



2025 Girls Tennis Handbook

*Subject to change

[Friend at Court 2025](#)

Handbook and Regulations USTA

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PHILOSOPHY

1. We believe that participation in interscholastic athletics is an important part of education and support the ideals and values embodied in good sportsmanship.
2. We believe that sportsmanlike behavior is essential if interscholastic competition is to contribute usefully and constructively to the broad goals of education and to the quality of life of those involved.
3. We pledge ourselves individually and collectively to encourage and support the development and maintenance of a sportsmanlike atmosphere for athletic competition.

CODE OF CONDUCT

1. A genuine interest in and enjoyment of interscholastic competition requires conduct that reflects the understanding that contests as a part of an overall school program are intended to be enjoyed. Behavior that reflects a winning-at-all-costs attitude violates this standard.
2. Interscholastic competition provides valuable lessons and learning experiences that are not possible in the regular classroom setting. All involved must support the need to develop the ability to compete with enthusiasm and to accept winning with grace and losing with dignity.
3. Coaches, players, and fans should know that participation is an honor and privilege, which requires them to conduct themselves in a manner that brings honor and pride to their school and community.
4. Respect for the cultural and ethnic diversity of one's opponents, as well as their school and community is a fundamental tenet of wholesome athletic competition. This standard suggests that planned activity is needed to demonstrate a warm and friendly welcome, mutual respect, and a genuine readiness to participate in a sportsmanlike manner.
5. Players should demonstrate both knowledge of the rules and respect for game officials and their decisions. Coaches and school officials have the responsibility to teach and encourage these attributes.

2025 TENNIS CALENDAR

The approved tennis season is August 18 to October 15, 2025.

First Practice.....August 18, 2025

First Scrimmage/contest.....After 6 team/6 individual practices

All Catholic DatesOctober 4 and October 5 at Chestnut Ridge

Girls Chairperson

Mary Jean Taylor Mt. St. Mary

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INTRODUCTION

This tennis handbook has been prepared to provide information and guidelines for MMHSAA tennis competition. Although dates will change from year to year, most information will remain constant.

All coaches and athletic directors are urged to read this handbook.

SPECIAL NOTES

1. The format for the MMHSAA Individual Tournament is subject to change.
 - a. League play and tournament play will consist of 2 singles matches and 3 doubles matches.
 - b. Teams may enter 2 singles players and 3 doubles teams in the All Catholic match.
 - i. Coaches may enter any
 - c. AC champions and runner-up advance to the the NYS CHSAA State Championships
2. Additional information, including changes, may be published by the MMHSAA and the Tennis Chairperson.

ROSTER SIZE

All rosters are unlimited in size for the MMHSAA. Please note that should your team qualify for the CHSAA State or NYS Federation Tournament, your roster size may be limited by state regulations.

All rosters are due to Pete Schneider at the league office monsignor.martin.athletics@gmail.com prior to the first league contest. Failure to do so will result in forfeiture of the contest. Rosters are sent to all athletic directors and the chairperson.

DEFINITION OF A SCRIMMAGE

A scrimmage is a practice that is a SIMULATED CONTEST. In scrimmages,

- both squads use the same field simultaneously with both coaches making corrections and giving instructions
- GAME RULES MUST BE ALTERED – SEE SPORT SPECIFIC REQUIREMENTS [NYSPHSAA Handbook](#)
- no official score is kept
- time period(s) are defined in the Sport Standards section of the NYSPHSAA Handbook
- no admission is charged
- The use of officials would be permitted and encouraged whenever possible for instruction regarding the rules and proper application of rules

- A tennis scrimmage must alter the format, so it does not follow the regular competition format for league/sectional play. Suggested formats include but are not limited to
 - Teams use tie breaks only
 - Five-game pro-sets with a tie break at 5-5
 - An eight-game pro-set – first one to three points
 - Modified eight-game pro set – first players to three points completes the scrimmage
 - Teams compete using an eight-game pro-set rather than two out of three sets with tie breakers at 6-6.

REPORTING RESULTS

All coaches are required to report their scores and statistics in a manner that is approved by the league. Scores will be reported using the [MMHSAA Scores reporting form](#). Scores must be reported by the home team immediately following the game. All coaches must report their scores for non-league and tournament games regardless of location.

Athletic directors will be notified of delinquent statistical reporting. Failure to report scores and/or statistics will result in the following:

- First offense – warning to the athletic director and to the coach
- Second offense - \$100 fine and 24-hour notice to bring your stats up to date
- Third offense - \$250 fine and suspension of coach

DUTIES OF LEAGUE CHAIRPERSON

1. Organize and administer all meetings necessary for the proper and efficient conduct of league competition.
2. Be responsible for rules and rule changes governing play within the league.
3. Assist the Executive Director in the execution of duties of the office upon request.
4. Determine the best singles players in accordance with the number of representatives allowed for that league and ranked by ability through league records and/or league tournament.
5. Determine the best doubles teams in accordance with the number of representatives allowed for that league and ranked by ability through a league doubles tournament.
6. Insure that entry forms are submitted on time and attend, or have a representative attend, the seeding meeting and other meetings called by the Tennis Chairperson.

MMHSAA Rules

***Any changes to the schedule due to rain or other related conflicts should be arranged by schools. Changes should be sent to the chairperson.**

MONSIGNOR MARTIN BOYS' TENNIS ASSOCIATION RULES & REGULATIONS

1. All matches are scheduled at 4pm unless otherwise agreed upon by both teams. Teams will play divisional opponents twice and cross over for 1 match against the other division.

Teams may schedule additional non-league matches on their own once the league schedule has been approved.

