



## USTA Northern Helpful Hints for a Successful Season

Good captains help make a great season! But, they are not the only ones who should be in the know...

- **Know USTA League Rules and Regulations.** It is a player's responsibility to know the league rules and regulations (you should know National, Section, and your local league regulations, if applicable, and "The Code").
- Complete Area, Section, and National regulations and The Code can be found on our USTA Northern Section website at [www.usta.com/northernleagues](http://www.usta.com/northernleagues).
- Know your team's match schedule.
- Know each facility's USTA League policies.
- Inform the Area League Coordinator of any schedule changes.
- The home team provides the balls and is responsible for recording the scores unless both captains agree to other arrangements.
- **Arrive 30 minutes before the scheduled start time** so you have enough time to check in and pay court fees, change, use the restrooms, stretch/warm-up, fill your water bottle, etc. Most facilities are fully booked so it is extremely important to be ready to go on court at your scheduled time.
- **Regulation 2.01C(2) Twin Cities Area Default Period.** *In local league competition, players failing to arrive on court, ready to play at the scheduled start time of their individual match are in default. All players are required to be on court or ready to enter the court at the scheduled start time of their individual match, or a default may be called.*
- The Home captain should introduce his/her team to the opposing team.
- **Keep your warm-up to 5 minutes or less**, and start matches on time.
- **Continuous Play.** Per ITF Rule 29 play should be continuous, from the time the match starts (when the first serve is put into play) until the match finishes. Please remind your players not to dawdle on change of ends and set breaks.
- Contact Paige Olowu, your Area League Coordinator, with any questions at [paige@nothern.usta.com](mailto:paige@nothern.usta.com).
- Be respectful to your team and opposing teams – reinforce good sportsmanship.

**MOST IMPORTANT: Have a great time and ENJOY playing socially competitive tennis!**