



PRIDE SPORTS USA

PICKLEBALL

OFFICIAL RULEBOOK

TABLE OF CONTENTS - Updated on February 26, 2026

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INTRODUCTION

Pride Sports USA is an adult sports organization consisting of all genders, sexualities, and races ranging from 21–80 years old.

Pickleball is a game consisting of two teams, sweatbands, tube socks, and short shorts :)

Games are played with 2 vs 2 players per game. (4 minimum and 6 maximum players per team)

For the enjoyment of the game, proper respect and sportsmanship is required of all participants toward one another.

- Fighting is not tolerated.
- There is a zero tolerance for discrimination towards race, gender, sexual orientation or anything for that matter.
- There is also a zero tolerance for unsportsmanlike behavior.

First Rule of Pride Sports USA – Pickleball is to HAVE FUN!

1. GAMES AND MATCH

Games start with the captains from each team doing rock, paper, scissors.

The winner will pick side or serve. Every following game, teams will switch sides and serve.

Games are played to 9 points.

- First team to 9 points wins. (You do not need to win by two.)
- Teams play as many games as possible within the allowed time frame.

Match Time Limits:

- 45-minute matches – No new games after 40 minutes.
- 55-minute matches – No new games after 50 minutes.

Player Rotation:

- Individual players cannot play more than 2 games in a row.
- If only 2 players attend, every 3rd game within that match will be a loss.

Scores are reported as: Team A won X number of games and Team B won X number of games.

Regular season games CAN end in a tie.

Playoff games can NOT end in a tie. (See Section 7.)

Starting score for each new game: 0-0-2.

- Server's score is stated first.
- Opponent's score second.
- Server number last.

Forfeits

- Forfeit scores will be reported as 5-0.

2. SERVING

A team can only score when serving.

Serve Requirements:

- Both feet must remain behind the baseline until after contact.
- Serve must be underhand.
- Ball must be contacted below the waist.
- Serve must travel diagonally to opposite service area.
- Ball must land between the non-volley zone and baseline.

There are no lets on the serve.

If the ball hits the net and lands in, it is playable.

- Server must release ball with one hand.
- Ball may bounce or be hit out of the air.
- Spinning the ball on the serve is NOT allowed.
- Serve can not land on the kitchen line.

Double Bounce Rule on Serve:

- Serve must bounce.
- Return must bounce.
- After two bounces, ball may be volleyed.

Serving in Doubles

- At start of game, only one player on first serving team serves. (0-0-2)
- Right-side player starts the serve rotation.
- Server continues until they lose a point, then the ball goes to the other team as you started the game and started as Server 2.
- When serving team scores, server switches sides to serve into their opponents other service box.
- Receiving team never switches sides.

The serve CAN land on:

- Center line
- Baseline
- Sideline (past kitchen)

The serve CANNOT land on:

- Kitchen line
- Outside service box

3. KITCHEN (Non-Volley Zone)

A volley means hitting the ball in the air without letting it bounce.

All volleys must be done with feet behind the kitchen line.

Double Bounce Rule

- Receiving team must let serve bounce of the serve.
- Serving team must let return bounce.
- After two bounces, ball may be volleyed.

Kitchen Rules

- Players may step into the kitchen only after the ball bounces there.
- Momentum into the kitchen after a volley is a fault.
- Ball may only bounce once per side.

Common Faults:

- Serving into incorrect area

- Hitting ball out of bounds
- Volleying before double bounce rule is met
- Hitting the net with paddle or body
- Volleying while in kitchen
- Touching kitchen line during volley
- Stepping on or over kitchen line during follow through

4. TEAM SIZE

Teams must have 4–6 players.

Matches are played 2 vs 2.

Players rotate after each game within the match.

- No one player may play more than 2 games in a row.

If only 2 players attend:

- Every 3rd game is an automatic loss OR find a sub.

Sub Limits:

- 3+ players present – No subs allowed.
- 2 players present – 1 sub allowed.
- 1 player present – 2 subs allowed.
- No subs in playoffs.

Players must be 21–80 years old from the start date of the season.

5. SUB RULES

Subs are non-league players.

- Cannot take players from other teams.
- Must find your own sub.
- Must wear black t-shirt with no logos.
- The Sub must register weekly at PrideSportsUSA.com/subs
- NO SUBS IN PLAYOFFS.

6. UNIFORM RULES

Each team receives a Pride Sports USA uniform.

