



NORTHERN CALIFORNIA

**Adult 40 & Over
District Championships
May 4 - 6, 2018**

Captain's Packet



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Dear Captains,

Congratulations to you and your entire team for making it to the 2018 Adult 40 & Over District Championships being held at Natomas, Johnson Ranch, Laguna Creek, Broadstone, and Gold River 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 as tennis courts, swimming pools, towels, 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

NorCal uses [RainedOut.net](http://www.rainedout.net) to publish site-specific updates. Captains and players may use this free service.

Text the **Keyword** below to 84483.

For Broadstone, use keyword **2018A40DBS**

For Natomas, use keyword **2018A40DNT**

For Laguna Creek, use keyword **2018A40DLC**

For Gold River, use keyword **2018A40DGR**

For Johnson Ranch, use keyword **2018A40DJR**

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

Matches per Day and Rest between Matches:

Championships using best of three tie-break sets with a match tie-break in lieu of a third set may schedule no more than three matches per day per team. A minimum of 30 minutes rest will be provided between matches. If weather or unforeseen circumstances impact the completion of the event, the Tournament Committee may use shortened formats and require more matches. If a team/player enters more than one Division or event then these limitations shall apply separately to each. No consideration shall be given by the tournament staff in scheduling matches

Default Courtesy at Championships: Players often travel far and incur significant expenses 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 tournament/site director about the impending default. Once a default has been conceded, it cannot be rescinded. When a captain confirms that all players in the submitted line-up are eligible, on site, and ready to play, a grievance may be filed if a default then occurs.

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: NTRP Grievances are not accepted at Championships. The captain must file electronically within 48 hours of the conclusion of Sectionals. See rule 3.03E in the USTA League Regulations.

Dynamic Disqualification: USTA NorCal calculates dynamic ratings and disqualifications following the conclusion of the championship. See rule 2.04E for scoring procedures.



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

Women's 4.5+ - Of the 3 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

May 18-20, 2018

Laguna Creek Racquet Club & Gold River Racquet Club



Instructions for Players

WELCOME TO CHAMPIONSHIPS!
ENJOY ♦ COMPETE ♦ CELEBRATE YOUR SEASON
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.

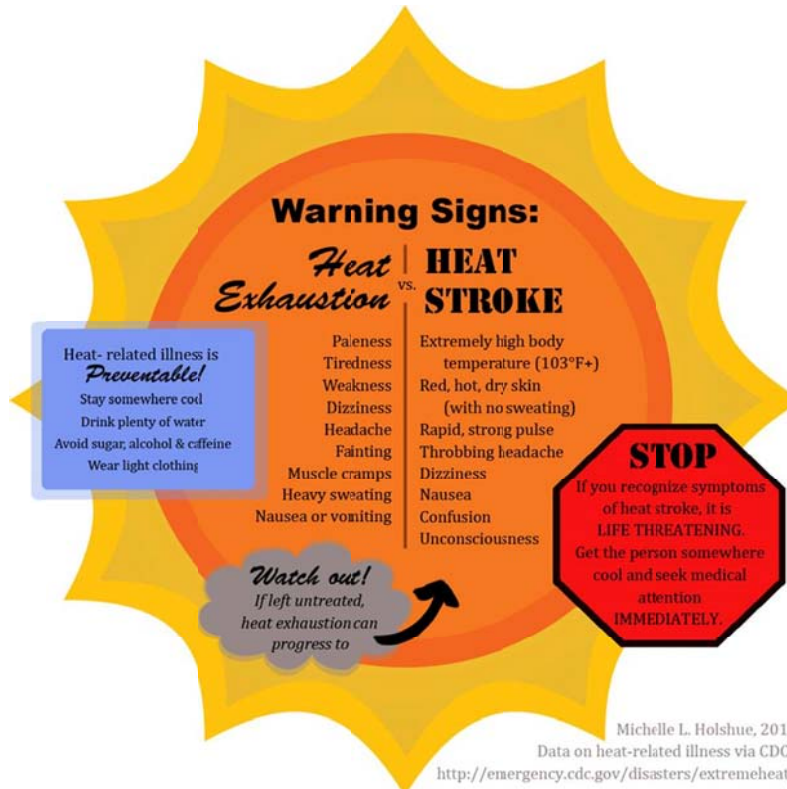
For some players, fluid requirements may even be higher in very hot or humid environments.

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.



Warning Signs:

<i>Heat Exhaustion</i>	vs.	HEAT STROKE
Heat-related illness is Preventable!		
Stay somewhere cool		
Drink plenty of water		
Avoid sugar, alcohol & caffeine		
Wear light clothing		
Painness		Extremely high body temperature (103°F+)
Tiredness		Red, hot, dry skin (with no sweating)
Weakness		Rapid, strong pulse
Dizziness		Throbbing headache
Headache		Dizziness
Fainting		Nausea
Muscle cramps		Confusion
Heavy sweating		Unconsciousness
Nausea or vomiting		

Watch out!
If left untreated, heat exhaustion can progress to

STOP
If you recognize symptoms of heat stroke, it is **LIFE THREATENING**. Get the person somewhere cool and seek medical attention **IMMEDIATELY**.

