

LTA 10U COUNTY CUP EVENT 2023

Competition Pack

All information correct as of 17 February 2023

[Introduction and Important Dates](#)

[Groups, Venues & Personnel + Contact Details](#)

[Team Captains Fact Sheet](#)

[Rules & Regulations](#)



TENNIS
FOR BRITAIN

Introduction and Important Dates

Welcome to the Competition Pack for the LTA 10U 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.

Please note, the Finals will now be held over two days – 2 venues for the boys and 2 venues for the girls (details as per the Groups & Venues schedule).

Event & Dates	Nominations Open	Nominations Close
LTA 10U County Cup Event For players born in 2013 or 2014 Qualifying – Saturday 20 & Sunday 21 May 2023 Finals – Saturday 10 & Sunday 11 June 2023	Monday 17 April 2023 Monday 22 May 2023	Monday 8 May 2023 Monday 29 May 2023

LTA 10U COUNTY CUP EVENT 2023

Boys Qualifying – Saturday 20 & Sunday 21 May 2023 – to be played at outdoor venues

Boys Finals – Saturday 10 & Sunday 11 June 2023 – to be played at indoor venues

Boys North Groups A to E winners progress to ‘north’ Final (Wirral)

Boys South Groups A to E winners progress to ‘south’ Final (Southampton)

Boys North Group A – Aberdeen, AB25 3DE	
Venue Contact – Matt Kerswall - 01224 507 748	
Venue Details - Aberdeen Tennis Centre, Westburn Park Road, Westburn	
Referee –	
Court Supervisor –	
A	East of Scotland
B	South of Scotland
C	North of Scotland
D	West of Scotland

Boys North Group B - Lytham St. Annes, FY8 2QJ	
Venue Contact – Sarah Barraclough - 01253 722 637	
Venue Details - St. Anne’s Tennis & Squash Club, Avondale Road	
Referee –	
Court Supervisor –	
A	Durham & Cleveland
B	Cumbria
C	Yorkshire
D	Northumberland

Boys North Group C - Boston, PE21 8EY	
Venue Contact – Mary Smura - 01205 366 424	
Venue Details - Boston Tennis Club, 125 Sleaford Road	
Referee –	
Court Supervisor –	
A	Leicestershire
B	Nottinghamshire
C	Lincolnshire
D	Cambridgeshire

Boys North Group D – Widnes, WA8 7DW,	
Venue Contact – Chris Roberts - 0151 257 8317	
Venue Details - Widnes Tennis Academy, Highfield Road, Widnes, Halton	
Referee –	
Court Supervisor –	
A	Derbyshire
B	Cheshire
C	Lancashire
D	North Wales

Boys South Group E - Shrewsbury, SY1 4RG	
Venue Contact – Simon Haddleton - 01743 467 755	
Venue Details - The Shrewsbury Club, Sundorne Road	
Referee –	
Court Supervisor –	
A	Shropshire
B	Warwickshire
C	Staffordshire
D	Herefordshire & Worcestershire
E	

Boys North Area Finals - Birkenhead, CH41 7EJ	
Venue Contact – Phil Leighton – 07872 161 712	
Venue Details – Wirral Tennis & Sports Centre, Bidston Moss, Valley Road	
Referee –	
Court Supervisor –	
LTA Representative –	
	BOYS FINAL
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Boys South Group A - Burnham-on-Sea, TA8 2PA	
Venue Contact – Pauline Jenkins – 01278 782 758	
Venue Details - The Avenue LTC, The Grove	
Referee –	
Court Supervisor –	
A	Avon
B	Somerset
C	Cornwall
D	Devon

Boys South Group B – Norwich, NR9 5DX,	
Venue Contact – Matt Breese - 01603 731 264	
Venue Details - Easton Tennis Centre, Easton & Otley College, Easton	
Referee –	
Court Supervisor –	
A	Norfolk
B	Suffolk
C	Hertfordshire
D	Bedfordshire

Boys South Group C - Bromley, BR6 9SA	
Venue Contact – Emma Wanostrocht - 01689 880 407	
Venue Details - Bromley Tennis Centre, Avebury Road, Orpington	
Referee –	
Court Supervisor –	
A	Middlesex
B	Sussex
C	Kent
D	Essex

Boys North Group D – Sutton, SM2 5HH	
Venue Contact – Karl Stowell - 07976 547239	
Venue Details – Sutton Tennis & Squash Club, Devonshire Road	
Referee –	
Court Supervisor –	
A	Gloucestershire
B	Buckinghamshire
C	Oxfordshire
D	Surrey

