

MITB Sports Rules and Regulations

1. Level of Play

We encourage all players to select a level that offers good, competitive matches. The final determination of level placement will be made by the MITB Sports Administrator using the following criteria:

- Requested Level
- USTA/ALTA Play History
- NTRP Level and Ultimate Tennis Level (Atlanta only)
- Estimated NTRP Rating per TennisRecord.com

Refer to the following sections for specific Adult and Junior play level rules:

- [Adult Leagues](#) (18 Years or Older)
- [Junior Leagues](#) (18 and Under – 18U, 16U, 14U, 12U, 10U)

A. **Adult (Men & Women) - Doubles, Mixed Doubles and Singles**

MITB Sports uses the USTA/NTRP system to determine play levels for Adult Leagues. To see more information about the NTRP rating system, please [click here](#).

a. **ALL Players/Teams:**

If you have not played MITB Sports before and have a current USTA NTRP Tennis rating, then register at the level shown in the conversion chart below. If you have not played MITB Sports and don't have a USTA/NTRP rating, but have played ALTA Tennis, you must submit your ALTA number for a determination of your level. If you do not have a USTA/NTRP rating, ALTA history or have not played Ultimate or MITB Tennis, [click here](#) to find your appropriate USTA/NTRP play level. Alternatively, you may check with your tennis coach or favorite tennis pro to help determine your USTA/NTRP play level.

- b. Singles Leagues: Register with your MITB Sports rating (if you have one) or your USTA/NTRP rating.
- c. Doubles Leagues: MITB Sports offers you the ability to play Doubles and Mixed Doubles with a partner of different skill level. Both partners' skill levels are matched to produce a "team playing level" based on the tables below. If one or both players have

played MITB Sports before (doubles or singles), your level choice(s) will be determined during registration. If neither player has played MITB Sports before, use the tables below to determine your MITB Sports "team playing level".

First, find your level on the left hand side of the table below (Player A).

Next, find your partner's level on the top of the table (Player B). The intersection of the two levels will be your MITB Sports "team playing level". Finally, register your team at the level where the players' levels intersect.

Use for all Atlanta leagues:

Atlanta Leagues Men's/Women's	3.0	3.5	4.0	4.5	5.0/Open
3.0	6.0	6.5	7.0	N/A	N/A
3.5	6.5	7.0	7.5	8.0	N/A
4.0	7.0	7.5	8.0	8.5	9.0
4.5	N/A	8.0	8.5	9.0	9.5
5.0/Open	N/A	N/A	9.0	9.5	10.0

Atlanta Leagues Mixed	M3.0	M3.5	M4.0	M4.5	M5.0/Open
F3.0	6.0	6.5	7.0	N/A	N/A
F3.5	6.5	7.0	7.5	8.0	N/A
F4.0	7.0	7.5	8.0	8.5	9.0
F4.5	N/A	8.0	8.5	9.0	9.5
5.0/Open	N/A	N/A	9.0	9.5	10.0

MITB Sports discourages teams with partners more than two full playing levels apart (i.e. A team of a 3.0 player and a 4.5 player).

- d. For Mixed Doubles only, a team where the woman has the higher of the two players' NTRP ratings, and the ratings are more than one level apart, can self-rate one level lower from the level shown on the chart. (Ex. If a woman is rated 3.5 and her partner is 3.0, team can play at 3.0 – Please notify Customer Service if this is the case).

B. Juniors: Age Groups and Levels

We offer the following age groups for juniors:

Age	Description
10 & Under	Must be 10 or under for the entire season of play.
12 & Under	Must be 12 or under for the entire season of play.
14 & Under	Must be 14 or under for the entire season of play.
16 & Under	Must be 16 or under for the entire season of play.
18 & Under	Must be under 19 for the entire season of play.

C.

Within each age group, we offer the following levels:

Level	Description
Level 5	Beginner
Level 4	Advanced Beginner
Level 3	Intermediate/High Intermediate
Level 2	Low Advanced
Level 1	High Advanced

2. match scheduling

A. **Don't wait until the last minute to schedule your matches!** Call your opponents immediately. Be considerate and prompt and help make MITB Sports the best and most enjoyable league. Matches can be played out of order as long as they're played by the corresponding "play by" date of each match.

