

2025 GIRLS TENNIS RULES MEETING

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IOWA GIRLS HIGH SCHOOL ATHLETIC UNION
TENNIS ADMINISTRATOR



THIS POWERPOINT PRESENTATION WAS
COMPILED BY THE IOWA GIRLS HIGH SCHOOL
ATHLETIC UNION FOR THE FALL 2025 TENNIS
SEASON.

GIRLS TENNIS ADMINISTRATOR:

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First Practice & Competition Dates

FIRST PRACTICE DATE FOR GIRLS TENNIS

- Monday, August 4th

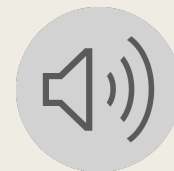
FIRST COMPETITION DATE FOR GIRLS TENNIS

- Thursday, August 7th
 - *Students ineligible under the Scholarship Rule begin their ineligibility on the first competition date and are ineligible for 20-consecutive calendar days.*
 - *Eligibility is regained on August 27*



Girls Meet Limitations

- The meet limitation for girls' tennis is 12 regular season competition dates. A school may schedule 12 varsity and 12 sub-varsity meets.
- Multiple duals held on ANY DAY count as only ONE date.
- Girls may participate in 12 dates at EACH level of competition.
- Postseason competition is NOT included in this limitation.



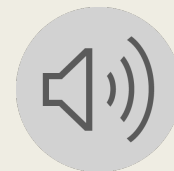
Girls Participation Clarification

- Varsity competition is intended for varsity teams and players and sub-varsity competition is intended for sub-varsity teams and players.
- Sub-varsity teams or players may play in varsity competition in special circumstances when needed to complete brackets.
- The respective state office tennis administrator should be contacted before sub-varsity teams or players compete in varsity competition.



Regular Season Lineups

- Coaches will exchange singles line ups at the same time before singles play begins.
- The official doubles line up in team play is the one submitted, or reaffirmed, immediately before the doubles teams take the court.
- Ethics for coaches dictate that the doubles teams be listed in the position of strength with the best doubles team submitted that day playing #1, the second-best team playing #2, etc.



Scrimmages and Practice Facilities

- In **GIRLS'** tennis, each school is allowed **ONE** scrimmage date to be used after the first Friday in September (September 5) and before the State Singles and Doubles Tournament (October 1).
- Complete rules on scrimmages can be found in 2025 Girls Tennis Manual.
- For **GIRLS'** sports, there are no restrictions on where a school may practice.
- Practices must be under the supervision of the school's coach.

