub-varsity dates.
- Multiple duals held on **Saturday ONLY** count as ONE date.
- Each individual player may only participate on 12 regular season dates **TOTAL**, regardless of the level of competition.
- Post season competition is **NOT** included in this limitation.



GIRLS' Meet Limitations

- The meet limitation for girls tennis is 12 regular season competition dates. A school may schedule 12 varsity and 12 sub-varsity meets.
- Double duals ANY day count as only ONE date.
- Girls may participate in 12 meets at EACH level of competition.
- Post season competition is NOT included in this limitation.



Regular Season Line-ups

- Coaches will exchange singles line ups at the same time before singles play begins so there is no rearranging of players.
- The official doubles line up in team play is the one submitted, or reaffirmed, immediately before the doubles teams take the court.
- Ethics for coaches dictate that the doubles teams be listed in the position of strength with the best doubles team submitted that day playing #1, the second best team playing #2, etc.



Scrimmages

- In **BOYS'** tennis, each school is allowed **ONE scrimmage date** to be used after the completion of district play and before the State Team Tournament.
- In **GIRLS'** tennis, each school is allowed **ONE scrimmage date** to be used after the first Friday in May and before the State Team Tournament.
- Complete rules on scrimmages can be found in the respective organization's tennis handbooks.



Practice Facilities

- For **GIRLS'** sports, there are no restrictions on where a school may practice. Practice must be under the supervision of the school's coach.
- For **BOYS'** sports, practice may take place at non-school facilities, under the supervision of the school's coach, with approval from the school's administration.



Coed Participation

- There is no coed interscholastic competition in tennis with the exception of the State Coed Tennis Tournament.
- **Students in grades 9-12 during the current school year are eligible to compete in State Coed Tennis.**
- The State Coed Tennis Tournament will be held on Tuesday, June 10, 2014.



IHSAA/IGHSAU Coaching Opportunities

- **Only school-approved coaches may coach their players** from the time the players take the court to warm up for their match until the match is over.
- **Coaching opportunities exist during 90-second changeovers and during set breaks.** The clock starts on changeovers and set breaks when the last point is scored. There is no need to wait for the opposing coach.
- At the end of game #1, and during any tie-break, there is no delay when changing ends so no coaching opportunities exist during those times.



Time Between Sets

- When 2 out of 3 sets are being played:
 - Maximum of 2 minutes is allowed between the 1st and 2nd sets.
 - Maximum of 10 minutes is allowed between the 2nd and 3rd sets.
 - Maximum of 3 minutes is allowed between the 2nd set and 10-Point Match Tie-Break, when a 10-Point Match Tie-Break is played in lieu of a 3rd set.
- Maximum of 2 minutes is allowed when one player has won half of the games during a Pro-Set.
- Review the tennis handbooks for complete information on breaks.



Time Between Singles & Doubles

- A **minimum of 10** minutes and **maximum of 30** minutes is allowed between a player's singles and doubles matches, unless the coaches mutually agree to shorten the break.
- Review the tennis handbooks for complete information on breaks.



DISCUSSION POINTS FOR PRE-EVENT MEETING WITH TENNIS COACHES AND PLAYERS FOR TENNIS MEETS

- Indicate what kind of **scoring** will be used for the meet.
- Discuss **coaching opportunities**, changeovers, breaks between sets, and the tie break procedure.
- Review the rule regarding when coaching can take place and that only coaches, or teammates, may talk to players during a match, including set breaks.
- Remind coaches that the coach from any school at the meet may issue **sportsmanship warnings** to any player.
- Remind players and coaches to follow the **10-minute warm up** period.
- Remind players the server **MUST announce the score before every point**, loudly enough for the receiver to hear.



DISCUSSION POINTS FOR PRE-EVENT MEETING WITH TENNIS COACHES AND PLAYERS FOR TENNIS MEETS

- Ask players to **confirm the match score on every changeover** and, if score cards are being used, to **change the score cards on every changeover**.
- Emphasize that **players are calling their own lines** and should not allow spectators to influence their calls. Once a player makes a call, it becomes history and everyone moves on.
- Remind players to **avoid foot faults** when serving.
- Ask players to **leave the court when their match is over**. They may watch any remaining matches with the other spectators.
- **Introduce respective coaching staffs** to each other prior to the start of the tournament/meet.



DISCUSSION POINTS FOR PRE-EVENT MEETING WITH TENNIS COACHES AND PLAYERS FOR TENNIS MEETS

- **In the event inclement weather causes play to stop** during the regular season the following procedure should be used:
 - The head coaches from each participating school will jointly decide when to suspend play due to inclement weather, with the head coach from the **host school having the final authority.**
 - Players are responsible for game score, match score, who was serving at the time of suspension and from what court.
 - **Coaches are responsible for notifying their respective athletic directors about the suspension** of play so the athletic directors can discuss completing the suspended contest.



