

LTA 10U COUNTY CUP EVENT 2026

Competition Pack

Information correct as of 15.04.2026

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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 2016 or 2017 Qualifying – Saturday 9 & Sunday 10 May 2026 Finals – Saturday 6 & Sunday 7 June 2026	Monday 6 April 2026 Monday 11 May 2026	Monday 27 April 2026 Monday 25 May 2026



LTA 10U COUNTY CUP EVENT 2026

Girls Qualifying – Saturday 9 & Sunday 10 May 2026 – to be played at outdoor venues

Girls Finals – Saturday 6 & Sunday 7 June 2026 – to be played at indoor venues

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

Girls South Groups A to E winners progress to ‘South’ Final (Gloucester TBC)

Girls North Group A – Chatsworth Tennis Club	
Venue Contact – Tracey Burrus	
Venue Details – Chatsworth Tennis Club, St. Aidans Road, CARLISLE, Cumbria, CA1 1LS	
Referee – Neil Adams	
A	North of Scotland
B	Lancashire
C	Cumbria
D	West of Scotland
E	Isle of Man

Girls South Group A – Taunton Tennis Centre	
Venue Contact – Kerry Quirk	
Venue Details – Taunton Tennis Centre, Blackbrook Leisure Centre and Spa, Blackbrook Way, TAUNTON, Somerset, TA1 2RW	
Referee – Alison Jackson	
A	Avon
B	Somerset
C	Cornwall
D	Devon

Girls North Group B – Morpeth Tennis Club	
Venue Contact – Graham Fewell	
Venue Details – Morpeth Hockey Cricket & Tennis Club, Longhirst, Northumberland, NE61 3LL	
Referee – Fiona Fellows	
A	Durham & Cleveland
B	East of Scotland
C	South of Scotland
D	Northumberland

Girls South Group B – Easton	
Venue Contact – Neil Plaskett – 01603 731215	
Venue Details – Easton Tennis Centre, Easton & Otley College,	
Referee – Chris Smyth	
LTA Rep –	
A	Norfolk
B	Suffolk
C	Middlesex
D	Bedfordshire

Girls North Group C – Leicestershire Lawn Tennis Club	
Venue Contact – Jane	
Venue Details – Leicestershire Tennis & Squash Club, 4 Westernhay Road LEICESTER, Leicestershire, LE2 3HF	
Referee – Kathryn Heathcote	
A	Leicestershire
B	Nottinghamshire
C	Cambridgeshire
D	Northamptonshire

Girls South Group C – Chichester Racquets and Fitness Club	
Venue Contact – Terri Wheeler	
Venue Details – Chichester Racquets & Fitness Club, Oaklands Park, Chichester, PO19 6AR	
Referee – Philip Latham	
A	Berkshire
B	Sussex
C	Wiltshire
D	South Wales

Girls North Group D – Manor Park	
Venue Contact – Jane Poynder	
Venue Details – Albert Road North ,Herefordshire & Worcestershire ,WR14 2TL	
Referee – Jay Hemmings	
A	Derbyshire
B	Cheshire
C	Yorkshire
D	Herefordshire & Worcestershire
E	North Wales

Girls South Group D – Westside Tennis Club	
Venue Contact – Mark Magrath	
Venue Details – 20 Woodhayes Rd, London SW19 4RF	
Referee – Alfred Wong	
A	Surrey
B	Buckinghamshire
C	Oxfordshire
D	Hertfordshire

Girls North Group E – Corby Tennis Centre	
Venue Contact – Juliette Haworth	
Venue Details – Jimmy Kane Way, Rockingham Road CORBY, Northamptonshire, NN17 2FB	
Referee – Janet Ashbridge	
A	Shropshire
B	Warwickshire
C	Staffordshire
D	Lincolnshire
E	Gloucestershire

Girls South Group E – Sherborne Tennis Club	
Venue Contact – Harold Clarke	
Venue Details – Terrace Playing Fields, SHERBORNE Dorset, DT9 5NS	
Referee – Jennifer Sayer	
A	Dorset
B	Hampshire & IOW
C	Kent
D	Essex