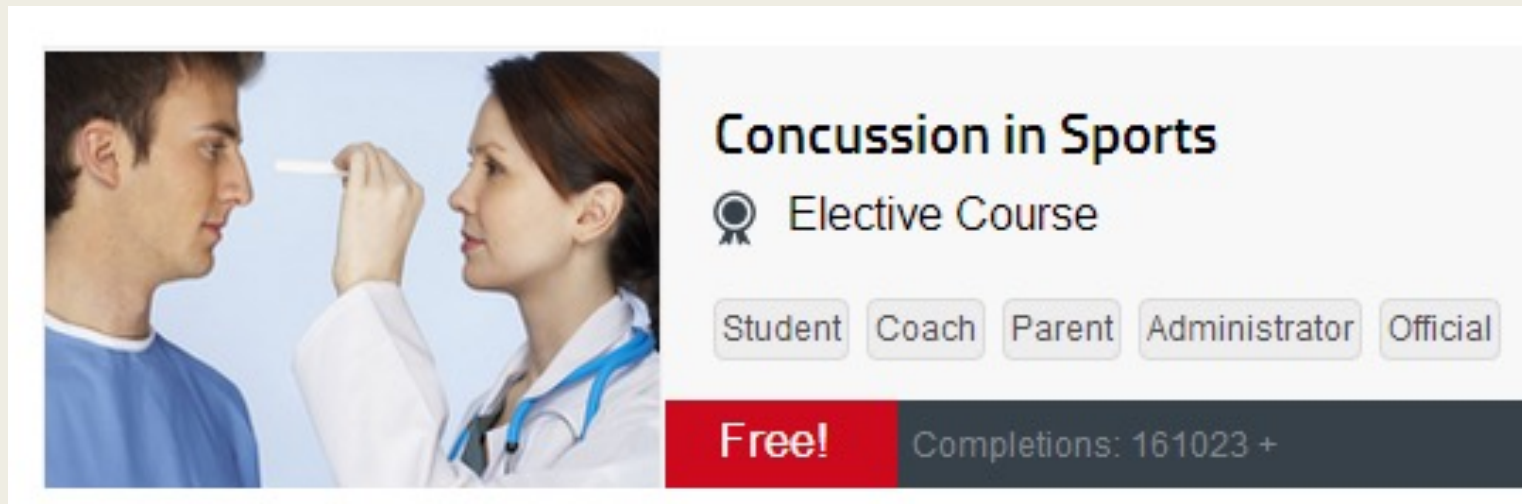


Co-Ed Participation

- There is no coed interscholastic competition in tennis EXCEPT for the State Co-Ed Tennis Tournament.
- The State Co-Ed Tennis Tournament will be held on Tuesday, June 9, 2026.
- **Students in grades 9-12 during the current school year (2025-26) are eligible to compete in the State Co-Ed Tennis Tournament.**



MANDATORY CONCUSSION COURSE FOR ALL 7-12 COACHES



ALL 7-12 coaches (paid or volunteer) are required to view the NFHS course, “Concussion in Sports” before the beginning of their respective sport season. Information regarding accessing this course has been sent to your school administrator.



Concussions

Iowa Code Section 280.13C states, in part,

- “... each school district and nonpublic school shall provide to the parent or guardian of each student in grades seven through twelve, a concussion and brain information sheet as provided by the Department of Public Health, Iowa High School Athletic Association and Iowa Girls High School Athletic Union.
- The student and student’s parent or guardian shall sign and return a copy of the concussion and brain injury information sheet to the student’s school prior to the student’s participation in any extracurricular interscholastic activity.”
- “If a student’s coach, contest official, or licensed health care provider, or an emergency medical provider observes signs, symptoms, or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity, the student shall be immediately removed for participation.”



Concussion Form

- Required to be completed annually.
- Must be in school possession, signed by both athlete & parent, before athlete can start participating.



A FACT SHEET FOR PARENTS AND STUDENTS

HEADS UP: Concussion in High School Sports

The Iowa Legislature passed a new law, effective July 1, 2011, regarding students in grades 7 – 12 who participate in extracurricular interscholastic activities. Please note this important information from Iowa Code Section 280.13C, Brain Injury Policies:

- (1) A child must be immediately removed from participation (practice or competition) if his/her coach or a contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity.
- (2) A child may not participate again until a licensed health care provider trained in the evaluation and management of concussions and other brain injuries has evaluated him/her and the student has received written clearance from that person to return to participation.
- (3) Key definitions:
"Licensed health care provider" means a physician, physician assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist, or athletic trainer licensed by a board.
"Extracurricular interscholastic activity" means any extracurricular interscholastic activity, contest, or practice, including sports, dance, or cheerleading.

What is a concussion?

A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

What parents/guardians should do if they think their child has a concussion?

1. OBEY THE NEW LAW.
 - a. Keep your child out of participation until s/he is cleared to return by a licensed healthcare provider.
 - b. Seek medical attention right away.
2. Teach your child that it's not smart to play with a concussion.
3. Tell all of your child's coaches and the student's school nurse about ANY concussion.

What are the signs and symptoms of a concussion?

You cannot see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your teen reports one or more symptoms of concussion listed below, or if you notice the symptoms yourself, keep your teen out of play and seek medical attention right away.

STUDENTS:

If you think you have a concussion:

- Tell your coaches & parents – Never ignore a bump or blow to the head, even if you feel fine. Also, tell your coach if you think one of your teammates might have a concussion.
- Get a medical check-up – A physician or other licensed health care provider can tell you if you have a concussion, and when it is OK to return to play.
- Give yourself time to heal – If you have a concussion, your brain needs time to heal. While your brain is healing, you are much more likely to have another concussion. It is important to rest and not return to play until you get the OK from your health care professional.

Signs Reported by Students:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

PARENTS:

How can you help your child prevent a concussion?

- Every sport is different, but there are steps your children can take to protect themselves from concussion and other injuries.
- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.
 - Ensure that they follow their coaches' rules for safety and the rules of the sport.
 - Encourage them to practice good sportsmanship at all times.

Signs Observed by Parents or Guardians:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Information on concussions provided by the Centers for Disease Control and Prevention.
For more information visit: www.cdc.gov/Concussion

IT'S BETTER TO MISS ONE CONTEST THAN THE WHOLE SEASON.

IMPORTANT: Students participating in interscholastic athletics, cheerleading and dance; and their parents/guardians; must sign the acknowledgement below and return it to their school. Students cannot practice or compete in those activities until this form is signed and returned.