B. **Scheduling your matches:** MITB Sports allows you two weeks to play each match. The first week is the "scheduled week". The second week is the "make up" week. All matches have a "Deadline" date. The Deadline date (listed on your schedule) is the last day a score may be posted for that match. The ONLY exception is the use of a Late Pass (see Late Pass Rules Below). If a match is not played on the first match week, the match must have a scheduled date by the Monday of the Make Up week. Directions and scheduled match time should be confirmed with the opponent. Please notify MITB Sports if the directions or address are incorrect for a tennis facility. MITB Sports maintains a database of directions; however, we must rely on you for corrections.

C. **Contacting your Opponent:** Don't wait for your opponents to call you! Both teams are responsible for making contact with their opponent by the Wednesday prior to the Scheduled Week. Each team offers 3 available dates to play the match (not including the "Deadline" date) or agrees to a date offered by the opponents. Dates and times offered to your opponents must be within the timeframe on the schedule for the match, and coincide with the dates/times

of the league the teams are registered in. (Example: Weekday Women's league plays on weekday mornings, finishing up early afternoon.) Any other offered dates/times are not valid. Once the match is scheduled, the rule to offer 3 available dates becomes obsolete and the "Rescheduling" rule would apply if the scheduled match is cancelled. IMPORTANT: If each team has offered 3 dates (within the timeframe for the match) and cannot agree on a date to play, the match is automatically scheduled to be played on the "Deadline" date, of the corresponding match, at the final time.

- D. **The Deadline/Final times** for the "Deadline" date are:
- Weekday Women: 11 am
 - Business Women, Men and Mixed Doubles: 7 pm
 - Juniors: 4 pm (Weekend); 5 pm (Weekday)
- E. **Unable to contact your opponent:** If you have made a diligent effort to both phone and email your opponent several times and still receive no response by Wednesday of the match week, please email the League office so that we have a record of it. If you still have received no reply by the Tuesday of the Make-Up Week, you should take the win by Forfeit (see instructions on your scoring page) and notify the League office. (We strongly recommend to check the "online schedule" to see if there have been any updates to the division. New phone numbers, email address, withdrawn and replacement player updates are posted daily.)
- F. **Rescheduling:** You may reschedule your match one time provided you give your opponents at least 24 hours' notice (you must receive confirmation back from your opponent that they received your rescheduling request). A rescheduled match is automatically scheduled for the Deadline/Final time on the "Deadline" date, of the corresponding match, UNLESS the teams agree to a different date/time or to use a "late score" pass. If you give your opponents less than 24 hours' notice OR need to reschedule more than once, your opponent has the option of rescheduling or recording a "win by forfeit". If both teams can't agree on a later date to play the match, the opponent will take the win by forfeit (even if they have agreed to reschedule).
- G. **Inclement Weather on the "Deadline" date:** If a match is rained out on the deadline date AND one team forced the match to be played on the deadline without offering three options days to play the match as per the MITB rules, the other team can record a win by forfeit (provided that team offered three days to play, not including the deadline date).
- H. **Inclement Weather on the last "Deadline" date of the Season:** For matches scheduled on the last deadline date of the season and rained out (no late passes allowed), we will post a message on the "My Leagues" page that day

with instructions on how to proceed. Teams that have a match scheduled on the last deadline date of the season will run the risk of not playing the match if there is inclement weather.

3. Match Play

- A. USTA "The Code" rules of conduct apply. The current USTA Rules will govern play for procedures not covered by MITB Sports Rules. MITB Sports Rules shall always supersede USTA rules of play. Print a copy of this Rules section to keep in your tennis bag.
- B. All players are expected to uphold their commitment to the league and the other players in the division by completing all matches.
- C. Court Surface: The choice of court surface is up to the home team. It is the home team's obligation to let the opponent know what court surface the match will be played on. NOTE: 10U Juniors play on regular size courts.
- D. Balls: The home team supplies an unopened can of yellow USTA approved balls for the match and will retain the balls after the match. Note: Juniors' 10U play with regular yellow balls. Winners do not receive an unopened can of balls.
- E. Warm-Up: Teams have up to 10 minutes prior to the start of a match as a warm up. The warm-up is not a time to practice "winners", return of serves, etc. Players should make a good faith effort to hit balls back as close as possible to their opponent.
- F. The winning team MUST post the match score before midnight of the deadline date. If you need to play on the "Deadline" date, you should plan on playing at the "final" time above unless all players agree on a different time that day. If you get rained out on the "Deadline" date, both teams will take a loss as the system will zero out the match. Teams can agree to play past the "deadline" date if a late pass is available. If Team A is unable to play at the final time, and all players do not agree on a different time that day (after each team offers 3 available dates), or to use a "late pass" Team B will post a win by forfeit.
- G. Court fees: Any required court fee and/or guest fee must be paid by the home team.
- H. Home Court Not Available: If your home court is not available for your match, you may play at an alternate site if it is no farther for your opponent. If it is farther for your opponent, you should offer to play at the opponent's court.
- I. Restroom Not Available: If your bathroom facilities are not operational you must offer to play the match at your opponents' court.

