

**STANDARDS**  
**SECTION XVIII - TOURNAMENT STANDARDS OF PERFORMANCE**

ii. Proteins (15% of total calorie intake)

(a) Meat and Alternatives

Chicken (white meat); turkey (white meat); beef and lamb (red meat); fish (assorted variety); eggs; legumes; nuts; and tofu.

(b) Dairy Products and Alternatives

Soft and hard cheeses; low-fat cottage cheese; low-fat plain and fruit-flavored yogurt; low-fat milk and soy milk.

iii. Fats and Oils (25% of total calorie intake)

Limit intake of fats and oils high in saturated and/or trans fatty acids.

iv. Miscellaneous

(a) A selection of international condiments (e.g., jam, honey, peanut butter, vegemite, salsa, ketchup, curry sauce, soy sauce, and sweet chili sauce).

(b) Low-fat soups (e.g., minestrone, chicken noodle, vegetable).

(c) All sauces and dressings should be served on the side.

(d) Low-fat dessert options, such as fruit breads, muffins, and crumbles.

**12. Hotel Rooms/Per Diem – Player**

a. Official Hotel Location and Transport Requirements

Tournaments will establish an official hotel that meets the standard requirements of the WTA. Hotels must be located in a secure and safe area. Motels or any accommodations that require entrance to rooms from the street or public outdoor walkways are not acceptable. Transport must be provided to and from the official hotel to the Tournament site.

b. Hotel Rates and Availability

Each Tournament should use its best effort to arrange for discounted or complimentary accommodations. If the official hotel daily rate for a double room (2 persons in room) excluding taxes and breakfast at WTA 1000 and WTA 500 Tournaments is higher than US\$225 (€200 in Europe)