



## **2023 Impact Team Tennis League Rules and Regulations**

Impact Team Tennis (ITT) Rec Leagues feature co-ed teams competing in six sets - men's and women's doubles, men's and women's singles and mixed doubles. The unique format, which is also played by the ITT Pro League, includes playable service lets, substitutions and coaching.

It is recommended that all players review ITT rules and regulations as they pertain to recreation leagues. Rules different than the following local league rules may apply at ITT National Qualifiers and ITT National Championships.

### **Local League**

The Tri-City Fitness ITT league is comprised of FIVE divisions: 2.5, 3.0, 3.5, 4.0 and 4.5. All matches are scheduled at Tri-City Fitness.

### **Teams & Rosters**

The minimum roster size for the local league is six players (3 men and 3 women). Only 4 players (2 men and 2 women) are needed to field each match. The maximum roster size for the local league is 10 players. A player must be registered & paid as a player on a team or registered & paid as a substitute player prior to participation in any match. Under no circumstance may an unregistered player be used to "fill in" when players on a team's roster or the sub list are not available.

Any set played by a non-registered player will result in the set being declared a default. Players may be added to a team at any time during the local league season. Players who have not played a league match may be moved to another team or deleted from the team (refund available by request until the date of the team's last regular season match). No changes to the team roster or refunds will be made after this date.

### **Captains' Responsibilities**

Thank you to all of our team captains. Captains are responsible for distributing the league rules and schedule to their players and for ensuring that at least 4 players (2 men and 2 women) are available for each match. Prior to each match, team captains will collect court fees and pay the club with one payment. During the match, team captains will work together to record scores of each set. After each match, both team captains must the scorecard. A cell phone photo of the signed score card should be taken by either captain. Winning team captains should hold on to the signed scorecards until 1 year after the end of the regular season.

If a team captain is unable to attend a match, they must designate a player from their team as acting captain for the match. Acting captains must be familiar with all rules and procedures.

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## Player Participation

All players participating in the league must have reached the age of 18 on or before December 31, 2023. If a team advances to a National Qualifier, all players must be at least 18 years of age prior to the start of the National Qualifier.

A player may play on teams in multiple divisions. A player may not play on multiple teams within the same division. If a division is divided into flights, a player may not play on a team in more than one flight. Players registered on a sub list may play on multiple teams at multiple levels (see Sub List below).

## Determining Team Ratings

All players must have a USTA rating or be self-rated. USTA Year-End 2022 ratings will be used for all 2023 Tri-City Fitness ITT Leagues. The average NTRP rating of the top two rated men and top two rated women is used to determine a team's level of competition. No team may carry a player more or less than one NTRP point above the division entered (two NTRP levels). Players may play up or down as many as 2 NTRP levels (i.e., one full point).

## League Registration Fees

The league registration fee is \$25 per player, per division. This applies to all players on a team's roster. Players registering on the sub list do not need to pay the league registration fee unless they are added to a team's permanent roster.

## Court Fees & Balls

For the Winter Season, the court fee is \$112 per team per match (\$28 per player, assuming 4 players). It is the responsibility of the team captain (or his/her designee) to collect the team's court fees and submit one team payment to the facility prior to each match. Also, each team must bring 1 new, unopened can of balls to each match.

## Inclement Weather

In the event matches need to be postponed due to weather, a determination will be made by 12:00 noon on the day of the scheduled matches. Notification will be emailed to team captains and posted on the club's website ([www.tricitytennis.com](http://www.tricitytennis.com)). **It is the team captain's responsibility to make sure that all team players are notified.**

## Sub List

If a team is unable to field the 4 player minimum (2 men and 2 women) at a given match, the team captain may utilize the Sub List to pick up a player for that match only. The substitute player will already be registered on the Sub List, so there's no need to re-register with a specific team. **Team captains MUST notify the league coordinator prior to a match where a substitute player is being used so that matches played by subs can be tracked.**

Subs will not be added to the roster. When entering match scores for a match in which a player from the Sub List played, captains should enter the score but should leave the spot for the player's name blank. Because the system is not capable of tracking a player's personal statistics when a player is moved from one team to

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another, it is not necessary to “add” a sub to a roster temporarily for score entry purposes. However, it is important for the league coordinator to track the use of players from the Sub List so that the number of times a sub has been used for teams is on record.