2. **Matches will consist of 2 singles and 3 doubles matches.** Exhibition matches are encouraged if time permits. Coaches should contact one another to ascertain how many players will be attending the match.
3. All matches are best 2 of 3 sets (tie breaker at 6-6). A third set (10 point) match tie break may be played in lieu of a third set if the individual match is inconsequential to the outcome and is agreed upon by both coaches.
4. Good sportsmanship is required. All players should be instructed in and follow the "Code of Conduct" as established by the USTA.
 - a. A ball that is 99% OUT is 100% IN.
 - b. A verbal warning may be given by either coach for abuse of ball, racquet, or foul language.
 - c. Afterwards the following penalty system applies:
 - i. Loss of point
 - ii. Loss of game
 - iii. Loss of match
 - d. When a disagreement occurs, the original call will stand and a coach or representative for each team should remain on court temporarily for overrule purposes only.
5. In the event of a dispute, contact the league coordinator immediately within 24 hours who will in turn establish an ad hoc committee of uninvolved coaches to make a binding decision. A final appeal may be made to the Executive Director.
6. Home team should contact visiting team to cancel match in case of inclement weather.
7. **Each team may submit 2 singles players and 3 doubles teams for the MMHSAA All-Catholic tournament. Players may not play in more than one event. Players must have played in at least 2 varsity matches at singles to be eligible for the singles tournament or 2 doubles matches to be eligible for the double's tournament. Players who advance should expect to play at least two matches per day.**
8. Report any changes in the league schedule to the league coordinator. League matches take precedence over non-league matches, and division matches may take precedence over interdivision matches. It may be necessary to cancel a non-league match in order to reschedule a league match due to a rain out. Matches can be made up on Saturdays. Two matches may take place on one day with a shortened 8 game pro set format or No-Ad scoring.
9. Coaching is allowed during the change-over on odd games and between all sets. However, players only have 90 seconds to change ends and coaching may not impede the swift movement of play. Coaching is not allowed during a game or between games when players do not switch sides of the court. A five-minute break is allowed between the 2nd and 3rd set and coaching is allowed. However, coaching is not allowed during bathroom breaks or an injury time out unless it occurs during a change-over.

10. A coach or adult school representative must be present before the match begins and during all match play, including tournaments.
11. **Only students in grades 9-12 are eligible** for matches and tournaments.
12. Teams should follow an order of strength when playing a match. The best singles player or doubles team should play first singles/doubles, followed by the second-best player/team and so on. It is acceptable to have a singles player play doubles on a regular basis if that is his natural position. In the event that the first singles player is unable to play a match, the next best player should move to the first position and the next-best available player should move to the second position. In no case should a player of lesser ability play above a player of better ability in singles or as a doubles team.

ALL-CATHOLIC TOURNAMENT

1. U.S.T.A. Code of Conduct: This code will be used during all play. This will be your only warning. THIS RULE WILL BE STRICTLY ENFORCED. Penalty:
 1. 1st offense - loss of point
 2. 2nd offense - loss of game
 3. 3rd offense - loss of match
2. Warm-ups: A ten-minute warm-up will be allowed. It will be timed.
3. Continuous Play: You are not to leave your court during play except with permission of the tournament director. In the case of a third set, the players will be allowed to leave the court for five minutes. Coaches will not be allowed on the court at any time.
4. Injury Time Outs: U.S.T.A. injury timeout rules will be used. Three minutes per injury before the point penalty system will be used for delay of match. Loss of conditioning (i.e., cramping) is not considered an injury. A player may ask for one timeout of three minutes for injury. If the player cannot continue after three minutes, a warning, then a point, then a game, then the match will be forfeited. The winning player should report the score immediately after the match. He will also take the leftover new can of balls.
5. Rest breaks during match: While players change sides - 90 seconds; two out of three sets - five minutes between second and third set only.
6. Coaching during matches: Coaching will be allowed on the 90-second changeover starting with the third game of each set. Players are not allowed to leave the court; coaches are not allowed on the court. During the five minutes between the second and third set, players can leave the court; coaches are not allowed on the court.
7. Minimum times allowed between matches: (a player may choose to play before that time):
 1. 10-game pro set - 15 minutes
 2. two out of three set matches;
 - i. first round match - 15 minutes
 - ii. second round match - 30 minutes
 - iii. third round - match 30 minutes
 - iv. before final match - 45 minutes
8. The chairperson will enforce the rules and take care of any unforeseen situations.

9. Proper tennis attire is required. Players must wear the following to participate
 1. SHIRTS - Tennis or athletic type with the name of the school that the player is representing must be worn. No shirts with anti-health pictures or names may be worn.
 2. SHORTS - Athletic or tennis-type shorts/skirts should be worn. No cut-offs or boxer-type shorts will be allowed to be worn during play. (In case of warm weather, a player may change her shirt; in case of cold weather, a player may wear warm-ups).
 3. THIS RULE WILL BE ENFORCED.

There is no way to list every possible event that may occur. It's important for everyone to use common sense, follow the rules, and work together to ensure a fair and successful tournament.

CONTINGENCY PLAN FOR SECTIONAL COMPETITION (WEATHER OR ILLNESS)

1. Contests will be postponed only if a participating school is officially closed due to weather or illness.
2. It is the responsibility of the Athletic Director (or designee) to notify the Sport Chairperson that the school has been closed due to weather conditions (or illness) as soon as he/she becomes aware of such action. Officials and the media will be notified by the Chairperson (or designee).
3. If a school is closed on the day its playoff contest is scheduled, the decision to play shall rest with the School Principal
4. When a contest is at a non-school site: If the competition facility and the roads to that destination are open, then the competition will go on as scheduled. If either the roads or the facility is closed, then the competition will be cancelled. Under NO CIRCUMSTANCES is a site contracted by MMHSAA available for practice when a meet is cancelled. Individual schools wishing to use a site for practice must follow standard rental procedures through their Athletic Director.
5. The Sport Chairperson will notify the Executive Director of any postponements.
6. PLEASE NOTE: It is up to the individual leagues to recognize the potential for snow days, power outages, etc. that may cause cancellations and problems. The individual leagues should schedule their last league contest at least one or two days prior to the seeding meeting, allowing for a make-up league contest(s) prior to the seeding meeting if necessary.

