

IGSA Sport Tennis Rules & Guidelines 2026 Term 1

Player registrations

1. Players must be enrolled in years 7 - 12 at the school they represent and be registered with the IGSA Sport office by the Monday prior to the start of the competition.
2. Students playing in year 7 grades can only be year 7 students, "J" grades are students in years 7, 8 and 9 only and "S" grades are open teams so any student in years 7 - 12 are eligible.
3. Players are considered registered after they play their second match (and signed on as required).
4. Players may play in a higher grade than the one in which they are registered. Once they have played 3 matches in the higher grade they are then registered in the higher grade.
5. Team registrations have some flexibility in the first 2 weeks of the competition to ensure that students are in the correct grade.
6. Where schools have teams in the same grade they must nominate the higher or lower team and rules relating to playing up or down will apply.
7. A player unavailable for a round match, semi or final may be replaced by a floater or a player from another team (in accordance with the playing up rules). However, you cannot exceed the number of players originally registered for that team. This does not permit students to play in two semis or finals although they can play a maximum of two round matches each week.
8. Byes & matches cancelled due to a venue closure will count towards matches played.
9. A player must have signed on for 3 round matches in any team for this sport, in accordance with the playing up rules to be eligible for semis and finals. Details of player eligibility will be forwarded to school staff in advance of the final round. If this is not received before the final round, school staff should contact the IGSA Sport office.
10. A player, who has signed on for 3 matches but not played in the semi final, is still eligible for the final.
11. A player may only play for 1 team in the semi-finals and finals.
12. Where play offs exist, semis and finals rules do NOT apply to these matches.
13. Injured or ill players who have not signed on for 3 matches are not eligible for semis or finals.
14. A team playing an illegal player may be required to forfeit the match.
15. The minimum and maximum number of registrations per team for each sport is:

Sport	Minimum	Maximum
Badminton	3	5
Tennis	4	6
Basketball	5	12
Football	11	16
Hockey	11	16
Netball	7	12
Touch	6	14
Water Polo	7	13

With an allowance for 2 extra players maximum. Permission is required from the IGSA Sport staff to register more than the maximum. Please note - you may only field the maximum number of registrations in each round match, semi or final. Failure to do so may incur a forfeit result.

16. Each school may use up to **5** floating registrations during the season. Where a student is used for only one match, no fee will be charged.

Legal Playing Up Rules

Some examples of legal and illegal plays-

- ✓ student plays 2 matches in one day – LEGAL.
- ✗ student from J01 plays in grade S13 - ILLEGAL & FORFEIT.
- ✗ student plays less than 3 round matches OR plays 3 but fails to sign on, NOT ELIGIBLE FOR SEMIS OR FINALS.
- ✓ student in S13 plays down in S14 in Week 2 – LEGAL provided she then remains in S14 for remainder of season OR if she plays up she is automatically re registered in the higher Grade.
- ✓ student from J01 plays up - Week 1 – S01, Week 3 – S03, Week 5 – S02 AUTOMATICALLY RE-REGISTERED IN S03 - the lowest she may now play.
- ✓ a school has 2 teams in grade J01 being team 11 & 12 - Players in both teams may not move between teams, regardless of which team is numbered lower.

Legal grades for playing in round matches, semi-finals & finals

Where necessary, players may play in another team that is in a higher grade than the team they were originally registered in. Exceptions include:

Senior Grades

S01 Can only play in this grade (schools with multiple teams in S01 may not move players between teams).

All other senior grades can only play in a grade higher than their own team.

Junior Grades

J01 Can only play in S01 – S04 (schools with multiple teams in J01 may not move players between J01 teams).

J02 Can only play in S01 – S06 and J01.

J03 Can only play in S01 – S12 & J01 – J02.

J04 Can only play in S01 – S12 & J01 – J03.

Year 7 players playing in J01 – J02 may play down into Y701 grade.

Year 7 players playing in J03 – J20 may play down into any year 7 grade.

Please note that a year 7 player in a junior grade may only play down twice per term.

Year 7 Grades

Y701 Can only play in S01 – S04 & J01 – J04.

Y702 Can only play in S01 – S06, J01 – J12 & Y701.

Discipline - For Breaches of Code of Behaviour

Please read the Code of Conduct available on the IGSA website. A summary is contained in the Conveners handbook. Please make sure all players, coaches and umpires are aware of the Code of Conduct. An IGSA Sport Incident Report must be completed for any breaches of this code.

IGSA Sport Summary Code of Conduct for Inter-School Sport

Why: The Summary Code of Conduct is designed to provide a brief outline of the rules, guidelines and principles governing inter-school sport. It is a quick reference document only and does not replace the IGSA Sport Code of Conduct. In the event of a perceived conflict between the two, the latter will prevail.

Who: The Summary Code of Conduct applies to anyone participating in IGSA Sport including students, staff, coaches, umpires, officials, parents, spectators and volunteers.

What: The Summary Code of Conduct covers four areas: principles, expectations, authority and rules.

Principles:

- Participation in inter-school sport is important for all students: it fosters social, emotional, personal and physical development.
- Winning is less important than co-operation, team spirit and good sportsmanship.

