

### **Rest Between Matches**

The Referee, Sectional Association, or District Association should permit additional rest when any of them concludes that the length of a match, heat, humidity, total time on the court during the day, or other conditions justifies more rest

**Extreme Heat and Humidity.** The Referee shall obtain the apparent temperature for the zipcode of the main site from [www.weather.gov](http://www.weather.gov) within thirty minutes before the start of the first match each day and at 10:00 a.m., 1:00 p.m., 4:00 p.m., and 7:00 p.m. In Junior, Adult, Senior, and NTRP divisions, if the apparent temperature reaches 90°F at any of the prescribed temperature checks and during a player's singles match consisting of a format of two standard tiebreak sets or more, then the minimum rest offered by a Referee before the player's next match shall be two hours. Apparent temperature is the combined index of heat and humidity as defined in the Heat Index Chart in **Part 4, USTA Emergency Care Guidelines**. See also **USTA Regulation III.H**.

**Part II.** Amend **USTA Regulation III.** by adding a new subsection **H.** and re-lettering the remaining subsection (p. 114) as follows:

### **III. CONDUCTING THE TOURNAMENT**

#### **H. Extreme Conditions**

1. **Apparent temperature.** Apparent temperature is the combined index of heat and humidity. It is an index of the body's sensation of heat caused by the temperature and humidity. See Heat Index Chart in **Part 4, USTA Emergency Care Guidelines**. The Referee shall obtain the apparent temperature for the zipcode of the main site from [www.weather.gov](http://www.weather.gov) within thirty minutes before the start of the first match each day and at 10:00 a.m., 1:00 p.m., 4:00 p.m., and 7:00 p.m.

2. *Extending length of rest between matches in Junior, Adult, Senior, and NTRP divisions.*

In Junior, Adult, Senior, and NTRP divisions, if the apparent temperature reaches 90°F at any of the prescribed temperature checks and during a player's singles match consisting of a format of two standard tiebreak sets or more, then the minimum rest offered by a Referee before the player's next match shall be two hours.

**Rationale:** The *USTA Emergency Care Guidelines* were put in place to help prepare Tournament Directors for medical and other emergencies and they first appeared as part of *Friend at Court* with the 2008 edition. The *USTA Emergency Care Guidelines* include a heat index chart that sets forth under what weather conditions there is a risk of heat stress for players. Based on the heat index chart, the Sports Science Committee is proposing to mandate a Referee to offer a 2 hour minimum rest to any player after that player has completed a singles match in a Junior, Adult, Senior, or NTRP division when there is extreme hot and humid weather. The Committee believes these guidelines are necessary to protect the health of junior and adult players competing in USTA sanctioned tournaments.

**Effective Date:** January 1, 2012 Amended to be effective at the conclusion the 2012 Executive Committee and Annual Meeting of the Voting Members.

**C&R Note:** A FAC Comment shall be added to provide examples of the Extreme Heat and Humidity minimum rest offered by a Referee.

**C&R Note:** A Friend at Court comment will be added to clarify that the Extreme Conditions provisions do not apply to short sets and certain QuickStart formats.

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**R6. Proposed**