Michelle L. Holshue, 2012
Data on heat-related illness via CDC:
<http://emergency.cdc.gov/disasters/extremeheat/>



League Calendar Update

<u>2018 Leagues</u>	TEAM REGISTRATION	PLAYING SEASON	LOCAL LEAGUE PLAYOFFS	DISTRICT, SECTIONAL & NATIONAL
				CHAMPIONSHIPS
MIXED 40 & OVER	Jul. 17 - Aug. 14, 2017	Sep. 11 - Dec. 10, 2017	Jan. 26 - 28, 2018	S: June 22-24, 2018
			Feb. 9 - 11, 2018	N: Nov 16-18, 2018
ADULT 40 & OVER	Nov. 13 - Dec. 10, 2017	Jan. 8 - Apr. 1, 2018	Apr. 5 - 8, 2018	D: May 4-6, 2018
			Apr. 19 - 22, 2018	S: May 18-20, 2018
				N: Oct 2018
MIXED 55 & OVER	Nov. 13 - Dec. 10, 2017	Jan. 8 - Mar. 18, 2018	Mar. 23 - 25, 2018	S: April 13-15, 2018
			Apr. 6 - 8, 2018	
ADULT 18-39	Nov. 13 - Dec. 10, 2017	Jan. 8 - Apr. 1, 2018	Apr. 6 - 8, 2018	April 28 - 29, 2018
ADULT 65 & OVER	Jan. 15 - Feb. 12, 2018	Mar. 5 - May 25, 2018	May 28 - June 1, 2018	S: June 18-20, 2018
			June 4 - 8, 2018	I: January 2019
ADULT 18 & OVER	Feb. 5 - Mar. 5, 2018	Apr. 2 - Jun. 24, 2018	Jun. 29 - Jul. 1, 2018	D: August 3-5, 2018
			July 13 - 15, 2018	S: August 17-19, 2018
				N: October 2018
ADULT 55 & OVER	Apr. 16 - May 21, 2018	Jun. 11 - Sep. 2, 2018	Sept. 7 - 9, 2018	S: Sept 21-23, 2018
			Sept. 14 - 16, 2018	N: October 2018
MIXED 18 & OVER	Apr. 16 - May 21, 2018	Jun. 25 - Sep. 16, 2018	Sept. 28 - 30, 2018	S: October 12-14, 2018
			Oct. 5 - 7, 2018	Nov. 9-11, 2018
NORCAL COMBO	July. 16 - Aug. 13, 2018	Sep. 17 - Dec. 16, 2018	Jan. 11 - 13, 2019	TBD 2019
			Jan. 25 - 27, 2019	
NORCAL 70+ DAYTIME	July. 23 - Aug. 13, 2018	Sep. 3 - Dec. 16, 2018	N/A	N/A

(All dates subject to change.)



2018 USTA LEAGUE CHAMPIONSHIPS GRIEVANCE and APPEAL PROCEDURES

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 has qualified for National Championships.

Rule 2.06 Move-Up/Split-Up

1. Two divisions are subject to the move-up/split-up rule:
 - a. Adult Division which consists of 18 & Over, 40 & Over, and 55 & Over **adult** leagues.
 - b. Mixed Division which consists of 18 & Over and 40 & Over **mixed** leagues.
2. The following leagues/levels are exempt from the Move-Up/Split-Up rule
 - a. Adult 18 and Over 5.5+ and Open
 - b. NorCal Adult 70 & Over
 - c. NorCal Combo 10.0+
 - d. NorCal Mixed 55 & Over 9.0
3. The Adult and Mixed Divisions are separate and distinct from each other. An Adult National player does not count as a Mixed National player, and vice versa. There is no “crossover” between the adult and mixed divisions when determining national player status.
 - a. An Adult National player will count as one adult national player in each Adult league age group (18 & Over, 40 & Over, 55 & Over) if he plays at the same NTRP level or lower than his team that qualified for Nationals adult team.
 - b. A Mixed National player counts as one mixed national player in any each league age group (18 & Over and 40 & Over) if he plays at the same NTRP level or lower than his mixed team that qualified for Nationals.
4. 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 count as national teams.
5. Move-up/Split-up requirements only apply to players who participated in three (3) or more matches, including one (1) default, for any national team during the championship year.
6. Split-Up Requirement: No more than 3 players who were on the roster of any team or combination of teams, that advanced to, or qualified for, any National Championship the previous year may play together in the same Division, same Age Group and at the same NTRP level as the National Championship team, if their NTRP rating allows.
7. A player does not count as a national player if:
 - a. he does not meet the match requirement on the original national team or
 - b. the player moves up a level or
 - c. the player crosses over to the other division (mixed or adult)