65 & OVER NATIONAL INVITATIONAL

6.0/8.0

January 31 – February 2, 2020
**Dates:**

January 31st-February 2nd, 2020

**Match Play begins on Friday, January 31st, 2020**

Matches and awards will conclude on Sunday by approximately 2 pm. Please consider that inclement weather and other foreseen circumstances may affect the schedule and ending time might vary, so players should plan accordingly (i.e. flights, etc).

**Site:** All matches will be played at:

The USTA National Campus

10000 USTA Blvd.

Orlando, FL 32827

**Court Surface:** Clay

**Ball Type:** Penn Championship regular duty balls will be provided

**Practice Courts:** Practice courts can be booked 48 hours in advance by contacting the USTA National Campus at 407-675-2500

**PLAYER ENTRY FEE:**

Every player advancing to the USTA League National Invitational is required to register online and pay the $55 individual player entry fee. Non-playing players that wish to receive the player amenities need to register and pay for the event. You can find the registration link on our homepage-

https://www.usta.com/65andover/

*ALL CAPTAINS* both playing and non-playing need to register and pay for the event.

**The Deadline to register for this event is:** January 6th, 2020.

**Eligibility:**

**Team Eligibility**

A minimum of six (6) players who were on the final local roster must be available to compete at nationals.

**Player Eligibility:** A player is eligible to advance to the USTA League 65 and Over National Invitational if that player has played on that same team in at least two (2) matches through section championships with one default that may count for advancing. A retired match shall count for all players involved. All individual team members must be from the appropriate level of play in accordance with the NTRP system.

**Waiver Request:** Individual Eligibility Waivers may be submitted for review by the Tournament Committee for players who do not meet the minimum match requirement. *Players wanting to submit a waiver request must do so through their Section League Coordinator by 12/2/19.*
Mandatory Team Captain’s Registration and Captains Meeting:
WHERE: USTA National Campus
WHEN: Thursday January 30th from 5:30-7:30pm (EST)
NOTE: Captains can check in their team from 5:30-7:00pm, at this time the captain will get their captain’s packets and player gifts. The check in takes about 10-15 minutes. The captains meeting will be from 7:00-7:30pm (EST)

Registering for the event does not exclude the captain from attending the team registration & Captain’s Meeting

Player Lunches:
Every registered player will receive a voucher for a free lunch from the Netpost Grill, which is located on site at the USTA National Campus. Players may use this voucher anytime throughout the weekend.

Trainers:
There will be a trainer on-site to assist with athletic injuries. They will have access to ice.

Awards:
Awards will be given to teams that finish in the Champion and Finalist positions. Banners will be presented to the teams that finish 1st-4th.

Sportsmanship Awards:
Teams will be provided with Good Sport wristbands to hand out to an opponent at each match who demonstrates good sportsmanship.

Player Gifts:
All players attending the National Invitational will receive a National invitational shirt.

Official Merchandise:
Official USTA League National Invitational merchandise will be available for purchase on site.

Team Photos:
Team photos will be taken throughout the weekend as well as candid shots. Team captains will make an appointment during the team registration period. Photos are FREE at usta.com/65andover

Website:
The USTA League National Invitational home page will be updated with stories, photos and scores daily. Be sure your local newspaper sports editor, friends and family have the address so they can check the results at usta.com/65andover
Rules and Regulations:

- USTA Rules and League Regulations and Friend at Court will be enforced during championships.
- All match lineups should be submitted to the tournament desk by the team captain at least 30 minutes prior to the start of the scheduled match time. Penalties may be

Scoring:

1. Best of two tiebreak sets with a 10-point Match Tiebreak in lieu of a 3rd set.
2. Match Tiebreak (10 Points, Win by 2): When the score in an individual match is one set all, a Match Tiebreak shall be played in lieu of a 3rd set. This tie-break game replaces the deciding final set. The player/team who first wins ten points (win by two) shall win this match tie-break and the match. If the score goes to 9-9 and beyond, players continue to play until there is a winning margin of 2 points (i.e. 11-9, 12-10, 15-13, etc).
3. Two minute rest between the 1st and 2nd set and between the 2nd and 3rd set Match Tiebreak.
4. Coman Tiebreak procedures apply to all tiebreak sets including the Match Tiebreaker. First team serves one time, followed by two serves for each team thereafter. Change sides after the first serve and then after every four points thereafter. (Note: Easy way to remember in doubles is that each player will serve from the same side.)