Boys South Group E - Royal Wootton Bassett, SN4 8DS	
Venue Contact – Paul Meakin - 07754 786 792	
Venue Details - Gerard Buxton Sports Ground, Brinkworth Road	
Referee –	
Court Supervisor –	
A	Berkshire
B	Hampshire & IOW
C	Dorset
D	Wiltshire
E	South Wales

Boys South Area Finals – Southampton, SO16 0XS	
Venue Contact – Cianan - 02380 747 160	
Venue Details – DL Club Southampton, Frogmore Lane, Nursling	
Referee –	
Court Supervisor –	
LTA Representative –	
	BOYS FINAL
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North Wales confirmed they are not fielding a girls team as per email 04 October 2022
 CI confirmed they are not fielding a boys and girls team as per email 12 October 2022
 Isle of Man confirmed they are not fielding a boys and girls team as per email 20 October 2022
 Northamptonshire confirmed they are not fielding a boys team as per email 24 October 2022

LTA 10U COUNTY CUP EVENT 2023

Girls Qualifying – Saturday 20 & Sunday 21 May 2023 – to be played at outdoor venues

Girls Finals – Saturday 10 & Sunday 11 June 2023 – to be played at indoor indoors

Girls North Groups A to E winners progress to ‘north’ Final (Boston)

Girls South Groups A to E winners progress to ‘south’ Final (Aldershot)

Girls North Group A – Uddingston, G71 7HQ	
Venue Contact – Mark Pelosi - 07946 200 230	
Venue Details - Uddingston Bowling & Tennis Club, Old Glasgow Road,	
Referee –	
Court Supervisor –	
A	East of Scotland
B	South of Scotland
C	North of Scotland
D	West of Scotland

Girls South Group A – Bristol, BS7 8JG	
Venue Contact – Paul Beanlands – 07734 934 383	
Venue Details - Kings LTC, Maplemead, Bishopston	
Referee –	
Court Supervisor –	
A	Avon
B	Somerset
C	Cornwall
D	Devon
E	South Wales

Girls North Group B – Carlisle, CA1 1LS	
Venue Contact – Barbara Davidson - 01228 514 187	
Venue Details - Chatsworth Tennis Centre, St. Aidans Road	
Referee –	
Court Supervisor –	
A	Durham & Cleveland
B	Cumbria
C	Lancashire
D	Northumberland

Girls South Group B – Woodbridge, IP12 4BA	
Venue Contact – Jamie Yates - 07983 581 372	
Venue Details - Woodbridge LTC, The Avenue, Kingston Playing Fields	
Referee –	
Court Supervisor –	
A	Norfolk
B	Suffolk
C	Cambridgeshire
D	Bedfordshire

Girls North Group C - Grantham, NG31 8HU	
Venue Contact – Sarah Patton - 01476 591 391	
Venue Details - Grantham Tennis Club, Gonerby Road	
Referee –	
Court Supervisor –	
A	Leicestershire
B	Nottinghamshire
C	Lincolnshire
D	Northamptonshire

Girls South Group C – Crayford, DA1 4DN	
Venue Contact: Emma Nelson - 07956 416 561	
Venue Details - Oakwood LTC, Old Road, Crayford	
Referee –	
Court Supervisor –	
A	Middlesex
B	Hertfordshire
C	Kent
D	Essex

Girls North Group D - Malvern, WR14 2TL	
Venue Contact – Jane Poynder – 07831 553 130	
Venue Details - Manor Park LTC, Albert Road North	
Referee –	
Court Supervisor –	
A	Derbyshire
B	Cheshire
C	Yorkshire
D	Herefordshire & Worcestershire

Girls South Group D – Thame, OX9 3NH	
Venue Contact – Mark Wilkins - 07762 677 770	
Venue Details – Thame LTC, Chiltern Grove, Queens Road	
Referee –	
Court Supervisor –	
A	Gloucestershire
B	Buckinghamshire
C	Berkshire
D	Oxfordshire

Girls North Group E - Stourbridge, DY7 6PS	
Venue Contact – Luke Stone - 01384 393 613	
Venue Details - Stourbridge Tennis Club, Sugar Loaf Lane, Iverley	
Referee –	
Court Supervisor –	
A	Shropshire
B	Warwickshire
C	Staffordshire
D	Herefordshire & Worcestershire

Girls South Group E – Sherborne, DT9 5NS	
Venue Contact – Nick Chapman - 07811 347 944	
Venue Details - Sherborne LTC, Terrace Playing Fields	
Referee –	
Court Supervisor –	
A	Dorset
B	Hampshire & IOW
C	Surrey
D	Wiltshire
E	Sussex

