

(All items highlighted in Red [below] are new additions to the rules as of 11.13.16)

All R48, WR48, and SR48 players,

Please read all sections of the “WPH ALL Rules” documents. If you have any questions, please email lead referee, David Fink: fink@race4eight.com. Thank you and have a great season. These rules are also posted on the WPH website under the “Pro Handball” tab.

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I. Men’s Race 4 Eight IV Format and Rules:

1. The Power Rankings is a 12-month rolling system ranking the R48Pro’s best five of seven events (starting November 1, 2015) and will be used for invites and seeding. Events will be immediately removed after 12 months, and replaced by the most recent version of the event. If an event is not held in the next year, that event will be removed and not replaced

2. R48Pro Ranking events (through October of 2015) include: Simple Green U.S. Open, Tucson, Houston, San Francisco, New York, Salt Lake City. Starting in January of 2016, New Orleans '16 will replace Houston '15, Houston '16 will replace San Francisco '15, and Portland '16 will be added
3. Players cannot blind draw the same player in the first round twice during the same season. *The WPH will take all measures possible to avoid repeat round of 16 matchups, but there is a possibility that a repeat matchup could occur, particularly late in the season
4. The qualifier is open to the first 32 to enter, unless otherwise posted. All qualifier matches are on Friday morning/early afternoon; unless previously specified (Ie. New York starts on Thursday)
5. The qualifiers will play down to the final eight w/just the qualifier winners advancing; unless previously stated. WPH may alter qualifier format depending on the numbers of players in the event (Ie. 32 players equal 8 brackets of four w/each bracket yielding one qualifier winner –or- 16 total players equal 4 brackets of four bringing two qualifiers from each bracket, et al). WPH will determine the format after the entry deadline.
6. * The Simple Green U.S. Open (Thursday, October 22nd, the NYAC Invitational Qualifier (Thursday, March 10, 2015) and the Portland WPH Player's Championship Qualifier (Thursday, May 5th) may start on Thursday, and are limited to the first 32 entries or less (US Open is the exception; allowing more than 32), and will qualify eight players to play in the Player's Championship. All other Qualifiers will start on Friday morning (US Open is an "Open" event with no official invites and no qualifiers. Those advancing to money rounds are considered "Qualified," under these purposes)
7. The top 8 pros from the R48 IV Race points list will be invited to Portland; qualifiers will be added to the main draw after the qualifying process
8. The 2015-2016 Race for 8 season will allocate the same amount of points for every race stop; no double points
9. Top eight pros will be placed into the draw and drawn one week prior to the event. #1 and #2 will be placed on the top and bottom of the draw. #3 and #4 will be randomly drawn, #'s 5-8 will be randomly drawn. WPH will blind draw eight qualifiers into the main draw, with qualifier names being drawn out of a hat randomly; when available, this process will be put onto video for authenticity
10. All qualifier and Playoff matches are one game to 25, three-minute halftime at 15 and win by two
11. All main draw matches are 15-15-15 win by two, two 60-second timeouts per game, one 30-second timeout per game, three minutes per game
12. Ranking points breakdown per event: 1st: 10, 2nd: 8, tie 3rd: 6, 5th: 4 points, 6th: 3.5 points, tie 7th: 3 points, 9th: 2 points, 10th: 1.5 points, tie 11th: 1 point, tie 13th: .5 points, *17th: 0.1