COACHES' RESPONSIBILITIES: SECTIONALS/ STATE

After the last game of the season, all coaches must send their end-of-the-year information to the tennis Chair.

THUNDER AND LIGHTNING POLICY

"Thunder

and lightning necessitates that all contests be suspended. The occurrence of thunder and/or lightning is not subject to interpretation or discussion: thunder is thunder, lightning is lightning. If lightning and/or thunder is observed, all outdoor activities will be suspended immediately. Players and

spectators shall be directed to report to a shelter, a building normally occupied by the public, or, if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g., bus, van, car). The officials and responsible authorities shall make every reasonable effort to resume and complete the contest, with full consideration of the weather and site conditions (as they affect safety and playing conditions). The officials/coaches shall wait 30 minutes from the time the last boom is heard and/or the last strike is seen before starting or resuming play.

CLARIFICATIONS

PRIOR TO CONTEST

If thunder/lightning is observed at the site of an outdoor contest by the officials/coaches 30 or fewer minutes prior to the scheduled start of that contest, the official/coaches and the responsible school authorities shall not permit the contest to begin. Before the contest can begin, a 30-minute period void of any strike or boom must be observed.

DURING THE CONTEST

If thunder/lightning is observed at the site of an outdoor contest by the officials during the playing of the contest, the official/coaches shall immediately cease play for 30 minutes. Play may not resume until there has been a period of at least 30 minutes in which no boom or strike has been observed. The rules of the particular sport shall determine whether the contest is official or must be resumed at a later date.

MMHSAA AED Policy

Although the New York State legislature may have not gone so far as to make Education Law Section 917 applicable to nonpublic schools, the MMHSAA believes that its member schools should observe the law's requirements as a "best practice" and therefore strongly encourages them to do so. For events that the MMHSAA hosts, schools will be asked to provide AED equipment as well as people who know how to operate the equipment. For competitions hosted by member schools, it will be the independent responsibility of each school to ensure whether and how the school will observe these best practices relating to AED's.

PLAYER RULES AND GUIDELINES

Guidelines for player responsibility in matches without umpires

The following items answer the most common questions which come up in non-umpired matches.

Call

- Opponent gets benefit of the doubt - When in doubt about whether a ball is in or out, the player shall make the call in favor of her opponent. If the player has any doubt about whether her opponent's ball is out, she shall call it good. A let shall not be played.

- Disagreement over call between partners - If a player and her partner disagree about whether their opponent's ball was out, they shall call it good.
- Player makes calls on her side of the net - A player shall make the calls on her side of the net.
- Visible or audible out calls - No matter how obvious it is to a player that her opponent's ball is out, the opponent is entitled to an audible or visible out call.
- Instantaneous calls - A player shall make all calls instantly, but not until the ball has hit the court. This means making the call either before the opponent has had the opportunity to play the ball or before the player's shot has gone out of play.
- Instantaneous calls and the two-chance rule - The requirement of making an instantaneous call is designed to eliminate the "two-chance" option. For example, the server is advancing to the net for an easy put away when she sees a ball from an adjoining court rolling towards her. If the server wants to claim a let, she must do so immediately. She may not wait until after she has hit the ball. Once she hits the ball, she loses the right to claim a let, even if the distraction caused by the ball causes her to miss the shot.
- Player calls against herself any ball that is clearly out - If requested, a player shall help her opponent on a call. A player shall call against herself any ball that is clearly out.
- Correcting out call to good - If a player mistakenly calls a ball out and then realizes that it was good, the point shall be replayed if she returned the ball to her opponent's court. If the player failed to make the return, her opponent wins the point. If the mistake was made on a second serve, the server is entitled to two serves.
- How to question an opponent about her call - A player may ask her opponent about her call by querying, "Are you sure of your call?" No further delay or discussion is permitted. If the opponent reaffirms that the ball was out, her call shall be accepted. If the opponent is uncertain, she loses the point.
- Requesting help of opponent - A player may ask her opponent about a call that is the player's responsibility. If the opponent gives his opinion, it shall be accepted. If neither player has an opinion, the ball is considered good.
- Spectators should not be asked to make a call - A player shall never ask a spectator to make a call.
- Touches, hitting ball before it crosses net, invasion of opponent's court, double-hits, and double bounces - A player shall call the following against herself:
 - A ball touching her
 - her hitting a ball before it crosses the net
 - her touching of the net
 - deliberate carries and double hits
 - her touching of her opponent's court
 - double bounces
- Throughs and balls hit into the ground before traveling over the net - A player shall make the ruling on a ball that her opponent hits through the net and on a ball that her opponent hits into the ground before it goes over the net.

Serves, Foot Faults, Services Lets, and Service Returns

- Practice serves - Service practice by all players shall be completed before the first game of the match. A player shall not practice return of serves on her opponent's serves.