- Uniform must be worn as outer layer.
- No uniform = cannot play.
- Cannot cut into printed areas.
- Sleeves may be cut or shirt cropped.
- Players cannot print or draw anything on your uniform.
- Uniform replacement cost: \$35.
- Replace your uniform at PrideSportsUSA.com/store

7. PLAYOFFS (LEAGUE PLAY)

Playoffs follow regular season rules with these exceptions:

- No subs allowed.
- Tie games go to 2 best players from each team.
- Point scored on EVERY serve.
- First to 9 wins (no win-by-two).

All players present at playoffs receive medals.

8. NATIONAL TOURNAMENT RULES

Join us at our next National Tournament!

PrideSportsUSA.com/tournaments

Please visit PrideSportsUSA.com/rules under the “National Tournament Rules section”

BASELINE

SIDELINE

NET HEIGHT: 34" AT CENTER / 36" AT POSTS

NON-VOLLEY ZONE (KITCHEN)

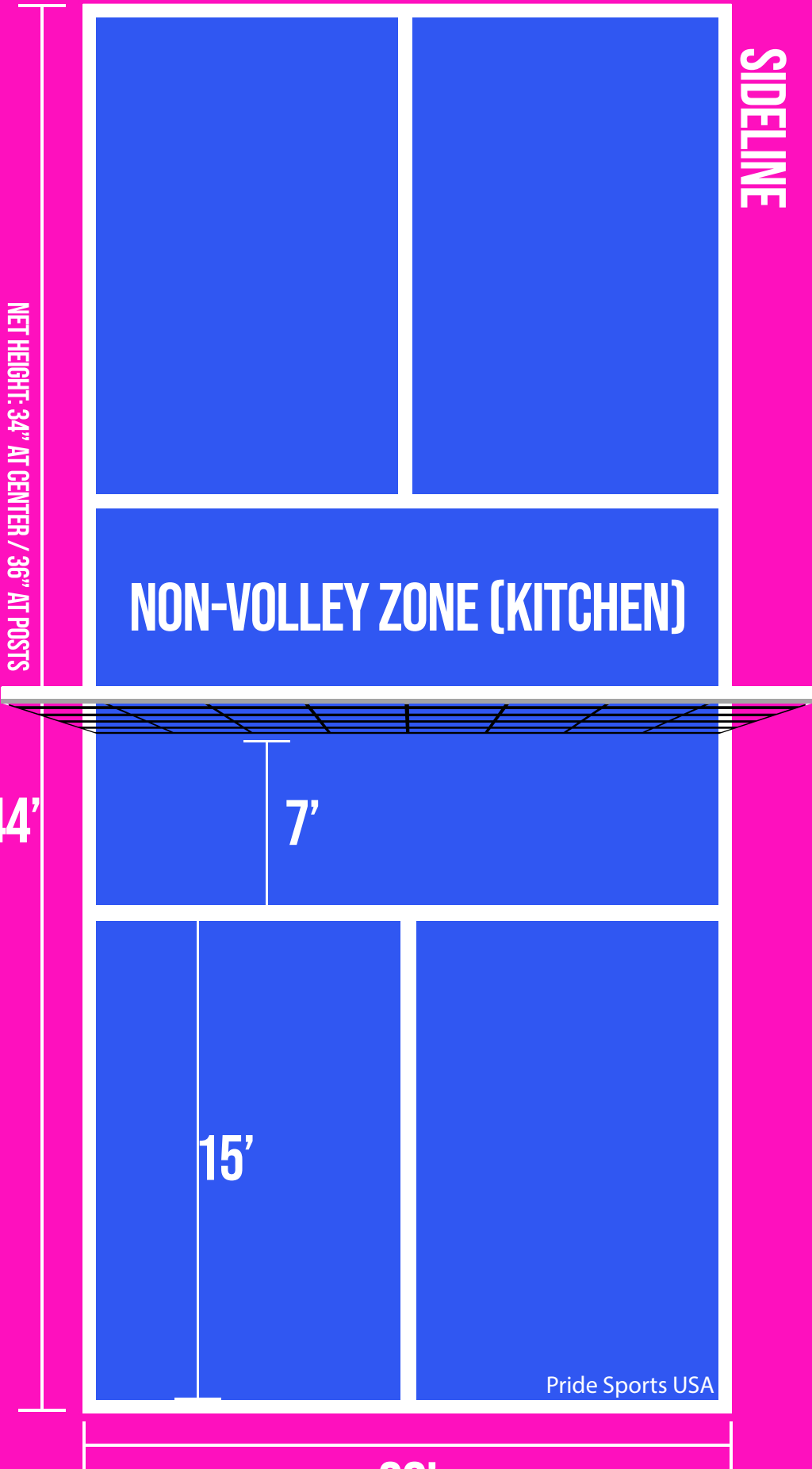
44'

7'

15'

Pride Sports USA

20'



**PRIDE SPORTS USA, LLC
CODE OF CONDUCT**

1. **Purpose and Values.** For purposes of this Code of Conduct (the “Code”), “Pride Sports” means Pride Sports USA, LLC, and “League” means Pride Sports, together with the recreational sports leagues, divisions, programs, games, events, tournaments, practices, social events, and other activities organized, operated, sponsored, or sanctioned by Pride Sports, whether conducted on a seasonal or one-time basis.

