Tennis (Girls)
Sport Information

Sport Director
Andy Pogach, Durham Academy, andy.pogach@da.org

Regular Season Information

In-Season Activities

- In-season practice with a school coach present - in any sport - is prohibited outside the sport seasons designated in the following table. (Summers are exempt.)

	BEGIN	END
Fall Season	Monday, Aug 3, 2026	Saturday, October 31, 2026

Game Limits

Tennis	23 contests

Out-of-Season Activities

- Out-of-season activities are allowed, but are subject to the following:
    - Dead Periods:
        - Only apply to sports not in season.
        - Out-of-Season activities are not allowed during the following periods:

Season	Period
Fall	Starts the first week of fall season through August 31st.
Winter	Oct. 26 through Nov. 22, 2026
Spring	Feb. 8 through Mar. 8, 2027
May	May 1 through May 15, 2027

Sport Rules

- National Federation of High Schools Rules (NFHS) -
    - The NCISAA is an affiliate member of the NFHS.
    - National High School Federation rules apply when NCISAA rules do not cover a particular application.
    - Visit www.nfhs.org to find sport specific rules and annual updates.
- It is important for athletic directors and coaches to annually review rules changes each season.
- Rules -
    - Heads of schools and athletic directors are responsible for seeing that these rules and concepts are understood and followed by their coaching staff without exception.
    - Enforcement of all NCISAA rules is the responsibility of each school, each conference, the NCISAA Board of Advisors, the NCISAA Board of Trustees and the NCISAA State Office.
    - The head coach (and only the head coach) may coach a player any time during the match so long as the coach does not interfere with play. A coach is not allowed to be on the court during play.

        - According to USTA rules, a player is allowed 25 seconds between points. A coach may provide feedback during 25- second time but cannot interrupt the continuous play rule. A coach may still coach his/her players during the 90 second changeover at the end of odd games.
            - Only the head coach employed by that school may coach, and only in a manner which does not interfere with the play on adjoining courts.
    - The positions paired at the number-one doubles positions (e.g., #1 and #3 = 4) must add up to an equal or lower number that those paired at the number two doubles (e.g., #2 and #4 = 6). The number two doubles pairing must add up to an equal or lower number than those paired at #3 doubles (e.g., #5 and #6 = 11). A number one singles player may NOT play at number three doubles. Any player NOT in the top 6 will be considered a #7 player for the purpose of placement in doubles.
    - Recommended format changes to increase speed of play: No ad-scoring, no warm-ups with opponents and limit time in between singles and doubles matches to 5 minutes.
- **Lineup forms will be exchanged 15 minutes prior to the start of the match.**
- All match results, including individual results, must be entered in MaxPreps within 24 hours of each completed match.

Postseason Information

Seeding Information:

1. Opt Out Date- September 18, 2026
2. Seeding Meeting Dates:
    a. October 17, 2026
3. For state playoff seeding purposes, all conference games/matches must be completed prior to the seeding meetings.
4. All schools are considered for state playoffs unless they have opted out.
5. A team must have at least two wins against a varsity opponent recognized by MaxPreps to qualify for the postseason.
6. Schools must play 2 contests against 2 separate schools within their division.
7. The seeding committee along with the state office will seed the tournament.
8. In all playoff games, the higher seed will be the home team.
9. Brackets will be posted on the NCISAA website after seeding for each classification has been established. The athletic administrators of participating teams should then be in communication with their opponent to arrange contest details. (See NCISAA Handbook/Postseason Rules & Regulations for Host Site rules and details.)

All-State Voting

1. Meeting Date: November 2, 2026
2. Meeting Site: The format of the 2026 All-State selection meeting will be a virtual meeting held on the Monday following the State Championship..
3. Each Head Coach (or their designee) will be invited to the all-state meeting and will have **three (3)** minutes to talk about all their school's all-state candidates.
4. Statistical information must be submitted for each student-athlete being considered using the form provided by the State Office. Failure to submit information prior to the established deadline will render the student-athlete ineligible for all-state consideration.
5. There will be no all-conference list submitted to the State Office in advance of the meeting. There will be no predetermined all-state committee.
6. Voting will be done by each head coach (or their designee) who attended the all-state meeting. Voting forms will be sent out to coaches following the meeting.
7. The NCISAA State Office will mail/deliver the All-State medals to the athletic director of the All-State recipient's school.

Postseason Definitions

1. Championships - Each sport season will conclude with a final event - State Championships. Some sports have a 1 or 2 date Championship while others have a playoff period prior to a Championship.
2. Playoff Period - The two week period of time preceding the Championships will be considered “playoffs”.
3. Playoff Dates - Within the playoff period, each classification/division will compete on 3-6 dates, depending on how teams are competing. After opt-outs have been established, the playoff dates and brackets will be posted on the NCISAA website. See BRACKETS tab for sport related bracket layout.
   EXAMPLE:
   - Week 1 - Playoffs may be played on Tuesday, Thursday and Saturday OR Tuesday and Friday.
   - Week 2 - Playoffs may be played on Tuesday, Friday and/or Saturday.
4. Playoff Times - Weekday contests will start at 4:30pm (1pm on Saturdays) unless an alternate time is agreed upon by competing schools.
5. Each round will be determined after the opt out date and posted on the BRACKETS page on the NCISAA website.
   a. Championship Date-

Girls Tennis	Finals will be on the last Saturday of October.

