

2. *Rest between sets.* The set breaks and rest periods between sets are set forth in **Table 12**.

| TABLE 12 Time Allowed Between Sets At the end of each set, there shall be a set break of a maximum of two minutes, except as provided below. | | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|
| Divisions | After 2nd set in a best of 3 set match | After 2nd set when Match Tiebreak is played in lieu of 3rd set | After 3rd set in a best of 5 set match |
| Junior | Boys' & Girls' 12-16 | Mandatory 10-minute rest period; <i>however</i> , when play is suspended for 10 minutes or more during the 2nd set, only a mandatory 3-minute rest period will be taken | Mandatory 3-minute rest period. |
| | Boys' & Girls' 18 | | |
| Adult | Men's Open, 25, & 30 | 2-minute set break | 2-minute set break |
| | Women's Open, 25, & 30 | 10-minute rest period at option of any player unless tournament gives notice that it will eliminate break. | 2-minute set break |
| | Mixed Doubles (Open, 25, & 30) Husband-Wife Mixed Doubles | | |
| Senior | Senior Mixed Doubles (35 & older) | 10-minute rest period at option of any player | 2-minute set break |
| | Husband-Wife Mixed Doubles (Combined Ages) | | |
| | Senior 35-90 | | |
| Family & NTRP | Parent-Child, Senior Parent-Child, & Grandparent-Grandchild NTRP | | |
| Wheelchair | Wheelchair Open | 2-minute set break* | 2-minute set break |
| | All other Wheelchair Divisions | 10-minute rest period at option of any player | 2-minute set break |
| A player is governed by the rest period in the division in which the player plays. | | | |
| In Junior divisions, no player shall practice during any rest period between sets. (See USTA Regulation IV.C.7.) | | | |
| Coaching is not allowed during a 2-minute set break. Coaching is allowed during any 3-minute or 10-minute rest period. | | | |
| In all non-Junior matches, when play is suspended for 10 minutes or more, any rest period may be taken only after two consecutive sets in a best of 3 set match (three consecutive sets in a best of 5 set match) have been played without interruption. Completion of an unfinished set counts as one set. | | | |
| This table also applies to short set matches. For rest periods in Red, Orange, & Green Ball Tennis, see the USTA Regulations for Red, Orange, & Green Ball formats. | | | |
| * When there is heat, humidity, or other adverse conditions and after notice before the match, the Referee may grant 10 minutes rest, during which no player shall practice. | | | |