



## **2013 USTA LEAGUE ADULT 40 & OVER 4.0 NATIONAL CHAMPIONSHIP HANDBOOK**

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<b>SITES AND DATES</b>
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**Adult 40 & Over 4.0**

October 17-20

Match Play begins on Friday, October 18

**YOUR SECTION WILL SUBMIT YOUR TEAM ROSTER****TEAM ENTRY FEE: \$500.00 (plus \$51.03 processing fee)**

Teams advancing to the USTA League National Championships are required to pay an entry fee.

Please contact your Section League Coordinator immediately following your Sectional Championships to find out the deadline to complete the registration and to pay your team fee. Failure to register by the deadline may risk your team's participation at nationals.

**Tennis Facilities: 15 Hard Courts**

Indian Wells Tennis Garden  
(Home of the BNP Paribas Open)  
78-200 Miles Ave  
Indian Wells, CA 92210  
760-200-8200  
[www.iwtg.net](http://www.iwtg.net)

**Practice Courts:**

Reserve courts up to 2 wks in advance  
\$10 per court/per hour

**La Quinta Resort & Spa: 10 Hard Courts**

49-499 Eisenhower Drive  
La Quinta, CA 92253

Tennis shop: 760-564-7655

[www.laquintaresort.com](http://www.laquintaresort.com)

**Practice Courts:**

Reserve courts no earlier than 2 wks La  
in advance of your event  
\$15.00 per court/per hour  
Ask about team clinics with the pros

**Host Hotel:**

**La Quinta Resort & Spa**  
49-499 Eisenhow Drive  
La Quinta, CA 92253  
Main hotel # (760) 564-4111

**Room Rate:**

Starting at \$129.00 per night (plus tax)

**Free Wireless internet****To Book rooms at the La Quinta Resort:**

**Group name: USTA 4.0**

**Group code: ZUSTA4**

Guests will be able to call reservations directly at 1-800-598-3828 or call the resort directly at 760-564-4111 and ask for in house reservations.

For any reservations called in, you will not be authorized to book numerous rooms under one name – each room must be booked by the individual whose credit card is applied.

The group rate will be available 3 days pre/post main nights based on hotel availability.

Failure to cancel a guaranteed reservation seven (7) days prior to day of arrival will result in a charge of two (2) night's room and tax applied to your credit card

Booking via online link is available –go to the Hotel Reservation link on the webpage where you located this handbook

## ELIGIBILITY

### Team Eligibility

- A minimum of eight (8) players who were on the final local roster must be available to compete at nationals. Waivers will not be granted to teams who are not able to field a full team.

### Player Eligibility

- A player is eligible to advance to a national championship competition if that player has played on that same team in at least three (3) matches through section championships. No defaults received by the player during all league competition shall count for advancing. 2.03A(4)
- All individual team members must be from the appropriate level of play in accordance with the NTRP system.
- Year-end ratings will be posted on TennisLink in early December.

## RULES, REGULATIONS, SCORING, AND COACHING

### Rules and Regulations

- USTA Rules and League Regulations will be enforced during championships.
- All match lineups must be submitted to the tournament desk by the team captain at least 30 minutes prior to the start of the scheduled match time. Penalties may be enforced at the tournament director's discretion.
- The match schedule can change frequently - please check our website often for updates.

### Move Up/Split Up 2.06A

#### **A total of three players (two for 2.5 and 5.0+) may combine and play together on the same team the following year (if their individual NTRP levels allow):**

- from any team that played at the same, lower, or higher team NTRP level, or any combination of these
- from any team that played a straight NTRP level, combined NTRP level, or any combination of these
- from any team that played in the same Division, Age Group, NTRP team level, or any combination of these
- from any team that played in a different Division, Age Group, NTRP team level, or any combination of these.

#### **The only exception to the requirements stated above is if more than three players from the same NTRP level team wish to stay together as a team, in whole or in part, they may do so:**

- if they move up one NTRP team level (if their individual NTRP levels allow)
- if they do not combine with players who were rostered on any other team that advanced to, or qualified for, any National Championship the previous year.

### Scoring

- Best of two tiebreak sets with a Match Tiebreak if required.
- The Coman Tiebreak Procedure will be used for the Set and Match Tiebreak.

