



Western NC 2024 Warm-Up League Regulations

The Western NC Warm-Up League is organized by the local Western NC Community Tennis Association (CTA), currently known as Mountain League CTA. The Local League Coordinator(s) have the authority to interpret the Western NC Warm-Up League Tennis Rules.

GENERAL INFORMATION

The Western NC Warm-Up League is a local flex league designed to offer players fun and competitive singles or doubles matches. Players may sign up individually in singles or as part of small teams for singles or doubles. While a weekly match schedule is provided, players and their opponents can choose the most convenient day and time to play, whether it's on weekends, mornings, nights, or even during lunch. Players are grouped into flights based on age and ability, ranging from beginner to advanced. Scores are recorded, but there are no championships or further advancements.

- A. **USTA Membership:** USTA membership is optional for participation in this league.
- B. **Local League Definition** A local league requires a minimum of two (2) teams at a specific level of competition.
- C. **Age Requirement:** All players must be 18 years or older. Players must reach the age requirement for each league (18 or 40 and Over) before or during the calendar year in which they play their first match. *Important Exception:* Players in the 18 & Over division must be 18 years old prior to registration.
- D. **Player agreement:** By participating, players agree to adhere to the FRIEND AT COURT (The USTA Handbook of Tennis Rules and Regulations, including THE CODE) and uphold standards of good conduct, fair play, and sportsmanship. There is no grievance process. The Local League Coordinator reserves the right to ban any player who does not adhere to these standards.
- E. **Waiver of Claims:** Players acknowledge the risks associated with playing tennis and, by participating, voluntarily accept these risks. Players assume all risks for bodily injury, waive all claims for injury and property damage, and release the local CTA and host facilities, including their officials, employees, and agents, from any liability for injury or loss, whether caused by negligence or otherwise, to the fullest extent permitted by law.
- F. **League Fee:** The league fee is \$18 per player, payable during team registration on TennisLink. This fee includes a \$6 NC state tax, \$3.15 TennisLink user fee, and \$8.85 local league fee.
- G. **TennisLink:** TennisLink will be used for team registration, schedule viewing, score reporting, and checking results and standings. The TennisLink \$3.15 user fee is non-refundable.

NTRP RATINGS

The Warm-Up League uses the National Tennis Rating Program (NTRP), the official rating system for USTA leagues. Players with a valid NTRP rating in TennisLink must use that rating or higher to participate. Players without a valid NTRP rating must self-rate according to NTRP guidelines on TennisLink.

- A. **NTRP LEVEL PLAYED** Players may compete at their current NTRP level or “play up” 0.5 NTRP level. Players may not compete below their current NTRP rating. For example, a 3.5 player can play at the 3.5 or 4.0 level but cannot play at the 4.5 or 3.0 level.
- B. **IMPACT ON NTRP YEAR-END RATING** Matches played in Warm-Up Leagues do not affect year-end NTRP ratings.

FACILITY SCHEDULING & MATCH EXPENSES.

- A. **TRAVEL DISTANCE** Travel distances for teams in the Western NC league may be up to 75 miles, depending on the participating teams in the flight. When teams are more than 50 miles apart, they are encouraged to schedule the match at a facility midway when possible.
- B. **COURT COSTS** Matches may be played at any public court facility in WNC. Players should discuss and agree on the location and any associated court expenses before scheduling. If club facilities or indoor courts are used, it is encouraged that players share the court costs. If the AWAY team is unwilling to share costs and the HOME team does not wish to cover them, public courts should be used instead.
- C. **COURT RESERVATIONS** The HOME player/team is responsible for booking the court (the league coordinator does not handle court reservations). There are no restrictions on the court surface (hard or clay) or on the use of courts with blended lines, such as those used for pickleball.
- D. **MATCH BALLS** The HOME team supplies new USTA-approved balls.

WARM UP WESTERN NC LOCAL LEAGUES

LOCAL LEAGUES shall consist of a minimum of two (2) teams at a specific level of competition.

USTA League	Age Group	NTRP Levels	Local Format
Singles	18 & Over	2.5 - 4.5	1 Singles
	40 & Over		
Doubles	18 & Over	3.0 - 4.5	1 Doubles
	40 & Over		

TEAM CREATION

- A. **ROSTER NUMBER REQUIREMENTS** for each league:
 - **Warm-Up League (Singles):** Minimum 1 player, Maximum 2 players
 - **Warm-Up League (Doubles):** Minimum 2 players, Maximum 4 players
- B. **TEAM NAMES** Teams are encouraged to choose creative names that reflect their personality and playing style. Names should be appropriate and respectful, avoiding offensive language, innuendo, or adult humor. The Local League Coordinator(s) reserve the right to reject any name deemed inappropriate.
- C. **PLAYING ON MULTIPLE TEAMS** Players may compete on more than one team unless the teams are at the same NTRP level, in the same age division, AND in the same league.

MATCH PLAY

- A. **REGULATIONS** Match play is governed by The Friend at Court "The Code" and the Western NC Warm-Up League Regulations.
- B. **FORMAT** Matches consist of either one singles match or one doubles match, depending on the league. All lines will play the best 2-out-of-3 sets, with a 10-point tiebreaker in place of a third set.
- C. **TIEBREAKS** The Coman format will be used for all tiebreakers. Players change ends after the first point and every four points thereafter. The first team to 7 points (win by 2) wins the 1st and 2nd set tiebreakers. A first team to 10 points (win by 2) tiebreaker will be played in place of a 3rd set.
- D. **RESCHEDULING MATCHES** If inclement weather is predicted, players/teams should contact their opponents to decide whether to proceed with the match. Courtesy is expected, and contact should be made before the opponent's anticipated departure time.
- E. **MAKE-UP MATCHES** If inclement weather affects your match day, you and your opponent may choose to reschedule. Make-ups are not mandatory.
- F. **SCORE REPORTING** Scores should be entered into TennisLink after each match.

REFUNDS

Refund requests for local fees and state head tax charges must be made to the local league coordinator in writing. Refunds will not be granted to any person who has played in a match. The \$3.15 TennisLink fee is non-refundable.

Last revised Aug 20, 2024