



NORTHERN CALIFORNIA

Adult 40 & Over
District Championships
April 28-30, 2017

Captain's Packet



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Dear Captains,

Congratulations to you and your entire team for making it to the 2017 Adult 40 & Over District Championships being held at Natomas, Johnson Ranch, Laguna Creek, and Broadstone Racquet Club.

Please remind your team that we are all guests at these clubs. USTA NorCal rents a limited number of courts. All teams and their associated spectators are expected to abide by the rules of the facility and of USTA NorCal (ULR & FAC). Courtesy, respect of others and playing under The Code are expected. Please observe the following restrictions: No outside alcohol; no unsupervised children; no pets and no access to club member privileges such tennis courts, swimming pools, showers and locker rooms.

IMPORTANT NOTES FOR CAPTAINS

Check-in/Line-ups

- Captains are reminded to be on site to check in forty-five minutes prior to their team's first match
- Line-ups are due at the tournament desk thirty minutes before the scheduled play time
 - All players listed in the line-up should be present at that time and be ready to play early if courts become available

Format

- Matches will be the best of three sets using regular scoring with a 10 point match tiebreak in lieu of the third set.
- The Coman format is used for all set and match tiebreaks.
- Match format is subject to change at the discretion of USTA NorCal

Eligibility

- **Please check your rosters** to make sure your players are eligible for this event
- All players must have a current USTA membership
- Have played a minimum of two local area matches (one may be a default)
- Players may not have competed in playoffs with another team

Rain or inclement weather

Call the event hotline **(510) 263-0475** for updates, or opt in to our text service, RainedOut.net. Once you opt-in, you will only receive text alerts for the specific event and site. To opt in:

Text the **Keyword** below to 84483.

For Broadstone updates use keyword 2017A40DBS

For Natomas updates use keyword 2017A40DNT

For Laguna Creek updates use keyword 2017A40DLC

For Johnson Ranch updates use keyword 2017A40DJR

You can opt in online at https://www.rainedout.net/team_page.php?a=f490ca2d8e51d6649410. After entering your email address or phone number, you'll receive a validation code in your email/text inbox. Once validated, click "Subscribe" next to the desired group.



Rules for Championship Events: Districts & Sectionals

Procedure in the Event of a Tie: Breaking a tie using Head-to-Head is now the second procedure used to break a tie in flight standings. For example, if two teams are tied 2-1 in team matches and 6-3 in individual matches, the team that won against the other tied team becomes the flight winner.

Default Courtesy at Championships: Players often travel and incur significant expense to participate in District and Sectional Championships. If a captain knows in advance that he does not have the minimum number of players available to field an entire line-up at a District or Sectional event, as a courtesy, it is recommended that he notify the opposing captain and the NorCal office about the impending default. Once a default has been conceded, it cannot be rescinded.

Line-up Redo: If a captain turns in a line-up with a default to the desk, the opposing captain will have the opportunity of re-doing his line-up before this match is sent out to court to play.

Team Default: If your team commits a total team default (three individual defaults in a five-line league, two individual defaults in a three-line league), then your matches will be "Null and Void." In such cases, your team is disqualified from the championship and NorCal will file a grievance against the captain and the team. Penalties and suspensions may be assessed.

Double Defaults: If both teams default the same lines, BOTH TEAMS will receive the individual line loss, and each team loses two sets and 12 games for that line.

NTRP Grievances: Please refer to rule 3.03E in the USTA League Regulations.

Dynamic Disqualification: USTA NorCal will not run strikes at Championships.



How Flight Winners Are Determined

1. Number of team matches won.
2. A tie shall be broken by the first of the following procedures that does so:
 - a) Individual Matches. Winner of the most individual matches.
 - b) Head-to-Head. Winner of head-to-head match.
 - c) Sets. Loser of the fewest number of sets.
 - d) Games. Loser of the fewest number of games

Wild Cards

Men's 4.0 - Of the 6 second place teams, the two teams with the best overall record at Districts will be chosen to advance to Sectionals.

Women's 3.5 - Of the 7 second place teams, the one team with the best overall record at Districts will be chosen to advance to Sectionals.

