



National Veterans Golden Age Games

Pickleball

INSTRUCTIONS TO ATHLETES & RULES

In light of high interest and number of entries in Pickleball and the limited court time, matches may be shortened at the discretion of the tournament manager.

Competition numbers must be worn

1. Pickleball will be played as doubles (males, females, and mixed) teams.
2. This will be a double elimination tournament.
3. A coin toss will determine the team to start the game.
4. Appropriate clothing and court shoes must be worn.
5. Athletes must have prior pickleball experience of having played on a regular basis for at least the past year and provide their skill level during registration.
6. The serve must be made underhand. Underhand- The player's arm must be moving in forward and upward arc with the palm turned upward or downward.
7. Paddle contact with the ball must be below the server's waist (navel level).
8. 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.
9. The serve is made diagonally crosscourt and must land within the confines of the opposite diagonal court.
10. 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).
11. The entire score must be called before the server begins his or her service motion

Service Sequence

12. 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-hand court. The service motion begins with the server's arm

movement initiating the swing, backward, or forward to contact the ball.

13. In doubles, the starting server may be changed before the start of any game with notice given to the referee.
14. If a point is scored, the server switches sides and the server initiates the next serve from the left-hand 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.
15. 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*).
16. The second server continues serving until his team commits a fault and loses the serve to the opposing team.
17. Once the service goes to the opposition (at side out), the first serve is from the right-hand court and both players on that team have the opportunity to serve and score points until their team commits two faults.
18. Double teams will switch sides at the score of 8. The maximum time allowed to switch sides during a game is 60 seconds. The referee will announce a 15-second warning, then call the score after the full 60 seconds apply the 10-Second Rule, even if all players are not on the court and/or not ready to Play.
19. The 10-second rule. Once the referee determines the receiver is in position and ready or should be in position and ready and the score has been called, the server is allowed 10 seconds to serve the ball.
20. A player or team is entitled two-time outs per 15-point game. Each time out period may last up to 2 minutes. Play must resume within the 2 minutes or when all players are ready to resume play, whichever occurs first unless another time-out is called by either side.
21. Any player (server or partner) may call a time-out once the score has been called but not after the service motion has begun.
22. Medals will be awarded based on age division, gender, double teams.

23. Medals will be awarded to the first, second, and third place finishers, a ribbon will be awarded to the 4th place finisher.

Additional Rules

Scoring

- Points are scored only by the serving team.
- Double elimination played to 15 tournament style.
- 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-side court when serving or receiving; when odd (1, 3, 5, 7, 9) that player will be in the left-side court when serving or receiving.

Double-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.
- The ball must be struck without bouncing it. A person with a disability, such as having the use of only one arm, may bounce the ball before making the service motion.
- 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 double 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.
- A fault occurs when:
 - A serve does not land within the confines of the receiving court
 - The ball is hit into the net on the serve or any return
 - The ball is volleyed before a bounce has occurred on each side
 - The ball is hit out of bounds
 - A ball is volleyed from the non-volley zone
 - A ball bounces twice before being struck by the receiver
 - A player, player’s clothing, or any part of a player’s paddle touches the net or the net post when the ball is in play
 - There is a violation of a service rule
 - A ball in play strikes a player or anything the player is wearing or carrying

- A ball in play strikes any permanent object before bouncing on the court