Expectations:

- All participants, regardless of their role, will be expected to treat others with respect, courtesy and encouragement. Disparaging comments will not be tolerated nor will aggressive, abusive or offensive language or behaviour.
- Should disputes arise, resolve them in a calm and constructive manner.
- There will be no argument with or criticism of, the referee. If you disagree with a decision, refer to the IGSA Complaints Policy available on the website.
- Harassment will not be tolerated in any form.

Authority:

- The match officials have complete control of the match. In matters regarding play and the rules of the match, their decision is final.
- The venue convener has responsibility for all other aspects of the match such as safety at the venue.
- The referee and venue convener will work together to achieve a fair outcome. They may also consult staff members present.
- In the event of misconduct, the match officials may caution, suspend or send off the offender. In extreme circumstances they may stop play or terminate the match.

Rules:

- Unacceptable conduct is outlined in the Code of Conduct and includes any behaviour that might reasonably be expected to damage the self esteem of another or the reputation of an individual, school or the independent school sector generally. This includes derogatory remarks, dangerous behaviour, property damage, inciting violence, verbal or physical abuse or harassment.
- Players engaging in unacceptable conduct may be cautioned, suspended or sent off. Anyone else engaging in unacceptable conduct will be cautioned and if this fails, asked to leave.

Protests

A coach or team captain is entitled to lodge a protest should they be dissatisfied with any aspect of the match. The following procedure will apply:

The coach or team captain must lodge the protest in writing with the Convener at the venue as soon as possible or notify the IGSA Sport staff by 12 noon on the Monday following the match.

The opposing team must be notified of the intent to protest and the reason for it. The protest will be addressed as soon as possible by the IGSA Sport staff.

Venue Closure (i.e. Wet Weather, Extreme Heat)

The Convener must make a decision concerning commencement of play and any stoppages or cancellation due to inclement weather. Any such decisions should be made after consultation with coaches, managers and any school staff present. Where it is necessary to call off matches, the Convener is requested to notify their **school's sport staff** so the IGSA Sport venue closure page can be updated for players and parents to check.

The open or closed status of a venue can be checked by accessing the:

IGSA Sport mobile app: <https://igsasport.spawtz.com/Leagues/VenueStatus>

Point Scores & What Happens with Matches Cancelled Due to Venue Closure

In the case of a venue closure in singles: 4 completed games and in doubles 5 completed games, will be considered played and the score taken from when the match was stopped.

In the case of an incomplete match due to venue closure, completed sets (4 or more) shall retain their points and incomplete or cancelled sets will be awarded $\frac{1}{2}$ points each.

Matches that do not play or are cancelled before reaching 4 sets are considered cancelled. Once 4 sets or more have been completed, the result stands.

The total point score at the end of the season for each team (before semis and finals if they exist), is divided by the number of matches played. This result (average points) is then used to determine which teams play in semis and / or finals.

There are no points awarded for a match cancelled due to venue closures.

Point Score

Match Win:	5 Points
Match Draw:	3 Points
Only where sets AND games won are the same	
Match Loss:	1 Point
Match Forfeit:	-1 Point
Match Forfeit Score For / Against:	8 – 0
Washed out matches	0 points

Please note: a draw will be awarded only in the case where sets and games are equal. If sets are drawn, but one team has won more games, they will be awarded the match win points.

Result Sheets

All students are to sign the result sheets at the convener's table **before** play. The sheets MUST not leave the venue. At the completion of the match, team captains must report to the Convener to hand in the completed result sheet.

Please note that the printed names are not in playing order. **Names & playing order must be filled in before play commences & may not be changed after play starts.** Conveners are to ensure that every player "signs on" in the appropriate place after arrival at the venue.

The result sheets are to be sent promptly in to the IGSA Sport office each week.

No student is to sign for another.

If possible, each team must make sure they have a **scorer to sit with the opposition scorer.**

Team captains must sign the result sheet at the conclusion of the match to verify the score. Once both captains have signed the result sheet, no changes to the score will be made. If the result is in doubt, the convener is responsible for determining the final score.

Payment Information - Conveners

IGSA Sport will determine the payment for Conveners based on prior IGSA Sport convening experience.

Completed Terms of Service		1 - 3	4 - 6	7 - 19	20+
Sport	Max no. of match slots	Payment per match slot			
Badminton	3	\$37	\$39	\$42	\$46
Tennis	2	\$60	\$64	\$69	\$77
Basketball	4	\$30	\$32	\$35	\$39
Football	4	\$30	\$32	\$35	\$39
Hockey	4	\$30	\$32	\$35	\$39
Netball	4	\$30	\$32	\$35	\$39
Touch	4	\$30	\$32	\$35	\$39
Water polo	5	\$24	\$26	\$28	\$31
Set Up / Pack Away Fee for all sports		\$35 / round	\$35 / round	\$35 / round	\$35 / round

- The number of match slots and fields / courts / pools used at a venue may vary each week. Conveners are only required if matches are scheduled at their venue.
- It is recommended that conveners allow enough time prior to the first match to set up and after the last match to pack away the venue.
- IGSA Sport will pay up to the maximum number of match slots at the venue plus a set up / pack away fee based on the draw and matches completed or partially completed.
- Conveners may, where required, referee in addition to convening providing that convening at all times takes priority over refereeing. In this case, no more than \$25 per match may be claimed for refereeing.
- Special exceptions can be approved by the IGSA Sport Staff and in consultation with the IGSA Accountant where possible.