13. All first round losers will be entered into the 9-16 playoffs. ALL round of 16 losers will be entered in the playoffs (8 players). Playoffs are not guaranteed at each stop (Court Availability Pending).
14. Players are responsible for checking the draw sheets and R2 sports to figure out when their scheduled playoff matches are assigned; and when their TV matches are to be played (ESPN). A player cannot reschedule without asking David Vincent, prior to the change.
15. There will be no third place playoff (U.S. Open and Portland excluded)
16. Elite Men Regular Stop Payouts (US Open Excluded, Salt Lake City Included)
1st: \$5,000; 2nd: \$2,000; 3rd: (if available) \$1,500; 3rd/4th: \$1,250; 5th: \$950; 6th: \$900; 7th/8th: \$800; 9th-16th Paid Out TBD
17. Paid referees for R48 matches will make \$20 per main draw match and for the 5th place final and \$40 for the finals. Players that referee will contact the WPH after the event with the match-ups ref'd, total fee requested and address to send the check (SS# included). WPH will process payment, if approved, within 14 days (if not sooner)
18. Losers must referee the next match on the court in which he/she just lost or find a suitable replacement or he/she will forfeit any prize money earned in said event
19. The WPH will be offering adult clinics at each Race Stop, in which adult players make donations to Junior WPH to be coached by one or more members of the Elite 8. The WPH will pay Elite 8 pros to teach these adults clinics, when necessary.
20. The WPH will offer junior/collegiate clinics at all R48 stops on the Saturday afternoon of all R48 events. Players will be asked to coach up to one clinic per season, as a part of their obligation to the R48 tour
21. 17th Place Playoff Matches (when applicable) will be one game to 21, win by two, halftime at 11 (two minutes), with each player allowed 3 60-second timeouts per game. 17th Place Matches will start on Friday and will award 0.1 R48 ranking points
22. **Player dress code in the main draw and 5-8 and 9-16 Playoffs: The WPH requires all players to wear official WPH Jerseys in all Race 4 Eight main draw matches and 5-8 and 9-16 playoff matches (not required in qualifier matches). EDTL jerseys, WPH tournament shirts and/or athletic club shirts will not be acceptable attire during Race 4 Eight matches. In a recent conference call with ESPN, we were informed that ESPN would like for the players to wear only official WPH Jerseys. If you would like to recognize a sponsor, you can laminate a sponsor logo on your WPH Jerseys. If you have any questions as to what constitutes an official WPH Jersey, please email or call me. If you need more official WPH Jerseys, please visit thehandballstore.com.**
23. **If you are competing in the main draw, you must fill out the name/information ledger prior to your first match on Friday. Players in the main draw will not be permitted on the court for their first match until the ledger is completed. Checks will be handed out on Sunday morning by DF or mailed if players are unable to pick them up on Sunday morning**

II. Women's Race 4 Eight III Rules and Format:

1. The Power Rankings is a 12-month rolling system ranking the Women's Majors best seven of nine events and will be used to assist in seeding. Events will be immediately removed after 12 months, and replaced by the most recent version of the event. If an event is not held in the next year, that event will be removed and not replaced
2. Women's ranking events include: Simple Green U.S. Open, San Francisco, New York, Salt Lake City, USHA Four Wall Nationals, Venice Xrossover, USHA 1-Wall Nationals, World Championships '15. USHA 3-Wall Nationals
3. Round of 16 matches are best of three, 15-15-15, win by two in all games for quarterfinals, semifinals and finals (Exceptions on all format rules are those events not administered by the WPH: US Open, US Nationals, Women's Classic, World Championships. In these cases, all local rules will be followed)
4. All WR48 matches will be played with the Red 21 ball unless stated prior
5. All Playoff matches (unless stated prior or @ non-WPH event) will be one game to 25, halftime at 15, win by two, three timeouts per player. As with the men, Non-TV Playoff matches will not have a referee. Player's will ref their own matches and could be placed (like the men) on side or back courts.
6. Playoffs will be 5th-8th and for 3rd
7. WR48 points breakdown per event: 1st: 10, 2nd: 8, 3rd: 6, 4th: 5, 5th: 4 points, 6th: 3 points, tie 7th: 2 points. *The WPH rankings committee reserves the right to not award ranking points for 7th and 8th place, depending on the size of the draw
8. Players are responsible for checking the draw sheets and R2 sports to figure out when their scheduled playoff matches are assigned and when their TV matches are assigned. A player cannot reschedule without asking David Vincent, prior to the change.
9. The WPH will blind draw the seeds, with #1 on the top, #2 on the bottom, #3 and #4 blind drawn to the top or bottom of the draw
10. Losers must referee the next match on the court in which he just lost or find a suitable replacement or he will forfeit any prize money earned in said event
11. Elite Women Payouts (US Open Excluded, Portland Included) 1st: \$1,250; 2nd: \$800; 3rd: \$600; 4th: \$500; 5th: \$400; 6th: \$350; Possible Additional Payouts