CONTROVERSY ON THE COURT

- Controversy on the court should **be resolved by the players involved, whenever possible!**
- Player **discussions should be held at the net**, not from the baselines!
- If players cannot resolve the issue, the coaches and players should meet at the net to discuss a resolution.
- If this meeting is not successful, meet administration should visit with the players and coaches at the net.
- An appeals judge can be appointed by meet management as a last resort. If an appeals judge is appointed, they make a ruling only when asked by one of the players, and the state office should be notified if an appeals judge is appointed.



SPORTSMANSHIP OF PLAYERS

- Profanity, racket throwing or other unsportsmanlike acts cannot be tolerated.
- Each coach is responsible for ensuring that their players comply with the sportsmanship code.
- An opposing coach has equal responsibility, and authority, for enforcing the sportsmanship code for any players.
- A contestant may be given a warning, or ejected and disqualified, on the first violation depending upon the severity of the acts determined by the meet management. **THE SECOND WARNING TO THE SAME INDIVIDUAL IS AN AUTOMATIC EJECTION & DISQUALIFICATION.**



SPORTSMANSHIP OF PLAYERS

- If a student athlete is ejected & disqualified from a singles match, the ejection rule is enforced for that particular player in both singles and doubles.
- The player's doubles partner will not be penalized as a substitute may replace the ejected player in doubles play. This substitute player must be one who was not originally in the doubles line-up, and the doubles team positions cannot be realigned.
- *If either partner of a doubles team is ejected and disqualified for unsportsmanlike conduct during doubles competition, the doubles team forfeits the match.*



Uniforms

IHSAA UNIFORM POLICY

- **Only school-issued/approved uniforms are acceptable for boys' tennis.**
 - Football jerseys & tanks tops are **NOT** acceptable.
- If a team does not have a school-issued uniform, a plain T-shirt of a single color with no design, exclusive of the manufacturer's logo, or a high school tennis tournament T-shirt, is acceptable.
- **Tennis shorts shall be worn.** Players are not permitted to wear an undergarment, or tights, which extend below the tennis shorts, except through a medically authorized waiver.



Uniforms

IGHSAU UNIFORM POLICY

It shall be mandatory that players wear a school-approved uniform. Please remember this is a reflection of your school!



Medical Time-Outs

- Medical time-outs, including those for bleeding, injury, or a treatable medical condition, may be of a reasonable length to evaluate and treat the condition and clean blood from players or any surface. A maximum of one medical time out is permitted per match.
- Anytime a player defaults due to injury, he or she may not play the remainder of the meet/tournament.



Time-Outs for Muscle Cramping

- A medical time-out may be taken for the 1st instance of muscle cramping.
- Subsequent occurrences of muscle cramping during the match, *even if the cramping is in different areas of the body*, are subject the point penalty system according to USTA rules.
 - The second time a player, or doubles team, must stop playing due to muscle cramps a match point is awarded to the opponent.
 - The third time a player, or doubles team, must stop playing due to muscle cramps one game is awarded to the opponent.
 - The fourth time a player, or doubles team, must stop play due to muscle cramps the player, or doubles team, must **INJURY DEFAULT**, for the entire meet or tournament.



Time-Outs for Muscle Cramping

- **Note 1:** After each individual cramping occurrence, play must continue or the player, or doubles team, must injury default.
- **Note 2:** **ONLY ONE** medical time-out may be taken in a match for the same injury or condition, i.e. cramping - even if the cramping is in different areas of the body.
- **Note 3:** The cramping penalty system is sequential and does not start over with each set. It carries over throughout the entire match. Example: If a player, or doubles team, has already been assessed a one match point cramping penalty in the second set any muscle cramps occurring again in the 3rd set, to an individual player or either member of the doubles team, shall result in a one-game cramping penalty being assessed.
- **Note 4:** Singles and doubles competition are considered separate matches when applying the time out procedure for cramping. **However**, anytime a player defaults due to injury, he or she may not play the remainder of the meet/tournament.



Concussions

Iowa Code Section 280.13C states, in part,

- “Annually, each school district and nonpublic school shall provide to the parent or guardian of each student a concussion and brain information sheet, as provided by the Iowa High School Athletic Association and Iowa Girls High School Athletic Union.
- The student and student’s parent or guardian shall sign and return the concussion and brain injury information sheet to the student’s school prior to the student’s participation in any interscholastic activity for grades seven through twelve.”





Concussions

- Beginning with the 2013-14 school year, all head varsity boys' and girls' coaches are required to view the 20-minute NFHS online course titled, "Concussion in Sports: What You Need to Know" before the first official day of practice.
- While an administrator from your school should have already informed you about the course requirement, we also want to remind head varsity coaches of their responsibility.