- Server's request for third ball - The receiver shall comply with the server's request to have three balls in her hand before the start of a point unless the third ball is some distance away and retrieving it then would result in prolonged delay.
- Foot faults - A player may warn her opponent that the opponent has committed a flagrant foot fault. If the foot faulting continues, the player may attempt to locate an umpire. If no umpire is available, the player may call flagrant foot faults.
- Calling serves in doubles - In doubles, the receiver's partner should call the service line and the receiver should call the sideline and the center service line. Nonetheless, either partner may call a ball that she clearly sees.
- Server and her partner should not call first serve out - Neither the server nor her partner shall make a fault call on the first service even if they think it is out because the receiver may be giving the server the benefit of the doubt. But the server and her partner shall call out any second serve that either of them clearly sees out.
- Calling service lets - Any player may call a service let. The call shall be made before the return of service goes out of play or is hit by an opponent. If the serve is an apparent or near ace, any let shall be called promptly.
- Returning out balls - A player shall not put into play or hit over the net a served ball that is obviously out. Nonetheless, if a player honestly believes she cannot call a serve out (giving her opponent the benefit of a narrow escape), the server is not entitled to replay the point.
- Returning serve when receiver is not ready - The receiver shall not attempt to return a serve unless she, or she and her partner, are ready. If a player returns a serve, she is presumed ready/she and her partner are presumed ready.
- Delays between the first and second serve - When there is a delay between the first and second serve,
 - the server gets one serve if she was the cause of the delay
 - the server gets two serves if the delay was caused by the receiver or if there was outside interference.

Score

- Server announces score - The server shall announce the game score before the game and the point score before each point.
- Disputes - Disputes over the score shall be resolved by using one of the following methods (listed in order of preference):
 - Count all points and games agreed upon by the players and replay only the disputed points or games.
 - Spin a racquet or toss a coin.

Miscellaneous

- Points played in good faith count - All points played in good faith stand. For example, if, after playing a point, the players discover that the net was too high, the point stands.
- Requesting an umpire - If an opponent repeatedly violates the rules, a player may ask for an umpire. The player may leave the court to seek the assistance of the referee or to request an umpire.

- Talking during a point - A player shall not talk while the ball is moving toward her opponent's side of the court. If the player's talking interferes with the opponent's ability to play the ball, the player loses the point.
- Feinting with the body - A player may feint with her body while the ball is in play. She may change position at any time, including while the server is tossing the ball. Movements or sounds that are made solely to distract an opponent, such as waving the arms or racquet or stamping the feet, are not allowed.
- Retrieving a stray ball - A player shall not go behind an adjacent court to retrieve a ball when play is in progress. A player shall not ask for one of her balls from players on an adjacent court until their point is over. When a player returns a ball that came from an adjacent court, she shall wait until their point is over and then return it directly to one of the players and preferably to the server.
- The Code - The Code is a USTA publication originally written by Colonel Nick E. Powell; it discusses in detail the code that governs unofficiated matches. The principles set forth in The Code shall apply in cases not specifically covered by these regulations.

SPORTSMANSHIP FOR PLAYERS

The point penalty system has been a part of the USTA guidelines that govern MMHSAA tennis activities. In matches without officials, coaches shall enforce the point penalty system. In all cases, if a coach witnesses a violation, she must stop that match and warn the offending players and inform the opposing coach. In matches with officials, the officials will be responsible for enforcing the point penalty system.

SPORTSMANSHIP FOR SPECTATORS

The following are guidelines that appear in the USTA publication entitled "Guide to Teaching Sportsmanship."

1. Never cheer for errors.
2. Applause is considered acceptable but such things as football-style cheers or cheers that are disguised coaching are considered poor sportsmanship.
3. Learn to applaud good shots from each player.
4. Spectators will never get involved in a match! They will never suggest, by word or action, that a call is correct or incorrect. They will not offer suggestions when players are unsure of the score.
5. Only cheer positive things.
6. Spectators will not attempt to coach a player during a match.
7. Spectators will stay a comfortable distance from the fences around the tennis courts.
8. Friends, children, teammates, and parents are not permitted on the court at any time.

Excerpts from The Code by Colonel Nick Powell

1. In making a line call, a player should not enlist the aid of a spectator. In the first place, the spectator has no part in the match and putting him in it may be very annoying to an opponent; in the second, he is liable to offer a call even though he was not in a position to

see the ball; in the third, he may be prejudiced; and in the fourth, he may be totally unqualified. All these factors point decisively toward keeping all persons out of the match who are not officially participating.

2. It is both the obligation and prerogative of a player to call all balls in her court, to help her opponent make calls when the opponent requests it, and to call against herself (except for her partner's first service; see par. 32) any ball that she clearly sees out on her opponent's side of the net.
3. The prime objective in making line calls is accuracy, and all participants in a match should cooperate to attain this objective. When a player does not call an out ball against herself when she clearly sees it out - whether she is requested to do so by her opponents or not - she is cheating.
4. All players being human, they will all make mistakes, but they should do everything they can to minimize these mistakes, including helping an opponent. No player should question another's call unless asked, but a player should always ask her opponent's opinion when the opponent is in a better position to see a ball. For example, the opinion of a player looking down a line is much more likely to be accurate than that of a player looking across a line.
5. Unless you have made a local ground rule, designed to save chasing balls that are obviously going out, when you catch in the air a ball that is in play, you have lost the point, regardless of whether you are inside or outside the court.
6. Any call of "out," "let," "fault," or "double-hit" must be made instantaneously; otherwise, the ball is presumed good and still in play. In this connotation, "instantaneously" means that the call is made before either an opponent has a chance to hit the return or the return has gone out of play.
7. Any ball that cannot be called out is presumed to have been good, and a player cannot claim a let on the basis that he did not see a ball.
8. It is each player's responsibility to call all balls on her side of the net, and if the ball can't be called out with surety, it is good.
9. In doubles, when one partner calls a ball out and the other one calls it good, the doubt that has been established means the ball must be considered to have been good. The reluctance that some doubles players have to overrule their partners is secondary to the importance of not letting your opponents suffer from a bad call. The tactful way to achieve the desired result is to tell your partner quietly that she has made a mistake and then let her overrule herself. If it comes to a showdown, untactful honesty is preferable to tactful dishonesty.
10. Recent USTA rule interpretations have indicated that the receiver or her partner is authorized to call foot faults on the server. This call should be made only when the caller is certain.
11. In general, any conversation between partners while the ball is moving toward their opponents' side of the net is taboo; once either you or your partner has hit the ball, don't say anything until an opponent has hit it.
12. Calls involving a ball touching a player, a player touching the net, a player touching her opponent's court (invasion), hitting an opponent's return before it has passed the net, a carry, a double-bounce, and a double-hit are usually very difficult to make. Any player who

becomes aware that she has committed a violation in one of these areas should announce the violation immediately.