Pride Sports is committed to fostering an athletic and social environment that is inclusive, respectful, safe, and welcoming. The League exists to bring people together through recreation and community, and to affirm the dignity and value of every participant and attendee.

All participants, volunteers, officials, spectators, and guests are expected to conduct themselves in a manner that supports these values. Conduct that undermines the inclusive purpose of the League, even if not intended to cause harm, may be inconsistent with this Code.

Participation in League activities is a privilege, not a right, and is conditioned on compliance with this Code. Participation in any League activity is at all times revocable and may be suspended, restricted, or terminated by Pride Sports at any time, with or without cause, notice, explanation, or formal process.

Pride Sports reserves the right to refuse registration, admission, or participation to any individual or team, or to remove any person from League activities, at any time and for any lawful reason, in its sole discretion.

2. **Scope of Application.** This Code applies to all League activities and to anyone participating in or attending such activities, including players, volunteers, officials, spectators, and guests. The Code may also apply to off-field or off-event conduct where such conduct has a direct or material connection to the League, including conduct that affects the safety, inclusion, or well-being of participants, interferes with League operations or activities, or undermines the League’s inclusive purpose or community environment. The determination of whether any off-field conduct falls within the scope of this Code shall be made by Pride Sports in its sole discretion.

3. **General Behavioral Expectations.** All individuals covered by this Code must, at all times:

- Treat others with respect, dignity, and courtesy.
- Act in a sportsmanlike and safe manner.
- Follow reasonable directions given by League staff or officials.
- Respect facilities, equipment, and shared spaces.
- Refrain from conduct that disrupts League activities or the experience of others.
- Comply with applicable laws, facility rules and venue policies.

Participants and attendees must comply with the directions and decisions of League staff, officials, and authorized representatives. Failure to follow such directions may result in immediate removal or other disciplinary action.

4. **Prohibited Conduct.** The following conduct is prohibited and may result in disciplinary action. This list is illustrative and not exhaustive.

- a. Harassment and Discrimination. Unwelcome conduct directed at an individual or group based on actual or perceived characteristics, including but not limited to race, ethnicity, national origin, religion, sexual orientation, gender identity, gender expression, disability, appearance, or any other protected or personal characteristic, that reasonably undermines another person’s ability to participate in or enjoy League activities.
- b. Bullying and Intimidation. Conduct that is hostile, abusive, threatening, or degrading toward another person, whether verbal, physical, or otherwise, and that reasonably interferes with a safe and inclusive League environment.
- c. Violence and Threats. Physical violence, attempted violence, or threats of violence toward any person.
- d. Unsafe or Disruptive Behavior. Any conduct that creates a safety risk, causes disruption, or interferes with League operations or the experience of others.
- e. Alcohol and Drugs. Being intoxicated, engaging in illegal drug use, or otherwise behaving in a manner related to alcohol or drugs that is unsafe, disruptive, or inconsistent with the League’s inclusive and community-focused environment.
- f. Social Media and Public Conduct. Harassing, threatening, or disruptive conduct directed at participants, staff, officials, or the League through social media or other public communications that negatively affects the League environment or operations.

5. **Participant Pledge.** As a participant in the League, each individual agrees to the following:

- a. Treat all participants, officials, staff, and spectators with respect at all times.
- b. Cooperate with other participants and officials.
- c. Refrain from profanity, obscene gestures, or abusive language.
- d. Not engage in physical violence or intentionally cause harm to any participant, official, staff member, or spectator.
- e. Follow all reasonable instructions from officials and League staff.
- f. Ask officials, in a calm and respectful manner, to explain any rules I do not understand.
- g. Respect park fields, sports equipment, and facility amenities.
- h. Participate in a sportsmanlike and safe manner at all times.
- i. Read, understand, and comply with all League rules and policies.
- j. Demonstrate good sportsmanship both on and off the field.
- k. Conduct myself in a manner consistent with the League’s values and community standards.