12. The WPH will offer junior/collegiate clinics at all R48 stops on the Saturday afternoon of all R48 events. Players will be asked to coach up to one clinic per season, as a part of their obligation to the R48 tour
13. *If court space exists, a "Contender's Singles" division will be added for players that entered the qualifier and failed to advance to the qualifier's final eight. The "Contender's Singles" will award 0.1 ranking points to the winner
14. WPH Rules apply *only* to WPH events, and will not apply at ranking events outside of WPH sanctioning

III. Senior Race 4 Eight Rules and Format

1. The Power Rankings is a 12-month rolling system ranking the SR48Pro's best six of eight events and will be used to assist with seeding. Events will be immediately removed after 12 months, and replaced by the most recent version of the event. If an event is not held in the next year, that event will be removed and not replaced
2. Senior Ranking events include: Tucson, Houston, New York, Salt Lake City, USHA Four Wall Nationals, World Championships, U.S. Open, Master Nationals
3. All matches are one game to 25, to include Playoffs, haltime at 15, win by two, three timeouts per match per player (Exceptions on all format rules are those events not administered by the WPH: US Open, US Nationals, US Master Singles, World Championships. In these cases, all local rules will be followed)
4. All SR48 matches will be played with the Red 21 (USHA Ball)
5. Playoffs will be 5th-8th and for 3rd. All non-tv Playoff matches will not have a referee
6. Players are responsible for checking the draw sheets and R2 sports to figure out when their scheduled playoff matches are assigned and when they are on TV/ESPN. A player cannot reschedule without asking David Vincent, prior to the change.
7. SR48 points breakdown per event: 1st: 10, 2nd: 8, 3rd: 6, 4th: 5, 5th: 4 points, 6th: 3 points, tie 7th: 2 points (tie 7th points will only be included if draw exceeds 12)
8. The WPH will blind draw the seeds, with #1 on the top, #2 on the bottom, #3 and #4 blind drawn to the top or bottom of the draw
9. Senior 40+ Payouts: 1st: \$1,250; 2nd: \$800; 3rd: \$600; 4th: \$500; 5th: \$400; 6th: \$350; Possible Additional Payouts
10. The WPH will offer junior/collegiate clinics at all R48 stops on the Saturday afternoon of all R48 events. Players will be asked to coach up to one clinic per season, as a part of their obligation to the R48 tour
11. WPH Rules apply *only* to WPH events, and will not apply at ranking events outside of WPH sanctioning

12. Seniors playing in the 45+, 55+, and 65+ singles divisions at ranked events will be awarded half the ranking points of the 40+, 50+, and 60+. For example, if a player wins a 45+ singles major, he will be awarded 5 ranking points, with the winner of the 40+ earning 10 ranking points

IV. Bonus Payout:

Bonus money will be awarded to the top players at the end of the season based on their final year-end ranking (Race points). In the case of a tie, player(s) will pool the payout and divide evenly amongst those with a tie (ie Player A, Player B and Player C are tied for 2nd [\$8000]. The WPH would sum up 2nd, 3rd & 4th place monies [\$15,000] and spread evenly amongst the three tied players [Each, under this scenario, would receive 1/3 of \$15000 or \$5000]. All bonuses will be paid via check and shipped no later than two weeks following the Player's Championship)

1. Elite R48 Men - 1st: \$15,000; 2nd: \$8,000; 3rd: \$4,000; 4th: \$3,000; 5th: \$2,000; 6th: \$1,500; 7th/8th: \$1,000; *Must Play in Final Stop to Qualify for Season Ending Bonuses
2. Elite Women/Senior 40+ - 1st: \$2,000; 2nd: \$1,500; 3rd: \$1,250; 4th: \$1,000; *Player has to play in the final event (SLC) to be awarded bonus money
3. Bonus money may increase pending player fines, future sponsors, earmarked donations, et al