Venue Closure Payments

	Convener
Closure during day of play.	Set up / pack away fee plus completed and / or partially completed match slots

IGSA Sport Tennis Match Rules Term 1 2026

Playing Saturdays

Term 1 (Championship)

February 7, 14, 21, 28

March 7, 14, 21, 28* (*finals & playoffs – 1 vs 2, 3 vs 4)

There will be no playoffs for teams finishing in 5th to 8th place this season.

Match Times

Matches should commence at the stated starting time. Four players from each school must be ready to commence the match with doubles. Where a team is still missing players and unable to commence after the five-minute grace period, they will lose the affected doubles, and win-points for that set will be awarded to the team who had all their players and was able to play. Where both teams are missing players and cannot commence the doubles sets, ½ points are awarded to each team.

Unless there is a clear reason for not doing so, **all matches must be completed within the allocated time frame.** The Convener must encourage students to keep matches progressing.

In normal circumstances, failure to complete a match when one team has already won is considered unsporting behaviour and may affect the final result for other teams in the grade.

All hit ups should not exceed three minutes and are only necessary for each student's first match.

Match 1	Match 2	4 players	5 players	6 players
	Start times			
7:30 AM	9:45 AM	**S01 / S02 / S03 / S04 / S05 / S06 / S07 / S08 / J01 start at 7:30am	Players must be ranked 1-5	Players must be ranked 1-6
7:45 AM	9:55 AM	No 1 Doubles Pair v No 1 Doubles Pair No 2 Doubles Pair v No 2 Doubles Pair	Players 1 & 2 Players 3 & 4	Players 1 & 2 Players 3 & 4
			Player 5 does not play	Players 5 & 6 do not play
8:20 AM	10:30 AM	No 1 Singles Player v No 1 Singles Player	Player 1	Player 1
Approx.	Approx.	No 2 Singles Player v No 2 Singles Player	Player 2	Player 2
8:45 AM	10:55 AM	No 3 Singles Player v No 3 Singles Player	Player 3	Player 5
Approx.	Approx.	No 4 Singles Player v No 4 Singles Player	Player 5	Player 6
			Player 4 does not play	Players 3 & 4 do not play
9:10 AM	11:20 AM	No 1 Doubles Pair v No 2 Doubles Pair	Players 4 & 5	Players 3 & 4
Approx.	Approx.	No 2 Doubles Pair v No 1 Doubles Pair	Players 1 & 2	Players 5 & 6
			Player 3 does not play	Players 1 & 2 do not play
9:40 AM	12:00 PM		FINISH	

If playing with 4, the combination comprising the doubles pairs may be made in any suitable way e.g. number 1 doubles pair may be number 2 & number 3 singles players as they are a more suited combination than the number 1 and number 2 singles players.

If playing with 5 or 6, you must stick to the formats shown above and also on the "Example of IGSA Sport Tennis Result Sheet".

Each school is responsible for fairly numbering the players in order of playing ability from 1 to 4 (or 5-6). The playing order can change from week to week depending on player performance, but the school is responsible

for adjusting the numbering system each week. Please note that numbering / ranking may vary for singles and doubles (this rule is only for 4 players).

	S01 / S02 / S03 / S04/ S05 / S06 / S07 / S08 & J01	All other grades (includes Y701)
Maximum no of players each week	5	6 (if using 6 players all players MUST play 2 sets)
Singles	first to 6	6 games in total
Doubles	first to 6	8 games in total
Deuce	3-point deuce (see below)	3-point deuce (see below)
Tie-breaker	Short tie break played when 5 – 5. First to 5 wins and if the score is 4-4 there is a sudden death point	not applicable
Match not completed due to no time remaining (9.40am and 12.00pm).	The sets not completed will be considered a draw and each pair will receive a half point and the score recorded as 6 – 6.	In all other grades the players share whatever sets remain unplayed

All games are a three-point deuce – the first deuce is played long, and the second deuce is a sudden death point - receiver's choice.

Forfeits, late and injured players

A team which finds it necessary to forfeit a match and is aware prior to Friday afternoon must notify:

- A) their opponents
- B) the IGSA Sport office

All grades	
Player is late	If it is after 5 minutes from the start of play, their team forfeits that set of doubles.
Play with a team member missing	Play whatever doubles and singles you can. The team with all players receives win points for the sets that cannot be played. The order of play MUST be doubles, singles and reverse doubles
Entire team more than 15 minutes late	Match declared a forfeit.
Player injured MID match	If a player is injured mid match, the injured player will forfeit the set currently in play. However, if the team has 5 or 6 players in attendance, a lower ranked player can substitute for them in sets not yet played. If the team only has 4 players in attendance, the injured player will forfeit any further sets still to be played. Any games already won by the injured player will count towards the final set score. E.g. if the score is 4 – 2 when player A is injured, the score would end up being 4 – 6 (or 8) with the 1 point set win going to player B.

In the case of a team failing to have the necessary equipment available, the non-offending team may choose to lend their gear and play for points or request a forfeit. This decision must be made prior to the start of the match.

