



Pickleball 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) co-rec 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:** Jewelry or hard hair control devices will not be allowed. This includes but is not limited to necklaces, earrings, newly pierced earrings, facial piercing, rings, bracelets & watches. Individuals will not be allowed to tape over any jewelry item. If you cannot remove the item you cannot play.
 - a. The only type of permissible jewelry are medical alert bracelets. These bracelets must be taped down to the participant's wrist, with the important medical information showing.
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.
6. **Headwear:** Players may wear a one-piece elastic headband made of a soft pliable material. They may also wear knit stocking caps in cold weather. Rubber or elastic cloth bands may be used to control hair. No other headwear will be allowed. No baseball caps, bandannas (including "Do-rags") or helmets.

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.
2. Games will be decided by best two (2) out of three (3) games. A winner must score 15 points and win by two.

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. When the serving team's score is even (0, 2, 4, 6, 8, 10) the player who was the first server in the game for that team will be in the right/even court when serving or receiving; when odd (1, 3, 5, 7, 9) that player will be in the left/odd court when serving or receiving.

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 *(except for the first service sequence of each new game).
- 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.
- 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.

*At the beginning of each new game only one partner on the serving team has the opportunity to serve before faulting, after which the service passes to the receiving team.

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=fTvPYdKZq00>

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