V. R48 IV Schedule:

October 3-5, 2014: Plummer Preseason/Grapefruit League event (no ranking points)

1. October 22-25, 2015: Simple Green U.S. Open R48 V Stop #1
2. November 6-8, 2015: Tucson R48 V Stop #2
3. January 22-24, 2016: New Orleans R48 V Stop #3
4. February 19-21, 2016: Houston R48 V Stop #4
5. March 11-13, 2016: New York Athletic Club R48 V Stop #5
6. April 15-17, 2016: Salt Lake City R48 V Stop #6
7. May 5-8, 2016: Portland WPH Player's Championship R48 Stop #7

VII. Player Responsibilities to Enhance Broadcasts

1. Be accessible for post-match player interviews

2. Be accessible in the crowd during other matches for an interview with the sideline reporter
3. Spend one game in the booth per event as a color commentator
4. Be accessible to the fans during the event

Referee Guidelines + WPH Rules

Start Time:

The referee must wait for the signal to start the match from the WPH broadcast team before starting the match on all broadcasted courts

Arguments:

- Diffuse all arguments quickly, but do listen to the grievances from the player(s)
- Be completely non-confrontational while also being open to the argument
- No argument should last longer than 15 seconds
- Excessive arguing with the referee will not be tolerated and referees will enforce technical violations, even in the absence of vulgar language
- Players are not to address the linesman at any time. All complaints must be diplomatic and go through only the referee. Arguing, intimidating, influencing, etc the linesman will result in a technical violation(s)

Example:

Referee calls hinder

Player A screams, "I wanted that shot, I was in position to hit a kill. That's horrible."

Referee gives the player a couple seconds to vent (as long as no vulgar language is used) while not engaging.

Referee (after a couple seconds of listening): (No expression) "I understand what you are saying. I'll look for it next time. Play resuming. Moreno to serve. 8-5."

Presentation:

A referee should never say:

- Good shot
- Great shot
- Nice try
- Great rally
- Or add any other type of commentary

The referee should never make jokes or antagonize a player for any reason. Remember, everything you say is mic'd up and streaming live for the world to hear. A referee can professionally issue a technical warning or a technical, when necessary, when behavior causes embarrassing circumstances for the player and the tour

Attire:

The referee should dress professionally, always wearing a collared WPH shirt

Be prepared:

A referee should be prepared with:

- Stopwatch
- Coin
- Towel
- Extra handballs (opened and pre-warmed up)
- Two competent linesman

- Scorecard/Pencil
- Knowledge of the Format and Scoring
- Knowledge of the player's playing (small bio announcement for the crowd), to start the match

Enforce all rules, to include:

- Foot faults
- Time between points
- Time between timeouts
- Time between games
- Time between glove changes
- Instant replay, when applicable
- Wet gloves (always ask to see them during timeouts and glove changes; between games)
- Wet Shirts and Headbands (always ask to see them during timeouts and glove changes; between games)

Judgment calls, to include hinder calls, screens, and bad bounces are left to the discretion of the referee:

- The referee should allow the play to develop and always give players a chance to make a play before making a call (unless safety of the players is a concern)
- A hinder can always be called late but an early hinder or screen call can eliminate rally-ending opportunities for a player
- A referee should not allow a player to take a shot, miss it, and call a hinder (this is not the NBA with the And 1 rule). If a player is given a shot, he/she has to live with the results of that shot

A referee's job is to be invisible. If no one knows who the ref was at the end of the match, the ref worked a great match

A referee should be able to quiet the crowd or restrain the crowd from unsavory comments, when applicable

Referee Responsibilities:

1. Announce the player's name, ranking, and place of residence before starting the match
2. Enforce equipment changes (gloves, headband, shirt) during player timeouts and in between games
3. Do not allow players to tie and retie shoes during the play unless the shoelaces are actually untied (player will be charged a timeout if he reties shoelaces that are not untied; if no time outs remain, opponent will be awarded one point)
4. Call court hinders (see hinder section)
5. Appoint line judges that are not drinking and/or texting. If none can be found then there are no line judges and we will resort to the broadcast booth for replays (not optimal/only as a last resort)
6. A player cannot leave the court before explaining to the referee; and being granted access to; the departure. Leaving too soon equals a time out loss or added point to opponent score (if out of timeouts)