13. A player should provide her opponent five minutes of warm-up, which is adequate even on a chilly day, though it may not be adequate for you to practice your shots as much as you would like.
14. Courtesy dictates that you not practice your service-return when your opponent practices her service.
15. To eliminate arguments about the score, the server should announce the game score prior to her first serve and the point score prior to serving each point. This is important.
16. If your opponent has poor eyesight and makes many (what you feel sure are) bad calls, what should you do? There is only one answer: quietly and calmly call for an umpire and refuse to continue until the umpire arrives.
17. What has been written here constitutes the essentials of The Code, procedures and unwritten rules which custom and tradition dictate all players should follow. If you and your opponents will abide by them, you will help in establishing a pattern which will make tennis more fun and a better game for all concerned.

SUMMARIZED RULES OF TENNIS

United States Tennis Association

Introduction

The official rules of tennis are summarized below for the convenience of all players. In the preparation of this summary, no changes were made in the official rules, which have been established by the International Tennis Federation and are adhered to by the United States Tennis Association. Some technical aspects, however, such as specifications on all court size and equipment, balls, and racquets, have been deleted here for the sake of brevity. For those who are interested in these specifications, they are covered in their entirety in the complete Rules of Tennis, which also includes interpretative Cases and Decisions and USTA Comments.

Another invaluable reference for players is The Code, the principles and guidelines of which apply to unaffiliated matches. Players all over the world follow not only the official rules of tennis but also the traditions of sportsmanship and fair play found in The Code.

A familiarity with these rules and traditions is essential for achieving the greatest possible benefit and enjoyment from tennis. Information on how to purchase the Rules of Tennis and The Code may be found under References. (page 20)

THE SINGLES GAME

Server and Receiver

The players stand on opposite sides of the net; the player who first delivers the ball is called the server and the other is called the receiver.

Choice of Sides and Service

The choice of sides and the right to be server or receiver in the first game is decided by toss. The player winning the toss may choose or require her opponent to choose (a) the right to be server or receiver, in which case the other player shall choose the side or (b) the side, in which case the other player shall choose the right to be server or receiver.

Delivery of Service

The service is delivered in the following manner: immediately before commencing to serve, the server positions herself with both feet at rest behind the baseline and within the imaginary continuation of the center mark and the sideline of the singles court. She shall not serve until the receiver is ready. The server then throws the ball into the air in any direction and strikes it with her racquet before it hits the ground. Delivery is deemed complete when the racquet strikes the ball.

Return of Service

The receiver may stand wherever she pleases on her own side of the net. However, she must allow the ball to hit the ground before returning service. If the receiver attempts to return the service, she shall be deemed ready.

Service from Alternate Courts

In delivering the service, the server stands alternately behind the right and left courts, beginning from the right in every game. The ball served shall pass over the net and hit the ground within the service court which is diagonally opposite, or upon any line bounding such court. The resulting play stands, but service from the proper court, in accordance with the score, shall be resumed immediately after this discovery.

Faults

The service is a fault if the server misses the ball in attempting to serve it, if the ball does not land in the proper service court, or if the ball served touches a permanent fixture other than the net, strap, or band before it hits the ground. Throughout the delivery of the service, the server shall keep both feet behind the baseline and shall not change her position by walking or running. A foot fault is called when the server steps on the baseline or into the court before her racquet meets the ball.

Service after a Fault

After a first fault, the server serves again from behind the same half of the court from which she served that fault (unless it was a fault because she served from behind the wrong half, in which case she is entitled to deliver one service from behind the proper half).

Receiver Becomes Server

At the end of the first game, the receiver becomes the server, and the server becomes the receiver, and so on alternately in all the subsequent games of a match. The players change sides at the end of the first game, third game, and every subsequent alternate game. If a player serves out of turn, the player who ought to have served shall serve as soon as the mistake is discovered. All points

scored before such discovery shall stand. If a game has been completed before such discovery, the order of service remains as altered.

Server Wins Point

The server wins the point if the ball is served, not being a let, touches the receiver or anything which she wears or carries before it hits the ground or if the receiver otherwise loses the point as described below.

Receiver Wins Point

The receiver wins the point if the server serves two consecutive faults or otherwise loses the point as described below.

Ball Falling on Line - Good

A ball falling on a line is regarded as falling in the court bounded by that line.

Player Loses Point

A player loses the point in the following situations:

- she fails to return the ball in play directly over or past the end of the net before it has hit the ground twice consecutively
- she returns the ball in play so that it hits the ground, a permanent fixture (other than the net, posts or singles sticks, cord or metal cable, strap, or band), or other object outside any of the lines which bound her opponent's court
- she deliberately carries or catches the ball in play on her racquet or deliberately touches it with her racquet more than once
- she or her racquet touches the net, post, or the ground within her opponent's court at any time while the ball is in play
- she volleys the ball and fails to make a good return even when standing outside the court
- she throws her racquet at and hits the ball
- she deliberately and materially changes the shape of her racquet during the playing of the point
- she deliberately commits any act which hinders her opponent in making a stroke
- the ball in play touches her or anything that she wears or carries other than the racquet in her hand.

