

# LTA 9U COUNTY CUP EVENT 2023

## Competition Pack

All information correct as of 16 January 2023

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**TENNIS**  
FOR BRITAIN

## Introduction and Important Dates

Welcome to the Competition Pack for the LTA 9U County Cup Events. It is hoped the following information will help answer any questions you may have about the Event.

LTA County Cup Events gives a player the opportunity of representing their county in a competitive team environment and the age groups range from 8U through to adult categories.

| <b>Event &amp; Dates</b>   | <b>Nominations Open</b>   | <b>Nominations Close</b>   |
|--|---|--|
| <b>LTA 9U County Cup Event</b><br><b>For players born in 2014 or 2015 only</b><br><br>Qualifying – Sunday 26 March 2023<br><b>Qualifying South Group B – Saturday 1 and Sunday 2 April 2023</b><br><b>Qualifying South Group E – Saturday 25 and Sunday 26 March 2023</b><br><br>Finals for the Girls – Saturday 22 April 2023<br>Finals for the Boys – Sunday 23 April 2023<br><br>Finals for North Area Groups to be played at Loughborough University<br>Finals for South Area Groups to be played at Bath University | Monday 20 February 2023<br><br><br><br><br><br><br><br><br>Monday 27 March 2023 | Monday 6 March 2023<br><br><br><br><br><br><br><br><br>Monday 3 April 2023 |

### Please Note:

Due to availability of venues and courts some groups may be playing on different dates –

North Group D (Leeds) will be played using outdoor courts

Qualifying South Group B (Northampton) – Saturday 1 April 2023 (Girls)  
Sunday 2 April 2023 (Boys)

Qualifying South Group E (Southampton) – Saturday 25 March 2023 (Girls)  
Sunday 26 March 2023 (Boys)

**LTA 9U COUNTY CUP EVENT 2023**

**Qualifying – Sunday 26 March 2023**

**NB: South Group B (Northampton) playing Saturday 1 and Sunday 2 April 2023**

**NB: South Group E (Southampton) playing Saturday 25 and Sunday 26 March 2023**

**Finals – Girls – Saturday 22 April 2023**

**Finals – Boys – Sunday 23 April 2023**

|  |                   |
|--|-------------------|
| <b>North Group A – Aberdeen, AB25 3DE</b>                            |                   |
| Venue Details – Aberdeen Tennis Centre, Westburn Park Road, Westburn |                   |
| Venue Contact – Matt Kerswall - 07907 289 989                        |                   |
| Referee –  |                   |
| Court Supervisor –   |                   |
| A  | East of Scotland  |
| B  | South of Scotland |
| C  | North of Scotland |
| D  | West of Scotland  |

|   |                    |
|---|--------------------|
| <b>North Group B – Sunderland, SR3 1PD</b>        |                    |
| Venue – Sunderland Tennis Centre, Silksworth Lane |                    |
| Venue Contact – Graham Fowler – 03330 050 152     |                    |
| Referee –   |                    |
| Court Supervisor –                                |                    |
| A   | Durham & Cleveland |
| B   | Cumbria            |
| C   | Lancashire         |
| D   | Northumberland     |

|  |                |
|--|----------------|
| <b>North Group C – Boston, PE21 8EY</b>        |                |
| Venue – Boston Tennis Club, 125 Sleaford Road, |                |
| Venue Contact – Mary Smura – 01205 366 424     |                |
| Referee –                                      |                |
| Court Supervisor –                             |                |
| A  | Leicestershire |
| B  | Derbyshire     |
| C  | Lincolnshire   |
| D  | Cambridgeshire |

|  |                 |
|--|-----------------|
| <b>North Group D – Leeds, LS11 5DJ</b>                   |                 |
| <b>NB: Group to be played outdoors</b>                   |                 |
| Venue – John Charles Centre for Sport, Middleton Grove   |                 |
| Venue Contact – Michal Cicvak - 0113 3788233 (Reception) |                 |
| Referee –  |                 |
| Court Supervisor –                                       |                 |
| A  | Nottinghamshire |
| B  | Cheshire        |
| C  | Yorkshire       |
| D  | IOM Boys        |