Interpretations:

- Excessive arguing (referee judgment): Technical (loss of point)
- Leaving the court without announcing a reason: Technical (loss of point)
- Three technical violations: Forfeiture from the tournament
- When the referee calls the score the ball is in play. Talking/arguing or not returning the serve will result in a point for the server
- Not being prepared when a time between games has been called/start of the match/following a timeout/following a glove change: Charged a timeout. If a player does not have any timeouts remaining: Technical (loss of point)
- *Note, the referee's discretion enables he or she to call a technical on "anything considered to be unsportsmanlike behavior" (Rule 4.9 A 9). This can include but is not limited to excessive stalling, unnecessarily wiping the floor, consistently not being prepared to receive the serve, abuse of appeal privileges, profanity, excessive arguing, excessive or hard striking of the ball between rallies, failing to improperly wear eye protection and abuse of appeal privileges

Official Ball + Scoring:

- Official ball of all R48: R48 Ball
- Official ball of all WR48: 21 Red
- Official ball of all SR48: 21 Red
- All R48 main draw matches: 15-15-15, win by two in all games
- All WR48 main draw matches: 15-15-15, win by two in all games unless administered by a non-WPH Tournament director
- All SR48 main draw matches: one game to 25, win by two unless administered by a non-WPH Tournament director
- All Playoff matches in R48, WR48, and SR48: one game to 25, win by two. ***Note: All non-TV playoff matches will not have a referee for all R48, WR48 or SR48**

Timeouts:

1. 15-point games: players are given two 60-second timeouts per game and one 30-second timeout per game
2. 21-point games: players are given three 60-second timeouts per game
3. 11-point tiebreakers: players are given two 60-second timeouts per game
4. 25-point games: players are given three 60-second timeouts per game, plus a 3-minute halftime when the first player reaches 15 points

Video Replay:

- Players can ask for video replay only if lines-people are working the match
- The referee must make the official request to the booth for an instant replay
- Players are given one incorrect instant replay challenge per game (11, 15, 21, or 25). If instant replay upholds the call or is inconclusive, the player has lost his or her replay challenge for that game. Unused replay challenges do not carry over to the next game. Please ask prior to the match or event if replays will be available.
- Allowable appeals to instant replay: short serve, foot fault, skip/non-skip

- Referee judgment calls cannot be appealed, to include hinders, avoidable hinders, screens, ball making it to the wall/not making it to the wall
- Replays will be reviewed by the broadcast booth and must contain irrefutable evidence to overturn a call

Bad Bounces:

- The referee calls all slides and bad bounces: No appeals to instant replay for bad bounces
- If the referee is positioned above the court and cannot see the back wall, the referee can appeal to a linesman with a better view of the back wall. The linesman must be absolute in his determination that a bad bounce occurred for a bad bounce to be enforced
- Only the offensive player can call for a bad bounce. If the defensive player (non-hitting player) calls for a bad bounce, that player loses the point

Example:

Offensive player has a back wall setup, but the ball takes a bad bounce. If the defensive player calls "bad bounce," the defensive player has lost the rally. The offensive player can play the shot or stop play and ask for a bad bounce

An offensive player can play a shot immediately after a bad bounce, but that player cannot hit the shot and miss it and ask for a bad bounce. Once the shot has been struck, the bad bounce possibility has been eliminated

Hinders + Avoidable Hinders

Hinders:

- Referee should allow the play to develop before calling a hinder unless a safety issue arises
- Contact does not facilitate a hinder in many cases; a setup, a rally shot that is unaffected by the contact

Avoidable Hinders:

Examples of avoidable hinders include:

- Server backing into a revolving door shot and taking away the shot
- “Showing” your opponent a shot and stepping in front of the shot as the shot is being hit
- Making contact with your opponent while he/she is swinging or following through
- Crossing the line of the ball to return to the center of the court. ie if a player is stuck on the left side wall and crosses the ball to return to the center of the court
- Audible hinders are avoidable hinders. This includes talking during a rally. If the player calls two bounces he cannot appeal his own call because the play was dead as soon as he talked during the play, whether he picked up the ball on one or two bounces is irrelevant
- *If a player hits a rally ending shot and calls a double bounce, he can appeal his own call. For example, player A dives and hits a flat kill but calls a double bounce on himself. If the referee determines that the shot was in fact rally-ending and the line judges determined the ball was retrieved on one bounce, the shot will be considered good
- *There is no such thing as an “Avoidable warning.” A ref that gives an “avoidable warning” will be given a non-avoidable fine from the tournament committee

Player Warm-up:

Referee will allow players 10 minutes to warm-up on the court in which they are playing once the court has become available. Players are encouraged to warm-up on adjacent courts if they do not feel that 10 minutes is sufficient. Referees will start the match 10 minutes after the court is available or when the TV space opens. Non prepared players will lose timeouts, then points, then technical. See Dave Fink for details.

Handballs:

- The referee is responsible for ensuring that handballs are warmed up in the case of handballs breaking in the middle of matches
- The back-up game balls will be opened, used during warm-ups, and ready immediately upon a ball needing to be replaced
- Players will be given a maximum of 20 seconds to restart play after a new ball is placed into the court

Potential Referee Questions and Situations

What can the referee do in these situations:

(Answers from the head of the Rules Committee)

1. Excessive diving: The referee determines the player is excessively diving to create stalling opportunities to lie on the ground and subsequently wipe the floor

For example: diving for a ball once the ball is already past him or diving for a ball once the ball has already bounced twice

Rule 4.9 Technical(s) A. 9). This is unsportsmanlike delay of game. You can give a technical warning, or warn him/her before the tourney match starts and let them know you know what he/she is doing and to stop it. Or, you can warn him/her and then fine them \$100 for every flop. That would be an association decision, not rule book decision. The NBA does it now.

***The WPH has now adopted this "Delay of Game," rule. \$100 fine will be implemented for Unsportsmanlike Delay of game. This penalty can be assessed by the referee or WPH Administrators at the time of the play in question, or before the event ends after reviewing the match. A player cannot appeal this ruling during the match, but can appeal to the WPH rules committee after the tournament ends.

2. Player leaves the court for an injury timeout but never announces the injury to the referee

If he left the court without ref's ok and/or calling a time out, Rule 3.4 Referee D. Forfeitures 3) Leaving the court says he/she forfeits the match. If the ref lets him/her leave, then the ref must have known it was because the player wanted a regular time out, or an injury time out. The ref is culpable here, he/she should know something! If a regular time out, then after one minute the ref is to invoke Rule 3.4 Referee D Forfeitures 4) b. Late start penalty. If none of this applies and you're stuck at a situation, do what is fair, which probably is to acknowledge the injury and estimate the amount of time the player took, charge it to an injury time out and carry on from there

4. Player takes an injury timeout for a pre-existing injury

Not allowed.

4. Returner of serve was provided with a reasonable amount of time to return the serve, the referee calls the score but after the score is called, the returner of serve turns around to say he/she was not ready to return

After a rally, the receiver has a maximum of 10 seconds to assume the position to return serve, not reasonable time. The receiver gets to say whether he wants all 10 or less than that. It is up to the ref to learn the idiosyncrasies of the players to make a good faith determination when they are in position. At 10 seconds, regardless of the receiver's position, the ref should call the score. After a fault serve, then the receiver has reasonable time and not 10 seconds. In your example, if in fact the receiver was not ready, the ref should be sympathetic to that and stop play and get it right.

5. Player excessively towels the floor after each rally, including parts of the floor on the other side of the court from which he/she dove.