A Good Return

It is a good return if

- the ball touches and passes over the net, posts, cord or metal cable, strap, or band and hits the ground within the court
- the ball touches any other permanent fixture after it has hit the ground within the proper court
- the ball hits the ground within the proper court and rebounds back over the net and the player

- whose turn it is to strike reaches over the net and plays the ball, provided that neither he nor any part of his clothes or racquet touches the net, and that the stroke is otherwise good
- the ball is returned from outside the post, if it hits the ground within the proper court
- a player's racquet passes over the net after he has properly returned the ball
- a player succeeds in returning the ball which has struck another ball lying in the court.

A Let

In all cases where a let (other than a service let) must be called under the rules or to provide for an interruption of play, the point shall be replayed. If a player is hindered in making a stroke by anything not within his control, except a permanent fixture or deliberate interference by his opponent, a let shall be called.

Coaching

A player may not receive coaching during the playing of any match other than one that is part of a team competition.

THE DOUBLES GAME

The above Rules apply to the Doubles Game except as below.

Delivery of Service

The server positions herself with both feet at rest behind the baseline and within the imaginary continuation of the center mark and the sideline of the doubles court.

Order of Service

At the beginning of each set, the pair serving the first game decides which partner shall do so and the opposing pair decides similarly for the second game. The partner of the player who served in the first game serves in the third; the partner of the player who served in the second game serves in the fourth, and so on in the same order in all subsequent games of a set.

Order of Receiving

The pair receiving the service in the first game of each set decides which partner shall receive in the right-hand court, and the opposing pair decides similarly in the second game of each set. Partners receive the service alternately throughout each game. The order of receiving the service shall not be altered during the set but may be changed at the beginning of a new set.

Service out of Turn

If a partner serves out of turn, the partner who ought to have served shall serve as soon as the mistake is discovered, but all points scored and any faults served before such discovery shall stand. If a game has been completed before such discovery, the order of service remains as altered.

Receiving out of Turn

If the order of receiving the service is changed by the receivers during a game, it remains as altered until the end of the game, but the partners shall resume their original order of receiving in the next game of that set in which they are the receivers.

Served Ball Touching Player

The service is a fault if the ball touches the server's partner or anything which she wears or carries. The server wins the point if the ball served (not being a let) touches the partner of the receiver, or anything she wears or carries, before it hits the ground.

Ball Struck Alternately

The ball shall be struck by one or the other player of the opposing pairs during making a serve or a return. If both hit the ball, either simultaneously or consecutively, their opponents win the point.

Scoring a Game

If a player wins her first point, the score is called 15 for that player; on winning her second point, her score is called 30, on winning her third point, her score is called 40; and the fourth point won by a player is scored a game for that player except as follows:

If both players have won three points, the score is called a deuce; the next point won by a player is scored advantage for that player. If the same player wins the next point, she wins the game. If the other player wins the next point, the score is again called deuce; and so on, until a player wins the two points immediately following the score at deuce, when the game is scored for that player.

A Set

A player (or players) who first wins six games wins a set, except that she must win by a margin of two games over her opponent. Where necessary, a set is extended until this margin is achieved (unless the total number of games in such set is even, in which case the change is not made until the end of the first game of the next set).

The maximum number of sets in a match is three for women.

The Tie-Break Game

If announced in advance of the match, a Tie-break Game operates when the score reaches six games all in any set.

In singles, a player who first wins seven points wins the game and the set provided she leads by a margin of two points. If the score reaches six points all the game is extended until this margin has been achieved. Numerical scoring is used throughout the tie-break game. The player whose turn it is to serve is the server for the first point; her opponent is the server for the second and third points; thereafter, each player serves alternately for two consecutive points until the winner of the game and set has been decided.

In doubles, the player whose turn it is to serve is the server for the first point. Thereafter, each player serves in rotation for two points, in the same order as determined previously in that set, until the winners of the game and set have been decided.

From the first point, each service is delivered alternately from the right and left courts, beginning from the right court. The first server serves the first point from the right court; the second server

serves the second and third points from the left and right courts, respectively; the next server serves the fourth and fifth points from the left and right courts, respectively; and so on.

Players change ends after every six points and at the end of the tie-break game. The player (or doubles pair) who served first in the tie-break game shall receive service in the first game of the following set.

On-Court Rules

Excerpted from the official USTA Publication The Code, the principles and guidelines of which shall apply in any event conducted without officials.

United States Tennis Association

If you have any doubt as to whether a ball is out or good, you must give your opponent the benefit of the doubt and play the ball as good. You should not play a let.

- It is your obligation to call all balls on your side, to help your opponent make calls when the opponent requests it, and to call against yourself (with the exception of a first service) any ball that you clearly see out on your opponent's side of the net.
- Any "out" or "let" call must be made instantaneously (i.e., made before either an opponent has hit the return or the return has gone out of play); otherwise, the ball continues in play.
- Do not enlist the aid of spectators in making line calls.
- If you call a ball out and then realize it was good, you should correct your call.
- To avoid controversy over the score, the server should announce the set score (e.g., 84) before starting a game and the game score (e.g., thirty-forty) prior to serving each point.
- If players cannot agree on the score, they may go back to the last score on which there was agreement and resume play from that point, or they may spin a racquet.
- Foot faults are not allowed. If an opponent persists in foot faulting after being warned not to do so, the referee should be informed.
- Do not stall, sulk, complain, or practice gamesmanship.

