

2013
REGULAR SEASON SPORTS

SPRING

MANUAL

**IOWA HIGH SCHOOL
ATHLETIC ASSOCIATION
BOONE, IOWA**



INTRODUCTORY INFORMATION – All Sports

IOWA HIGH SCHOOL ATHLETIC ASSOCIATION IOWA GIRLS HIGH SCHOOL ATHLETIC UNION CONCUSSION MANAGEMENT PROTOCOL

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. 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 for 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 health care provider.

For the purposes of this section, a licensed health care provider means a physician, physician’s assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist, or licensed athletic trainer.

For the purposes of this section, an extracurricular interscholastic activity means any extracurricular interscholastic activity, contest, or practice, including sports, dance, and cheerleading.”

- 1. No student should return to play/competition (RTP) or practice on the same day of a concussion.**
- 2. A licensed health care provider as defined in Iowa Code Section 280.13C should evaluate a student suspected of having a concussion on the same day the injury occurs.**
- 3. After medical clearance by a licensed health care provider as defined in Iowa Code Section 280.13C, RTP should follow a stepwise protocol with provisions for delayed RTP based upon return of any signs or symptoms.**
- 4. Education of contest officials, school coaches and other appropriate school personnel, contestants, parents, and licensed health care providers.**
 - The Iowa High School Athletic Association and Iowa Girls High School Athletic Union will provide a variety of educational materials related to concussions and brain injuries developed by the CDC and other organizations knowledgeable about concussions.
- 5. Removing an injured student from participation, deciding whether he or she has sustained a concussion, and return to participation protocol.**
 - It is the responsibility of the contest officials’ and the student’s coach to recognize that a student may be exhibiting signs, symptoms, & behaviors of a concussion and remove him or her from the contest. Once the student has been removed from the contest, the officials’ responsibility for the student’s safety is over and the student is in the care of the school’s coach and/or a licensed health care provider as defined in Iowa Code 280.13C.
 - A student removed from participation due to exhibiting signs, symptoms, & behaviors of a concussion shall not recommence such participation until a licensed health care provider as defined in Iowa Code 280.13C has provided written clearance for the student to return to participation.

- Licensed health care providers as defined in Iowa Code 280.13C should follow return to participation (*practice and competition*) protocol before allowing a student who has been exhibiting signs, symptoms, & behaviors of a concussion to return to any kind of participation (practice and/or competition).
- 6. In cases where the Iowa High School Athletic Association or Iowa Girls High School Athletic Union have designated licensed health care providers as defined in Iowa Code 280.13C for their sponsored events/tournaments, the decision of those licensed health care providers regarding a student who is exhibiting signs, symptoms, and behaviors consistent with a concussion returning to competition at any time during those events/tournaments shall be final.**

RETURN TO PARTICIPATION PROTOCOL FOLLOWING A CONCUSSION
(INFORMATION FOR LICENSED HEALTH CARE PROVIDERS)

Return to participation following a concussion is a medical decision made on an individual basis by licensed health care providers. Medical experts in concussion believe a concussed student should meet **ALL** of the following criteria in order to progress to return to activity. While the protocol below is not mandatory, it will help licensed health care providers as defined in Iowa Code Section 280.13C determine when return to participation is appropriate:

- **Asymptomatic at rest, and with exertion (including mental exertion in school), AND have written clearance** from physician, physician's assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist or licensed athletic trainer. ****Written clearance to return by one of these licensed health care providers is REQUIRED by Iowa Code Section 280.13C!***
- Once the criteria above are met, **the student should progress back to full activity following the stepwise process** detailed below. A licensed health care provider as defined in Iowa Code Section 280.13C, or their designee, should closely supervise this progression.
- **Progression to return is individualized and should be determined on a case-by-case basis.** Factors that may affect the rate of progression include: previous history of concussion, duration and type of symptoms, age of the student, and sport/activity in which the student participates. A student with a history of concussion, one who has had an extended duration of symptoms, or one who is participating in a collision or contact sport may progress more slowly as determined by a licensed health care provider as defined in Iowa Code Section 280.13C, or their designee.

