

USTA League Rhode Island - **POINTERS THAT MAKE YOUR TENNIS EXPERIENCE GREAT!!**

Promoting "Good Sportsmanship" is a top priority for USTA Rhode Island for all tennis players from young juniors to our adult and senior players. USTA League is a recreational sport and players are here to compete well, socialize and have fun. "Conflict and Drama" do not add to this experience so we at USTA are taking a positive approach to help all players enjoy their experience and to offer support where needed. Each person plays a role in the outcome of "a great tennis experience".

Disputes on the Court: USTA League is an Adult League and players are expected to resolve their situations, communicate amicably and play a good match. However, sometimes a situation arises on the court where a solution isn't possible. Your action: if a situation cannot be resolved in 25-35 seconds, one player from each team can come off the court and request help from **both** captains. If the players start talking to the audience or other teammates, the action will be viewed as coaching.

Grievances: Most situations that arise are sportsmanship issues on the court. These issues must be handled at the time of occurrence. If you choose to complete the match and then complain there will not be any change to the outcome of the match.

Spectators and Coaching: The match is between the players on a specific court and how they agree to play the match is considered a match played in good faith. Any kind of hand signals, **expressing approval/disapproval of line calls**, speaking with the players or interference in the match are considered coaching violations and will be handled according to the USTA National, Sectional and Friend at Court Regulations.

Players on the Court Communicating with Spectators: This is considered coaching. Involving other people causes distractions and sometimes penalties.

Banging on the windows: Club really appreciates it when you 'don't' bang on their windows. Not only is it distracting to other players on the court, a window could break.

Sportsmanship Behavior: Coded Items - racquet abuse, slamming a ball, language, coaching. Refer to Friend at Court and the Championship Rules to be aware of behavior that will cost you points and possibly the match!

Cell phone use: All cell phones OFF.

Bathroom Breaks: Bathroom breaks can be taken as needed but are encouraged after a set or if absolutely necessary, after a game. Permission from the opponent is not required, however, notifying the opponent is a courtesy and leave your racquet on the court. When taking a bathroom break go directly to the bathroom, do not converse with anyone as it will be construed as coaching.

Water Breaks: Water breaks are generally taken when players switch ends on odd games (90 second rest). If the weather is hot we encourage drinking water to avoid possible medical problems. Between even games it is easy enough to 'jog' to the net post, take a drink of water and be back in position without stalling the match. Take enough water onto the court at the beginning of the match.