



San Diego County Tennis Umpires Association



Medical Time Out Procedures

1. A medical time out consists of evaluation time as determined by the referee, plus a maximum of 3 minutes treatment time.
2. When stoppage of play is reported, note that time.
3. Advise the referee immediately. The referee may take charge.
4. It must be determined if the player is suffering from a treatable medical condition.
5. Medical Conditions include but are not limited to:
 - A. Blisters
 - B. Injury from a fall or collision
 - C. Sprain or pulled muscle
 - D. Foreign object in eye
 - E. Insect bite or bee sting
 - F. Headache
 - G. Dizziness
 - H. Illnesses (including vomiting)
 - I. Heat-related conditions and cramping
6. Non-treatable Medical Conditions:
 - A. Any medical condition that cannot be treated appropriately during a match, i.e., degenerative conditions not helped or eased by on-court treatment
 - B. General player fatigue, i.e., without cramps, vomiting, dizziness, blisters, or other similar treatable conditions ("time violation", not "delay of game code violations").
 - C. Any medical condition requiring on-court intravenous infusion or oxygen. Hand held, non-battery and non-electrical operated inhalers may be used for asthma and similar medical conditions, and subcutaneous injections may be used for diabetes, as long as such treatment is in conformity with Medical Time Out.
 - D. The determination of whether a medical condition is non-treatable should be made by qualified medical personnel, including an athletic trainer. If none is available, the referee shall make the determination and if non-treatable, explain the Medical Time Out rule, and inform the player they must play or retire.
7. Treatable Medical Conditions
 - A. Will the player be likely to play after a medical time out? If the player cannot continue to play, announce the end of the match, declaring the injured player "retired".
 - B. Otherwise, the player may request and receive a *one-time* 3-minute medical time out for *that* condition during the match or warm up. The request should be made by a player to the referee, or other official.
 - C. A player with a pre-existing condition, sustained prior to the match, may request and receive one (1) time out if the condition is aggravated during play.

- D. If a qualified medical person is available, the 3-minute time out begins after the evaluation and diagnosis of the medical condition.
- E. If a qualified medical person is not available, the referee, chair umpire or other official shall explain the Medical Time Out rule and allow the player to be treated by someone else. This official may provide supplies, but may not treat. The 3-minute Medical Time Out begins immediately after an official has explained the Medical Time Out rule. Because the 3-minute limit on treatment starts as soon as the official explains the Medical Time Out regulation, the official may want to delay explaining the regulation until everything is in readiness for treatment. Evaluation and/or treatment may occur off-court.
- F. Whenever possible, a tournament official shall be present during evaluation, diagnosis and treatment.
- G. When a Medical Time Out may be taken:

1) **During the match.** A player may receive a medical time out:

- a. Immediately
- b. One the next change-over
- c. After a qualified medical person arrives, evaluates and is prepared to give treatment; or
- d. After the referee or other official arrives and explains the Medical Time Out rule. If play is suspended until qualified a medical person arrives, then play (or re-warm-up, if any) shall resume immediately after completion of evaluation, diagnosis and treatment. Ball must be put into play within 30 seconds.

2) **During the warm-up.** If a player suffers from a medical condition during the warm-up that prevents the player from starting the match as scheduled, the player may request and receive a Medical Time Out:

- a. Immediately; or
- b. At the end of the warm-up
- c. Evaluation and/or treatment may occur off court.

If a player is unable to play after completing a Medical Time Out, then the match shall not begin.

3) **Penalty.** After a medical time out during the match, any further delay shall be subject to the PPS. If more than 15 minutes elapse between the time an official is notified and resumption of play (or re-warm-up, if any), the player shall be subject to the PPS.

- 8. Within any 90/120-second changeover, a player may receive an on-court evaluation, treatment and supplies from a qualified medical person. During treatment, including changeovers, coaching is not allowed.
- 9. One Medical Time Out shall be permitted for cramping and other heat-related conditions in the warm-up and one during the match, even if the cramping occurs in different parts of a player's body.
- 10. A player requesting a Medical Time Out may not leave the playing area without the permission of the referee, his deputy or an official in charge of the match.

11. Bleeding. **The 3-minute treatment time does not apply to a Bleeding Time Out.** A Bleeding Time Out should be called whenever a player is bleeding. If the player develops bleeding from a different area of the body or new bleeding from the same area, the player may request an additional Bleeding Time Out. Play shall not resume until:

- A. The bleeding has been stopped
- B. All blood on the court and playing area has been removed
- C. Any contaminated tennis balls have been removed from play

12. **The PPS shall not be applied to any delay that is caused by treatment of bleeding or removing blood.** If the bleeding or the removal of the blood takes more than 15 minutes, or if the official in charge deems that continuation of the match would likely involve continued interruptions and thus would not be fair to the opponent, the official shall require the player who is bleeding to retire. If bleeding is stopped within 15 minutes but the court is not yet ready, the Referee may move the match to another court when one is available or complete the cleanup of the court.

13. **Re-Warm-Up**

- A. If there is a suspension of more than fifteen minutes, the players may engage in a re-warm, the same duration as that of the start of the match. Either player may request a re-warm-up. If one player does not wish to warm-up. **THE OTHER PLAYER MAY HAVE A COACH OR OTHER PLAYER WARM HIM/HER UP.**