



CPSAL Tennis Rules & Regulations

1. *Uniforms*

- 1.1. All teams must be in matching uniform tops and bottoms that have their school name or a visual reference to the sport of tennis, with unique numbers for each player.
- 1.2. All Players must be in either sweatpant, athletic pants or shorts
- 1.3. Jersey numbers cannot switch from player to player. No exceptions.
- 1.4. Teams can bring extra jerseys to games that are not assigned to any other players. These are considered blood jerseys; in case someone gets blood on their jersey and needs to change.
- 1.5. If a team does not have matching uniforms before their first regular season game, they must inform the league beforehand.
- 1.6. All uniform issues will be discussed before the game with the coaches, Game Supervisor and referees. All reasonable attempts will be made to correct any violations.
- 1.7. There are absolutely no exceptions to these rules, players will immediately not be allowed to play if caught violating these rules.

2. Participation

- 2.1. Students in 8th grade may participate in Varsity competition.



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- 2.2.If a student in 8th grade participates in Varsity High School Tennis competition for a school that participates in Junior High School competition, that student is eligible to participate in Junior High School competition as long as the programs are not in the same season.
- 2.3.In order to be eligible to participate in CPSAL activities a student must be enrolled in and attend a member school.
- 2.4.Physical Examination is required for each athlete and is the responsibility of the school to confirm each athlete has an updated physical.
- 2.5.Transferring students cannot be added to rosters during a season.
- 2.6.Transferring students gain eligibility at the beginning of the next season. For example, if a student transfers during the middle of the fall season, they gain eligibility for the start of the winter season.
- 2.7.A student shall be eligible for High School competition in grades 9th,10th,11th, and 12th.
- 2.8.A student who is 20 years old or turns 20 during the school year, is not eligible for any sports.
- 2.9.A student is eligible to participate in the CPSAL interscholastic sports program immediately upon lawful registration and entry into a New York School that offers such a program, provided the student meets the standards as set forth by the Eligibility Rules and Regulations.
- 2.10. Any transferring student who was on an active roster at another school at any time during the year prior to the date of transfer, shall be ineligible to represent the school transferred to, in that sport, for a period of one year from the date of transfer, unless the student can demonstrate that the transfer is the result of an



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official change of residence by his/her parents or legal guardians or the result of a legal change in guardians.

- 2.11. If a student was on a team's active roster in a sport in any high school (public, parochial or private), that student may not participate in the same sport during the same season, for any other team.
- 2.12. A student may participate on one or more teams but only for the school in which he/she is a full-time student.

3. *Jewelry*

- 3.1 All earrings, facial piercings, body piercings, and bands must be removed before the start of the game.

b) Glasses that are accepted:

- Plastic framed glasses • Sports goggles
- Providing they are strapped around the head sports goggles

c) Glasses that are not permitted:

- Lenses made of glass
- Metal framed glasses
- Any other type of eyewear that the referee/umpire deems could be dangerous.

3.2. If jewelry is for Religious reasons:



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- Child must have a letter from their school
- Letter must have school letterhead and signed by principal
- Child must have a letter from their parent as well
- Letters must be brought with the child to every game throughout the season
- If a child wears a religious band on wrist it can be worn but it must be covered with athletic tape and/or sweat band.

There are absolutely no exceptions to these rules, players will immediately not be allowed to compete if caught violating these rules.

4. Rosters

4.1. Rosters are due by the team's 1st game of the season. This will be strictly enforced.

4.2. If the roster is not submitted, the team will be able to play but will receive a forfeit loss until roster is submitted.

4.3. All team rosters will consist of a maximum of twenty (20) players and must contain the following

information:

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Name of school

Names and telephone numbers of head coach and assistant coaches

Legal first and last name of each player

Grade, age, and year of birth (day not required)

Uniform number of each player

Signature from Athletic Director.



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4.4. It is responsibility of each member school to ensure the accuracy of the information provided on the league roster. The information provided on the submitted roster is considered official and will be the evidential basis of any eligibility challenges. Changes to the roster cannot be made after it is submitted to the league office without the written consent of the Director of Athletics.

4.5. League rosters should be emailed to league sports email or added to the league website cpsal.org before the 1st league game.