Standards of Conduct

- The highest type of sportsmanship is expected from every player. USTA tournament regulations specifically prohibit the following
 - Loud, abusive, or profane language, racquet throwing, or hitting balls indiscriminately
 - Stalling – the Rules of Tennis allow a maximum of 1½ minutes for changing ends of court on odd games and 30 seconds between points and between games when there is not changeover
 - Coaching is allowed only between sets, limited to five minutes
 - Intentional waving of a racquet or arms or making distracting noises
 - Attempting to make a mockery of a match, whether winning or losing
 - Defaulting in a tournament (whether during the course of a match or prior to its commencement) except for illness, injury, or personal emergency
 - Withdrawing from a tournament after the draw has been made, except for illness, injury, or personal emergency

Tennis Etiquette

- Wait until a point is over before walking behind a court where a match is in progress
- To retrieve a ball from another court or to return a ball to another court, wait until the players have completed a point
- Players should present a neat appearance and abide by local dress regulations.

SPORTSMANSHIP POLICY

RESPONSIBILITY OF ATHLETIC DIRECTOR/COACH

The Development of good sportsmanship depends largely on the goals and philosophy of the sports program and that of the school administration. Coaches are in a position to greatly influence the attitudes and values of the athletes. If the coach follows the rules of the sport and stresses fair play and honesty, the athletes are more likely to develop these values. It is essential that all coaches adhere to the MonsignorMartin Sportsmanship Policy.

1. Any coach excluded by a certified official from an inter school competition for unsportsmanlike conduct is ineligible to coach any inter school competition in that sport until after the next previously-scheduled contest at the same level (e.g., junior varsity, varsity, etc.) has been completed. The coach may not be present at the game site. NOTE: Not being physically present at the site means the disqualified coach is not to be present in the locker room, on the sidelines, or in the stands or site area before, during, or after the game/meet.
2. A coach who strikes, shoves, kicks, or makes other physical contact with the intent to do so to another person (e.g., official, another coach, player, or fan) shall be expelled immediately and banned from further participation in all sports for one year from the date of the offense.

PLAYERS

Participation in athletics is an integral part of a student's educational experience. Such participation is a privilege that carries with it responsibilities to the school, league, team, student body, community, and student himself. In his play and in his conduct, he represents all these groups. Therefore, he has a responsibility to uphold the ideals of good manners and sportsmanship. His experiences while participating in athletics contribute to his knowledge, skill, and emotional patterns.

1. Any member of a squad ruled out of a contest for unsportsmanlike conduct or a flagrant foul shall not participate in that sport in the next previously-scheduled contest with a member school or in NYSCHSAA tournament play. Disqualifications from one season carry over to the next season of participation.
2. Any member of a squad who strikes, shoves, kicks, or makes other physical contact with the intent to do so to an official shall be expelled from the game immediately and banned from further participation in all sports for one year from the date of the offense. NOTE: Members of the squad include players, managers, scorekeepers, timers, and statisticians.

VIOLATIONS

Unsportsmanlike conduct includes but is not limited to

1. Offensive language and/or gestures by the player, coach, or spectators
2. Intentional injury to another player
3. Flagrant misconduct, such as fighting
4. Destruction of another school's property by spray painting, egg tossing, or general trashing of the grounds. These infractions do not include "technical violations" related to a specific sport that result in disqualification.

PENALTIES

Any one of the following penalties may be imposed against an offending player, coach, team, or school. The Penalty will depend on the severity of the infraction.

LEVEL I - Reprimand and Probation

- A letter will be sent from the grievance committee to the principal, athletic director, and coach (if applicable) and will include a description of the infraction.
- A response from the offending school is to be sent to the grievance committee within three school days and must include the action that will be taken against the offender. With the written reprimand, a probationary status will be imposed on the team or individual for the remainder of the season. Probation does not limit eligibility for competition.

LEVEL II - Suspension and Forfeiture

- Forfeiture - will be imposed for team infractions. Forfeiture of a specific context does not limit eligibility from further competition.
- Suspension - involves an individual player or coach being suspended from competition for a minimum of one game. After the suspension has been served, the player or coach is eligible to return to competition.

LEVEL III - Disqualification

- Disqualification of a player or coach from competition is the final step taken after other options have been exhausted. The player or coach will be disqualified for the remainder of the season. Any person removed from a contest or unsportsmanlike reasons will be subject to a committee review of the incident.
- If any school's team members are found guilty of destroying another school's property, that team will be disqualified for the remainder of the season, or, if after the season, will be disqualified from postseason play for the following school year. In addition, no player from the offending school will be eligible for league awards. If damage has been done to a school by non-athletes, a letter will be sent to the school involved with a request for a response within three days.

NOTIFICATION

The coach of each team will notify their respective school's athletic director. The two athletic directors will then investigate the situation, discuss it with each other, and notify the Executive

Director. The director will then take it to the sportsmanship committee, if necessary. The policy must be enforced whether it is a league or non-league contest.

RIGHT TO APPEAL

A right to be heard must be claimed to the office of the Executive Director in writing within 24 hours of the incident (next working day). A school has a right to make an appeal of all decisions and this must be submitted to the Executive Director in writing within 24 hours of the decision being announced (next working day).

SPECTATORS/PARENTS

Spectators and parents are guests at our athletic competitions; as such, they have a responsibility to abide by our school and league philosophy. Therefore, it is expected that good sportsmanship will prevail for the duration of the contest.

SUMMARY

The Monsignor Martin High School Athletic Association believes that good sportsmanship is essential for all participating teams. The league encourages positive displays of sportsmanship and pledges to lead by example, in teaching and playing, in the hopes of shaping the future of our league.

SPORTSMANSHIP

1. We believe that interscholastic athletics is an important part of education and supports the ideals and values embodied in good sportsmanship.
2. We believe that sportsmanlike behavior is essential if interscholastic competition is to contribute useful and constructively to the broad goals of education and to the quality of life of those involved.
3. We pledge ourselves individually and collectively to encourage and support the development and maintenance of a sportsmanlike atmosphere for athletic competition.