We have received the information provided on the concussion fact sheet titled, "HEADS UP: Concussion in High School Sports."

Student's Signature

Date

Student's Printed Name

Parent's/Guardian's Signature

Date

Student's School



Concussions

IOWA HIGH SCHOOL ATHLETIC ASSOCIATION

IOWA GIRLS HIGH SCHOOL ATHLETIC UNION

CONCUSSION MANAGEMENT

Iowa Code Section 280.13C states, in part,

2c. Emergency medical care provider means the same as defined in section 147A.1.

2d. Extracurricular interscholastic activity means any dance or cheerleading activity or extracurricular interscholastic activity, contest, or practice governed by the Iowa High School Athletic Association or Iowa Girls High Athletic Union ...

2e. Licensed health care provider means a physician, physician assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist, or licensed athletic trainer licensed by a board designated under section 147.13.

4b. For school years beginning on or after July 1, 2018, each school district and nonpublic school shall provide to the parent or guardian of each student in grades seven through twelve, a concussion and brain information sheet as provided by the Department of Public Health, Iowa High School Athletic Association and Iowa Girls High School Athletic Union. The student and student's parent or guardian shall sign and return a copy of the concussion and brain injury information sheet to the student's school prior to the student's participation in any extracurricular interscholastic activity.

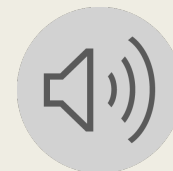
- Complete information on concussions can be on the IHSAA and IGHSAU websites.

- **Coach Removal** - If the student's coach observes signs, symptoms, or behaviors consistent with a concussion or brain injury, in ***any kind of participation***, i.e. **practices, scrimmages, contests, etc.**, the student shall be immediately removed from participation and shall not return until the school's designated representative receives written clearance to return from a licensed health care provider as defined in Iowa Code 280.13C.



DISCUSSION POINTS FOR PRE-MEET WITH COACHES & PLAYERS

- Indicate what kind of **scoring** will be used for the meet.
- Discuss **coaching opportunities**, changeovers, breaks between sets, and the tie break procedure.
- Review the rule regarding when coaching can take place and that only coaches, or teammates, may talk to players during a match, including set breaks.
- Remind coaches that the coach from any school at the meet may issue **sportsmanship warnings** to any player.
- Remind players and coaches to follow the **10-minute warm up** period.
- Remind players the server **MUST announce the score before every point**, loudly enough for the receiver to hear.



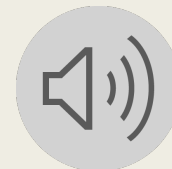
DISCUSSION POINTS FOR PRE-MEET WITH COACHES & PLAYERS

- Ask players to **confirm the match score on every changeover** and, if score cards are being used, to **change the score cards on every changeover**.
- Emphasize that **players are calling their own lines** and should not allow spectators to influence their calls. Once a player makes a call, it becomes history and everyone moves on.
- Remind players to **avoid foot faults** when serving.
- Ask players to **leave the court when their match is over**. They may watch any remaining matches with the other spectators.
- **Introduce respective coaching staffs** to each other prior to the start of the tournament/meet.



DISCUSSION POINTS FOR PRE-MEET WITH COACHES & PLAYERS

- In the event inclement weather causes play to stop during the regular season the following procedure should be used:
 - *The head coaches from each participating school will jointly decide when to suspend play due to inclement weather, with the athletic director or head coach from the **host school** having the final authority.*
 - *Players are responsible for game score, match score, who was serving at the time of suspension and from what court.*
 - *Coaches are responsible for notifying their respective athletic directors about the suspension of play so the athletic directors can discuss completing the suspended contest.*



Coaching Opportunities

- Only school-approved coaches may coach their players from the time the players take the court to warm up for their match until the match is over.
- Recommendations have been brought to the IGHSAU Board of Directors concerning coaching opportunities. Any changes will be communicated by the IGHSAU.



Time Between Sets and Singles/Doubles



- When 2 out of 3 sets are being played:
 - *Maximum of 2 minutes is allowed between the 1st and 2nd sets.*
 - *Maximum of 10 minutes is allowed between the 2nd and 3rd sets.*
 - *Maximum of 3 minutes is allowed between the 2nd set and 10-Point Match Tie-Break, when a 10-Point Match Tie-Break is played in lieu of a 3rd set.*
- Maximum of 2 minutes is allowed when one player has won half of the games during a Pro-Set.
- Singles/Doubles
 - *A maximum of thirty minutes is allowed between a player's singles and doubles matches, unless the coaches mutually agree to shorten the break.*
- Review the tennis manual for complete information on breaks.