|   |                                |
|---|--------------------------------|
| <b>North Group E – Shrewsbury, SY1 4RG</b>      |                                |
| Venue – The Shrewsbury Club, Sundome Road       |                                |
| Venue Contact – Simon Haddleton – 01743 467 755 |                                |
| Referee –                                       |                                |
| Court Supervisor –                              |                                |
| A   | Shropshire                     |
| B   | Warwickshire                   |
| C   | Staffordshire                  |
| D   | Herefordshire & Worcestershire |

|   |                        |   |                          |
|---|------------------------|---|--------------------------|
| <b>North Area Finals – Loughborough, LE11 3TU</b>           |                        |   |                          |
| Venue – Dan Maskell Tennis Centre, Epinal Way, Loughborough |                        |   |                          |
| Venue Contact – Julie Piper – countycup@lta.org.uk          |                        |   |                          |
| Referee –   |                        |   |                          |
| Court Supervisor –  |                        |   |                          |
| LTA Representative –  |                        |   |                          |
|   | <b>BOYS</b>            |   | <b>GIRLS</b>             |
|   | <b>SUNDAY 23 APRIL</b> |   | <b>SATURDAY 22 APRIL</b> |
| A   |                        | A |                          |
| B   |                        | B |                          |
| C   |                        | C |                          |
| D   |                        | D |                          |
| E   |                        | E |                          |

|  |          |
|--|----------|
| <b>South Group A – Taunton, TA1 2RW</b>                            |          |
| Venue – Taunton Tennis Centre, Blackbrook Pavilion, Blackbrook Way |          |
| Venue Contact – Kerry Quirk - 01823 333 435                        |          |
| Referee –  |          |
| Court Supervisor –   |          |
| A  | Avon     |
| B  | Somerset |
| C  | Cornwall |
| D  | Devon    |

|   |                  |
|---|------------------|
| <b>South Group B – Northampton, NN3 6LL</b>                     |                  |
| <b>NB: Girls Group to be played Saturday 1 April 2023</b>       |                  |
| <b>NB: Boys Group to be played Sunday 2 April 2023</b>          |                  |
| Venue – Kings Park Tennis Centre, Kings Park Road, Moulton Park |                  |
| Venue Contact – Ben Whittaker - 01604 797 900                   |                  |
| Referee –   |                  |
| Court Supervisor –  |                  |
| A   | Norfolk          |
| B   | Suffolk          |
| C   | Northamptonshire |
| D   | Hertfordshire    |
| E   | Bedfordshire     |

|  |           |
|--|-----------|
| <b>South Group C – Aldershot, GU11 2LD</b>       |           |
| Venue – Aldershot Tennis Centre, Prince's Avenue |           |
| Venue Contact – Louise Moodie - 01252 750 431    |           |
| Referee –  |           |
| Court Supervisor –                               |           |
| A  | Surrey    |
| B  | Berkshire |
| C  | Middlesex |
| D  | Essex     |

|   |                 |
|---|-----------------|
| <b>South Group D – Cardiff, CF23 6XD</b>                        |                 |
| Venue – Cardiff Met Tennis Centre, Cyncoed Campus, Cyncoed Road |                 |
| Venue Contact – Billy Barclay - 029 2041 6391                   |                 |
| Referee –   |                 |
| Court Supervisor –  |                 |
| A   | Gloucestershire |
| B   | Buckinghamshire |
| C   | Oxfordshire     |
| D   | South Wales     |

|  |                 |
|--|-----------------|
| <b>South Group E – Southampton, SO16 0XS</b>                   |                 |
| <b>NB: Girls Group to be played Saturday 25 March 2023</b>     |                 |
| <b>NB: Boys Group to be played Sunday 26 March 2023</b>        |                 |
| Venue – David Lloyd Club Southampton, Frogmore Lane, Nursling, |                 |
| Venue Contact – Ben Sherlock - 02380 747 160                   |                 |
| Referee –  |                 |
| Court Supervisor –   |                 |
| A  | Dorset          |
| B  | Hampshire & IOW |
| C  | Kent            |
| D  | Sussex          |
| E  | Wiltshire       |

|   |                        |   |                          |
|---|------------------------|---|--------------------------|
| <b>South Area Finals – Bath, BA2 7AY</b>                    |                        |   |                          |
| Venue – Bath University Tennis Centre, Claverton Down, Bath |                        |   |                          |
| Venue Contact – Julie Piper – countycup@lta.org.uk          |                        |   |                          |
| Referee –   |                        |   |                          |
| Court Supervisor –  |                        |   |                          |
| LTA Representative –  |                        |   |                          |
|   | <b>BOYS</b>            |   | <b>GIRLS</b>             |
|   | <b>SUNDAY 23 APRIL</b> |   | <b>SATURDAY 22 APRIL</b> |
| A   |                        | A |                          |
| B   |                        | B |                          |
| C   |                        | C |                          |
| D   |                        | D |                          |
| E   |                        | E |                          |

