GAME DAY BEST PRACTICES

Captain's 1–2 Minute Pre-Match Reminder

BEFORE WE START

- Please welcome the Away team. State location of restrooms, water, courts and seating.
- Please silence phones and watches.
- Captains or their designee are the team's decision makers. If the captain and co-captain are both playing or are both not present and have not appointed a designee, the scorekeeper will serve as the designated decision maker, provided the scorekeeper is a member of the team and is **NOT** the coach.
- Lineups and identified substitutes have been exchanged—no lineup-order changes after exchange.
- Away team chooses end, serve, receive or defer; Home team chooses from what remains (except defer).
- Home team supplies NEW Franklin X-40 optic-yellow balls. Starting-server bands are required for stacking teams.
- Match starts no later than 5 minutes after the posted start time. A 5-minute warm-up is allowed after the posted start time; substitutes receive no warm-up unless a time-out is used.

DURING PLAY

- Games are to 11, win by 2. Home stays on the same courts; Away rotates after each round.
- One 1-minute team time-out per game. The end change between games is separate one minute time out.
- After each round: up to a 5-minute break. Players may talk to anyone. Bathroom breaks should be taken between rounds.
- Water breaks are NOT time-outs: maximum 15 seconds and NO talking. Suggest partners put their water bottles on opposite sides of the court. If more time or conversation is needed, use the time-out.
- One medical time-out per player per match, maximum 5 minutes.
- Coaching is allowed only after a game, between rounds, or during a time-out—not during a water break.
- Spectators may cheer politely, but may not coach, make line calls, call faults, or help with the score during play.
- For non-officiated play: call 'out' only when you can clearly see space between the line and the ball. When in doubt make the call in favor of your opponents. Call your own/partner faults promptly. Only NVZ and service-foot faults may be called on an opponent; disagreement on those calls means replay the rally.

SUBSTITUTIONS / STACKING

- Each team may use ONE substitute per gender per match. The substitute must have been listed before play and must be on the current roster. Once used, the substitution is permanent.
- Stacking is allowed, but only 3 stacking errors are permitted in the 6-game match. After 3 errors they cannot stack for the remaining games in the day's match.
- If a Standard team cannot field three doubles teams, a short lineup may play two lines and forfeit Line 3 games. Only one doubles pair available = entire match forfeit.

AT THE END

- Report every game score to the scorekeeper. Review the completed scoresheet before leaving.
- Home captain reports the score online within 48 hours. Away captain has 48 hours after posting to contest it.
- If a dispute cannot be resolved, the match may be played 'under protest' and completed. Formal Rules/Sportsmanship/Code of Conduct grievances may be filed within 72 hours.

MOST IMPORTANT: Be respectful • Make your own calls • Keep play moving • When in doubt, ask the captains.

APPL 2026 • Based on APPL League Rules provided by APPL