Girls North Area Finals - Wirral	
Venue Contact – Phil Leighton - 07872 161 712	
Venue Details – Bidston Sports & Activity Centre, Bidston Moss, Valley Rd, Referee – Neil Adams	
	GIRLS
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Girls South Area Finals – Gloucester	
Venue Contact – Sarah Dorkings - 01452 396969	
Venue Details – Oxstalls Sports Park, Plock Court, Tewksbury Road, Referee – Daniel Bartlett	
	GIRLS
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LTA 10U COUNTY CUP EVENT 2026

Boys Qualifying – Saturday 9 & Sunday 10 May 2026 – to be played at outdoor venues

Boys Finals – Saturday 6 & Sunday 7 June 2026 – to be played at indoor venues

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

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

Boys North Group A – Dumfries	
Venue Contact – Michael Goldie - 07340 536 377	
Venue Details – Dumfries LTC, 50 Nunholm Road, Dumfries	
Referee – Lorn Shanks	
A	East of Scotland
B	South of Scotland
C	Lancashire
D	West of Scotland
E	North of Scotland

Boys South Group A – Truro Tennis Club	
Venue Contact – Jo Temple	
Venue Details – Truro Tennis Club, Newbridge, TRURO Cornwall, TR3 6BN	
Referee – Parul Patel	
LTA Rep -	
A	Avon
B	Somerset
C	Cornwall
D	Devon
E	Channel Islands

Boys North Group B – Grantham	
Venue Contact – Terri Scooper	
Venue Details - Grantham Tennis Club and Gym, Arnoldfield, Gonerby Road, GRANTHAM, Lincolnshire, NG31 8HU	
Referee – Terri Scooper	
A	Durham & Cleveland
B	Cumbria
C	Northumberland
D	Isle of Man

Boys South Group B – Aylesbury Tennis Club	
Venue Contact – ?	
Venue Details – The County Ground, Wendover Road AYLESBURY, Buckinghamshire, HP21 9NJ	
Referee –	
LTA Rep -	
A	Norfolk
B	Essex
C	Suffolk
D	Bedfordshire

Boys North Group C – Caunton Lawn Tennis Club	
Venue Contact – Deborah Page	
Venue Details – Horsebridge Meadow, Maplebeck Road, Caunton NEWARK, Nottinghamshire, NG23 6AS	
Referee – Jayden Hobbs	
A	Leicestershire
B	Nottinghamshire
C	Lincolnshire
D	Northamptonshire
E	Yorkshire

Boys South Group C – Queenswood	
Venue Contact: Stephanie Hall	
Venue Details - Queenswood, Shepherd’s Way, Brookmans Park, Hatfield, Hertfordshire, AL9 6NS	
United Kingdom	
Referee – Graham Silvester	
A	Middlesex
B	Hertfordshire
C	Kent
D	Cambridgeshire

Boys North Group D – Oxstalls Sports Club	
Venue Contact – Sarah Dorkings	
Venue Details - Plock Court, Off Tewkesbury Road, Longford, GLOUCESTER, Gloucestershire, GL2 9DW	
Referee – Thomas Mcardle	
A	Derbyshire
B	Cheshire
C	Gloucestershire
D	Herefordshire & Worcestershire
E	North Wales

Boys South Group D – Great Missenden	
Venue Contact – Kim Smith -	
Venue Details – Great Missenden LTC, London Road, Little Kingshill	
Referee – John Bruley	
A	Sussex
B	Buckinghamshire
C	Berkshire
D	Oxfordshire

Boys North Group E - Stourbridge, DY7 6PS	
Venue Contact – Luke Stone - 01384 393 613	
Venue Details - Stourbridge Tennis Club, Sugar Loaf Lane, Iverley	
Referee – Ronald Allan	
A	Shropshire
B	Warwickshire
C	Staffordshire
D	South Wales