Channel Islands confirmed they are not entering a team 12 October 2022

North Wales confirmed they are not entering a team 12 October 2022

IOM confirmed they are not entering a girls' team 24 October 2022



**LTA 9U COUNTY CUP EVENT 2023**  
**Qualifying – Sunday 26 March 2023**

**Qualifying South Group E – Southampton**  
**NB: Girls Group to be played Saturday 25 March 2023**  
**NB: Boys Group to be played Sunday 26 March 2023**

**Qualifying South Group B – Northampton**  
**NB: Girls Group to be played Saturday 1 April 2023**  
**NB: Boys Group to be played Sunday 2 April 2023**

**Finals for both North Area and South Groups – Saturday 22 (Girls) and Sunday 23 April 2023 (Boys)**

|  |   |
|--|---|
| Event Personnel                          | Event Director – Julie Piper<br>E-Mail – <a href="mailto:countycup@LTA.org.uk">countycup@LTA.org.uk</a>   |
| Team Captains, Players & Parents Meeting | To be held <b>no later than 60 mins before the start of play</b> to include Referee, all Team Captains and a venue representative. This should last no longer than 30 minutes.<br><br>Venue Rep to explain arrangements for: <ul style="list-style-type: none"> <li>• Measures in place re. social distancing, one-way system, access to changing rooms, etc.</li> <li>• Emergency evacuation procedures and any potential health &amp; safety issues</li> <li>• Arrangements for stringing</li> <li>• Catering – to be open from 10.00am to 4.00pm</li> <li>• Gym not to be used</li> </ul> Referee to explain the Rules & Regulations, start times of play and anything else relevant to the Event<br><br>Team Captains, players & parents to be reminded about the necessity for teams to keep the Tennis Centre tidy. All cups, crockery, glasses, etc. should be returned to the catering area |
| Provisional Nominations                  | It is a county's responsibility to check the eligibility of all team players. The use of an ineligible player may result in a county forfeiting all rubber(s) in which that player competed and/or relegation. <a href="#">Please refer to LTA Rule 66 Area Qualification ruling.</a><br><br>Provisional nominations have been entered into the LP file. However, it is the Referee's responsibility to check all players are Advantage members. If a player is not listed and the player does not have an Advantage number, then the player in question must join Advantage prior to play commencing.  |
| Final & Match Nominations                | Please refer to Points 2 and 4 of the Rules & Regulations.<br><br>By signing the appropriate line on the nomination form, Team Captains are accepting responsibility and acknowledging confirmation of final / daily nominated players and all players' have been nominated in the correct order.   |
| Warm-up                                  | Whilst most venues open at 9.00am counties are advised to check with venue regarding availability of courts. If there is any charge, the county using these courts is responsible for the payment of them + the provision of practice balls. Counties are responsible for booking and paying for any courts prior to the Qualifying Event starting.   |
| Start Time of Play                       | Matches should start as quickly as possible so court time is not wasted – no later than 10.00am.  |
| Order of Play                            | <b>ORDER OF PLAY FOR GROUPS COMPRISING 4 COUNTY TEAMS:</b><br>Round 1 – A v B and C v D<br>Round 2 – A v C and B v D<br>Round 3 – A v D and B v C<br><br><b>ORDER OF PLAY FOR GROUPS COMPRISING 5 COUNTY TEAMS:</b><br>Round 1 – A v B and C v D<br>Round 2 – A v C and B v E<br>Round 3 – A v D and C v E<br>Round 4 – A v E and B v D<br>Round 5 – B v C and D v E<br><br>Singles f/b doubles   |