- Coman Tiebreak Procedure is the same as the present procedure except that ends are changed after the first point, then after every four points until the conclusion of the tiebreak.
- Two minute rest between the 1<sup>st</sup> and 2<sup>nd</sup> set and between the 2<sup>nd</sup> set and 3<sup>rd</sup> set match tiebreak.

### **Championship Flight Setup**

- Flighted Round Robin.
- Teams will participate in a non-elimination round-robin format.
- The winner of each flight/division will be determined by team matches won.
- The winner of each flight will then go into a semi final followed by finals and 3<sup>rd</sup> & 4<sup>th</sup> playoff.
- In the event of a tie, the tie will be broken by the first of the following procedures:
  - Winner of the most individual matches
  - Winner of the fewest number of sets lost
  - Winner of the fewest number of games lost
  - Winner of head to head match
  - A method to be determined by the championships committee

### **Grievance and Appeal Procedures**

The following guidelines and procedures will be used during this championship. Please review them carefully. Any staff member on site will be glad to assist you with the forms and answer any questions on procedures.

3.03C(1) Any grievance alleging a violation during championships competition shall be in writing and delivered to the duly appointed site director or designee prior to whichever occurs first: (a) within 30 minutes of the completion of the involved team's match or (b) the commencement of the involved team's next match, whether or not the involved player participates except for Eligibility Grievances.

3.03E(3) NTRP Grievances will not be accepted at National Championships.

3.04B(1) The Grievance Appeal Committee shall not be required to hold any hearing except as provided in 3.04B(2). Its decision may be based entirely on the findings of fact by the Grievance Committee whose decision is being appealed and on the facts and arguments submitted in writing by the parties to the appeal.

### **Coaching**

No coaching allowed. No cell phones or electronic devices allowed on court.

### **Balls**

Penn hard court balls will be provided.

### **Umpires**

There may be certified roving umpires present at all championship sites. Roving umpires may be positioned inside the fenced areas and will interfere with play as little as possible.

Players should be encouraged to play tennis without the need for umpires to be present for matches. In the case of disputed calls and upon the request of the player, a roving umpire may be supplied to oversee the match.

### **Player Gift**

All players attending the National Championships will receive a performance shirt and a championship hat.

### **Hydration Tips for playing in Warmer Weather**

Drink cool water or sport drinks during play. Sport drinks are especially helpful during long matches, in hot weather and for recovery after play. Use a similar hydration routine before, during and after practice.

#### **Before Play**

- Drink 12-16 ounces about 1 hour before play begins.
- Drink fluids throughout the day.
- Prepare at least 2 quarts (64 ounces) to drink during play. Sports drinks are preferable for long matches or during play in hot weather.

#### **During Play**

- Drink 4 to 8 ounces (4 to 8 normal swallows) after the warm-up and during every changeover.
- Many players like to drink a sport drink or water, with an emphasis (e.g., 2:1) on the sport drink.
- For some players the fluid requirements may even be higher in very hot or humid environments.

#### **After Play**

- Weigh yourself before and after play and drink about 20-24 ounces of fluid for every pound of post-play body weight deficit.
- Immediately begin to replace fluid, electrolytes and carbohydrates with water, other fluids (e.g., juice, sport drinks, etc.) and food. Sport drinks are very effective if you are going to play again soon.
- Consider adding salt to your food and/or drinks if sweat losses were extensive.

### **Inclement Weather**

Please note that the tournament format, number of matches and match length may change due to a team not showing up or circumstances beyond our control such as weather. Indian Wells generally has warm weather during the month of October. However rain or extreme heat could cause delays, modifications to the format, and possible cancellation of the tournament. There are NO back-up courts; the Palm Desert area does not have indoor courts where we can move the event in case of rain.

In the event of rain or suspension of play caused by extreme heat, please remain at the tournament site until the tournament staff informs you of the play schedule. In the event of a long rain delay or heat suspension, it will be at the discretion of the Tournament Committee to use an alternative-playing format.

**We will provide you a Hot Line 800 number on-site to check for schedule changes if any.**

### **Cancellation of the Tournament**

If the championship, or part of the championships is cancelled due to rain or unforeseen circumstances, the championship will not be rescheduled.

<b>Player and Tournament Details</b>
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**Mandatory Team Captain's Registration**

**WHERE:** La Quinta Resort & Spa – Movie Theatre patio

**WHEN:** Thursday, October 17, from 4:30-5:30 PM

**NOTE:** Completing the team on line registration does not exclude the captain from attending the team registration. You will receive your team packet with line up cards, performance shirts (be prepared to know your teammate's sizes) and captain gifts during this time.