How to Score on the Score Card and Determine the Result:

Set win	1 point
<i>In all grades <u>except S01 / S02 / S03 / S04/ S05 / S06 / S07 / S08 & J01</u>, all games should be played in full and whatever sets are not played at the end should be split between the 2 teams.</i>	
<i>In S01 / S02 / S03 / S04/ S05 / S06 / S07 / S08 & J01, all games should be played in full and whatever sets are not played should be declared a draw and each team will receive a half point.</i>	
Drawn set (3 all in singles or 4 all in doubles)	½ point
Matches cancelled due to a venue closure	0 points each

A ‘match win’ is decided on the team which has won the most sets. Where these are even (i.e. 4 each), the team that has won the most games overall will be declared the winner. Should these also be the same, then the match is declared a draw and draw points allocated.

Equipment

Each team **must** supply 4 tennis balls for their match. All balls must be of a suitable standard.

Safety

1. Caps/visors are strongly recommended, and students should be encouraged to use a 30+ sunscreen.
2. Students should wear proper fitting shoes; bare feet are not acceptable.
3. Students are not to share drink bottles.
4. IGSA Sport does not provide insurance for accidents or injuries sustained by any participant in inter-school sport. Sport is inherently dangerous. Participants are advised to assess their own needs and to take out insurance appropriate to their circumstances.

Players

A player may not receive any type of coaching from any person while a match is in progress. Communication of any kind, audible or visual, between a player and any other person may be construed as coaching. The exception to this rule is in low Junior and low Year 7 grades where players are unsure of where to stand or how to score – a small amount of guidance is allowed in these instances and coaches may stay on the court.

Coaching shall be permitted where there is an off-court break between sets or during interruptions to play caused by bad weather or light where players leave the court. Coaching is not permitted while a court is being serviced at the end of or during a set and players are still on court, or during a toilet break.

Uniforms

All students must wear their nominated school tennis or PE/sports uniform for all matches.

Semi and Finals

In the event of a grade playing semis and / or finals the following will apply – semis (i.e. grades with 6 teams or less) will play 1 v 4 and 2 v 3 OR if it is a straight final it will be 1 v 2 and a playoff between 3 v 4. There will be no playoffs for teams finishing in 5th – 8th.

The format of these matches will be as in earlier rounds.

The following will be used to determine final standings:

1. The position of these teams is determined by their final ranking according to the average of the final points score at the end of the rounds.
2. If two teams have the same average points, it will revert to the winner of the match played between these teams.
3. If two teams have the same average points at the end of the rounds and the match between them was a draw or washout, the positions for semis / straight finals will then be determined by their match points (for / against) difference.

4. If three or more teams have the same average points, the positions for semis / straight finals will be determined by the difference between their for and against scores taken from matches played only between tied teams and averaged over the number of rounds played.
 - i) If item 4 cannot determine necessary positions, teams no longer in contention will be removed from consideration and positions of remaining teams will be determined by the average points from matches played between only teams still in contention.
 - ii) If 4.i. cannot determine necessary positions, the team that has the highest number of “for” points will be ranked highest.
5. If necessary, positions still cannot be determined, the final rankings will be decided by a drawing of straws (undertaken by IGSA Sport staff), unless schools involved agree to play a tie-breaker fixture prior to the semis/ finals match weekend.

Please note that should the season be played as **first past the post**, the premiership in each grade will be decided as detailed below:

1. The position of teams is determined by their final ranking according to the final averaged points score at the end of the rounds.
2. If teams have the same averaged points at the end of the rounds, the premiership will be declared “joint premiers”.

In the event of a draw in the finals, the teams will be declared Joint Premiers. NB: *No player may take part in a semi-final or final unless she has played 3 competition matches.*

If any grades have nine teams, winners will be “first past the post” and decided as detailed below:

- The position of teams is determined by their final ranking according to the final averaged points score at the end of the rounds.
- If teams have the same averaged points at the end of the rounds, the premiership will be declared “joint premiers”.

No injury time will apply in semis or finals for all grades

Teams to play in the finals will be decided on the results of the semis and the winners of each semi will play in the final.

When a draw occurs in all grades in a semi or final, teams to progress will be as follows.

If the score is a draw at the end of regular time in SEMIS for all grades - the team that finished highest on the table will progress to the finals.

If the score is a draw at the end of regular time in FINALS for all grades - teams will be declared Joint Premiers.

When a match is affected by a venue closure in a final, both teams will be declared joint premiers.

Example of IGSA Sport Tennis Match Sheet

Venue: _____ Grade: _____ Date: _____ Time: _____

Team A		SIGNATURES		Team B		SIGNATURES	
Mary Smith		Mary Smith		Susan Green		Susan Green	
Jane Brown		Jane Brown		Jade Smith		Jade Smith	
Fiona Grey		Fiona Grey		Carina Black		Carina Black	
Annabel White		Annabel White		Joanna Jones		Joanna Jones	
				Katie White		Katie White	
				Amy Lu		Amy Lu	

Please note the names above are not in playing order

MATCH FORMAT: S01, S02, S03, S04, S05, S06, S07, S08 & J01 ONLY. All sets - first to 6. (Short tie break played at 5 - 5. First to 5 wins. If the score is 4-4, sudden death point. Max. 5 players in these top grades.) **All other grades** match format: Doubles Sets = 8 games in total Singles Sets = 6 games in total.