Concussions

- If you do not view the course by March 17, 2014, you will **NOT** be eligible to coach during the post-season. Check your status now!
- If you are the head varsity coach for another sport, you are only required to view the course before the first sport that you coach each school year.

A FACT SHEET FOR PARENTS AND STUDENTS

HEADS UP: Concussion in High School Sports

The Iowa Legislature passed a new law, effective July 1, 2011, regarding students in grades 7 – 12 who participate in extracurricular interscholastic activities. Please note this important information from Iowa Code Section 280.13C, Brain Injury Policies:

- (1) A child must be immediately removed from participation (practice or competition) if his/her coach or a contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity.
- (2) A child may not participate again until a licensed health care provider trained in the evaluation and management of concussions and other brain injuries has evaluated him/her and the student has received written clearance from that person to return to participation.
- (3) Key definitions:
 - "Licensed health care provider" means a physician, physician assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist, or athletic trainer licensed by a board.
 - "Extracurricular interscholastic activity" means any extracurricular interscholastic activity, contest, or practice, including sports, dance, or cheerleading.

What is a concussion?

A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

What parents/guardians should do if they think their child has a concussion?

1. OBEY THE NEW LAW.
 - a. Keep your child out of participation until s/he is cleared to return by a licensed healthcare provider.
 - b. Seek medical attention right away.
2. Teach your child that it's not smart to play with a concussion.
3. Tell all of your child's coaches and the student's school nurse about ANY concussion.

What are the signs and symptoms of a concussion?

You cannot see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your teen reports one or more symptoms of concussion listed below, or if you notice the symptoms yourself, keep your teen out of play and seek medical attention right away.

STUDENTS:

If you think you have a concussion:

- Tell your coaches & parents – Never ignore a bump or blow to the head, even if you feel fine. Also, tell your coach if you think one of your teammates might have a concussion.
- Get a medical check-up – A physician or other licensed health care provider can tell you if you have a concussion, and when it is OK to return to play.
- Give yourself time to heal – If you have a concussion, your brain needs time to heal. While your brain is healing, you are much more likely to have another concussion. It is important to rest and not return to play until you get the OK from your health care professional.

Signs Reported by Students:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

PARENTS:

How can you help your child prevent a concussion?

Every sport is different, but there are steps your children can take to protect themselves from concussion and other injuries.

- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.
- Ensure that they follow their coaches' rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.

Signs Observed by Parents or Guardians:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Information on concussions provided by the Centers for Disease Control and Prevention.

For more information visit: www.cdc.gov/Concussion

IT'S BETTER TO MISS ONE CONTEST THAN THE WHOLE SEASON.

IMPORTANT: Students participating in interscholastic athletics, cheerleading and dance; and their parents/guardians: must sign the acknowledgement below and return it to their school. Students cannot practice or compete in those activities until this form is signed and returned.

We have received the information provided on the concussion fact sheet titled, "HEADS UP: Concussion in High School Sports."

Student's Signature _____ Date _____

Student's Printed Name _____

Parent's/Guardian's Signature _____ Date _____

Student's School _____



Concussions

Iowa Code Section 280.13C continued –

- “If a student’s coach or contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity, the student shall be immediately removed from participation.
- A student who has been removed from participation shall not recommence such participation until the student has been evaluated by a licensed health care provider trained in the evaluation and management of concussions and other brain injuries and the student has received written clearance to return to participation from the licensed health care provider.”



Concussions

- **Coach Removal** - If the student's coach observes signs, symptoms, or behaviors consistent with a concussion or brain injury, during *any* kind of participation, i.e. practices, scrimmages, contests, etc., the student shall be immediately removed from participation and shall not return until the school's designated representative receives written clearance to return from a licensed health care provider as defined in Iowa Code 280.13C.



Concussions

Appendix B

2011 NFHS Football Rules

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National Federation of State
High School Associations



Suggested Guidelines for Management of Concussion

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness (be "knocked out") to have suffered a concussion.

Common Symptoms of Concussion Include:

- headache
- fogginess
- difficulty concentrating
- easily confused
- slowed thought processes
- difficulty with memory
- nausea
- lack of energy, tiredness
- dizziness, poor balance
- blurred vision
- sensitive to light and sounds
- mood changes – irritable, anxious or tearful
- appears dazed or stunned
- confused about assignment
- forgets plays
- unsure of game, score or opponent
- moves clumsily
- answers questions slowly
- loses consciousness
- shows behavior or personality changes

Suggested Concussion Management:

1. No athlete should return to play (RTP) or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.
3. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
4. After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based upon return of any signs or symptoms.

For further details please see the "NFHS Suggested Guidelines for Management of Concussion" at www.nfhs.org.