Reporting of Team Scores

- The use of Bound and UTR will be used to report girls team scores for all dual meet play during the regular season.
- Teams also must enter their rosters into UTR by the date of their first match.
 - *Results will be pulled from Bound to UTR twice a week throughout the season.*
 - *Results only need to be entered into Bound.*
 - *Rosters need to be entered into both Bound and UTR.*
- Results must be entered by each Monday morning at 9:00 AM. Failure to enter results will result in a call from the IGHS AU. After two warning calls, further consequences will be imposed by the IGHS AU.
- Specific information about using Bound, UTR, and reporting regular season dual meet scores is outlined in the tennis manual.
- For questions regarding UTR please contact Jonathan Hicks at jonathan@universaltennis.com



Sportsmanship of Players

- Profanity, racket throwing or other unsportsmanlike acts cannot be tolerated.
- Each coach is responsible for ensuring that their players comply with the sportsmanship code.
- An opposing coach has equal responsibility, and authority, for enforcing the sportsmanship code for any players.
- A contestant may be given a warning, or ejected and disqualified, on the first violation depending upon the severity of the acts determined by the meet management. **THE SECOND WARNING TO THE SAME INDIVIDUAL IS AN AUTOMATIC EJECTION & DISQUALIFICATION.**



Sportsmanship of Players

- If a student-athlete is ejected & disqualified from a singles match, the ejection rule is enforced for that particular player in both singles and doubles.
- The player's doubles partner will not be penalized as a substitute may replace the ejected player in doubles play. This substitute player must be one who was not originally in the doubles line-up, and the doubles team positions cannot be realigned.
- *If either partner of a doubles team is ejected and disqualified for unsportsmanlike conduct during doubles competition, the doubles team forfeits the match.*



Controversy on the Court

- Controversy on the court should be resolved by the players involved, whenever possible!
- Player discussions should be held at the net, not from the baselines!
- If players cannot resolve the issue, the coaches and players should meet at the net to discuss a resolution.
- If this meeting is not successful, meet administration should visit with the players and coaches at the net.
- An appeals judge can be appointed by meet management as a last resort. If an appeals judge is appointed, they make a ruling only when asked by one of the players, and the state office should be notified if an appeals judge is appointed.



IGHSAU Uniform Policy

- Girls tennis student-athletes must wear a school-approved uniform. Please remember this reflects your school!



Medical Time-Outs

- One medical time-out, including those for bleeding or cramping, is allowed per match.
- Anytime a player defaults due to injury, she may not play the remainder of the meet or tournament.
- IGHSAU – Maximum length 10 minutes. This 10-minute time out does NOT apply to one who is regulating a pre-existing medical condition. E.g. a diabetic condition. A doctor's note must accompany the athlete to matches should a question arise. The blood time out rule is different than a regular Medical Time out. Please see the manual for specifications.
- A mental health related timeout will follow the same 10-minute break stated above and will only be allowed one time out per match



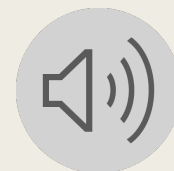
Time-Outs for Muscle Cramping

- A medical time-out may be taken for the 1st instance of muscle cramping.
- Subsequent occurrences of muscle cramping during the match, *even if the cramping is in different areas of the body*, are subject the point penalty system according to USTA rules.
 - *The second time a player, or doubles team, must stop playing due to muscle cramps a match point is awarded to the opponent.*
 - *The third time a player, or doubles team, must stop playing due to muscle cramps one game is awarded to the opponent.*
 - *The fourth time a player, or doubles team, must stop play due to muscle cramps the player, or doubles team, must **INJURY DEFAULT**, for the entire meet or tournament.*



Time-Outs for Muscle Cramping

- **Note 1:** After each individual cramping occurrence, play must continue or the player, or doubles team, must injury default.
- **Note 2:** ONLY ONE medical time-out may be taken in a match for the same injury or condition, i.e. cramping - even if the cramping is in different areas of the body.
- **Note 3:** The cramping penalty system is sequential and does not start over with each set. It carries over throughout the entire match. Example: If a player, or doubles team, has already been assessed a one match point cramping penalty in the second set any muscle cramps occurring again in the 3rd set, to an individual player or either member of the doubles team, shall result in a one-game cramping penalty being assessed.
- **Note 4:** Singles and doubles competition are considered separate matches when applying the time out procedure for cramping. **However,** anytime a player defaults due to injury, he or she may not play the remainder of the meet/tournament.