Step 1. Complete physical and cognitive rest. No exertional activity until asymptomatic. This may include staying home from school or limiting school hours (and studying) for several days. Activities requiring concentration and attention may worsen symptoms and delay recovery.

Step 2. Return to school full-time /normal cognitive daily activities (or normal cognitive functions).

Step 3. Low impact, light aerobic exercise. This step should not begin until the student is no longer having concussion symptoms and is cleared by the treating licensed health care provider. At this point the student may begin brisk walking, light jogging, swimming or riding an exercise bike at less than 70% maximum performance heart rate. No weight or resistance training.

Step 4. Basic exercise, such as running in the gym or on the field. No helmet or other equipment.

Step 5. Non-contact, sport-specific training drills (dribbling, ball handling, batting, fielding, running drills, etc.) in full equipment. Weight-training can begin.

Step 6. Following medical clearance*, full contact practice or training.

Step 7. Normal competition in a contest.

NOTE: Generally, **each step should take a minimum of 24 hours.** If post concussion symptoms occur at **ANY step, the student must stop the activity and their licensed health care provider as defined in Iowa Code Section 280.13C should be contacted.** If any post-concussion symptoms occur during this process the student should drop back to the previous asymptomatic level and begin the progression again after an additional 24-hour period of rest has taken place.

References: "Suggested Guidelines for Management of Concussion in Sports," NFHS Sports Medicine Advisory Committee 2009; "Consensus State on Concussion in Sport 3rd International Conference in Sport Held in Zurich, November 2008," *Clinical Journal of Sports Medicine, Volume 19, Number 3, May 2009.*

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.

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 annually 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 Grade Student’s School

TENNIS

Unless the IHSAA Board of Control adopts other rules, U.S.T.A. rules will govern high school tennis. All coaches have the responsibility of being knowledgeable of U.S.T.A. rules and all policies concerning tennis as established by the IHSAA. In addition, the following rules will be followed for interscholastic boys' tennis competition, unless the Board of Control adopts other rules. The individuals listed below are the current members of the IHSAA Tennis Advisory Committee. Craig Ihnen, Des Moines (Ex-officio member); Jared Feddersen, Fort Dodge; Chad Bruns, Harlan; Tony Witt, Oskaloosa High School, Eric Modracek, Prairie High School, Cedar Rapids, Joe Steele, Spencer;. Feel free to contact any of the Advisory Committee members, or Alan Beste at the IHSAA office, with concerns or questions.

PRACTICE AND SCRIMMAGE INFORMATION

| <u>Year</u> | <u>First Practice</u> | <u>First Contest</u> |
|-------------|-----------------------|----------------------|
| 2013 | Week 37/March 11 | Week 39/March 25 |
| 2014 | Week 37/March 17 | Week 39/March 31 |
| 2015 | Week 37/March 16 | Week 39/March 30 |
| 2016 | Week 37/March 15 | Week 39/March 29 |

1. **Tennis practice begins Week 37/March 11, 2013.**

2. **PRACTICE FACILITY RULE**

IHSAA member schools may use practice facilities, other than their regular school facilities, with no prior approval from the IHSAA as long as the following criteria are met:

- Member schools holding practice at a practice facility, other than their regular school practice facility, one time per week, or more, must have a written agreement between the member school and the member school where the practice will be held or the organization operating the practice facility.
- Member schools holding practice at a practice facility, other than their regular school practice facility, on an occasional or emergency basis, must have local school administration approval before each practice session.
- Only a school's bona-fide coaches may provide instruction during practice regardless of where practice takes place.
- Member schools may **not** practice with another member school except in scrimmage situations. [Note the scrimmage rules for each sport as posted in the regular season handbooks.]
- No school practice shall take place at an IHSAA state tournament venue, unless otherwise indicated in that sport's specific post-season manual.

Schools traveling to a state tournament or not returning home between rounds of the tournament may **not** practice at the site where the state tournament is being held, unless the IHSAA has arranged for practice times for all schools involved. (*Please refer to the fall and spring post-season manuals for information on golf as it pertains to practice rounds at the sectional, district and state meet sites.*)

3. **ONE scrimmage date** is allowed per school. It must take place after the completion of district play and before the State Team Tournament.