Boys South Group E – East Dorset	
Venue Contact – Sue Hobden	
Venue Details - Salterns Road, Lower Parkstone, POOLE Dorset, BH14 8BL	
Referee – David Walrond	
A	Dorset
B	Hampshire & IOW
C	Surrey
D	Wiltshire

Boys North Area Finals – Boston	
Venue Contact – Mary Smura	
Venue Details – 125 Sleaford Road, BOSTON, Lincolnshire, PE21 8EY	
Referee – Jamie Gibson	
	BOYS
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Boys South Area Finals – Southampton	
Venue Contact – Taro Keens - 02380 747 160	
Venue Details – DL Club Southampton, Frogmore Lane, Nursling	
Referee – Graham Silvester	
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LTA 10U COUNTY CUP EVENT 2026
Qualifying – Saturday 9 and Sunday 10 May 2026
Finals – Saturday 6 and Sunday 7 June 2026

TEAM CAPTAINS FACT SHEET

Event Personnel	Event Director – Paul Midgley 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"> • 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. Match nominations, singles & doubles, at Team Captains' decision.
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.
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	Once match nominations have been submitted the Referee will produce a match scorecard which will be given to each Team Captain. 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	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	Limited seating available on-site at the venue. Please ensure players keep scoreboards updated.
Noticeboard	The Referee will have access to a noticeboard and the following information will be posted: Updated daily and overall group results as they progress Copies of Team Captains Fact Sheet, LTA Code of Conduct + Event Rules & Regulations
Safeguarding Information	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. Team Captains should ensure they have been given copies of completed & signed emergency contact details for all players. If you or anyone in your county requires a copy of the venue risk assessment where your team(s) will be playing you can view all venue risk assessments here . If you require further information on your venue's safeguarding policy please refer to the relevant area on the venue website.
Discipline & Code Violations	Your attention is drawn to Rules 14, 14(a), 14(b) and 14(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. 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.
Finals Details	The Finals for the winners of Boys North Area Group will take place indoors at Bidston Sport Activity Centre The Finals for the winners of Boys South Area Group will take place indoors at DL Club Southampton 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 Oxstalls Tennis Centre County Associations + Team Captains of counties progressing to the Finals will be e-mailed all relevant information w/c Monday 12 May respectively once the Qualifying Event has taken place.
Miscellaneous	Team Captains or a nominated deputy, are allowed to stay on court and can only communicate with their player(s) at change of ends within the permitted 60 seconds break (or 90 seconds at set break). 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. Players should wear recognised tennis clothing as per the County Cup Regulations. 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. Under no circumstances should players use or enter the gym. Medals will be given to Group Winners.



General Rules & Regulations – applicable for all County Cup Events 2026

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 an ineligible player competes then the singles rubber involving the player concerned, and all singles rubbers lower in the team order shall be forfeited. Any completed matches may stand for the purposes of ITF World Tennis Number, however, the overall team score for that particular match will be awarded to the opposing team for the purposes of the league table
9. 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.
10. 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.
11. 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.

12. 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.
13. All players are subject to the Rules and Regulations of the LTA (including, without limitation, the LTA's Anti-Doping Programme, the Disciplinary and Dispute Resolution Procedures and the Regulations Concerning Match Fixing, Financial Speculation and Betting) and fully and unconditionally submit to the jurisdiction and authority of the LTA by competing in the Competition.
14. 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.
15. 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.
16. 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.
17. Any on-site dispute(s) or complaint(s) during any County Cup Event can only be discussed by the officially appointed (County Cup) Team Captain with the Event Director and / or relevant referee for that Event.

LTA 10U County Cup Event 2026 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.

Match nominations, singles & doubles, at Team Captains' decision.

3. Counties should nominate a minimum of 4 and maximum of 6 players. **Players must be born in 2016 or 2017.**
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 Captains or a nominated deputy, are allowed to stay on court and can only communicate with their player(s) at change of ends within the permitted 60 seconds break (or 90 seconds at set break).
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.