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## PICKLEBALL RULES

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All participants must be at least 55 years of age by December 31 of the year of the games.

### **AGE CATEGORIES / EVENTS:**

<b>AGE</b>	<b>EVENTS</b>	<b>NUMBER OF PARTICIPANTS PER PROVINCE/TERRITORY</b>
55+	Men, Women & Mixed (Doubles)	4 – 4 - 4
60+	Men, Women & Mixed (Doubles)	4 – 4 - 4
65+	Men, Women & Mixed (Doubles)	4 - 4 – 4
70+	Men, Women & Mixed (Doubles)	4 – 4 – 4
75+	Men, Women & Mixed (Doubles)	4 – 4 - 4
<b>TOTAL NUMBER OF PARTICIPANTS PER PROVINCE/TERRITORY = 60</b>		

- **NOTE:** The mixed doubles team may be created from the qualified women and men's doubles, or can be a separate mixed doubles entry. If two players from different age categories join to form a mixed team; the age of the younger player of the team will determine which age category they will compete in.

### **BASICS**

When playing Pickleball the serve must be hit underhand and each team must play their first shot off the bounce. After the ball has bounced once on each side then both teams can either volley the ball in the air or play it off the bounce. This eliminates the serve and volley advantage and prolongs the rallies. To volley a ball means to hit it in the air without first letting it bounce.

No volleying is permitted within the seven foot non-volley zone, preventing players from executing smashes from a position within the seven foot zone on both sides of the net. This promotes the drop volley or "dink" shot playing strategies, as Pickleball is a game of shot placement and patience, not brute power or strength.

Both players on the serving team are allowed to serve, and a team shall score points only when serving. A game is played to eleven points and a team must win by two points.

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Points are lost by hitting the ball out of bounds, hitting the net, stepping into the non-volley zone and volleying the ball, or by volleying the ball before the ball has bounced once on each side of the net. Player positioning on the court for both singles and doubles and playing strategies are found in the rules and DVD that are included in your # 103 Portable Tournament Set.

### **The Serve:**

At the beginning of the serve, BOTH FEET must be behind the baseline. At the time the ball is struck, at least one foot must be on the playing surface or ground behind the baseline and the server's feet may not touch the playing surface. The serve is made underhand. The paddle must pass below the waist. The serve is made diagonally cross court and must clear the non-volley zone. Only one serve attempt is allowed, except in the event of a let (the ball touches the net on the serve, and lands on the proper service court). Then, the serve may be taken over. At the start of each new game, the 1<sup>st</sup> serving team is allowed only one fault before giving up the ball to the opponents. Thereafter both members of each team will serve and fault before the ball is turned over to the opposing team. When the receiving team wins the serve, the player in the right hand court will always start play.

### **The Volley:**

To volley a ball means to hit it in the air without first letting it bounce. All volleying must be done with the player's feet behind the non-volley zone line.

### **Double Bounce Rule:**

Each team must play their first shot off the bounce. That is, the first receiving team must let the served ball bounce, and the serving team must let the return of serve bounce before playing it. After the two bounces have occurred, the ball can be either volleyed or played off the bounce.

### **Faults:**

- Hitting the ball out of bounds
- Not clearing the net
- Stepping into the non-volley zone and volleying the ball

### **The Court:**

The court dimensions are identical to a doubles badminton court. The court dimensions are 20' x 44' for both doubles and singles. The net is hung 36" on each end of the net and 34" in the middle. A non-volley zone extends 7' on each side of the net. There remains 15' on each side of the court. On each side, these 20' x 15' rectangles are further divided onto two equal rectangles measuring 10' x 15'. When laying out the court, allow adequate space at each end and sides of the court boundary lines for player movement. (Three to five feet on each end and one to two feet on the sides).