Girls North Area Finals - Boston, PE21 8EY	
Venue Contact – Mary Smura - 01205 366 424	
Venue Details – Boston Tennis Club, 125 Sleaford Road	
Referee –	
Court Supervisor –	
LTA Representative –	
	GIRLS FINAL
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Girls South Area Finals – Aldershot, GU11 2LD	
Venue Contact – Louise Moodie - 01252 750 431	
Venue Details – Aldershot Tennis Centre, Prince's Avenue	
Referee –	
Court Supervisor –	
LTA Representative –	
	GIRLS FINAL
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LTA 10U COUNTY CUP EVENT 2023
Qualifying – Saturday 20 and Sunday 21 May 2023
Finals – Saturday 10 and Sunday 11 June 2023

TEAM CAPTAINS FACT SHEET

Event Personnel	Event Director – Julie Piper E-Mail – countycup@LTA.org.uk
Team Captains, Players & Parents Meeting	To be held no later than 60 mins before the start of play to include Referee, all Team Captains and a venue representative. This should last no longer than 30 minutes. Venue Rep to explain arrangements for: <ul style="list-style-type: none"> • Measures in place re. social distancing, one-way system, access to changing rooms, etc. • Emergency evacuation procedures and any potential health & safety issues • Arrangements for stringing • Catering – to be open from 10.00am to 4.00pm • Gym not to be used Referee to explain the Rules & Regulations, start times of play and anything else relevant to the Event 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. Please refer to LTA Rule 66 Area Qualification ruling. 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. By signing the appropriate line on the nomination form, the Team Captain is 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	ORDER OF PLAY FOR GROUPS COMPRISING 4 COUNTY TEAMS: Round 1 – A v B and C v D Round 2 – A v C and B v D Round 3 – A v D and B v C ORDER OF PLAY FOR GROUPS COMPRISING 5 COUNTY TEAMS: Round 1 – A v B and C v D Round 2 – A v C and B v E Round 3 – A v D and C v E Round 4 – A v E and B v D Round 5 – B v C and D v E Singles f/b doubles
Match Format	Please refer to Points 3, 4 and 14 of the Rules & Regulations
Scoring Format	Abbreviated scoring format – 2 sets to 4. Tie-break at 3-3. 3 rd set tie-break to 10. No ad scoring.

Match Scorecards	<p>Once match nominations have been submitted the Referee will produce a match scorecard which will be given to each Team Captain.</p> <p>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.</p>
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	6 dozen Dunlop green ball. 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	<p>There have been some important updates to the various safeguarding documents. 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.</p> <p>Team Captains should ensure they have been given copies of completed & signed emergency contact details for any player aged 18 & under.</p>
Discipline & Code Violations	<p>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.</p> <p>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.</p>
Finals Details	<p>The Finals for the winners of Boys North Area Group will take place indoors at Wirral Tennis Centre The Finals for the winners of Boys South Area Group will take place indoors at DL Club, Southampton</p> <p>The Finals for the winners of Girls North Area Group will take place indoors at Boston Tennis Club The Finals for the winners of Girls South Area Group will take place indoors at Aldershot Tennis Centre</p> <p>County Associations + Team Captains of counties progressing to the Finals will be e-mailed all relevant information w/c Monday 22 May respectively once the Qualifying Event has taken place.</p>
Miscellaneous	<p>Team captains or nominated deputy are allowed to communicate with their players at the change of ends.</p> <p>The doubles event will be played on the singles court – the tramlines will not be part of the court and the singles sticks should remain in place.</p> <p>Players should wear recognised tennis clothing as per the County Cup Regulations.</p> <p>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.</p> <p>Under no circumstances should players use or enter the gym.</p> <p>Medals will be given to Group Winners.</p>

General Rules & Regulations – applicable for all 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) 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 within 48 hours of the occurrence of the cause of the complaint.

LTA 10U 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 per area (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 the County champion – one for the north area and one for the south area.

The Qualifying Event will be played using outdoor court venues. The Finals will be played using indoor court 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) but the nominated order must be maintained throughout the Event.
3. Counties should nominate a minimum of 4 and maximum of 6 players.
4. Each match shall consist of six rubbers – four singles and two doubles. 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.

All singles and doubles rubbers shall be played using the Fast4 scoring format - best of two sets to 4 games with a tie-break at 3 – 3 (to 7 points with a 2 point advantage and a 3rd set Match tie-break (to 10 points, with a 2 point clear advantage). All rubbers will use no-ad scoring (receiver's choice) throughout the match.
5. 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.
6. Team captain or nominated deputy are allowed to communicate with their players at the change of ends.
7. 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.
8. If a player or doubles pair play out of order, the opponent(s) shall be awarded a one love set.
9. 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.
10. 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.
11. A team is awarded 1 point for each rubber won.

12. 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

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

14. 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

15. 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.