5. *Scheduling*

5.1. The season will generally start in April/May

5.2. Games will be scheduled on any day of the week except Sunday. Games will not be scheduled on the following days:

- Cinco De Mayo
- Mother's Day
- Memorial Day

5.3. Teams are responsible for submitting their blackout dates the week after the Preseason meeting. The preseason meeting will be held in March. Schools are entitled (7) blackout dates (not including the CPSAL Holiday blackout dates. The league will not schedule games on these blackout dates.

5.4. All schools must be prepared to play Saturday games throughout the course of the season. Blackout dates consisting of all Saturday dates will not be accepted.



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5.5. It is the responsibility of each participating school to ensure that the blackout dates are inclusive of any foreseen conflicts that the school may have with playing games on that day. These conflicts include (but are not limited to):

- a. School-specific closings (half-days, early dismissal, etc)
- b. Testing (mid-terms, interim assessments, SATs, etc)
- c. Parent/Teacher Conferences
- d. School Proms/Dances
- e. School Trips
- f. Graduation dates
- g. Vacations/absences of the coaches

5.6. Schools will be expected to play on any day that is not listed as a blackout date. Any schedule conflicts presented to the league after the final schedule has been released will be reviewed and a final decision on whether to reschedule the game will be made at the sole discretion of the Director of Athletics.

5.7. Blackout dates- Please keep in mind that if you cannot play on a specific day of the week (All Tuesday's) that specific day will be counted towards your blackout dates.

6. Playoff Tournament and Tiebreakers

6.1. CPSAL will determine the playoff dates and seeding once the regular season is complete using the following criteria:

- a. Wins/losses
- b. Head to Head
- c. Point against
- d. Points for
- e. Points for minus points against



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- 6.2. All players must play at least 1/3 of regular season games in order to be eligible for postseason.
- 6.3. Tiebreaks are played when the match score is 10-10.
- 6.4. Deciding Match Tiebreak Seven (7) Points: The player/team who first wins seven (7) points shall win this match tiebreak and the match, provided that there is a margin of two (2) points over the opponent(s)/
- 6.5. Each match will count as 1 point. The team with the most points is the winner of the team competition.

7. *Filming*

- 7.1. Teams are allowed to film their own games and not allowed to film games that they are not participating in.
- 7.2. No soliciting or receiving another team's film for any reason.
- 7.3. If the above rules are not followed, a one game suspension/forfeit will be enforced.
- 7.4. Parents and spectators are allowed to film.
- 7.5. Filming will only be allowed for review in case of an altercation or a player gets injured.

8. *Cancellation of Games*

- 8.1. Any cancellations on game day will be made by CPSAL by 12pm.



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- 8.2. Games canceled in less than 24 hours of game day will not Rescheduled and result in a forfeit for the rescheduling team. CPSAL reserves the right to reschedule a game based on unavoidable emergencies determined by CPSAL Commissioner..

9. *Gameday Rules*

- 9.1. Competitions will consist of three singles matches followed by two doubles matches.

Matches will be played in the following order:

- i. 1st Singles
- ii. 2nd Singles
- iii. 3rd Singles
- iv. 1st Doubles
- v. 2nd Doubles.

Deviation from this order is not acceptable unless both coaches agree to the change of order.

- 9.2. Each match will consist of a ten (10)-game pro set. In order for all five team matches to be completed on time, an eight (8)-game pro set is only permitted when agreed on by both coaches before any match is played. (No-Ad" scoring will be used.)

- 9.3. Substitutes from both teams may play a 6th singles or doubles match of at least an eight (8) game "Pro Set", which will not affect the overall team result. This contest may be counted toward a substitute's eligibility for the playoffs only if it is posted on the cpsal.org website along with the box scores for the other 5 matches.

- 9.4. Only the Head Coach is allowed to coach his/her student-athlete only during any 90-second changeover except the first changeover

- 9.5. Coaching must be done on the court and may not interrupt continuous match play.



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9.6. There are no coach's timeouts.