Adult 40 & Over Sectional Championship

June 2-4, 2017

Laguna Creek Racquet Club & Gold River Racquet Club



Instructions for Players

WELCOME TO THE CHAMPIONSHIP
ENJOY ♦ COMPETE ♦ HAVE FUN
LET GOOD SPORTSMANSHIP PREVAIL!

- **Good sportsmanship is expected.** Do not guess on line calls; if you are not 100% sure the ball is out, call it good
- **Be respectful** of the facility (we are guests), the volunteers, NorCal staff, your opponents, your teammates, and all officials
- **Matches:** Proceed on a “followed by” basis. Arrive early, if we have a free court you may be assigned a court if you are ready to play
- **Format:** Matches will be the best of 3 tiebreak sets with a 10-point match tiebreak in lieu of the third set. The format may be changed due to weather conditions.
- **Tiebreaks:** The Coman Format will be used for all set and match tiebreaks
- **Warm-Up:** 5 minutes. Spin rackets to pick side, serve, receive, or defer before the warm-up starts
- **Changeovers:** 90 seconds; no rest after the first game of any set
- **Set Breaks:** Two (2) minutes at the end of the first and/or second set
- **Call the score loudly and clearly when serving.** Know the score at all times.
- **Coaching:** There is no coaching from the start of the warm-up to the end of the match. Coaching is considered to be any advice given by any means, verbal or non-verbal. Spectators talking to players on court may be perceived as coaching; therefore we ask that spectators do not talk to on-court teams.
- **Players are responsible for their match.** If they need help on court for any reason, they may stop play and leave the court to find an official. Foot faults can only be called by an on-court official or court monitor. Spectators and coaches should not interfere.
- **No electronic devices** should be visible or audible on court. If a cell phone rings during play, that player may lose a point for a hindrance.
- **Bathroom breaks** should be taken on set breaks if at all possible.
 - The player should notify an official or the desk whenever they leave the court for any reason.
- **Medical timeout:** If a player needs a medical or bleeding time out, he should notify an official promptly. Leaving the court without an official being notified may result in delay of game penalties.
- **Officials and court monitors** are present at NorCal championships.
 - They observe courts during play, and time warm-ups and breaks.
 - When on-court, they may answer questions, call foot faults, and overrule line calls.
 - A court monitor must be asked by players to overrule a call whereas an official will overrule without being asked.
 - Officials also interpret rules and utilize the Point Penalty System for any type of unsportsmanlike conduct.
 - Code Violations have no warning and result in loss of point, then game, and then match.
 - However, a player may be immediately defaulted for any egregious act.

HYDRATION TIPS FOR TENNIS PLAYERS

Drink cool water or sport drinks during play. Sports drinks are especially helpful during long matches, in hot weather and for recovery after play. Use a similar hydration routine before, during and after practice.

BEFORE PLAY

Drink 12-16 ounces about 1 hour before play begins.

Drink fluids often throughout the day.

Prepare at least 2 quarts (64 ounces) to drink during play.

Sports drinks are preferable for long matches or during play in hot weather.

DURING PLAY

Drink 4 to 8 ounces (4 to 8 normal swallows) after the warm-up and during every changeover.

Many players like to drink a sport drink and water, with an emphasis (e.g., 2:1) on the sport drink.

