



Pickleball

League Rules

The department of University Recreation, Intramural Sports assumes no responsibility for injuries; however basic, first aid will be available

Regulations published in the Intramural Sports Handbook will be the governing policies for all intramural sports. Participants are responsible for possessing a thorough understanding of these regulations and their implications.

Pickleball is a self-officiated sport. The Intramural Sports Supervisors will have the final decision on any and all discrepancies.

A review of Pickleball rules, along with the Intramural Sports modifications are as follows:

ELIGIBILITY AND GUIDELINES

All participants must meet the eligibility guidelines as outlined in the Intramural Sports Participants Handbook.

PLAYERS AND ROSTERS

1. The game shall be played between two (2) teams of one (1) each for singles matches and two (2) teams of two (2) for doubles matches.
2. If, due to injuries, a player or doubles partner can no longer participate, the injured player and team will forfeit the game. It is up to the Supervisor to make any final decisions, if need be.
3. Players may play for one (1) single-gender singles or doubles team and one (1) coed doubles team.
4. Roster is limited to one (1) for singles and two (2) for doubles.

UNIFORMS AND EQUIPMENT

1. Jerseys are not required for Pickleball.
2. If a participant is bleeding or has blood on their jersey they will be removed from the game until the bleeding is under control. Prior to any participants re-entering a game the bleeding must be stopped, cleaned and any cuts or lacerations must be covered. Participants will not be allowed to participate in any activity until the above conditions are met.

3. **Jewelry:** The following jewelry and hair piece types are not allowed: exposed ear, nose, or body piercing(s) that are dangling in nature, watches, fitness trackers, rings, claw clips, or necklaces that cannot be tucked under the participants shirt. Individuals will be allowed to tape over any piercing.
 - a. Rubber, cloth, or elastic bands may be used to control hair. Hard items including, but not limited to, beads, barrettes, bobby pins, and other adornments in the hair that are securely fastened to the head and do not present an increased risk to the player, teammates, or opponents, are allowed.
 - b. Medical Bracelets and religious medallions may be worn during intramural sports
4. **Shoes:** Only non-marking shoes will be allowed. Athletic style shoes are required.
5. **Supports, Braces, & Pads:** No casts/splints will be allowed under any circumstances. No pads or braces will be allowed above the waist. Players who wear a knee brace with exposed metal or metal hinges are required to cover it. Kneepads of a soft pliable nature will be allowed below the waist. Any player wearing illegal or dangerous equipment shall not be permitted to play. All equipment shall be subject to the approval of the Intramural Sports Staff and their decisions shall be final.

General Rules

1. Games will be decided by best two (2) out of three (3) games. A winner must score 11 points and win by two.
 - a. Games are set to a hard cap of 35 minutes.
 - i. At the end of the 35, sets that have been completed will be scored
 - Any incomplete set will not be scored during the regular season
2. Only the serving team can score.

RULES- Singles Matches

1. The winner of a coin toss has the option of selecting one of the following: serving, receiving, or choosing the side of the court. The loser of the toss shall have a choice of the remaining alternatives.

RULES- Doubles Matches

1. The service shall be delivered so it touches first the server's right half court or the center line on his/her side of the net, and then, passing directly over the net, touching the receiver's right half court or center line on his/her side of the net.
2. Once the first server loses or commits a fault, the second server begins serving until they lose or commit a fault.
 - a. After the serving team has retired both serve attempts the opposing team will begin their services rounds

The Serve

- The serve must be made underhand.
- Paddle contact with the ball must be below the server's waist (navel level).
- The serve is initiated with at least one foot behind the baseline; neither foot may contact the baseline or court until after the ball is struck.
- The serve is made diagonally crosscourt and must land within the confines of the opposite diagonal court.
- 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; let serves are replayed).

Service Sequence

- Both players on the serving doubles team have the opportunity to serve and score points until they commit a fault
- The first serve of each side-out is made from the right/even court.
- If a point is scored, the server switches sides and the server initiates the next serve from the left/odd court.
- As subsequent points are scored, the server continues switching back and forth until a fault is committed and the first server loses the serve.
- When the first server loses the serve the partner then serves from their correct side of the court (except for the first service sequence of the game*).
- The second server continues serving until his team commits a fault and loses the serve to the opposing team.
 - Doubles only
- Once the service goes to the opposition (at side out), the first serve is from the right/even court and both players on that team have the opportunity to serve and score points until their team commits two faults.
- In singles the server serves from the right/even court when his or her score is even and from the left/odd when the score is odd.
 - Singles only

Two-Bounce Rule

- When the ball is served, the receiving team must let it bounce before returning, and then the serving team must let it bounce before returning, thus two bounces.
- After the ball has bounced once in each team's court, both teams may either volley the ball (hit the ball before it bounces) or play it off a bounce (ground stroke).
- The two-bounce rule eliminates the serve and volley advantage and extends rallies.

Non-Volley Zone

- The non-volley zone is the court area within 7 feet on both sides of the net.
- Volleying is prohibited within the non-volley zone. This rule prevents players from executing smashes from a position within the zone.
- It is a fault if, when volleying a ball, the player steps on the non-volley zone, including the line and/or when the player's momentum causes them or anything they are wearing or carrying to touch the non-volley zone including the associated lines.
- It is a fault if, after volleying, a player is carried by momentum into or touches the non-volley zone, even if the volleyed ball is declared dead before this happens.
- A player may legally be in the non-volley zone any time other than when volleying a ball.
- The non-volley zone is commonly referred to as "the kitchen."

Line Calls

- A ball contacting any line, except the non-volley zone line on a serve, is considered "in."
- A serve contacting the non-volley zone line is short and a fault.

Faults

- A fault is any action that stops play because of a rule violation.
- A fault by the receiving team results in a point for the serving team.
- A fault by the serving team results in the server's loss of serve or side out.

How to play Pickleball: <https://www.youtube.com/watch?v=fTvPYdKZqO0>

Singles Play" <https://www.youtube.com/watch?v=JJVySp51xeY>

PARTICIPANT CONDUCT POLICY

Intramural Sports prioritizes sportsmanship by all teams, spectators, and staff. The captain is responsible for the behavior of all its team members and representatives. Everyone is expected to conduct themselves in accordance with the The Code of Student Life, University conduct standards, and policies set forth by University Recreation. Actions by team members and representatives during intramural activities that extend beyond the realm of decency will not be tolerated. Individuals violating will be suspended until meeting with the Assistant Director and/or Coordinator of Club and Intramural Sports. We will be using a “2, 3, 4” method of determining eligibility for all leagues and major tournaments. The following will be in effect for the activity’s season:

- a. The accumulation of TWO (2) unsporting conduct fouls in a game will result in the ejection of the individual from the game, and procedures outlined in the “Ejections” section.
- b. The accumulation of THREE (3) total unsporting conducts fouls during an activity’s season will result in the dismissal of the individual from the activity for the remainder of its season. The accumulation of Three (3) unsporting conduct by a team will result in in the forfeiture of the contest
- c. The accumulation of FOUR (4) total unsporting conduct fouls by the team’s individual participants during an activity’s season will result in the dismissal of the team from the activity for the remainder of the season.

*Unsporting totals rollover to playoffs

PARTICIPANT CONDUCT FACTS

1. Any flagrant attempt to cause physical harm to another participant and/or staff member will result in immediate ejection and suspension from all UREC facilities and programming.
2. Any Participant Conduct will be reviewed by the Intramural Sports professional staff.

