

Variations/ USTA vs. NJSIAA Rules and Regulations

In general, high school tennis follows USTA rules as outlined in the USTA publication, Friend at Court. However there are areas where USTA rules have been adapted for a better fit with scholastic tennis which is a coaching/teaching situation rather than strictly a tournament situation. The following are some key areas where high school officials should be aware of the differences.

1. Coaching is permitted on all 90 second changeovers, after the warm up period, and at the end of each set, even if it is not an odd game changeover. Since a coach is often trying to cover 5 courts at once, high school umpires should use their judgment in allowing the coach a reasonable amount of time to talk to his players.
2. There is a three minute rest period permitted at the end of the 1st set, and a ten minute rest period permitted between the 2nd and 3rd sets. However players are only permitted to leave the court between 2nd and 3rd sets.
3. Medical time outs for high school are ten minutes.
4. Players must be in uniform in order to participate. This means everyone on the varsity team must be in identical tops or dresses and same color shorts or skirts.
5. New balls third set are only mandatory if the team match has not yet been decided.
6. Scorecards are required on each court and are the responsibility of the home team. There is a one game penalty plus loss of toss on each court without scorecards.
7. There is no defined forfeit time for tardiness in high school matches. Waiting for the opposing team should be for a reasonable amount of time and the tardy team should call to alert the opponent to the situation. However once both teams and coaches are present, all players participating in the match must be present for team introductions at the designated start time in order to play.
8. Coaches still have the authority to impose code violations on their players even when there is an official at the match. The coach should inform the official immediately that the penalty has been imposed.
9. Coaches must present complete, valid, and accurate challenge match forms. (one game penalty and loss of toss at each position)
10. In state sectional and group finals there is no on site warm up allowed until both teams are present. (two game penalty at each position)
11. Coaches must be present in order for the match to be played.
12. Any player who is defaulted from a match, will be subject to the two match disqualification rule. Official must submit disqualification form.