January 2011

- Complete information on concussions can be found on the home page of the IHSAA and IGHSAAU.



Tournament Dates

BOYS' Tournament Dates

- District meets – Thursday, May 15
- Preliminary Sub-state Meets – Saturday, May 17
- Sub-state Meets – Saturday, May 24
- State Individual Meet – Friday & Saturday, May 30 & 31
- State Team Tennis – Tuesday, June 3
- State Coed Meet – Tuesday, June 10



Tournament Dates

GIRLS' Tournament Dates

- Regional Team Tennis – Saturday, May 17
- Regional Individual Tennis – Thursday, May 22
- Regional Team Tennis – Saturday/Tuesday, May 24/27
- Team State Tennis –Tuesday/Wednesday, May 27/28 & June 7
- State Individual Meet –Thursday & Friday, June 5 & 6
- State Coed Meet –Tuesday, June 10



State Individual Meet Qualifying

BOYS' State Singles & Doubles Qualifying System

- Singles and doubles champions and runners up from each of 8 district meets determine the 16 singles & doubles qualifiers for state tennis in each class.
- Only district champions are eligible to be seeded at the state tournament.
- Seeding is done at the state meet site, with the coaches of the district champions voting.



State Team Qualifying

BOYS' TEAM Tennis Qualifying System

- District team champions and the winners of the preliminary sub-state matches are paired at four sub-state sites.
- The four sub-state winners in each class advance to the state team tennis tournament.
- The four state meet qualifying teams vote to determine the #1-#4 seeds.



State Individual Meet Qualifying

GIRLS' State Singles & Doubles Qualifying System

- Singles and doubles champions and runners up from each of 8 regional meets determine the 16 singles & doubles qualifiers for state tennis in each class.
- Only regional champions are eligible to be seeded at the state tournament.
- By Monday morning no later than 9:00 am. following the regional individual play of the previous Thursday, the coaches of singles and doubles champions will e-mail or fax the qualifications of their Champion to the State Office for seeding purposes. Please use the e-mail address (craig@ihssa.org or FAX # 515-284-1969). If no information is received by 9:00 am. the coach of that Champion will not be allowed to vote for seeding. E-mail and FAXs can be sent any time after the regional individual play. Coaches of the 1A Champions will call in their vote between 10:00 am. and 12:00 noon on Tuesday. 2A coaches will call in their vote between 12:00 noon and 2:00 p.m. on the 21st. Please follow the times stated above for your call and use the 515-288-9741 number for your voting opportunity.



State Team Qualifying

GIRLS' TEAM Tennis Qualifying System

- All teams will be placed in brackets and all teams will play for the state tournament.
- All team line-ups must be emailed or faxed to the state office by 4:00pm the day before the first round of team play. This is for all schools, including those with byes!
- The Eight regional champions will play in the State Team Tournament.
- First round of State Team play will take place at sites across the state.
- The final four teams will play the semi final and finals at the state tournament final location.



Post-Season Team Format

IHSAA & IGHSAU Post-Season Team Format

- 6 singles and 3 doubles
- In boys' and girls' team play ALL matches end when one team has won five points
- No-Ad scoring is used in all post-season team play
 - EXCEPTION:
 - In all IGHSAU team tournament play all 3rd sets will be played as the match tie-break.



Post-Season Team Substitutions

IHSAA & IGHSAU Team Substitution Rule

- In singles play, all players will move up in position with the substitute taking the #6 position.
- In doubles play, the substitute will take the place of the missing player already listed on the line up with no other realignment of players allowed.
- Once a substitution is made, the line up remains the same for the remainder of the day.



Pets Prohibited at IHSAA/ IGHSAU-Sponsored Events

- Pets are prohibited from IHSAA & IGHSAU sponsored events, except service dogs or assistive animals. Pets are permitted in the parking areas, but not in the spectator areas.



Alcohol & Tobacco Products Prohibited

- Iowa Code does not allow the use of tobacco or alcohol products on school grounds or at any venue leased by the Boys Athletic Association or Girls Athletic Union.
- This includes all post-season sites for boys and girls tennis.



Online Information

- For complete information regarding boys and girls tennis please refer to the online manuals that are available.
- **The IHSAA web site is <www.iahsaa.org>**
 - **Click on “Tennis”**
- **The IGHSAAU web site is <www.ighsau.org>**
 - **Click on “Tennis”**



Thanks for Watching!

- Thank you for watching this online tennis rules meeting. If you have any questions please contact the tennis administrator for either the Boys Association or Girls Union.
- **BOYS: ALAN BESTE**
- **515-432-2011 abeste@iahhsaa.org**
- **GIRLS: CRAIG IHNEN**
- **515-288-9741 craig@ihssa.org**



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