|                              |   |
|------------------------------|---|
| Match Format                 | Please refer to Points 3, 4 and 14 of the Rules & Regulations   |
| Match Scorecards             | Once match nominations have been submitted the Referee will produce a match scorecard which will be given to each Team Captain.<br>The Referee will keep a master copy which will be updated during the day and following agreement with both Team Captains will be used to update the LP file.   |
| Match Results                | The Referee to update and publish the results on the LTA website. At the end of the day, the full results and group positions will be updated on the LTA website.   |
| Tennis Balls                 | Dunlop orange ball will be used for the 9U Event and the Dunlop green ball for the 10U Event. Best used balls from singles matches to be used for doubles matches.  |
| Catering                     | Hot & cold refreshments may be limited, counties are advised to check with the relevant venue.  |
| Changing Facilities          | Apart from toilets, access to changing facilities may vary from venue to venue and counties are advised to check with the relevant venue.   |
| Scoreboards and Seating      | In order to minimise 'touch points' (and cleaning after use) these may not be available.  |
| Noticeboard                  | In order to maintain social distancing, the referee may not have any access to a noticeboard.   |
| Safeguarding Information     | There have been some important updates to the various <a href="#">safeguarding documents</a> . It is a county / Team Captains responsibility to ensure they have read and understood these and, if required, signed acknowledgement of the contents. Where necessary copies should also be given to parents / players and they too read and understand these and, if required, sign acknowledgement of the contents.<br><br>Team Captains should ensure they have been given copies of completed & signed <a href="#">emergency contact details</a> for any player aged 18 & under. |
| Discipline & Code Violations | Your attention is drawn to Rules 12, 12(a), 12(b) and 12(c) of the Rules & Regulations regarding discipline of all players, both on and off-site, during the Event. All players must abide by the LTA Code of Conduct.<br><br>The Referee will inform the Team Captain if it has been necessary to issue a code violation. These will be recorded on the LP file. The LTA will be notified (verbally) immediately if it has been necessary to default a player. A default counts for the duration of the Event regardless of however many matches/days remain.                      |
| Covid Guidance               | It is a county's own responsibility to check the latest and most up to date information on both The LTA and Government websites relating to Covid prior to the Event.   |
| Finals Details               | The Finals for the winners of North Area Groups A to E will take place indoors at Loughborough University<br>The Finals for the winners of South Area Groups A to E will take place indoors at Bath University<br><br>County Offices + Team Captains of counties progressing to the Finals will be e-mailed all relevant information w/c Monday 27 March once the Qualifying Event has taken place.   |
| Miscellaneous                | Team captains or nominated deputy are allowed to communicate with their players at the change of ends.<br>Players should wear recognised tennis clothing as per the County Cup Regulations.<br>Additional matches played over and above those scheduled in LTA County Cup Events are not eligible for ranking results - under no circumstances should they be played.<br>Under no circumstances should players use or enter the gym.<br>Medals will be given to Group Winners.  |



## General Rules & Regulations – applicable for all Events County Cup Events 2023

1. The management of the County Cup Events shall be entrusted to the LTA Competitions Team, with power to suspend or modify any of these Regulations to meet exceptional circumstances (including adaptation of scoring format(s)) and to decide any question of eligibility, qualifications of competitors and interpretation of the Regulations. The LTA Competitions Team's decision shall be final.
2. For the purpose of the County Cup Events, which shall be area competitions subject to the Lawn Tennis Associations Limited Rules 35 and 36 (including appendix 1), the following shall be regarded as Counties: East of Scotland, North of Scotland, South of Scotland, West of Scotland, North Wales, South Wales, Channel Islands, Isle of Man.
3. Although it is not compulsory to compete, all Counties shall be entered in the relevant County Cup Event. Any County intending not to compete in an Event must email notification to the Event Director ([countycup@LTA.org.uk](mailto:countycup@LTA.org.uk)) 9 months before the relevant event. Where appropriate, any County that withdraws from an Event shall be placed in the lowest group for the following year and will have any applicable funding for that Event withdrawn.
4. A player is qualified to represent an area in any County Cup Event if they meet the criteria outlined in the Lawn Tennis Association Limited Rule 36. No player may represent more than one County in any Event.
5. Referee(s) shall be appointed for each venue by the LTA Competitions Team. The Referee shall decide any point that relates to the interpretation of the Rules of Tennis, County Cup Rules & Regulations and / or LTA Code of Conduct which may be referred to him/her. He/she shall decide whether or not the match shall be stopped owing to the state of the courts, the state of the weather, darkness, or other unavoidable hindrance. After consulting with the Event Director and / or Event Referee if necessary, the Referee shall have the final say in all on-site matters. Including adaptation of scoring formats.
6. Once final nominations have been submitted no other player may represent the County during the Event except in exceptional circumstances (such as illness, injury or bereavement) which reduces the number of available nominated players for a County to less than the minimum required for the relevant County Cup Event. In this case the Referee shall consult the Event Director, who may authorise the nomination of the necessary number of substitutes for the remainder of the Event.

