

July 28, 2025

Good afternoon,

I hope you are all having a relaxing family week! As we prepare for tennis season to begin next week, I have updated and approved rules changes, state tournament sites, and other announcements below.

### **Updated IGHS AU Tennis Manual**

An updated version of the tennis manual can be found [on our website linked here](#). Four asterisks denote Fall 2025 changes.

### **New Rules and Recommendations**

Rule changes for the 2025-26 season are outlined below. They can be found throughout the manual as well. Please read these carefully and note that they will go into effect for the fall 2025 season.

1. Each regional champion school is required to have a representative attend the seeding meeting and participate in the seeding vote.
2. In the state individual consolation bracket, players will remain on their original line rather than being moved up a line. This modification is intended to reduce the likelihood of schools competing against each other prior to the final day of play.
4. Scores and results are required to be entered and updated by 9:00 a.m. on Monday with results from the week prior.
5. Certified coaches who are officially introduced at the start of the meet are permitted court access during changeovers to coach their players. Only coaches are permitted on the court, and they may not enter the court during live play.
6. Continuous coaching from outside the court is permitted only by coaches who are officially introduced at the start of the meet. Continuous coaching must not interfere with or delay the progress of the match.
7. Criteria for individual seeding can include the following in no particular order: overall record (varsity competition only), head to head competition, records against common opponents, returning state qualifier and/or place winner, and UTR rating.

### **State Tournament Sites**

The fall 2025 state tournament sites are listed below. We are excited to return to these hosts in the fall!

Individual Tournament: October 1 & 2

Class 2A: Byrnes Park, Waterloo

Class 1A: Hawkeye Tennis and Recreational Center, Iowa City

Team Tournament: October 6 & 7

Class 2A: Waukee Northwest High School, Waukee

Class 1A: Pella High School, Pella

### **Extreme Heat Rules and Recommendations**

Rules and recommendations from the IGHS AU's Sports Medicine Advisory Committee have been received and adopted by the IGHS AU for the upcoming tennis season. The recommendations can be found on page five of the manual and are also listed below.

### **New Heat-Related Rules:**

1. When the Wet Bulb Globe Temperature (WBGT) reaches the red zone, an additional 5-minute break

will be added to the existing break between sets 1 and 2.

2. When the WBGT reaches the red zone, an additional 10-minute break will be added to the existing break between sets 2 and 3.

3. When the WBGT reaches the red zone, a minimum thirty-minute break should be allowed between matches.

4. When the WBGT reaches the red zone, coaches may mutually decide during the pre-match meeting to add one additional break per match. The timing of the additional break must be determined before the match begins. This break is not granted individually; all players must take it simultaneously at the agreed-upon time.

5. If an athlete is experiencing cramping while the WBGT is in the red zone, standard cramping procedures outlined above will not apply and the athlete will not be penalized.

#### **New Heat-Related Recommendations:**

Other recommendations the committee made were below. The WBGT does not have to be in a certain zone for these recommendations to be in effect.

1. Competitions and practices: Light colors should be worn for uniforms if possible.

2. Practices: Additional water breaks are encouraged. When possible, athletes should utilize cooling towels and seek shade during these breaks.

#### **Tentative Classifications**

The most recent tentative classifications are [published on our website](#). Please check to ensure your co-ops are correct. Final Classifications will be released on August 6.

Please don't hesitate to reach out if I can assist you with anything as the season begins. Here's to a great fall season!

Best,

**Elise Boulton**

**IGHSAU Tennis Administrator**