- Substitute players may sub on different teams within a division. \*
- Substitute players may also sub in multiple divisions.
- A substitute player may be used on hybrid teams as a sub for a higher-rated player. (*For example, a hybrid team in the 4.0 division with all 4.0 men, one 4.5 woman and multiple 3.5 women may use a 4.5 woman from the sub list as a replacement for the rostered 4.5 woman when no other women on the team's roster are available.*)
- If a substitute plays on the same team a second time, he/she must be added to the team's roster **provided that the team's overall rating is not compromised.** (*In the hybrid team example above, the 4.0 team could not use the same 4.5 woman a second time UNLESS the original 4.5 player on the team's roster had a season-ending injury. In this case, the substitute 4.5 player would be added to the team's roster as a replacement player and would be the only 4.5 player to advance, should the team qualify to advance to a National Qualifier.*)
- There is no limit to the number of times a team can use the sub list.
- A team may use a maximum of two players from the sub list in a given match.
- A team fielding a match with a player (or players) from the sub list may not exceed a total of 4 players for the match in which the substitute player(s) are used.
- The sub list may only be used when all other players on a team's roster aren't available.
- Teams that have reached the 10 player maximum on their roster may use each sub only once during a season.
- Substitute players are pre-registered, however, their name will **not** appear on the score card. You may leave the name blank when entering scores.
- If a substitute player is picked up on a team's permanent roster, the substitute player will need to re-register/pay to be officially added to the team's roster. The sub may still play as a substitute in a different division.

\*If a team is unable to field 4 players for a match and is unsuccessful in finding someone from the Sub List that is available to play, the team captain may invite someone from another team in the division to play in place of a sub “for fun” so that the match can be played. In this “worst case scenario” situation, the visiting player from another team should not play the singles set. The visiting player should play in the 5<sup>th</sup> set mixed doubles so that a rostered player is playing 6<sup>th</sup> set mixed doubles. Finally, scores for all sets played by the visiting player will be recorded as 6-0 wins in favor of the team not using the visiting player (and the name field should be left blank for sets where the visiting player played). The visiting player's partner's name should be added.

### **Default Rules, Injury Retirements**

Matches will not be rescheduled except for under unusual circumstances (e.g., majority of team players traveling to ITT or USTA Sectional, National events, etc.). Team captains should utilize the sub list. Players may also be added to a team's roster at any time during the season, provided that the roster limit of 10 players has not been reached.

If only 3 players from a team are available for a match, **the match will still be played.** For example, if a male player were missing, the men's doubles and #5 mixed doubles sets would be scored as 6-0 defaults.

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**Match cancellations should be avoided at all costs.** If a team is forced to default a match, notification must be made to the league coordinator at least 48 hours prior to the match, otherwise the defaulting captain will be responsible for paying the court fees for their own team, plus the court fees of the opposing team. Also, the defaulting team captain must contact the opposing team captain to notify him/her about the default.

**If a team fails to show up to a scheduled match, that team captain is responsible for the team's court fees for that night plus the court fees of the opposing team.** The only exception to this rule is if the opposing team decides to use one court for team practice, in which case that team is still responsible for their own court fees for the night and the no-show team is still responsible for their court fees.

If a player is forced to retire during a set and another player on the team is not available, the score will be recorded with the games played standing and with the opposing team receiving 6 games for the set during which the player retired. If a player is forced to retire prior to the start of the mixed doubles sets and no other player on the team is available, the 5<sup>th</sup> set mixed doubles will be defaulted against the team from which the player retired. The 6<sup>th</sup> set (designated) mixed doubles set should be played with the remaining players.