If any County fails to field at least two singles players on any day, or, in the case of the Summer County Cup Event, 2 pairs, (unless for exceptional circumstances, as decided by the Event Director), all their matches in the competition shall be declared null and void and they shall finish bottom of the group.

Any County failing to show, report to the referee or nominate a full team on any day, (unless for exceptional circumstances, as decided by the Event Director), will have all their matches in the Event declared null and void and they shall finish bottom of the group. Furthermore, subject to investigation, they may be precluded from the following year's Event and will be placed in the bottom group of the relevant Event.

7. A County shall not be bound to play the same team throughout the Event but no change shall be made in the composition of the teams engaged in a match after daily nominations have been submitted. If any player, team or doubles pairing play out of order, those rubbers they competed in and below shall be declared null and void. If a match is postponed to the next day before any play has taken place the composition of the competing teams may be changed.
8. If a player(s) is / are defaulted, except in cases of punctuality, then that player(s) is no longer allowed to take any further part in that competition.
9. If a match in progress cannot be finished or a scheduled match has been unable to start on any day, it shall be completed on the following day before the start of the scheduled match for that day. In order to complete all matches, the use of abbreviated scoring should be considered for complete rounds of unfinished matches and, if necessary, the scheduled matches for that day.
10. If there are still unfinished matches at the close of play on the final day, the result of the matches shall be determined by the rubbers that have been completed providing one or two rounds of the day's programme have been completed in all matches of the group or section at that venue. Second round rubbers will only count if all second round rubbers of all matches at that venue have been completed. If no play is possible or fewer than 3 rubbers have been completed in any match at any venue, the results of all the matches for that day at that venue shall be declared null and void.
11. For Events being played outdoors, indoor courts must not be used unless the courts are on-site and any additional cost to the LTA or a County Association has been authorised in advance by the Event Director.
12. The County Association via its appointed captain (or other designated person accompanying the Team) is responsible for the behaviour of its Team on and off the site for the duration of the event which includes but is not limited to travelling to, staying at accommodation and returning to the County.

Any incident shall be dealt with in accordance with these Regulations and the Lawn Tennis Association Limited Rules (including, for the avoidance of doubt, any Appendices). Entry into the County Cup Events constitutes acceptance, by both the County and its individual members of the team, of the LTA's jurisdiction to deal with any disciplinary matter in accordance with these Regulations (including the Code of Conduct) and the Lawn Tennis Association Limited Rules (including, for the avoidance of doubt, any Appendices). In particular, the following shall apply:

- a) Any disciplinary matter relating to an incident occurring on site shall be referred to the Referee for decision and any appeal against his / her decision shall be referred to the LTA Competitions Team and will be dealt with in accordance to the LTA Disciplinary & Dispute Resolution Procedures as set out at Appendix 3 to the Lawn Tennis Association Limited Rules.
  - b) Any disciplinary matter relating to an incident off site shall be referred to the LTA Competitions Team and will be dealt with in accordance with the LTA Disciplinary and Dispute Resolution Procedures as set out at Appendix 3 to the Lawn Tennis Association Limited Rules.
  - c) Any disciplinary matter relating to match fixing, financial speculation and betting, as set out in the Disciplinary Code, shall be referred to the LTA Competitions Team and will be dealt with in accordance with the LTA Disciplinary and Dispute Resolution Procedures as set out in Appendix 3 to the Lawn Tennis Association Limited rules.
13. Any complaint relating to eligibility of players and / or nominations must be lodged, in writing, with the Event Director within 48 hours after the end of the Event.
  14. No complaint in connection with any LTA County Cup Event can be entertained by the LTA unless lodged with the LTA at [countycup@lta.org.uk](mailto:countycup@lta.org.uk) within 48 hours of the occurrence of the cause of the complaint.

### **LTA 9U County Cup Event 2023 Special Regulations**

1. The Event shall be played in two stages - Qualifying and Finals.

The match format for both the Qualifying and Finals will be each county playing all other counties in a round robin with the winner of each group progressing to the Finals as previously designated. Boys and girls will compete in separate events.