Championship Site:

1A and 2A will be played at NC Wesleyan. 3A will be played at Forsyth Country Day. 4A will be at the higher seed.

Sport Rules

1. Tennis programs will receive information outlining procedures for state playoffs participation prior to the state tournament.
2. USTA rules will apply to matches unless otherwise specified. Coaches are encouraged to have an official USTA rule book on site.
   - All administrators must communicate with their competitors prior to contests to know what surfaces to expect when their teams meet.
   - Hard or clay courts are the only approved playing surfaces.
3. All member schools must have participated in at least four tennis matches. Each singles player and doubles team must have played a minimum of four (4) matches at the same position in order to qualify for play in the state tournament at that position.
4. Coaches are not allowed on the court during play.
5. Each coach is obligated to see that his/her team lineup represents the comparative strength of the players in both singles and doubles. For example, the #1 player or team is stronger than #2; #2 is stronger than #3, etc.
6. All teams qualifying for the state playoffs must send an officially verified lineup to the State Office by 7:00pm on the Sunday prior to the seeding meeting using the NCISAA postseason lineup form.
   - This lineup must be verified by the qualifying team’s Athletic Director.
   - The lineup should fairly represent the comparative strength and schedule played by individuals and doubles teams throughout the regular season.
   - The submitted lineup must stay the same throughout the tournament unless a coach deems necessary to make a change for any reason which may include (fatigue, injury, illness, academic conflict, or discipline).

- Please remember if a replacement occurs, that all players must be moved up and strength of singles and doubles should follow Rule #4.
- A change in the lineup would need to be determined and shared with the opponent no later than 12 hours before the match unless an injury occurs after this time.

7. **Lineups must be locked 1 week prior to the start of the postseason.**
8. Any replaced player may not be substituted back into the lineup on that day or during that particular match.
9. An individual will play no more than four (4) matches per day. Ten minutes are allowed between the first and second sets. If necessary an additional ten minute break is permitted before the 3rd set which is a ten point tiebreaker which determines the match. A twenty minute minimum is suggested between matches.
10. Doubles will start all tournament matches with singles to follow.
    - The team that secures 5 team points wins the match.
    - In the first round, quarterfinals, semifinals, and finals, coaches can agree before the match to alter the remaining matches if a team earns 5 team points while matches are still on the courts.
    - Coaches must come to an agreement with two options:
        i. agree to play out the remaining matches as normal or
        ii. stop play when a 5th team point is earned.
11. The positions paired at the number-one doubles positions (e.g., #1 and #3 = 4) must add up to an equal or lower number that those paired at the number two doubles (e.g., #2 and #4 = 6). The number two doubles pairing must add up to an equal or lower number than those paired at #3 doubles (e.g., #5 and #6 = 11). A number one singles player may NOT play at number three doubles. Any player NOT in the top 6 will be considered a #7 player for the purpose of placement in doubles.
12. Format for Postseason play includes: No ad-scoring, no warm-ups with opponents, and a limit of 5 minutes in-between singles and doubles matches.
13. All set tiebreakers are 7 points. All Match tie breakers are 10 points in lieu of the third set .
14. Doubles play 8 game pro sets with a 7 point tiebreaker played at 8-8.
15. In the event of a singles match split sets in the NCISAA Playoffs, a 10 point match tiebreaker will be played to decide the third set just like the regular season.

Officials

1. The NCISAA State Office will work with the host to secure a USTA official for the semifinals and finals in all divisions for the purpose of arbitrating issues of sportsmanship and rules.
2. That person will be paid and is expected to be present at all times.
3. Coaches may serve as monitors only when their own players are not involved in the match.

Game Administration

The NCISAA requires that an administrator from the host team be present at the site of the contest. It is highly recommended that both teams have an administrator in attendance to assist with game and spectator management.

Medical Coverage

A North Carolina State Licensed Athletic Trainer or First Responder is required for all NCISAA playoff contests.

Reporting Playoff Scores

Both school administrators are responsible for reporting scores to the NCISAA State Office and posting results in MaxPreps immediately after the conclusion of the contest.

Game Balls:

1. When not provided by a sponsor, game balls should be furnished by the home team/higher seed.

Admission

Postseason	All Rounds
Adults	$10.00
Children (8 and under)	Free

***Students in grades 9-12 of participating schools only are admitted free.**

Awards

TEAM	1A	2A	3A	4A
Championship Trophy	1	1	1	1
Runner-Up Trophy	1	1	1	1
Individual Gold Medals to Championship Team	12	12	12	12
Individual Silver Medals to Runner-Up Team	12	12	12	12

INDIVIDUAL	1A	2A	3A	4A
All-State Awards	9	9	9	9