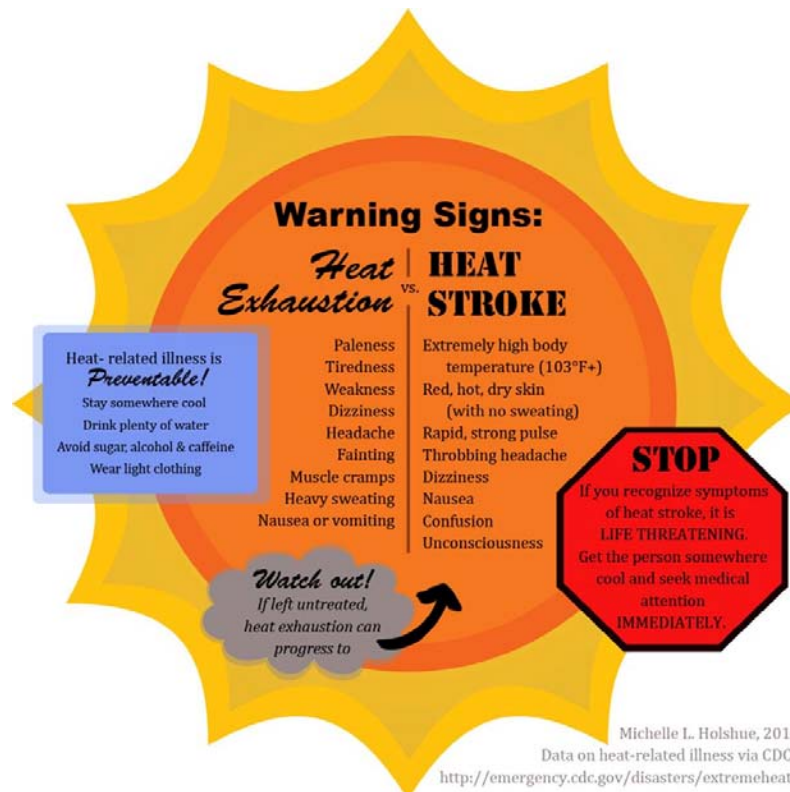
For some players, fluid requirements may even be higher in very hot or humid environments.

AFTER PLAY

Weigh yourself before and after play and drink about 20-24 ounces of fluid for every pound of post-play body weight deficit.

Immediately begin to replace fluid, electrolytes and carbohydrates with water, other fluids (e.g., juice, sport drinks, etc.) and food. Sport drinks are very effective if you are going to play again soon.

Consider adding salt to your food and/or drinks if sweat losses were extensive.





League Calendar Update

<u>2017 Leagues</u>	TEAM REGISTRATION	PLAYING SEASON	LOCAL LEAGUE PLAYOFFS	DISTRICT, SECTIONAL & NATIONAL
				CHAMPIONSHIPS
ADULT	Nov 14 - Dec 5, 2016	Jan 2 - Mar 26, 2017	Mar 31 – Apr 2, 2017, 2017	D: Apr 28-30, 2017
40 & OVER			Apr 13-16, 2017	S: Jun. 2-4, 2017
				N: Oct/Nov 2017
MIXED	Nov 14 - Dec 5, 2016	Jan 2 - Mar 26, 2017	Apr 7-9, 2017	S: May 19-21, 2017
40 & OVER			Apr 21-23, 2017	N: Nov 10-12, 2017
NORCAL	Jan. 9 - Feb. 6, 2017	Mar. 6 - May 26, 2017	May 29 - Jun. 2, 2017	S: Jun 19-21, 2017
65 & OVER			Jun. 5 - 9, 2017	C: Mar/Apr 2018
ADULT	Jan. 30 - Feb. 27, 2017	Mar. 27 - Jun. 18, 2017	Jun. 23 - 25, 2017	D: Aug 4-6, 2017
18 & OVER			Jul. 7 - 9, 2017	S: Aug 25-27, 2017
				N: October 2017
MIXED	Apr. 24 - May 22, 2017	Jun. 19 - Sept. 10, 2017	Sep. 15 - 17, 2017	S: Oct 6-8, 2017
18 & OVER			Sep. 22 - 24, 2017	N: Nov 3-5, 2017
ADULT	Apr. 24 - May 22, 2017	Jun. 12 - Sept. 3, 2017	Sept. 8 - 10, 2017	S: Sept 22-24, 2017
55 & OVER			Sept. 15 - 17, 2017	N: Oct/Nov 2017
NORCAL	Jul. 24 - Aug. 14, 2017	Sept. 4 - Dec. 15, 2017	N/A	N/A
70+ DAYTIME				
NORCAL	Jul. 17 - Aug. 14, 2017	Sept. 11 - Dec. 10, 2017	Jan. 5 - 7, 2018	D: TBD 2018
COMBO			Jan. 19 - 21, 2018	S: TBD 2018
NORCAL MIXED	Jul. 17 - Aug. 14, 2017	Sept. 11 - Nov. 19, 2017	Dec. 1 - 3, 2017	TBD 2018
55 & OVER			Dec. 15 - 17, 2017	

(All dates subject to change.)