**Mandatory Captain's Meeting (Captains and Co-Captains Only)**

**WHERE:** La Quinta Resort & Spa – Center court

**WHEN:** Thursday, October 17, 5:45-6:30 PM

**SATURDAY EVENING PLAYER PARTY – October 19**

**WHERE:** La Quinta Resort & Spa – Main Pool

**WHEN:** 7:30 PM

**Free tickets for players includes two (2) free drinks....beer, wine or soft drinks.**

**Guests pay \$20.00 per person** - tickets for guests will be sold only at the Team Captain's Registration on Thursday.

**Guest tickets will not be sold after Thursday! CASH ONLY – NO CREDIT CARDS**

**Tables will be assigned by section – no open seating!**

**Trainers**

There will be a trainer on-site to assist with athletic injuries. They will have access to ice. For a medical emergency:

Eisenhower Medical Center  
39000 Bob Hope Drive  
Rancho Mirage, CA 92270  
760-340-3911

**Awards**

Awards and banners will be presented to the teams that finish first through fourth.

**Player Gift**

All players attending the National Championships will receive a performance shirt and championship cap.

**Official Merchandise**

Official USTA League National Championship merchandise will be available for purchase on site and after the championship on our website at [www.usta.com/leaguechampionships](http://www.usta.com/leaguechampionships).

### **Team Photos**

Team photos will be taken throughout the weekend as well as candid shots. To schedule an appointment, team captains should make an appointment during the team registration. Photos are available for purchase at [www.usta.com/championshipphotos](http://www.usta.com/championshipphotos)

### **Website**

The USTA League National Championship home page will be updated with stories, photos and scores daily. Be sure your local newspaper sports editor, friends and family have the address so they can check the results at [www.usta.com/leaguechampionships](http://www.usta.com/leaguechampionships)

### **Tips for Players and Spectators**

We recommend that spectators bring an umbrella for protection from the sun and a portable chair – not all courts have adequate seating.

Players and spectators should bring their own water vessel to be sure to continuously hydrate.

Don't forget sunscreen and a visor or hat!!

Check the internet for lunch locations in the area – food service is not available on-site at the Indian Wells Tennis Garden. You might want to designate a spectator or spouse to pick up lunch for the team. You don't want to risk leaving the facility and being late for your next team match.

### **Additional Information**

Jeanne Lucido  
[lucido@usta.com](mailto:lucido@usta.com)  
914-696-7240

## Transportation Details

### **To & From Courts**

Shuttle service will not be provided to or from the La Quinta Resort to Indian Wells Tennis Garden.

### **Airport**

Recommend flying into Palms Springs Regional Airport and renting a vehicle.  
Or you can fly into Ontario Airport which is over an hour drive to IndianWells/La Quinta.

### **From the Palm Springs Regional Airport to the La Quinta Resort (approximate 30 minutes drive time)**

- When exiting the airport follow the signs to all cities
- Exit the airport and go left onto El Cielo.
- Take El Cielo to Ramon Road – left on Ramon Rd.
- Follow Ramon – 3 - 4 miles until you see the entrance to the Interstate 10 East on your right
- Take the I10 to the Washington Street exit - go right off the ramp
- Take Washington Street approx. 3 miles and cross over Hwy 111 to Eisenhower Road.
- Make a right onto Eisenhower Rd. Take Eisenhower Road to the La Quinta Resort entrance on your right.

### **Directions to the La Quinta Tennis Courts:**

- Take the right off Eisenhower before the main entrance to La Quinta Resort which is Avenida Fernando.
- Take it all the way to the end and make the last left (Avenida Obregon).
- On the right hand side you will see the tennis and spa area. Look for parking in that vicinity.

### **From La Quinta Resort to the Indian Wells Tennis Garden (allow 15 minutes drive time in case of traffic)**

- Exit the resort driveway and go left to Washington Street.
- Make a left on Washington and follow it to Hwy 111. Cross over Hwy 111 and get into the left lane to Miles Ave. Make a left onto Miles Avenue.
- You will see the Indian Wells Tennis Garden approx. ¼ mile down on your right.
- There is no obvious entrance sign – enter up the drive on your right and you will see the big stadium in front of you.