- J. Court Lights: The home team must provide a playable court with proper lighting. If your facility does not have lights and the match will continue into darkness, you must offer to play at your opponents' court. Business Women's and Men's Leagues MUST provide lit courts. Always allow enough time to play a full 3 sets when reserving a night match.
- K. Coaching: Coaching is not permitted. Spectators may not intercede in any way. The League welcomes spectators to attend matches and cheer on their family, friends and teammates. However, to ensure a positive match experience for all players, spectators must:
- Remain outside of the court area while the match is in progress.
 - Not cause distractions or delay of play.
 - Not intervene on behalf of a player or team i.e. making line calls etc.
- Spectators that are disruptive in any way may be asked to leave by the opposing team. Failure to leave the court area is grounds for a default.
- L. Rest Periods and Breaks: In an effort to ensure matches progress within a reasonable time frame, the following standard USTA and MITB Sports rules will be in force:
- Players are allowed a maximum of 25 seconds between points.
- Players are allowed a maximum of one minute and thirty seconds when changing sides of the court.
- Players are allowed a 10 minute break between the second and third sets.
- Players are allowed a one-time 3 minute injury suspension.
- Play shall never be suspended, delayed or interfered with for the purpose of enabling a player to recover his strength, breath, or physical condition.
- Players may have one toilet emergency visit per match which shall not exceed 5 minutes.
- M. Cell phones: All cell phones must be turned off or muted for match play. If a player needs to place a call during a match, they may make a call in the 90 seconds allotted for changing ends or the 10 minutes between the 2nd and 3rd sets. If you need to leave a cell phone on during match play for medical or emergency purposes and your phone rings, your opponents will be awarded the point in progress.
- N. Opponent is late: There is a 20 minute default rule. After 20 minutes, the waiting team has the option of taking the win by forfeit or waiting longer for the opponent to arrive, if and only if the opponent has called or sent a text to notify the opponent of a delay. No more than 10 minutes (total 30 min default rule). Schedules list cell phone numbers so you should at least try to contact a late opponent to be sure they aren't lost or having traffic problems.
- Please remember, MITB Sports is about playing tennis. We want matches

determined on the court whenever possible. To avoid misunderstandings that can lead to unnecessary no shows, teams should:

Designate a meeting place at the facility (many times both players are at the facility just in different locations).

Have the opposing team's contact numbers on hand.

Call the opposing team immediately if running late and provide a time frame your team will arrive.

Keep cell phones near and turned on.

O. Excessive Forfeits: A team having excessive forfeits may be disqualified from the league and/or suspended for the next season. This penalty also applies to any team withdrawing after the registration deadline and to teams that forfeit matches.

- P. Conflicts should be settled by the players using the MITB Rules first, then USTA rules and finally 'The Code'. All players have the right to question a line call or score. If you dispute a call, reaffirm with your opponent what they saw and accept their decision. Remember...Good sportsmanship begins with fair play and a good attitude.

Disagreements between players that are subjective in nature will not be ruled on by MITB Office. While the MITB office will not rule on these events, we do want to be informed of all extremely poor behavior or flagrant unsportsmanlike conduct. Please report these incidents to the league office so that a complaint may be logged and appropriate action taken. Possible issues would include:

Bad line calls and the excessive questioning of calls

Foot Faults

Scoring Issues

Rude Behavior

Because an MITB representative is not present during matches, we cannot take one player's word over the other. Players who encounter conflicts on court are expected to resolve them in an adult like manner on the court. MITB Office will not mediate matches or settle disputes between players regarding these types of conflicts.

- Q. Unsportsmanlike conduct: MITB Sports reserves the right to refuse to place a player that has a history of unsportsmanlike conduct complaints filed against him/her.

- R. Additional rules for juniors:

- i. A parent/guardian must accompany juniors to their matches.
- ii. Clapping for a point well played by both players is allowed. Parents, please use your best judgment.

- iii. Discrepancies concerning a call or score should be settled by the junior players. If the players can't remember the score, they should return to the score they can both agree on and proceed from there. Juniors should be encouraged to make fair and honest line calls. If a parent clearly sees that his/her child is making bad line calls in their own favor, the parent is permitted to remind his/her junior about how to make good calls. If any part of the ball touches the line, the ball is good.
- iv. Upon agreement by both parents present at the match, a player may be defaulted for unsportsmanlike conduct on the court. Any incidents of unsportsmanlike behavior should be reported to the League office. After 2 complaints are received within a season, MITB Sports will notify the parents.