The match format for the Finals will comprise of 2 Groups (North and South) with a maximum of 5 counties per group with each county playing all other counties within their group in a round robin to determine County champion – one for the north area and one for the south area.

Both the Qualifying Event and Finals will be played using indoor venues.

2. Final nominations must be submitted to the Referee 30 minutes before the start of play. Final nominations of all eligible players should be nominated in any order (Team Captains decision). The nominated order must be maintained throughout the day.
3. Counties should nominate a minimum of 8 and maximum of 10 players.
4. Each match shall consist of six rubbers – four girls singles and two girls doubles (to be played in the morning) and four boys singles and two boys doubles per rubber (to be played in the afternoon). In singles, No 1 shall play No 1 of the opposing team, No 2 shall play No 2 and so on, commencing with the No 4 singles. Players are only permitted to play two rubbers per match.
5. All rubbers shall be the best of 1 FAST4 set with a tie-break at 3-3 (2 clear to 7) with no ad-scoring.
6. Match nominations must be submitted to the Referee 15 minutes before the start of each match. The team shall be nominated in singles order according to the final nominations (Reg 2). Doubles pairings can be nominated once all singles matches have been completed.  
  
If a player who has been nominated to play singles is unable to either begin the singles rubber or retires during the rubber, for whatever reason, that player is permitted to compete in doubles in the same match if fit to do so.
7. Team captain or nominated deputy are allowed to communicate with their players at the change of ends.
8. If any player is absent when called upon to play by the Referee, that rubber and all rubbers below shall be awarded to the opponent(s) by one love set. This shall apply separately to singles and doubles. If in any rubber one or more player(s) is absent from each side the rubber shall be void.
9. If a player or doubles pair play out of order, the opponent(s) shall be awarded a one love set.
10. If a player is unable complete a rubber that has started due to injury, sickness or disqualification the opposing player or pair shall be awarded the requisite number of points to win the rubber.
11. If any County fields an ineligible player, the rubbers contested by that player and all rubbers below shall be awarded to the opposition by a score of 4-0. This shall apply separately to boys and girls.
12. A team is awarded 1 point for each rubber won.

13. At 3 rubbers each a doubles tie-break shoot-out (to 10 points with 2 clear) shall be played to establish a winner.

**Tie-break shoot out (1 pair):**

Player 1: one of the players from the number 1 doubles pair

Player 2: one of the players from the number 2 doubles pair

14. The team with most rubber points shall win the match. A team receives 2 match points on the league table for a match win.

15. Under no circumstances should rubbers be conceded. If a match in progress cannot be finished on the day, and less than twelve rubbers have been completed, the result of the match shall be determined by the rubbers that have been completed as follows:

- a) By the majority of rubbers won; or
- b) If there is equality of rubbers, by the majority of tiebreaks won; or
- c) If there is equality of rubbers and tiebreaks, by the majority of points won

16. The final standings for the Group shall be determined by the following:

- a) The team with the greatest number of match points
- b) If match points are equal, the team with the greatest number of rubber points
- c) If only two teams are level on match points and rubber points; their head to head result
- d) If more than two teams are level, the percentage of games won out of games played (if, after this calculation, only two teams remain level, their head to head result will be used to break the tie)





**FAST4 Tournament Scoring Format & Rules**  
**Effective from 1st September 2019**

1. Matches will be played as the best of two (2) short sets (first to four (4) games) with a tie-break (first to seven (7) points, two points clear at six (6) points all) played at three (3) games all. If at the conclusion of the second set, the score is 1 set all, a match tie-break (first to ten (10) points, two points clear at nine (9) points all) will be played to determine the outcome of the match.
2. All singles and doubles matches will be played using no-ad scoring, with the receiver choosing the side to receive the service from when the game reaches deuce. In doubles the receiving team cannot change positions to receive this deciding point. The player/team who wins the deciding point wins the game.
3. Between points, a maximum of twenty-five (25) seconds is allowed. The maximum time starts from the moment that one point finishes until the first service is struck for the next point.
4. When the players change ends at the end of a game, a maximum of sixty (60) seconds are allowed. Players are not permitted to sit down during the change of ends during a set.
5. At the end of each set there shall be a set break of a maximum of ninety (90) seconds. Players are permitted to sit down at the end of a set.
6. Players are entitled to a 20 minute rest in between matches. The minimum rest periods may be reduced in exceptional circumstances.
7. A player shall be scheduled to play up to four (4) FAST4 singles matches in a day.