All games are a three-point deuce. The first deuce is played long; the second deuce is a sudden death point (receiver's choice)

	No of Players			Players Names in playing order		Games Won	Sets Won
	4	5	6				
D1	1	1	1	Mary Smith		6	1
	2	2	2	Annabel White			
D1	3	3	3	Jane Brown		4	½
	4	4	4	Fiona Grey			
S1	1	1	1	Mary Smith		6	1
S2	2	2	2	Annabel White		1	0
S3	3	3	5	Jane Brown		1	0
S4	4	5	6	Fiona Grey		1	0
D2	1	1	5	Mary Smith		3	0
	2	2	6	Annabel White			
D2	3	4	3	Jane Brown		3	0
	4	5	4	Fiona Grey			
Total Points (Sets Won = 1 point, Drawn = 1/2 point)					2 ½		

	No of Players			Players Names in playing order		Games Won	Sets Won
	4	5	6				
D1	1	1	1	Susan Green		2	0
	2	2	2	Jade Smith			
D1	3	3	3	Carina Black		4	½
	4	4	4	Joanna Jones			
S1	1	1	1	Carina Black		0	
S2	2	2	2	Joanna Jones		5	1
S3	3	3	5	Katie White		5	1
S4	4	5	6	Amy Lu		5	1
D2	3	4	3	Katie White		5	1
	4	5	4	Amy Lu			
D2	1	1	5	Susan Green		5	1
	2	2	6	Jade Smith			
Total Points (Sets Won = 1 point, Drawn = 1/2 point)							5 ½

If set points are equal (i.e. 4 each) then the winning team is the one that has won the most games

Winning Team	Team B	Sets Won	5 ½	Games Won	31	Losing Team	Team A	Sets Won	2 ½	Games Won	25
Captain's Signatures Team A	<i>Jane Brown</i>					Captain's Signatures Team B	<i>Carina Black</i>				

IGSA Sport Term 4 Tennis Venues

VENUE	ADDRESS	SUBURB	NOTES for Parking & Access	Dogs Allowed Yes / No	Map Link
Abbotsleigh	Ada Ave	WAHROONGA	Enter via Gate 1A	Must be on a leash and owner must clean up after the dog	http://goo.gl/maps/rc17w
Allan Small Park	Saiala Road	EAST KILLARA		No Dogs Allowed	https://maps.app.goo.gl/4ypY3yKEbpNT1dyK7
Ascham School	188 New South Head Road	EDGECLIFF		No Dogs Allowed	http://goo.gl/maps/GZVxt
Balgowlah Tennis Club	Cnr Condamine St & Balgowlah Rd	BALGOWLAH		No Dogs Allowed	https://maps.app.goo.gl/3BkJtBiDDHcrNu1H7
Barton Park Tennis Courts	Bestic St	BANKSIA		No Dogs Allowed	https://maps.app.goo.gl/LCgS98x2sYUC7ju6
Berowra Tennis Courts	Boundary Street	BEROWRA		No Dogs Allowed	https://maps.app.goo.gl/5KPr6XAWyaSaoQ2V7
Bowral Tennis Club	Corner of Ascot Rd and Loseby St	BOWRAL		No Dogs Allowed	https://maps.app.goo.gl/9x4PNR96ihoHUZS16
Camperdown Tennis	33 Mallett St	CAMPERDOWN N		No Dogs Allowed	https://goo.gl/maps/pNkmW2J9BRP28U1B7
Canoon Road Recreation Area	Canoon Road	SOUTH TURRAMURRA		No Dogs Allowed	https://maps.app.goo.gl/NLWbvtKJhvqk8Zgu9
Cintra Park	Gipps St	CONCORD		No Dogs Allowed	http://goo.gl/maps/QLzYB
David Phillips Tennis Centre	Banks Ave (cnr Gwea Ave)	DACEYVILLE		No Dogs Allowed	https://maps.app.goo.gl/g2maEASc4XQLeJWd9
Eastside Tennis Centre	1 Court Ave	KINGSFORD		No Dogs Allowed	https://goo.gl/maps/Bu22hok9FagxA2sr6
Forestville Park	Melwood Ave (Cnr Lanford Ave)	FORESTVILLE		No Dogs Allowed	http://goo.gl/maps/Tgfvx