4. Weather

- A. Inclement Weather: In the event of rain, the home team must verbally contact the opponent as soon as it is apparent that the match will not be played at the scheduled time. The home team should never assume the opponent knows it is wet at your courts and the visiting team should never assume that a match is called due to weather at opponent's courts. DO NOT cancel matches via email. Always contact your opponent when the weather is questionable. If Team A shows up at the courts to play at the scheduled match time/day, and Team B does not show because they assume the match is unplayable due to weather (without making contact with Team A), Team A may take the win by forfeit.
- B. Rescheduling due to weather: If weather dictates that you reschedule your match, you should do so before the "Deadline" date in case of rain on that day. If the teams cannot agree to reschedule before the "Deadline" date, then the match is rescheduled at the "final" time, on the Deadline date.
- C. If players have assembled to play and the match is delayed or interrupted by rain or wet courts, players should be prepared to wait a ½ hour to determine if the court is playable. If after ½ hour, or if forecasts indicate that a long delay is inevitable, players are free to leave and reschedule. If the match had begun, players should resume the match at the exact game and point as they stood when halted. When resuming a match in the 3rd set or with more than 2 days between the start of the original match, new balls must be provided by the home team.
- D. If the temperature is above 98 degrees or below 32 degrees (Fahrenheit) before the match is started, it is the option of the players to reschedule the match. Do not force an opponent to play in temperatures that can pose a health risk.

- E. Inclement Weather on the LAST "Deadline" date of the season: For matches scheduled on the LAST "Deadline" date of the season and rained out (no late passes allowed), we will post a message on the "My Leagues" page that day with instructions on how to proceed. Teams that have a match scheduled on the LAST "Deadline" date of the season will run the risk of not playing the match if there is inclement weather.

6. Scoring

- A. Adults and Juniors - All matches are best 2 of 3 sets.
- B. A set is completed when one player wins 6 games by a margin of 2 games. If the set score reaches 6-6, a 7-point tiebreaker (first to 7 by 2 - see below) is played to determine the winner of that set.
- C. Adults: IF ALL PLAYERS AGREE BEFORE THE MATCH BEGINS, you may play a tiebreaker in lieu of a 3rd set. In this case, record the 3rd set score as 7-6.

Juniors: The 3rd set will be a 7-point tiebreaker (see below for details). Record the 3rd set score as the actual score of the tiebreaker, i.e. 7-3.

If all players agree before the match begins, a 7-point tiebreaker may be played in lieu of the 2nd set (record a 7-6 score for the 2nd set if you play the 2nd set as a tiebreaker).

- D. Reporting scores: Scores for all matches (including "Forfeits" and "Retired" matches) must be reported by the winning team/player by midnight of the "Deadline" date. Record the actual set scores. Tiebreakers are recorded as 7-6 (except for Juniors playing a 3rd set - see above). If the score is not reported, the match will be shown as "not played" and each team will receive 0 points. Forfeit win: A "Won by Forfeit" is reported when the opponent(s) is not available to play the match or does not respond to the opponent's emails and phone calls.

Retired matches: A "Retired" win is reported by the winning team when a match cannot continue due to injury, illness, personal reasons or disagreement. To record a Retired match, enter the score of games/sets played and check the "Retired" box.

- E. If the score is not reported, the match will be shown as "not played". Causing a delay in posting scores will have both players/teams disqualified.

7. 7-Point Tiebreaker Rules

- A. The first team/player to win seven points shall win the game and the set provided the lead is at least two points. If the score reaches six points all, the tiebreaker shall be extended until this margin has been achieved. Numerical scoring shall be used throughout the tiebreaker.
- B. The player whose turn it is to serve shall be the server for the first point which is delivered from the right court (deuce court). His opponent shall be the server for the second and third points to be delivered from the left (ad) court, the right (deuce) court, and thereafter each player shall serve alternately for two consecutive points (left court, right court) until the winner of the game and set has been decided.
- C. Players shall change ends after every six points and at the conclusion of the tiebreaker. Note that after any change of ends the server will be serving his second serving point.
- D. Doubles Matches Serving Order: The player whose turn it is to serve shall be the Server for the first point. Thereafter each player shall serve in rotation for two points, in the same order previously in that set, until the winners of the game and set have been decided.