Coaching

No coaching allowed by captains, teammates, or spectators. Cell phones or electronic devices are not allowed on court. Please work out problems on court as best as you can. If players are not able to work out a dispute, one of them may come to the Tournament desk to request the Referee. (Please note that captains and/or players should not be involved with decision making or requesting an official without a player’s consent.)
**Invitational Format**

Teams will compete in 4 unflighted matches against randomly selected opponents. Teams can expect to play 2 matches on Friday and 2 matches on Saturday. On Sunday, the top 4 teams, based on TennisLink standings, will advance to the semi-finals, followed by the finals and the 3rd/4th match.

In the event of a team match tie, the tie will be broken by the first of the following procedures:

- Winner of the most individual matches in the competition
- Winner of head to head match *(winner of head-to-head match only if all tied teams have played each other and one team defeated all the teams that are tied)*
- Loser of the fewest number of sets
- Loser of the fewest number of games
- A method to be determined by the Championship Committee

*Format and schedule are subject to change due to unforeseen circumstances.*

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**Grievance and Appeal Procedures**

- The following guidelines and procedures will be used during this championship. Please review them carefully. Any staff member on site will be glad to assist you with the forms and answer any questions on procedures.
- 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
  - Administrative Grievances (See Reg. 3.03A(2), Eligibility Grievances (See Reg. 3.03B(3) and NTRP Grievances (See Reg. 3.03E(3).
  
- 3.03E(3) NTRP Grievances will not be accepted.
- 3.04B(1) The Grievance Appeal Committee shall not be required to hold any hearing except as provided in 3.04B(2). Its decision may be based entirely on the findings of fact by the Grievance Committee whose decision is being appealed and on the facts and arguments submitted in writing by the parties to the appeal.
**Inclement Weather:**
Please note that the tournament format, number of matches and match length may change due to a team not showing up or circumstances beyond our control such as weather. However, rain or extreme heat could cause delays, modifications to the format, and possible cancellation of the tournament. There are limited indoor back-up courts where the championships can be played in the event of rain.

In the event of rain or suspension of play caused by extreme heat, please remain at the tournament site until the tournament staff informs you of the play schedule. In the event of a long rain delay or heat suspension, it will be at the discretion of the Tournament Committee to use an alternative-playing format.

If the championship, or part of the championships is cancelled due to rain or unforeseen circumstances, the champion-ship will not be rescheduled.

**Umpires:**
There will be one Certified Tournament Referee onsite at all times. Players are encouraged to play tennis without the need for umpires to be present for matches. In the case of disputed calls and upon the request of the player, the Tournament Referee may be requested to assist players as needed.

**Medical Emergencies:**

**Orlando Regional Medical Center:** 52 W Underwood St, Orlando, FL 32806/ (321) 841-5111

**Absolute Urgent Care:** 9685 Lake Nona Village Pl #201, Orlando, FL 32827/ (407) 413-8787
EVENT HOTELS

Use the link below to find a list of event hotels for your National Championship

Book your group rate for League National Adult 65 & over 6.0/8.0

If you need assistance booking your hotel rooms please call 1-844-932-8782.