MEET FORMAT INFORMATION

1. **Multiple duals played on SATURDAYS counts as only one date/competition** toward the team and individual maximum. **Any multiple dual played on a SCHOOL DAY counts as two dates/competitions** toward the team and individual maximum.

2. **Non-Conference Meets** - All **non-conference dual meets** will be played with a format of six singles and three doubles; five singles and four doubles; or six singles and five doubles.

3. **Conference formats are determined by each individual conference.**

COMPETITION INFORMATION

1. **Interscholastic competition begins Monday, March 25, 2013.**

2. **Each team is allowed a maximum of 12 dates/competitions** for regular season competition. *Example: A school may have 12 freshmen meets, 12 junior varsity meets and 12 varsity meets.*

3. **Each player is allowed a maximum of 12 dates/competitions** for regular season competition, regardless of the level at which he competes. If a player competes in varsity and junior varsity competitions during the season, he may only participate in a total of 12 competitions. (*For example: 5 JV & 7 varsity meets*).

4. **If a school does not have enough players to field a team and compete in regular season dual meet team competition, the players from that school must compete in at least four regular season interscholastic matches before the district tournament in order to enter district competition.**

5. **There should be a pre-meet meeting with coaches and players before each meet.** The school-approved coaches from each school should introduce themselves at this meeting so there is no confusion as to who will be representing each school.

6. **Regular Season Dual Meet Line-up Cards**

A. Singles Line-up Cards - When teams are to play, **coaches will exchange the list of their singles players at the same time so there will be no rearranging of players. Ethics for coaches dictate that their best player competes against the best player from the other school; the second-best players compete against each other, etc.** If there is an injury or illness to a player(s) on a given day, the team will adjust their singles line up so the best player that day is at #1, the second best player at is #2 singles, etc.

B. Doubles Line-ups - At the conclusion of the singles matches, the coaches will exchange lineup cards, or line up sheets, for their doubles teams and exchange their cards/sheets at the same time so there is no confusion. The official doubles line up in team play is the one submitted, or reaffirmed, immediately before the first doubles teams take the court for warm up. It is **MANDATORY** during all doubles play that: (a) **The #1 player in singles must play in either the first or second doubles team;** (b) **Either the #1 or #2 singles player must play in the first doubles team unless both are being held out of doubles matches;** (c) **If the #1 singles player plays on the #1 doubles team, the #2 singles player may play on any doubles team,** (d) **Doubles teams are to be listed in position of strength with the best of the doubles teams submitted that day playing #1; the second best doubles team that day playing #2, etc.**

7. **The standard size tennis ball is the only legal ball** for high school boys' tennis. **The Wilson T1071 will be used for all post-season tournament play.**

8. **On Court Equipment - No additional equipment may be brought onto the court during play.** *Examples: chairs, oversized coolers, folding benches, etc.*

9. **No Cell Phones, or other electronic communication devices, may be used by players during a match from the time they begin warm-ups until the conclusion of play.** USTA rules do allow players to bring to the court written notes that were prepared before the start of the match, which may be referred to during any changeover or set break.

10. **Uniforms**

Tennis players shall wear school-issued/approved uniforms in tennis competition. Football jerseys and tank tops are not legal. **In the event the school does not have a uniform for competition, the players will wear 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.** Turning shirts inside out is not permissible to meet uniform requirements. Each team should take additional school issued/approved shirts or a plain one-color shirt to wear if an additional shirt is needed due to playing or weather conditions. **Tennis shorts shall be worn. Players shall not wear an undergarment, or tights, which extend below the tennis shorts, except through a medically authorized waiver.** A copy of a doctor's statement must be shown to the meet manager and, in such cases, the undergarment or tights must be similar in color to the tennis shorts or the predominant color of the tennis shorts.

Garments that do **NOT** meet the definition of the legal uniform include, but are not limited to, biking shorts, thigh huggers, multicolored beachwear, night wear or underwear, cutoff jeans or sweats, sweat pants or anything else that is objectionable to the meet manager. **Note:** *The meet manager may allow the wearing of cold weather clothing, if conditions warrant.* **Penalty:** If a player is not in proper uniform, he may not participate. Any violations of the uniform rule should be reported to the Iowa High School Athletic Association.