For the purposes of league standings, defaulted matches will count as a win for the opposing team, however, game scores will not give the winning team a skewed advantage.

### Keeping Score

Team captains (or their designees) are required to keep score during the matches. If both captains agree, one scorecard may be used. Scorecards will be provided electronically to team captains. They are also available online at [www.tricitytennis.com](http://www.tricitytennis.com). Copies of the scorecards should be available at the front desk however, captains should keep copies of blank scorecards in their tennis bags just in case.

### Match Time Limit – 2 hours

The time limit to complete a ITT match is 2 hours. If a match is not finished within the 2 hour time period, the score will STAND based on completed games after 2 hours. Stalling is not permitted. The maximum amount of time allowed between points is 20 seconds. When players change ends at the end of a game, the maximum amount of time allowed is 90 seconds. The maximum amount of time between sets is 5 minutes, which should be used if needed, for warm-up or bathroom breaks. A longer amount of time may occur prior to singles or mixed doubles for the gender court that finishes first. Coaching is **only** permitted during the 90 seconds during change overs or between sets.

**Please do not take the court before your scheduled court time. Teams may rent extra-court time, if the court is available, with the front desk.**

**Team captains are responsible for making sure that matches start on time and that warmups are limited to 10 minutes at the start of the match and 5 minutes between sets, if needed. Bathroom breaks and equipment changes are expected to occur during these time periods.**

- If a match that ends in a tie score has an impact on standings (1) for teams qualifying to advance, OR (2) for teams in a division that has been split into flights and the outcome of a tied match would impact whether a team would qualify for the “top half” of the flight, a supertiebreaker will be played on the last

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date of matches scheduled for that division when both teams have a scheduled match. The supertiebreaker will be played immediately following regularly scheduled matches, assuming a court is available. If a court is not available immediately following regularly scheduled matches or if the teams involved have matches scheduled on the last day at different times, the supertiebreaker will be played on the last date of matches scheduled for that division as soon as a court becomes available. If teams need to wait for a court prior to playing the supertiebreaker, the players involved in the supertiebreaker are permitted a 10 minute warmup, if needed.

Since a supertiebreaker is considered a new set, any rostered player may play.

If more than 1 supertiebreaker needs to be played at the same time and impact the same team or limited courts are available, the tiebreakers will be played in the same order as the original matches were scheduled.

If the above cannot be reasonably executed (determined by league coordinator), for example no courts available, then the league director will determine when the supertiebreakers will be completed or how to proceed.

### **Warm-up, Service Order, Changing Ends, and Court Designations**

With ITT matches, teams warm up together on the same court. Please limit warm up to 10 minutes prior to the start of the match and 5 minutes in between sets. **Once warm up time is over, play should begin immediately.** Before or during the initial warm up, team captains should spin a racquet to determine which team is HOME and which team is AWAY. This is important for service order. The HOME team serves first in both doubles sets and the 6<sup>th</sup> set (designated) mixed doubles. The AWAY team serves first in both singles sets and the 5<sup>th</sup> set mixed doubles. (*Note: service order is indicated on the score card.*)

The receiving team for each set determines which end of the court to begin receiving on. After every 4 games, players change ends of the court.

After the warm-up, team captains will exchange their lineups for singles and doubles only. Again, one scorecard can be used. The men's singles, men's doubles, and 6<sup>th</sup> set mixed will be played on the even numbered court, and the women's singles, women's doubles, and 5<sup>th</sup> set mixed doubles will be played on the odd numbered court. If there are no court numbers, the HOME team determines where the sets are played.

### **Order of Play & NO-AD scoring**

The order of play will be:

- 1 set of women's doubles played concurrently with 1 set of men's doubles, *followed by*
- 1 set of women's singles played concurrently with 1 set of men's singles, *followed by*
- 2 sets of mixed doubles, played concurrently.