***While some of the event hotels offer a complimentary shuttle service to and from the National Campus we do not recommend that you rely on this shuttle to provide transportation to you and your teammates for your match times as the shuttle times are not guaranteed and the USTA National Championship Staff does not have control over the shuttle or shuttle times.***

DIRECTIONS

From the Orlando International Airport to Host Hotels (8.3 miles or 12 minutes driving time)

- Head East on Jeff Fuqua Blvd
- Keep left at the fork to continue on Exit S Exit, follow signs for Terminal B and merge onto Jeff Fuqua Blvd
- Merge onto Jeff Fuqua Blvd
- Keep left at the fork to continue toward FL-417 Toll N
- Take exit 19 for Lake Nona Blvd
- Turn right onto Lake Nona Blvd (signs for Lake Nona Boulevard S)
- The hotels will be on your right hand side.

From Host Hotels to USTA National Campus (2.7 miles)

- Turn left onto Lake Nona Blvd
- Turn left onto USTA Blvd
- Parking and main entrance will be on your left hand side

1. ***Many Florida roads require tolls, rental car agencies offer a toll package or the toll booths have coin lanes where you can pay for your tolls with coins.***
Show your section spirit on your way to and at the 2019 USTA League National Invitational!

Every team that qualifies for nationals will be given 2019 National Invitational wristbands at their National Invitational in their section’s designated color. Each team will also be given wristbands in their section’s color to exchange with their opponents for each of their matches on Friday and Saturday. We would love for you to show us your spirit by posting on social media sporting your 2019 National Invitational wristbands as you prepare for Invitational using #ustaleague. More information on this will be provided at the Captain’s Meeting.

Is your team looking to participate in the section swap? Don’t worry about bringing gifts this year. The national championship tournament desk will supply teams with extra wristbands that they can exchange with their opponents!
If you would like to match your uniforms/outfits, teams swag etc. to your section’s color we have provided the universal Pantone number for each color that should be able to be easily matched by vendors and companies.

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<thead>
<tr>
<th>Region</th>
<th>Pantone</th>
<th>Color</th>
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<tbody>
<tr>
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<td>108</td>
<td>Neon Yellow</td>
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<tr>
<td>Eastern</td>
<td>270</td>
<td>Lavender</td>
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<tr>
<td>Florida</td>
<td>430</td>
<td>Silver</td>
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<td>806</td>
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TIPS FOR PLAYERS AND SPECTATORS:

- We recommend that spectators bring an umbrella for protection from the sun and a portable chair. While there is covered seating at the facility for many of the courts, not all courts have covered seating.

- Players and spectators should bring their own water vessel to be sure to continuously hydrate. Water is available on court during match play and water and ice station will be positioned near the tournament desk along with bananas for the players.
  - Don’t forget sunscreen and a visor or hat!!
  - Start hydrating early, even though this event is held in January, Florida has a very humid climate and proper hydration is important, see below for more information on hydration.

HOW MUCH SHOULD I DRINK?

During the course of a tennis match each player will lose a large amount of fluid as sweat. It is important for an athlete’s health and performance to replace the fluid lost in sweat after a match and before your next practice or competition.

Every athlete is unique: some players naturally sweat more than others, and some will drink more fluids during their match. How do we determine the amount to drink after a match?

Follow these 6 simple steps:

Step 1: Before your match or practice weigh yourself wearing a clean, dry shirt and shorts.
Step 2: Remember to drink 4 to 8 oz of water or sports drink after warm-up and during each changeover.
Step 3: After your match or practice, change into a clean, dry shirt and shorts.
Step 4: Weigh yourself after your match or practice.
Step 5: Use this simple calculation:

Step 1 weight – Step 4 weight = Estimated Sweat Lost During Play

Step 6: For every pound lost in sweat, drink 20-24 oz or for every kg lost in sweat, drink 1.3-1.5 L prior to your next match or practice

Drink most of your replacement fluids with meals. Remember that sweat also contains electrolytes like sodium; so it’s important to replace the salt that was lost from sweating. Include foods high in sodium when choosing your meals and snacks, especially when it’s hot outside and you have lost a lot of weight during play. Speak to a Health Care Provider if you lose more than 5 pounds during play.
60/80
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