Code of Conduct

1. A genuine interest in and enjoyment of interscholastic competition requires conduct that reflects the understanding that contests, as part of an overall school program, are intended to be enjoyed. Behavior that reflects a winning-at-all-costs attitude violates this standard.
2. Interscholastic competition provides valuable lessons and learning experiences that are not possible in the regular classroom setting. All involved must support the need to develop the ability to compete with enthusiasm and to accept winning with grace and losing with dignity.
3. Coaches, players, and fans should know that participation is an honor and privilege which requires them to conduct themselves in a manner that brings honor and pride to their school and community.

4. Respect for the cultural and ethnic diversity of one's opponents, their school, and community is a fundamental tenet of wholesome athletic competition. This standard suggests that planned activity is needed to demonstrate a warm and friendly welcome, mutual respect, and genuine readiness to participate in a sportsmanlike manner.
5. Players should demonstrate both knowledge of the rules and respect for game officials and their decisions. Coaches and school officials have the responsibility to teach and encourage these attributes.

Sportsmanship Pledge

The New York State Catholic High School Athletic Association and the Monsignor Martin High School Athletic Association requires that game administrators, school administrations and officials enforce a ZERO TOLERANCE POLICY for athletes, coaches, and spectators. They will not tolerate negative statements or actions between opposing players, especially abusive language, trash talking, taunting, or baiting of opponents. If such comments are heard or actions seen, a penalty will be assessed immediately.

Spectators are reminded that "being in attendance today nor the fee paid to gain admission to this Monsignor Martin High School Athletic Association event does not entitle you to:

- a. berate officials;
- b. question the coach;
- c. make negative comments toward either team;
- d. Display inappropriate behavior

The playing field is an extension of the classroom. Please practice good sportsmanship." This announcement stands as the official warning of our ZERO TOLERANCE POLICY. Any violation of this policy will result in an ejection from the game. Let today's contest reflect mutual respect between all participants and spectators.

Heat Index Procedures

Administration of Heat Index Procedures:

- Feels Like Temperature (Heat index) will be checked one hour before the contest/practice
- by a certified athletic trainer, athletic director, or school designee when the air temperature
- is 80 degrees (Fahrenheit) or higher.
- Download the WeatherBug app to your phone or log into www.weatherbug.com
- Enter the zip code or city and state in the location section of the app or online.
- If the Feels Like temperature (heat index) is 90 degrees or above, the athletic trainer,
- athletic director, or school designee must re-check the Feels Like temperature (heat index) at halftime or midway point of the contest. If the Feels Like temperature (heat index) temperature is 96 degrees (Fahrenheit) or more, the contest will be suspended.
- **Please refer to the following chart to take the appropriate actions:**

	Feels Like Temp (HeatIndex) under 79degrees	Full activity. No restrictions
RECOMMENDED	Heat Index Caution:Feels Like Temp(Heat Index) 80 degrees to 85 degrees	Provide ample water and multiple water breaks.Monitor athletes for heat illness. Consider reducing the amount of time for the practice session.
	Heat Index Watch:Feels Like Temp(Heat Index) 86 degrees to 90 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness.Consider postponing practice to a time when Feels Like temp is lower. Consider Reducing the amount of time for the practice session.1 hour of recovery time for every hour of practice (e.g., 2hr practice = 2hrrecovery time).
	Heat Index Warning:Feels Like Temp(Heat Index) 91 degrees to 95 degrees	Provide ample water and water breaks every 15 minutes. Monitor athletes for heat illness.Consider postponing practice to a time when Feels Like temp is much lower.Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (e.g., 2hr practice = 2hr recovery time.) Lightweight and loose-fitting clothes should be worn. For Practices only: Football Helmets should be worn. No other protective equipment should be worn.
REQUIRED	Heat Index Alert:Feels Like Temp(Heat Index) 96 degrees or greater	No outside activity, practice or contest, should be held. Inside activity should be held only if air conditioned. Approved May 1, 2010; Updated, July 27, 2017

Wind Chill Procedures

Administration of Wind Chill Procedures:

- Feels Like Temperature (Wind Chill) will be checked 1 hour before the contest/practice by a
- certified athletic trainer, athletic director, or school designee when the air temperature is 39 degrees (Fahrenheit) or lower.
- Download WeatherBug app to your phone or log into www.weatherbug.com.
- Enter zip code or city and state in the location section of the app or online.
- If the Feels Like temperature (wind chill) is 10 degrees or below, the athletic trainer, athletic director, or school designee must re-check the Feels Like (wind chill) at halftime or midway point of the contest. If the Feels Like (wind chill) temperature is -11 degrees (Fahrenheit) or lower, the contest will be suspended.
- Please refer to the following chart to take the appropriate actions:

	Feels Like Temp (windchill) above 40 degrees	Full activity. No restrictions
RECOMMENDED	Wind Chill Caution: Feels Like Temp (wind chill) 3 degrees to 20 degrees	Stay adequately hydrated. Notify coaches of the threat of cold-related illnesses. Have students and coaches dress in layers of clothing.
	Wind Chill Watch: Feels Like Temp (wind chill) 1 degrees to 10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold-related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss.
	Wind Chill Warning: Feels Like Temp (wind chill) 9 degrees to 10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold-related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss. Consider postponing practice to a time when the Feels Like temp is much higher. Consider reducing the amount of time for an outdoor practice session.
REQUIRED	Wind Chill Alert: Feels Like Temp (wind chill) -11 degrees or lower	No outside activity, practice or contest, should be held. Approved May 1, 2010; Updated July 27, 2017

Note: Alpine Skiing will be exempt from this policy and will follow the regulations of the host ski center where the practice or event is being held.