2017 USTA LEAGUE CHAMPIONSHIPS GRIEVANCE and APPEAL PROCEDURES

USTA League Regulations in Section 3.00 *Grievance Procedures* and 2.04 *NTRP Dynamic Disqualification and Review Procedures* will be used during USTA League Championships. Please take time to review and be familiar with these Regulations, especially those applicable to Championships.

All appropriate forms can be obtained from the Championships Site Director or designee.

GRIEVANCE (*Written formal complaint regarding an alleged violation of a USTA League Regulation or Procedure.*)

3.03A(6) A grievance against an individual or team may only be filed by (a) the team captain of the team who has competed in the match where the alleged violation occurred, (b) a league coordinator or (c) a member of a Championships Committee except for Eligibility Grievances and NTRP Grievances which may be filed as stated in Regs. 3.03B(3), 3.03C(3) and 3.03E(2).

3.03C(1) Any Grievance alleging a violation during championships competition shall be in writing and delivered to the duly appointed site director or designee prior to whichever occurs first: (a) within 30 minutes of the completion of the involved team's match or (b) the commencement of the involved team's next match, whether or not the involved player participates except for Eligibility Grievances (See Reg. 3.03B(3) and NTRP Grievances (See Reg. 3.03E(3).)

3.03C(2) At the time a grievance is filed, a copy of the grievance shall be sent by the Championship Committee to the party(ies) against whom the grievance has been made.

3.03C(3) A grievance regarding failure to meet eligibility requirements may be filed by a team captain, league coordinator or member of a Championships Committee at any time.

3.03E(2,3&5) Any league captain, coordinator or member of a Championships Committee may file an NTRP Grievance. NTRP Grievances shall be filed, in writing, with the duly appointed site director or designee having jurisdiction at any time up to 48 hours after the conclusion of the Section Championship of the player against whom the NTRP Grievance was filed. **NTRP Grievances will not be accepted at National Championships.**

GRIEVANCE APPEAL (*Request for reconsideration of a previous decision, determination or finding.*)

3.04A(1) Any party to the grievance may appeal the decision of the Grievance Committee within the time fixed by the Grievance Committee.



Read below if your team is advancing to or have qualified for National Championships.

Move Up – Split Up Rule

1. Two divisions will be subject to the move-up/split-up rule:
 - A. The Adult Division will consist of 18 & Over, 40 & Over, and 55 & Over **adult** leagues.
 - B. The Mixed Division will consist of 18 & Over and 40 & Over **mixed** leagues.
2. The Adult and Mixed Divisions are separate and distinct from each other. An Adult National player will not count as a Mixed National player, and vice versa. There will be no “crossover” between the two divisions. An Adult National player will count as one adult national player in **any** Adult league age group (18 & Over, 40 & Over, 55 & Over) if he plays at the **same NTRP level or lower than his 2016 adult team**. A Mixed National player will count as one mixed national player in any mixed league age group (18 & Over and 40 & Over) if he plays at the same NTRP level or lower than his 2016 mixed team.
3. A National team is any team that participated in or qualified for Nationals, even if the team elected not to participate in the national championships. All wildcard teams will count as national teams.
4. The move-up/split-up requirements will only apply to players who have participated in three or more matches, excluding defaults, for any national team during any part of that team’s entire league season.
5. Move-Up Option: A player will **NOT** count as a national player if he **moves up** one level from his 2016 team’s NTRP level.
6. Split-Up Requirement: If a player joins a team at the same NTRP level or lower than his 2015 team, he will count as one national player for that division (Adult or Mixed) in **any** age group. All teams are limited to any **three** national players (except 2 for 2.5 and 5.0+ leagues) in each division. A player does not count as a national player if he does not meet the match requirement on the original national team, if the player moves up a level, or if the player crosses over to the other division (mixed or adult)

Adult 18 and Over 5.5+ and Open League teams, and NorCal Adult 70 & Over are exempt from this rule. For 2017, NorCal Combo 10.0+ teams and Mixed 55 & Over 9.0 are also exempt.



NORTHERN CALIFORNIA