9.7. All officials will be assigned by the CPSAL.

9.8. If only one official appears, the game must still be played.

9.9 *Team Roster & Minimum Number of Players needed to Start a Game*

- Minimum number of seven (7) players is required to start a game.
- Three (3) Student-athletes are to be designated as singles players.
- Four (4) student-athletes are to be designated as doubles players.
- A team's best player must be designated as #1 singles.
- A team's second best player must be designated as #2 singles.
- A team's third best player must be designated as #3 singles.
- The two doubles teams should consist of the team's 4th-7th best players with the two players of the #1 doubles team competitively better as a team than the two players designated as #2 doubles.

9.10. *Substitutions*

In the event a player is missing from a lineup, a coach **MUST** decide on one of the

following choices:

- Place substitute(s) directly into the open position(s).
- Move everyone in the line-up upward, preserving the order, and place the substitute(s) in the lowest position(s) that is open.
- When missing a singles player, the coach may slide the remaining singles players upward using a substitute(s) at the lowest singles position(s) and leave the doubles lineup intact.
- If a player misses three (3) consecutive matches, a new lineup must be submitted to the Commissioner with all players below moving up. The player



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who missed 3 consecutive matches cannot play in a match until the coach submits a request to the Commissioner and the request is officially granted

Forfeits

- 10.1. All forfeited games are entered into the standings as a 1-0
- 10.2. A fifteen (15) minute forfeit time (Starts 15 minutes after the scheduled start time of the game) is allowed for all games. This will be strictly enforced by the referees unless extra time is authorized by the Commissioner.
- 10.3. Any team that forfeits three or more games in a season will not be eligible for playoffs.
- 10.4. All teams that must forfeit a Saturday game must inform the league via phone call or email by 3pm on Friday.

11. Suspension /Ejection of Student/Coaches

- 11.1. Any player ejected from a game must leave the immediate playing area.
- 11.2. Players ejected from a game for unsportsmanlike behavior will face a minimum one-game suspension.
- 11.3. Any coach ejected from a game must leave the immediate playing area.
- 11.4. If a coach is ejected from the game and there is no other coach to handle the coaching duties, the game will be called and awarded to the opposing team.
- 11.5. Coaches ejected from a game for unsportsmanlike behavior will face a minimum one-game suspension.



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12. *Equipment and Safety*

- 12.1. No player will be allowed to play with a hard cast. A doctor's release note must be presented to the league before they can play again.
- 12.2. Each teacher/coach must actively supervise team members, until they are safely away from the site of competition.
- 12.3. Both teams must provide a minimum of six (6) cans of new USTA-approved tennis balls with three for singles, two for doubles, and one for the optional exhibition match.
- 12.4. All courts must meet USTA standards or must be approved by the CPSAL Commissioner.
- 12.5. Games cannot proceed unless both coaches are present and the required AED unit is present. All coaches must bring their AED unit to all games, practices and scrimmages. If the AED unit is NOT present, a team cannot practice, scrimmage, or play a game.

13. *Protests Protocol*

13.1. *Line Call Discrepancies*

In the case of several line call discrepancies during a match, the following protocol must be followed:

- i. The athlete who believes there are several line call discrepancies must alert his/her coach of the issue.
- ii. The coaches of both teams will select a student athlete (overseer) from each of their teams to stand on the same side of the court at the net post to oversee the lines. These overseers do not make any line calls.



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- iii. The athletes who are playing the match will continue calling the lines during the match.
- iv. If an athlete challenges a call from his/her opponent, it must occur immediately and the point is stopped. Then, an appeal is made to the overseers. The overseers independently decide the correct call.
- v. If both overseers are not in agreement, the point is replayed.

Protests may only be made if a rule is alleged to have been applied incorrectly, or not applied.

13.2. No protest of judgment calls may be entered.

13.3. Coach must verbally inform the referee or league staff of the protest before play commences or resumes.

a) Judgment calls include (but are not limited to):

- Ball in
- Ball out

13.4. All protests of rules interpretations/athlete eligibility/scorebook keeping must be made in writing and emailed to the Director of Athletics within 24 hours of completion of the game.

13.5. All protests must be completed on the proper Protest form or via email to CPSAL Commissioner.

13.6. All protest forms are on CPSAL website (cpsal.org) under documents.

13.7. The league will investigate all protests and will deliver a ruling within 24 hours of receipt of protest. If a ruling cannot be made within 48 hours, the protesting coach will be notified of the delay and informed of when to expect a ruling.