11. **When a player refuses to play, or continue playing, for any reason he disqualifies himself from further competition in that dual meet or tournament.** The player's school, or the Athletic Association, may impose further penalties if they deem such penalties appropriate.

12. **Changeovers - When players change ends after the first game of each set, or the tie-break, there will be no rest period.** The first 90-second rest period will be when players change ends after the 3rd game of a set.

13. **Players Must Stay on the Court - Once play has started, players may not leave the court unless they have split the first two sets in two out of three set competitions.** Players may NOT leave the court during the 2-minute set break in Pro-Set competition.

14. **Warm-Up - No player shall be permitted longer than ten minutes to warm up, which includes practice serves.** This ten-minute warm-up will be applicable for regular season and post-season tournament competition.

15. **Time Allotment Between Sets and Matches - A maximum of 2 minutes is allowed between 1st and 2nd sets and a maximum of 10 minutes is allowed between 2nd and 3rd sets. If a 10-Point Match Tie-Break will be played in lieu of a 3rd set, the break between the 2nd set and 10-point match tie-break is 3 minutes. If Pro-Sets are being played, the 2-minute set break occurs when one player has won half of the games being played in the set. A minimum of ten minutes and maximum of thirty minutes is allowed between a player's singles and doubles matches, unless the coaches mutually agree to shorten the break.**

PENALTY FOR NON-COMPLIANCE: Once the match time has been determined / posted, and the player and/or his coach notified and a player is not ready to play, it is a default.

16. **Coaching Opportunities - School coaches have an opportunity to coach their players during each 90-second changeover and during set breaks. Breaks between sets one and two are limited to 2 minutes and breaks between sets two and three are limited to 10 minutes. (THERE WILL BE NO TIMEOUTS TAKEN DURING PLAY.) School coaches, and or players competing that day who are in uniform, are the only ones permitted to speak to their players from the time they take the court to warm up for their match until the match is over. It is NOT PERMISSIBLE for club pros, parents, or others, to speak with players during this time.**

Note #1: Coaches do NOT need to wait for the opposing coach to be present to use a coaching opportunity.

Note #2: The duration of the 90-second changeovers and set breaks are NOT lengthened for coaching opportunities. Players are expected to pick up their drinks and towels at the net post, if they wish to have them, and go immediately to the fence to visit with their coaches. Coaches are not to go on the courts, unless court configuration requires it and it has been discussed at the coach's pre-meet meeting.

Note #3: When players change ends at the conclusion of game #1 and during the tie-break there is no delay and no coaching opportunities exist during those times.

17. **7-Point Set Tie-break**

Singles: If it is Player A's turn to serve the 13th game, he serves the first point from the right court. Player B serves points two and three - left court, then right court; Player A serves points four and five - left court, then right court. B serves point six from the left court and the players change sides of the net. B serves point seven starting from the right court. A serves points eight and nine - left court, then right court; B serves points ten and 11, left court then right court. Player A serves point 12 from the left court.

If the points reach 6-All, players change sides of the net again and continue serving in the same pattern as above beginning with point seven, until one player leads by two points in the tie break whereupon he wins the set, 7-6.

After the tie break is completed, the players again change sides of the net for the first game of the next set with Player B as the first server. **Note ... the player who serves first in the tie break will receive in the first game of the next set played, if needed.** You must win the tie break by two points and you must win at least seven points in the tie break.

Doubles: (AB on one team vs. CD) If it is A's turn to serve the 13th game, you will follow the same pattern as in singles with partners continuing to serve in the same sequence they used during the entire set as the service alternates from team-to-team. A serves the first point from the right court, C serves points two and three, left court and then right court. B serves points four and five, left court and right court. D serves point six from the left court and the teams change sides of the net and D serves point seven from the right court. A serves points eight and nine, left court and right court. C serves points ten and 11, left court and right court. B serves point 12, from the left court.

