



Pride Sports USA - Pickleball Official Rules PrideSportsUSA.com
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1.How to start a match?

Games start with the captains from each team doing rock, paper, scissors. The winner will pick side or serve. Then every game following teams will switch sides and serve.

Games are played to 9 point. First team to 9 points wins. (You do not need to win by two.)

(Teams play as many games within the allowed time frame)

For cities that play 45 min matches. No new games after 42 mins have passed.

For cities that play 55 min matches. No new games after 50 mins have passed.

Players can not play more than 2 games in a row, unless only 2 players on a team attend the match. (If your team only has 2 players then every 3rd game within that match will be a loss.)

Scores will reported as Team A won 5 games and Team B won 4 games.

Regular season games CAN end in a tie. Playoff games can NOT end in a tie. Please see section 7 Playoffs for more.

The score at the beginning of a new game is 0-0-2

This means the servers scores is 0 (Always state the servers score first) your opponents score second and then what number server you are.

2.Serving

A player or team can only score points when serving.

Both feet must remain behind the baseline until after the ball is struck. The serve must be underhand with the ball contacted below the waist. Serves must travel diagonally and land between the non-volley zone and the baseline of the service court opposite of the serving player.

There are no lets on the serve. If the served ball hits the net and then bounces in the correct part of the court, it is a playable ball.

The server shall use only one hand to release the ball to perform the serve.

The ball may bounce or be hit out of the air.

Spinning the ball on the serve is NOT allowed.

The served ball MUST bounce and the the returned ball must also bounce, then the ball is good to be hit out of the air without bouncing.

Serving in Doubles

- At the start of each new game, only one player on the first serving team is allowed a service turn before giving up the ball to the opponents. (Hence score of 0-0-2)
- In doubles, the player on the right at the start of a service turn will be the first person to serve for their team and will continue to serve until they do not win a point. Then their partner will serve until they lose the point. Then it is the other teams turn to serve.
- When the serving team scores a point, the server moves to the other side of the serving team's court. The receiving team should never switch sides.
- If the serve rotation is done properly in doubles, the serving team's score will always be even when the player that started the game on the right side is on the right side and odd when that player is on the left side.

The served ball CAN land on the center line, the base line or the side line (Past the kitchen)

The served ball can NOT land on the kitchen line or any where outside of the service box that it should land in.

3.Kitchen

Non-Volley Zone aka The Kitchen

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

Double Bounce Rule:

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

Stepping into the Kitchen

Players can only step into the kitchen once the ball makes contact with the kitchen.

Faults

The ball may only bounce once per side. After a player hits the ball, it must travel to the other side of the net.

If you run to hit a ball or jump to hit a ball into the kitchen and land in the kitchen after the ball is hit, it is still a fault. Momentum counts as a fault.

If the ball hits one of the sidelines or the baseline, it is a playable ball.

Some, but not all of the things that cause a fault is listed below:

- Serving the ball into an incorrect area.
- Hitting the ball out of bounds.
- Volleying the ball before it has bounced once on each side.
- Hitting the ball into the net or hitting the net with your paddle or body.
- Hitting the ball while in the non-volley zone before it is allowed to bounce.
- Touching the non-volley zone with your paddle or clothes while attempting to hit a volley.
- Stepping on or over the non-volley zone line on a follow through.

4.Team Size

Teams must have at least 4 players and as many as 6 players. We play 2 vs 2. Teams keep rotating in players after each game is complete within the match.

No 1 player can play more then 2 games in a row.

If your team only has 2 players show up on a given week, your team either takes every 3rd game as a automatic loss or you can find a sub. A sub in a no league member. The sub MUST sign up at PrideSportsSubs.com every week they play and must wear a black t-shirt with no logos.

If your team has 3 or more players show up on a given week. Then no subs are allowed.

If your team has 2 players, your team is allowed 1 sub max.

If your team has 1 player, your team is allowed 2 subs max.

(No Subs in playoffs)

Players can be from 21-80 years old from the start date of the season.

5.Sub Rules

Subs are players that are not in the league. Teams can not take players from other teams to help their team out. You must find a sub on your own.

Subs must wear a black t-shirt and must sign up at PrideSportsSubs.com for each week they sub.

If you have 3 or more of your registered teammates there on a given week, no subs are allowed.
NO SUBS ARE ALLOWED IN PLAYOFFS.

6.Uniform Rules

Uniforms - Each team will be given a Pride Sports uniform. This must be your teams official uniform for the season. If you do not have your uniform that week, you can not play. All players must wear their uniform on the outside layer in order to play.

Alterations to uniform - Players can not cut into anything printed on the shirt.

Players can cut the sleeves off or crop top it.

If a player breaks the uniform rule they will need to replace their uniform for \$35 in order to play.

7.Playoffs

In playoffs everything will run normal as it did in the regular season.

Here are the exceptions

No SUBS in playoffs

We need a winner for all playoff games, so if there is a tie by the end of game time. Each team will put their best two players out, even if they have played 2 games in a row.

Then scoring will be as follow. A point will be scored on EVERY SERVE, first to 9 points wins. (You do not have to win by 2 points)

Winning Teams - All players at playoffs will get a medal. If you miss playoffs and your team wins, you will not get a medal.

8.Tournaments

Uniforms - All players must be in the uniform we provide you in order to play.

Scoring in a tournament - Teams will play each other for 12 mins. Teams will keep playing to the end of the 12 mins. Whatever the score is at the end of time will reported.

Scoring - We will play non rally scoring. Which means you can only score a point when you are serving.

Starting the game - Teams will rock, paper scissor. The winner of that will get to pick if they want serve or side. The other team will then get to pick what side they would like or if they want serve or not depending on what the winner of Rock Paper Scissors picks.

When time expires, please finish out that point and quickly report the score to the director before heading to your next match.

Both captains from each match need to report the score together to the director.

Championship Games will be winner take all. (No if game) - Will be best 2 out of 3 games to 9 points. Teams do not need to win by 2. Teams will switch serve and side after every game.