VENUE	ADDRESS	SUBURB	NOTES for Parking & Access	Dogs Allowed Yes / No	Map Link
Frensham Gillick Complex Tennis Courts	Range Rd	MITTAGONG	Take Mittagong turnoff, turn left opposite the Melrose Motel, cross railway bridge to Range Rd. Continue along Range Rd past the main school, follow road around to the left (approx. 250m), continue after a small cottage and take the next left into the school property. Follow road past the hockey courts (left) and pool (right) and park in the usual parking areas. Parker Gym - you can turn left into the first gate, park and walk across Range Road OR you can turn right into the gym entry immediately opposite, and park out the front of the gym.	Must be on a leash and owner must clean up after the dog	https://goo.gl/maps/KFT8i
FX Tennis - Croker Park	1c Henley Marine Drive	FIVE DOCK	Tennis courts are adjacent to Croker Park.	No Dogs Allowed	https://maps.app.goo.gl/cwcHnGwsPbq9BPvVA
Gordon Recreation Ground	between Werona Ave & Rosedale Rd	GORDON		No Dogs Allowed	http://goo.gl/maps/yovpa
Greenlees Park Tennis Centre	2b Wellbank St	CONCORD		No Dogs Allowed	https://goo.gl/maps/N1EU2Nc2GTeDEcXCA
Hamilton Park	Barellan Avenue	TURRAMURRA		No Dogs Allowed	https://maps.app.goo.gl/gdwQhaf9TSXszfy28
Illawarra / Rockdale Tennis Centre	71 Chapel Rd	ROCKDALE	Park over the bridge near courts 10 to 17	No Dogs Allowed	http://goo.gl/maps/mVoRV
Kendall Street	27 Kendall Street	WEST PYMBLE		No Dogs Allowed	http://goo.gl/maps/67RbT
Kincoppal Rose Bay	Cnr Vaucluse Rd & New South Head Rd	ROSE BAY	Maureen Tudehope Centre	No Dogs Allowed	https://goo.gl/maps/peCLR
Lane Cove Tennis Club	Central Park, Kenneth Street	LANE COVE		No Dogs Allowed	https://maps.app.goo.gl/JeFCNMuKc7qRf3WA8
Longueville Tennis Club	corner of Dunois St and Kenneth St	LONGUEVILLE		No Dogs Allowed	https://goo.gl/maps/VyJXg3C4v7uvfVcW8
Loreto Normanhurst	Osbourne Rd	NORMANHURST		Must be on a leash and owner must clean up after the dog	https://goo.gl/maps/QbWSg
Manly Lawn Tennis Centre	27 Belgrave St	MANLY		No Dogs Allowed	https://maps.app.goo.gl/cWfNvjprMcxbPvj6
Meriden	Margaret Street	STRATHFIELD		No Dogs Allowed	https://goo.gl/maps/a38PbhRPZoG2
Mills Park	Stratford Close	ASQUITH	Off Eden Drive, below Mills Park oval.	No Dogs Allowed	http://goo.gl/maps/kq96N

VENUE	ADDRESS	SUBURB	NOTES for Parking & Access	Dogs Allowed Yes / No	Map Link
MLC School	Park Road	BURWOOD	Synthetic Courts	No Dogs Allowed	https://goo.gl/maps/rvbDJ
Northbridge Golf Club	296C Sailors Bay Rd	NORTHBRIDGE		No Dogs Allowed	http://goo.gl/maps/wFzsi
Oxford Falls Racquet Club	1110 Oxford Falls Road	OXFORD FALLS		No Dogs Allowed	https://maps.app.goo.gl/SAy6BGqSrSH1goV96
Parklands Sports Centre	Cnr Anzac Pde & Lang Road	MOORE PARK		No Dogs Allowed	https://maps.app.goo.gl/9fTotxHayifWPr7C8
PLC Sydney	Boundary St	CROYDON	Enter through green gates on Boundary Street. Street parking only.	No Dogs Allowed	https://goo.gl/maps/c9kyc
Primrose Park Tennis Courts	Matora Lane (off Young St)	CREMORNE		No Dogs Allowed	https://maps.app.goo.gl/4ikZpUhxE RWFqLv46
Pymble Ladies' College	Avon Road	PYMBLE	Enter via Gate 3 at the end of Avon Rd	Must be on a leash and owner must clean up after the dog	http://goo.gl/maps/LL5xB
Ridge Street	37 Ridge St	NORTH SYDNEY		No Dogs Allowed	https://maps.app.goo.gl/rP9zdrnX4 VTussw96
Robert Pymble Park	Alma St	PYMBLE		No Dogs Allowed	http://goo.gl/maps/NPvUi
Roseville College	29 Bancroft Ave	ROSEVILLE		No Dogs Allowed	https://maps.app.goo.gl/LaELPEwi2 x4oq8tz9
Roseville Lawn Tennis	Recreation Ave	ROSEVILLE		No Dogs Allowed	http://goo.gl/maps/tvceY
Santa Sabina College	90 The Boulevard	STRATHFIELD	Access via 11 Jersey Rd NOT 17 Jersey Rd	No Dogs Allowed	http://goo.gl/maps/Mvo9i
Scarborough Park Sports Centre	Hawthorne St	RAMSGATE		No Dogs Allowed	https://maps.app.goo.gl/HWcb7Vp Ly7DqHZRe7
Snape Park Tennis Centre	Corner Snape Rd & Hannan Rd	MAROUBRA		No Dogs Allowed	http://goo.gl/maps/XEe3S
Southend Tennis Academy	Maria Street	STRATHFIELD SOUTH	The courts are actually located at the rear of 22 Chiswick St.	No Dogs Allowed	http://goo.gl/maps/fgbcT
St Ives Village Green	Village Green Parade	ST IVES		No Dogs Allowed	https://goo.gl/maps/p3ziThqkTPQ2
St Vincent's College	Rockwall Cres	POTTS POINT	No parking available in school grounds. Press buzzer at front gates. 1 hour only parking on streets.	No Dogs Allowed	http://goo.gl/maps/mNzHC
Sydney Academy of Sport & Rec (SASR)	Wakehurst Parkway	NARRABEEN		No Dogs Allowed	https://maps.app.goo.gl/GtiG1tLGF w9ip53M9
Tara Anglican School	Masons Drive	PARRAMATTA NORTH	Parking available in school carpark	Must be on a leash and owner must clean up after the dog	https://goo.gl/maps/ZOHvW