If the points reach 6-All, teams again change sides of the net and continue serving in the same pattern as above beginning with point seven until one team gets a two-point lead. The winning team wins the set, 7-6. The teams then change sides of the net and play the first game of the next set with team CD as the first-serving team. **Note ... the team who serves first in the tie break will receive in the first game of the next set played, if needed.**

MEDICAL TIMEOUTS

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

TIME OUT PROCEDURE FOR MUSCLE CRAMPS

The Tennis Advisory Committee has developed, and the Board of Control has approved, the following procedure for dealing with muscle cramps that occur. **The Committee feels very strongly that coaches need to do what is prudent and in the best interests of the health of the athlete. There are certainly situations where a coach will choose to injury default a player before this procedure requires an injury default.**

1) The first time during a match a player, or doubles team, must stop playing due to muscle cramps a medical time-out may be taken. This medical time-out shall be of a reasonable length of time to evaluate and treat the injury.

2) Subsequent occurrences of 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 double 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.

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 may not play the remainder of the meet/tournament.

SPORTSMANSHIP CODE

The IHSAA Sportsmanship Code requires unsportsmanlike acts to be penalized. **Profanity (including four-letter words), racket throwing, or other unsportsmanlike acts cannot be tolerated. Coaches are responsible for ensuring 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 act(s) as determined by the player's coach, host school, or meet manager. A SECOND WARNING TO THE SAME INDIVIDUAL IS AN AUTOMATIC EJECTION AND DISQUALIFICATION FROM THE COMPETITION.** As per IHSAA policy, any student ejected and disqualified from an interscholastic contest for flagrant, violent, or verbal misconduct will be ineligible for the next regularly scheduled game/meet/date at that level of competition and all other games/meets/dates in the interim at any level, including IHSAA postseason tournaments, in addition to any other penalties the IHSAA or the school may assess. Sportsmanship warnings should be reported to the meet manager and the coach of the player who committed the violation. In a tournament, when a tournament committee is appointed, any coach can bring conduct violations to the attention of the tournament committee. **If a student is ejected from a singles match, the ejection rule is enforced for that particular player in both singles and doubles.** However, that player's doubles partner will not be penalized and 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 is disqualified from the competition.

GUIDELINES FOR HANDLING CONTROVERSY ON THE COURT **(Line calls, foot faults, scorekeeping, etc.)**

WHEN A MEET MANAGER, OR HIS/HER DESIGNEE, IS NOT AVAILABLE:

STEP #1: A player's coach is responsible for cautioning his/her player if there is a problem with line calls, foot faults, scorekeeping, etc. If a player's coach fails to meet this responsibility or the player's behavior continues the following procedure should be followed:

Step 2: The players will have a conference at the net to discuss the issue in question.

Step 3: The coaches and players will have a conference at the net to discuss the issue in question.

Step 4: The coaches will meet and agree on an appeal judge to rule on appeals made by a player.

(The Athletic Association should be notified if step #4 of these guidelines is implemented during a meet.)

WHEN A MEET MANAGER, OR HIS/HER DESIGNEE, IS AVAILABLE:

STEP #1: A player's coach is responsible for cautioning his/her player if there is a problem with line calls, foot faults, scorekeeping, etc. If a player's coach fails to meet this responsibility or the player's behavior continues the following procedure should be followed:

Step 2: The players will have a conference at the net to discuss the issue in question.

Step 3: The coaches and players will have a conference at the net to discuss the issue in question.

Step 4: The *meet manager, or his/her designee*, will have a conference at the net with the players and both head coaches to discuss the issue in question.

Step 5: The *meet manager, or his/her designee*, will appoint an appeal judge to rule on appeals made by a player. *(The Athletic Association should be notified if step #5 of these guidelines is implemented during a meet.)*

RAIN DELAYS & POSTPONEMENTS

If dual meets are postponed due to rain, the players on the court should report to the meet manager, or their coach, information important to their match such as score, who was serving and from which court, etc. The meet manager or coaches will determine how long to delay the meet before making a decision to postpone to a different date, if necessary. If there is no meet manager available, the head coach of the host school shall have final authority on postponing the meet. It is recommended that postponed meets be continued from the point of interruption, unless determined otherwise the administrators at the schools involved. If a dual meet is postponed the same players must be used when play resumes as no substitution can be made once play has begun. If a player is unavailable on the makeup date, the team will forfeit that match. If doubles play had not started the doubles line up could be adjusted.