Go back to the first question. Unsportsmanlike delay of game. The ref is in charge here. He/she should be directing the wipe activity and calling for the towel. The players have the right to a dry court, but the ref decides if the court needs wiping. And note that the maximum time allowed for wiping is two minutes, it does not say the players have the right to two minutes. The ref gets to decide how much time he/she

wants to give for this. If the player wants to wipe in a different spot, then he/she should ask permission. Max time for an equipment time out is also two minutes, but the referee can make this time shorter; it is not required for the player to take two minutes for a headband, for example. Additionally, during a towel time out, both players shall remain on the court. Any player leaving the court has to get permission from the referee. Delay of game if they leave before being allowed to.

6. Player either intentionally or unintentionally wets his gloves by placing the gloves on his/her sweaty shorts, legs or head

Unintentional, simple equipment timeout. Intentional, purposeful delay of game: technical.

7. The player takes more than one minute for a timeout

Once again Rule 3.4 Referee D Forfeitures 4) b. Late start penalty

8. The player takes more than one minute for a timeout with no timeouts remaining

Same as above, no extra penalty to invoke because he has none left. The ref is dealing with the time out he/she did have, not one he doesn't have.

9. The player's parents, fans or spouse is sitting next to the referee influencing the referee's calls and judgments. For example, the player's father is sitting next to the referee urging the referee to call foot faults on his son's/daughter's opponents and influencing hinder calls against his son's/daughter's opponent...

The ref can kick out that person. See Rule 5.6 Tournament conduct. In fact, if your Tournament Director or Chief of Referees sees this happening, he/she should remove that abusing spectator.

10. Player dives and lays on the floor for an additional 10-20 seconds before asking for the towel, accumulating 45-60 seconds of delay.

More of the same, but is this systemic behavior? If the ref wants to be a stickler, he/she can strictly interpret Rule 4.1 Serve E. Time. He/she can say the receiver's 10 seconds have elapsed, and then call the score, then say the server's 10 seconds have elapsed and therefore side out. But the ref has to know the rule and enforce it fairly, including giving a heads up by calling the score in there somewhere.

11. Returning player overly-inspecting/ask for the ball from the server in an attempt to disrupt the rhythm of the server.

More delay of game. Nowhere does the player have the right to do any of that. He/she can ask the ref to inspect the ball; the ref doesn't have to inspect it.

12. Obvious stalling: The referee determines that a player is intentionally stalling because he/she is trying to break the rhythm of his opponent or to recover from long rallies.

Simple knowledge and use of Rule 4.1 Serve E. Time and Rule 3.4 D Forfeitures 4) b Late start penalty helps solve this behavior

Questions:

1. Is a back spasm considered a cramp?

I'm not a doctor, but aren't spasms pretty much a cramp, caused by one's condition and/or state of hydration? That's something he/she brought to the court with him and not an injury. If you have a doctor there who says the spasms are an injury, then that's what it is.

2. What exactly is the "reasonable amount of time" given to the server and the receiver after the referee calls point or side out? Does the "reasonable amount of time" have to be 10 seconds, or could the "reasonable amount of time" be less than 10 seconds. For example, server serves a crack ace right in front of the returner, neither the server nor the returner moved more than a foot during the one-shot rally. Does the referee need to wait 10 seconds to call the score?

No, doesn't have to be 10 seconds. 10 seconds is the maximum, therefore reasonable would be less than that. Reasonable is designed for the server, where he/she has to go and get the ball. If the receiver assumes his/her position very quickly, the ref does not have to give the score at that time, he can wait for the server to get the ball. This assumes the server is going about to retrieve the ball in an orderly and reasonable manner. Also, after a fault serve, the receiver does not have a new 10 seconds to assume his position, he has reasonable time to do so. Nothing has happened except to retrieve the ball, so the receiver does not have anything to recover from. In your example, no, the ref does not have to give the 10 seconds again, same reason as the last sentence

3. Can a catchall rule be implemented: anything that's unsportsmanlike or delay of tourney as deemed by the tourney directors results in a technical, a deduction, or a forfeiture.

Already there, I think you'll see that all the above rules mentioned will work in your favor to achieve what you're looking for.