VENUE	ADDRESS	SUBURB	NOTES for Parking & Access	Dogs Allowed Yes / No	Map Link
Tennis Nation – Marsfield	Abuklea Rd	MARSFIELD		No Dogs Allowed	https://maps.app.goo.gl/ASMSsts9brSZP1LkU8
Tennis World North Ryde	16 - 18 Epping Rd	NORTH RYDE		No Dogs Allowed	http://goo.gl/maps/zBLYk
The Glade Reserve Tennis Courts	3 Koora Ave, Wahroonga NSW 2076	Wahroonga		No Dogs Allowed	https://goo.gl/maps/UF23zNFvMhQv1WFA8
Top Serve Tennis Academy	20b Barnstaple Rd	FIVE DOCK		No Dogs Allowed	https://maps.app.goo.gl/kFf978tpk36JC8Ds9
Trumper Park Tennis Centre	Quarry St	PADDINGTON		No Dogs Allowed	https://goo.gl/maps/C9yRadwd5XH2
Voyager – Koobilya	Koobilya Street	SEAFORTH		No Dogs Allowed	https://goo.gl/maps/CaXNWfzeDh7yRyms6
Wakehurst Tennis Centre (Voyager)	Upper Clontarf St	SEAFORTH		No Dogs Allowed	https://goo.gl/maps/tsk7b29fra7pRqFg9
Westleigh Tennis Courts	Eucalyptus Dr, Westleigh NSW 2120	Westleigh			https://goo.gl/maps/HKwwPFdLKZh2nXwL8

Venue Closure Procedure and Guidelines

Due to the short season for all IGSA Sport competitions, every attempt is made to play the inter-school matches and cancellations of Saturday sport are rarely made before Saturday morning, unless a venue notifies IGSA Sport that the facilities will not be playable prior to this.

Procedure

If required, venue conveners should liaise with school sport staff or coaches to determine suitability for play. Where it is necessary to call off matches, the Convener is requested to notify their school's sport staff so the IGSA Sport venue closure page can be updated for players and parents to check.

Noting that once a venue is closed, the venue does not reopen, except in the case of tennis where a venue may be closed for the first matches and reopen for the second.

The venue convener is only required to stay 30 minutes after the venue closure, unless there is a possibility of it reopening for the second matches in the case of tennis only. If necessary, continue to liaise with your school's sport staff or the IGSA Sport staff throughout the morning.

The venue convener is only required to stay 30 minutes after the venue closure unless there is a chance that the venue may reopen, in which case, they are required to stay until 30 minutes after the expected start of the second matches. If necessary, continue to liaise with your school's sport staff or IGSA Sport staff throughout the morning.

To find out if a venue is opened or closed go to <https://igsasport.spawtz.com/Leagues/VenueStatus>

You do not have to be registered to use SPAWTZ so students, coaches and parents can all access them from their smart phones, tablets or computers.

- ✓ Check venue closures (Click on the venue closures icon)
- ✓ Find matches for selected teams (including links to maps)
- ✓ Check results and ladders

If play has not been cancelled by IGSA Sport and there is a concern that the weather may impact on the venue, go to your venue and assess its suitability for play.

General Guidelines

- Play should not commence under any circumstance if there is a risk of injury to those involved.
- If conditions deteriorate during the course of the match such that it becomes unsafe to continue, play must cease immediately.
- If an outside venue (non-school) is closed by the local council concerned, play must not commence.
- The **lightning safety code** is based on the 30 / 30 rule which calls for all play to be stopped when the lightning / thunder ratio reaches 30 seconds or less, i.e. the time between when the lightning is seen and the last thunder is heard is 30 seconds or less. This means that lightning is seen 10 km away and the next strike has a "significant risk" of hitting the people who have seen the lightning and heard the thunder. All participants must be aware that in the event of lightning, play must not resume until 30 minutes after the last lightning strike and thunder.
- All play must cease immediately if there is **hail**. All students, officials and spectators should seek cover immediately.
- Care should also be taken in the event of **extreme heat**. If there are any concerns or doubt, refer to the "IGSA Sport Hot Weather Guidelines" or contact your school's or IGSA Sport staff. After consultation with coaches, players and referees, extra drink breaks or cancellation of play should be considered immediately
- Care should also be taken in the event of **poor air quality**. If there are any concerns or doubt, refer to the "IGSA Sport Air Quality Guidelines" or contact your school's or IGSA Sport staff. After consultation with coaches, cancellation of play should be considered immediately

IGSA Sport Hot Weather Guidelines

Each and every school has a responsibility to educate the participants concerning the steps to avoid dehydration and appropriate sun protection.

Procedure

STEP ONE: Altering the conditions of play.

Tennis	Allow additional breaks to drink and sun protect (shade) where possible.
Badminton	Allow additional breaks to drink and sun protect (shade) where possible.
Basketball	Allow additional breaks to drink.
Football	Allow additional breaks to drink and sun protect (shade) where possible.
Netball	Allow additional breaks to drink and sun protect (shade) where possible.
Hockey	Allow additional breaks to drink and sun protect (shade) where possible.
Water Polo	SMA suggests that NO changes to play are needed. Be mindful that indoor facilities for spectators and officials may be an issue with both temperature and humidity.
Touch	Allow additional breaks for drinks and play 4 quarters rather than 2 halves. Limit the number of 11.00am matches or where possible play no matches at 11.00am.