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**All sets will be played with NO-AD scoring.** With NO-AD scoring, the receiving team determines which side of the court the game point will be served to. In mixed doubles, if the score reaches deuce, the game point is served gender to gender.

In the rare instance when a player is running late, the singles sets may be played before the gender doubles sets. Both team captains should agree to this accommodation.

At the end of the 6 sets, the team with the total number of GAMES won, is declared the winning team, UNLESS the trailing team in terms of overall games won was the winner of the 6<sup>th</sup> (designated) set mixed doubles, in which case the match goes into overtime (see below).

### **Designated Set (Mixed Doubles 6<sup>th</sup> set) & Overtime**

Teams are encouraged to field their strongest mixed doubles team in the 6<sup>th</sup> set mixed doubles (also referred to as the “designated” set). After both mixed doubles sets are finished and scores are recorded and totaled, the procedure is as follows:

- If the leading team won the 6<sup>th</sup> set mixed doubles, the match is over.
- If the trailing team won the 6<sup>th</sup> set mixed doubles, the match continues into Overtime until the leading team wins one more game or until the score is tied. A Supertiebreaker will break the tie (see below).
- If the overall score is tied at the end of the 6<sup>th</sup> set mixed doubles, the match will automatically go to a Supertiebreaker.

**OVERTIME** is a continuation of the 6<sup>th</sup> set mixed doubles. Once a player has come out of any mixed doubles set, the player cannot return in Overtime. The first person to serve in Overtime is the person who was next to serve at the end of the 6<sup>th</sup> (designated) set. If the 6<sup>th</sup> (designated) set ended in a tiebreaker, the player/team whose turn it was to serve first in the tiebreaker shall be the receiver in the first game of Overtime, continuing in the same service order. This Overtime rule gives the trailing team a chance to make a comeback. It also emphasizes the importance of the 6<sup>th</sup> (designated) mixed doubles set. **YOU MAY NOT BEGIN OVERTIME PLAY UNTIL BOTH THE 5TH AND 6TH SET DOUBLES IS COMPLETED.**

### **ITT Set Tiebreakers**

If the score of a set reaches 5-5 in any set, a nine-point ITT tiebreaker will be played. The person who is next to serve begins the tiebreaker. Each player serves two points in succession starting from the deuce court. Players change sides only after the first four points. The first team (or person) to score five points wins the tiebreaker. If the tiebreaker reaches 4-4, the person who served the 8<sup>th</sup> point serves the 9<sup>th</sup> (final) point. The receiver, however, has the choice of sides (except in mixed doubles, where the point must be served gender to gender). The winner of the 9<sup>th</sup> point is the winner of the set.

### **ITT Supertiebreakers**

A Supertiebreaker is played if teams are tied after the end of regular play or after Overtime if the trailing team catches up to tie the match. If the match enters into a Supertiebreaker, a racquet spin will determine which team serves first. The Supertiebreaker is mixed doubles and should be treated as a new set. Substitutions are allowed. Either player on the serving team may serve first. In addition, court positions may be changed (i.e., person who played deuce court may switch to play the ad court position). Each player serves two points in succession starting from the deuce court. Players change sides only after the first six points. The first team

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to score seven points wins the Supertiebreaker. If the Supertiebreaker reaches 6-6, the person who served the 12<sup>th</sup> point will serve out the 13<sup>th</sup> (final) point. Since this set is mixed doubles, the final serve will be gender to gender. The team that wins the 13<sup>th</sup> point wins the Supertiebreaker and the match. The Supertiebreaker counts as one game in overall match scoring.

### **Substitutions During Play**

A team can, upon completion of a point, substitute a player (same gender) into a set for any reason. Once a player is replaced, he/she cannot return in that set. If a substitution occurs in doubles, the remaining player cannot change the side on which they receive or the service order. Substitutions are allowed in Overtime (if a player has not already played in either mixed doubles set) and the Supertiebreaker. Once a player has come out of any mixed doubles set the player cannot return in Overtime. Players cannot play in both mixed doubles sets.