Violation of this Participant Pledge may result in disciplinary action in accordance with this Code, up to and including suspension or expulsion from League activities.

- 6. Enforcement and Disciplinary Authority.** Compliance with this Code is a mandatory condition of participation in any League or Activity. Pride Sports reserves the sole, absolute, and final discretion to interpret this Code, determine whether any conduct violates it, and impose any disciplinary, corrective, or preventive action it deems appropriate under the circumstances.

Pride Sports may take action at any time, with or without investigation, and based on any information it considers relevant, whether obtained firsthand or from third parties. Pride Sports' determinations may be based solely on its judgment and are not required to meet any evidentiary or procedural standard. Pride Sports may take disciplinary or participation action based on any information it considers relevant, including reports, observations, complaints, or other sources, and is not required to rely on formal complaints, witness statements, or physical evidence.

Disciplinary action may include, without limitation:

- Verbal or written warnings.
- Removal from a game, event, or facility.
- Temporary suspension from League activities.
- Expulsion from the League or Activity.
- Temporary or permanent restriction from future participation.
- Denial of registration or team placement.
- Any other action Pride Sports deems appropriate.

Certain conduct, including but not limited to violence, threats, harassment, discrimination, unsafe behavior, or conduct inconsistent with the League's values or community standards, may result in immediate removal, suspension, or expulsion at Pride Sports' sole discretion.

Pride Sports may also take disciplinary or exclusionary action for any conduct, whether or not expressly described in this Code, that Pride Sports determines is inconsistent with the League's values, operations, or community environment.

Pride Sports is not required to provide prior notice, warnings, investigations, hearings, explanations, or opportunities to appeal before taking disciplinary action. Disciplinary decisions may be communicated orally or by any other method, and Pride Sports is not required to provide written notice, documentation, or justification. All decisions made by Pride Sports under this Code are final and binding.

Participants acknowledge and agree that they have no right or entitlement to participate in any League or Activity, and that participation may be revoked at any time at Pride Sports' sole discretion.

To the fullest extent permitted by law, participants waive any claim, cause of action, or demand against Pride Sports arising out of or related to any disciplinary, eligibility, or participation decision.

Any disciplinary action, including suspension, removal, or expulsion, shall not entitle the participant or team to any refund, credit, or other compensation.

Pride Sports reserves the right to impose disciplinary action on an entire team, group, or organization where the conduct of one or more members creates disruption, safety concerns, or repeated violations of this Code. Pride Sports reserves the right to suspend or terminate any game, event, or activity, or remove any individual, when it determines that safety, order, or the League environment requires such action.

Pride Sports is not required to enforce this Code uniformly or to take action in every instance of misconduct, and the failure to discipline any individual or team shall not limit Pride Sports' authority to discipline others.

- 7. Complaints and Reports.** Pride Sports encourages participants, volunteers, officials, and attendees to report conduct that they believe may violate this Code or otherwise undermine the safety, inclusion, or operation of the League. Complaints or reports may be submitted to Pride Sports through any method designated by the League, including in person, by email, or by any other communication channel provided by Pride Sports.

Pride Sports reserves the sole discretion to determine whether and how to review, investigate, or act upon any complaint or report. Submission of a complaint does not guarantee any particular action or result. All disciplinary and participation decisions remain subject to Pride Sports' sole and final discretion in accordance with this Code.

- 8. Anti-Retaliation.** Pride Sports prohibits retaliation against any individual who, in good faith, reports a concern, submits a complaint, participates in a review, or provides information related to a potential violation of this Code. Retaliation includes any adverse action, threat, intimidation, harassment, exclusion, or other conduct that would discourage a reasonable person from reporting a concern or participating in the complaint process.

Any individual who engages in retaliation may be subject to disciplinary action, up to and including suspension, expulsion, or permanent restriction from League activities, at Pride Sports' sole discretion.

- 9. Relationship to Other Policies.** This Code is separate from, and in addition to, any release, waiver, or assumption-of-risk agreement required for participation in League activities. Pride Sports reserves the right to adopt, modify, or enforce additional rules, policies, or procedures at any time as it deems necessary for safety, operations, or the community environment.

- 10. Severability.** If any portion of this Code is found to be invalid or unenforceable, the remaining provisions shall remain in full force and effect.

- 11. Acknowledgement.** By participating in or attending League activities, individuals acknowledge that they have read, understood, and agree to comply with this Code.

I understand that Pride Sports may revise this Code of Conduct at any time, and it is my responsibility to stay informed of any updates. I also acknowledge that failure to comply with Code may result in suspension or termination of my participation in the League without refund.