STEP TWO: Cancellation at the venue

Schools and venue conveners will assess the need to close the venue on a case by case basis. Interim measures provided by the SMA guidelines (below) should be considered prior to cancellation.

At an ambient temperature of 36 or above sport must STOP immediately. The normal rules concerning venue closure will apply. There will be no further sport at that venue for the rest of the day.

STEP THREE: Cancellation by the IGSA Sport office

In extreme conditions, the IGSA Sport office will decide in the interest of the players, spectators and officials' welfare that sport be cancelled prior to the day of sport. It would only be for unusual "heatwave" conditions or variations from the average temperature for the time of the year.

This decision should not be taken lightly. The IGSA Sport office will make this decision in consultation with Heads of Sport and the Standing Committee guided by the Sports Medicine Australia (SMA) Guidelines.

SMA Guidelines

Heat exhaustion

- Characterised by a high heart rate, dizziness, headache, loss of endurance / skill / confusion and nausea.
- The skin may still be cool / sweating, but there will be signs of developing vasoconstriction (e.g., pale colour).

To avoid heat exhaustion, if people feel unwell during exercise they should immediately cease activity and rest. Further benefit comes if the rest is in a shaded area with some passing breeze (from a fan if necessary) and the person takes extra hydration. Misting or spraying with water can also help.

Heat stroke

- Characteristics are similar to heat exhaustion but with a dry skin, confusion and collapse.
- Heat stroke may arise in an athlete who has not been identified as suffering from heat exhaustion and has persisted in further activity.

Any collapsed athlete must be treated immediately. It should be assumed that any collapsed athlete is at danger of heat stroke. The best first aid measures are “Strip / Soak / Fan”:

- strip off any excess clothing;
- soak with water;
- fan;
- ice placed in groin and armpits is also helpful.

The aim is to reduce body temperature as quickly as possible. The athlete should immediately be referred for treatment by a medical professional. Important: heat exhaustion / stroke can still occur even in the presence of good hydration.

Dehydration

Dehydration is fluid loss which occurs during exercise, mainly due to perspiration and respiration. It makes an athlete more susceptible to fatigue and muscle cramps. Inadequate fluid replacement before, during and after exercise will lead to excessive dehydration and may lead to heat exhaustion and heat stroke.

Outside temperature

Ambient temperature is the most easily understood guide available, and is most useful on hot, dry days

- 15 - 20 Low: heat illness can occur in distance running. Caution over-motivation.
- 21 - 25 Exceeds 70% Low – moderate: increase vigilance. Caution over-motivation.
- 26 – 30 Exceeds 60% Moderate: reduce intensity and duration of play / training. Take more breaks.
- 31 – 35 Exceeds 50% High – very high: uncomfortable for most people. Limit intensity, take more breaks. Limit duration to less than 60 minutes per session.
- 36 and above Exceeds 30%: very stressful for most people. Postpone and wait for cooler conditions (or a cooler part of the day) or cancellation.

OR

WBGT Temperature (WBGT) index. The WBGT is useful when humidity is high.

- < 20 Low: heat illness can occur in distance running. Caution over-motivation.
- 21 – 25: moderate to high Increase vigilance. Caution over-motivation. Moderate early pre-season training intensity and duration. Take more breaks.
- 26 - 29 High - very high Limit intensity. Limit duration to less than 60 minutes per session.
- 30 and above: extreme. Consider postponement to a cooler part of the day or cancellation (allow swimming).

The Bureau of Meteorology (BOM) produces ambient and WBGT readings for many locations in Australia. You can check these readings and a guide for the relative risk for your location at www.bom.gov.au/info/thermal_stress/index.shtml

IGSA Sport Air Quality Guidelines

Each and every school has a responsibility to educate themselves about the Air Quality Index (AQI) and its effect on sporting activities.

Procedure

Cancellation at the venue

Using the AQI available, all matches should be monitored on a regular basis by the venue convener or the host school's Head of Sport. If the AQI is "poor", warnings will be issued by the venue convener and the host school's Head of Sport to parents and athletes, that the conditions may pose a health hazard, particularly to those with respiratory or cardiovascular conditions. Venue conveners, in conjunction with the host school's Head of Sport, will decide to close the venue if the air quality is at a "hazardous" level. For this to happen, the AQI should be at 200 or greater.

The normal rules concerning venue closure will apply. There will be no further sport at that venue for the rest of the day.

Cancellation by the IGSA Sport office

In extreme conditions and using all available information, the IGSA Sport office will decide in the interest of the players, spectators and official's welfare that sport be cancelled prior to the day of sport. This decision should not be taken lightly.

Guidelines

When pollution exposure is at low levels, the respiratory tracts usual defence mechanisms trap, transport and clear pollutants effectively. With elevated exposure, short-term accumulation can occur resulting in inflammation and this can exacerbate a number of health conditions with asthma being the most common in athletes.

When threatening or dangerous air quality levels are present, the AQI increases. The AQI is an accepted means of quantifying air quality by public health authorities encompassing:

- Air pollution levels at the nearest monitoring site or region
- The common contributing pollutants
- The overall health risk associated with a given rating.

The AQI is updated hourly and provides an easy-to-understand index. [Current Air Quality](#)

Attentive monitoring of the local AQI and associated air quality alerts, especially during times of extreme environmental conditions, is recommended.