Weather Recommendations

- The IGHSAU Sports Medicine Advisory Committee will advise coaches and administrators on best practices
- Wet Bulb Globe Temperature advice and other extreme heat accommodations will be included
- These recommendations are included in the girls tennis manual and will be sent out by the IGHSAU.



IGHSAU Tournament Dates

- Regional Individual Tennis – Wednesday, September 17
- Regional Team Tennis – Saturday, September 20
- Regional Team Tennis – Wednesday, September 24
- Regional Team Tennis – Saturday, September 27
- State Individual Meet – Wednesday/Thursday, October 1 and 2
- State Team Tennis – Monday/Tuesday, October 6 and 7
- State Coed Meet – Tuesday, June 9, 2026
- Sites are to be determined and will be posted upon IGHSAU Board of Directors approval.



State Qualifying Meet: Individual

- Singles and doubles champions and runners up from each of 8 regional meets determine the 16 singles & doubles qualifiers for state tennis in each class
- Scoring at regional tournaments for all rounds (indoor or outdoor) will be 2 out 3 no-ad scoring up to the semifinals with a seven-point tie breaker at six games all in the first two sets. If a third set is required a Match Tie-Break will be used for the third set. The Semi-Finals and Finals at regional individuals will be 2 out of 3 traditional scoring with ad. Please see the manual for specifications on this rule.
- Seeding criteria for the regional individual tournament is outlined in the manual and should be read at the start of each seeding meeting.
- The 2025-26 school year will be considered an EVEN year for alphabetical seeding used at individual regional tournaments.



Individual Seeding

- All regional champions are eligible to be seeded at the state tournament.
- Regional runners-up are only eligible to be seeded at the state tournament if:
 - *A regional singles runner-up was a state individual tennis tournament singles champion or runner-up the previous year;*
 - ***BOTH** players on the regional doubles runner-up team were part of the same doubles team that was a state individual tennis tournament champion or runner-up the previous year.*
- No later than 6:00am Thursday morning (September 25), the coaches of regional singles and doubles champions will submit the qualifications of their champion to the IGHSAU for seeding purposes. Submissions can be made any time after regional individual play.
- Coaches of the regional champions will call in their votes at the times listed in the manual on September 25. A representative of your school **MUST** represent your regional champion on the seeding meeting.



IGHSAU State Qualifying Meet: Team

- All teams will be placed in brackets and all teams will play for the state tournament.
- All team line-ups must be submitted via the Team Lineup form on Bound by 4:00pm the Thursday before the first round of team play (September 18). This is for all schools, including those with byes!
- Each team in the regional team tournament will provide one dozen tennis balls to the host site manager prior to starting the match.
- The eight regional champions will play in the State Team Tournament.



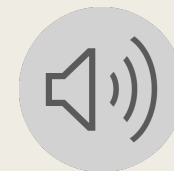
IGHSAU State Qualifying Meet: Team

- The quarterfinal, semifinal, consolation, and final rounds of the team tournament will be played at one location for each class.
 - *Quarterfinals and semifinals will be played on Monday*
 - *The championship and consolation matches will be played on Tuesday*
 - *Only a third place consolation match will take place*
 - *All four quarterfinal matches will start at the same time using an equal number of courts for each match*
 - *Eight teams will be seeded via a seeding meeting with the eight coaches of the state qualifying teams.*
 - *In the quarter-final round of the team tournament, the fifth-seeded team will play the fourth-seeded team. The sixth-seeded team will play the third-seeded team. The seventh-seeded team will play the second-seeded team. The eighth-seeded team will play the first-seeded team.*



Postseason Team Substitutions

- In singles play, all players will move up in position with the substitute taking the #6 position.
- In doubles play, the substitute will take the place of the missing player already listed on the line up with no other realignment of players allowed.
- Once a substitution is made, the line up remains the same for the remainder of the day.



Pets, Alcohol, and Tobacco Prohibited at IGHSAU Sponsored Events

- Pets are prohibited from IGHSAU sponsored events, except service dogs or assistive animals. Pets are permitted in the parking areas, but not in the spectator areas.
- Iowa Code does not allow the use of tobacco or alcohol products on school grounds or at any venue leased by the Iowa Girls High School Athletic Union.
- This includes all post-season sites for girls tennis.



Online Information

- For complete information regarding girls tennis please refer to the online manual that is available
- The IGHSAU web site is <www.ighsau.org>
 - Click on “Tennis”



Thanks for Watching!

- Thank you for watching this online tennis rules meeting. If you have any questions, please contact the tennis administrator for the Iowa Girls High School Athletic Union

- ELISE BOULTON

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