### **Service Lets**

Service lets are played. When a serve hits the net and bounces within the service court, the ball is playable. In doubles, either player on the receiving side may return the ball after it bounces. If any player on the court calls "let", he/she loses the point.

### **Coaching**

Coaching is permitted during ITT matches as long as it does not interfere with continuous play. We encourage team members to sit along the court and support their teammates. The allowable time for coaching is during the 90 second changes of ends between games, or during the 5 minute warm up period between sets. Captains and players should remember that coaching and cheering should not be disruptive and should be done in the spirit of good sportsmanship and healthy competition.

### **Score Reporting**

At the conclusion of each match, both team captains must sign the scorecard. **Winning team captains must report scores on ITT.com no later than 24 hours after the conclusion of a match.** After each match, both team captains must sign the scorecard. A cell phone photo of the card should be taken by either/both captain(s). Winning team captains should hold on to the signed scorecards until 1 year after the end of the regular season. Once both captains have signed the scorecard, no changes can be made to the score.

### **League Standings**

League Standings are determined based on overall Win-Loss record. In the case of a tie, head to head results are used. If teams are still tied, the overall percentage of games won throughout the season determines the league winner.

#### **Large Division Standings:**

Divisions with a high number of teams may be split in to two flights. Flights will be balanced as best as possible in terms of team strength. For the first portion of the season, a round-robin will be played within each flight. After the in-flight round-robin, the top teams from each flight will each play the top teams in the opposite flight and the bottom teams from each flight will each play of the bottom teams in the opposite flight for the second portion of the season. When the entire season is complete, the top teams from the higher group (based on overall standings) will earn an advancement opportunity to a ITT National Qualifier. The number of qualifying teams will depend on the total number of teams in the division. For every 4 teams in a division, 1 will

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qualify to advance. **A commitment to having a team in the league means a commitment to the ENTIRE season, regardless of standings.** Teams that forfeit matches at the end of the season after playing the matches within their flight may not be invited to participate in future seasons.

### **Self-Rated Players & Players with Expired USTA Ratings**

All self-rated players and players with expired USTA ratings (more than 3 years old; or more than 2 years old if the player is over age 60) must fill out an online ITT Player History Form. The link to the form will be provided to league captains by the league coordinator and will also be available on [www.tricitytennis.com](http://www.tricitytennis.com). Failure to complete and submit the online form within 2 weeks of a request by the league coordinator may result in the player being disqualified from the league.

If a team captain or player feels that a self-rated player in the league has been inaccurately self-rated, a written complaint should be made to the league coordinator via email. The league coordinator will conduct a review and issue a final determination as to the player's rating for purposes of the ITT league from which the complaint arose. There is no further appeal process.

### **Advancement**

For every 4 teams within a division, 1 team is eligible to advance to a ITT National Qualifier of their choice within 12 months of the end date of the league (see [www.ITT.com](http://www.ITT.com) for a list of National Qualifiers). If a team isn't able to attend a National Qualifier within 12 months, they may also compete in the qualifier immediately following the 12 months. If a qualifying team opts out of attending a National Qualifier, their bid will be offered to the next place team in the standings in their division. Qualifying teams not able to attend a National Qualifier should notify the league director as soon as possible if they will not be using their bid. Winning teams at National Qualifiers advance to the Mylan ITT National Championships. In order for a player to be eligible to compete at a ITT National Qualifier, he/she must have played in a minimum of 2 team matches for their qualifying team (one default may be counted).

Each team attending a ITT National Qualifier will be allowed to add 1 alternate player to their National Qualifier roster as long as he/she is registered and played in at least 2 matches in any official ITT local league within 14 months of the National Qualifier the team wishes to participate in.