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13.8. A coach can only protest the age and grade of two (2) players within 48 hours of a regular season game and 24 hours of a play-off game.

14. Sportsmanship Policy

14.1. All teams are expected to show sportsmanship before, during, and after each game. Coaches and players must line up and shake hands after each game. Exceptions to this rule are made for injured players after the coach informs the referees/game supervisor of the injury.

14.2. Players must keep their jerseys on during the postgame sportsmanship line. If a player removes their jersey before the sports

manship line, that player will be warned. Continued violation of this rule may result in a 1 game suspension.

14.3. Players who do not participate in the sportsmanship line may be suspended for their next game.

14.4. Coaches who do not participate in the sportsmanship line will be suspended for their next game.

14.5. Only coaches, players, and managers are allowed on the sideline/player area during the game.

14.6. Coaches and managers must be in team apparel/colors and players must be in uniform.

14.7. No spectators are allowed on the sidelines in the player area during the game.

14.8. All teams are responsible for removing their trash from the bench area after the game.

14.9. Coaches and ADs are responsible for the actions of their players and spectators on and off the court.



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14.10. Players and coaches heard using profanity will be issued a yellow card. Any parent heard swearing, cursing or harassing the referee, the coach will be given a game misconduct warning. If this request is ignored, the parent will be asked to leave the field, and if they refuse, the team will forfeit the game.

14.11. Offensive or confrontational language is illegal and will receive a yellow card. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the players or players will be ejected from the game.

14.12. Players may not physically or verbally abuse an opponent, coach or official.

14.13. Any player or coach ejected from a game must immediately leave the field area. If a coach is ejected from the game and there is no other coach to handle the coaching duties, the game will be called and awarded to the opposing team.

14.14. Players ejected from a game for unsportsmanlike behavior will face a minimum one (1) game suspension.

14.15. Coaches ejected from a game for unsportsmanlike behavior will face a minimum two (2) game suspension.

14. Fighting/Altercations

15.1. Fighting of any kind will not be tolerated. Any player who throws a punch will be ejected for fighting and automatically suspended for their next 2 games at minimum.

15.2. Coaches are responsible for controlling their benches during an altercation. If a player leaves the bench to participate in an on-court altercation, that player will be ejected from the game and suspended for the next game.

15.3. If more than one (1) player fights during or after a game, it is considered a team fight.

15.4. If a team fight takes place a team can be suspended for one (1) game or the entire season.



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15.5. During a team fight if one (1) player is reported to be out of control, that player can serve a suspension longer than the team suspension.

15.6. After a review of the incident (which can include statements from the coaches, referees, Game Supervisor and/or any video footage), additional penalties can be assessed at the discretion of the league commissioner.

15.7. CPSAL reserves the right to suspend a player for a minimum of one (1) game and maximum of the entire season.

16. Spectators and Cheerleading Policies

16.1. a warning will be given to fans or parents who disrupt the flow of the game at the referee's or Game Supervisor's discretion. If the disruption continues, the fan or parent will be asked to leave the event. If he/she refuses to leave the park, the team that's being supported by the unruly fan will forfeit the game.

16.2. Cheerleaders are an extension of the team and must also be accommodated at all home and away locations.

16.3. Home team cheerleaders should cheer on the Home team sidelines or designated area if available.

16.4. Home team cheerleaders cannot cheer on the away team's sideline/bench. Away team cheerleaders cannot cheer behind the home team's bench.

16.5. Cheerleaders are just like the players and can be ejected/suspended from a game for disorderly behavior at the referee or Game Supervisor's discretion.

17. Sound and PA Announcements



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17.1. Pre-game music and music during intermission is allowed. All music and sounds should be in good taste and profanity free.

17.2. Play-by-play announcing is allowed and encouraged during league games. Must be appropriate and cannot make fun of players.

18. Scorebooks and Scoreboards

18.1. The referees are responsible for keeping the score.

18.2. The home/host school team is responsible for submitting the final game score to the league. All game scores must be texted or emailed to the league no later than 48 hours after completion of the game.

18.3. If scores are not submitted within the time given, the game will be recorded as a double forfeit.

18.4. This ensures accurate and timely updating of the standings on the league website.