



Pickleball

Rules and Regulations

Underdog Pickleball Rules

A Game Overview

- ▶ Teams will be split up into three mini teams. Mini-teams must be split up as equally as possible by both total number of players as well as female, male, and non-binary.
- ▶ If a mini-team has more than two players on it for the night, they can rotate in during the game. Each extra player must stay with the same mini-team the entire match.
- ▶ Each mini-team will play three games to 21 points.
- ▶ After each game, the mini-teams will rotate to play each of your opponent's mini-teams.
- ▶ The overall match winner against your opponent will be a cumulative score of all 9 games played (3 mini-teams x 3 games each = 9 overall games). Teams earn 2 points for a match win, 1 for a tie, and 0 for a loss in the overall league standings.

B Number of Players and Gender Ratios

- ▶ Teams must have a minimum of 3 players overall (at least 2 of these being ladies) to avoid a forfeit and can have a max of one male on each court at any given time.
- ▶ A grace period of 10 minutes is allowed to avoid a forfeit.

C Officiating

- ▶ All games will be self-officiated. All players are expected to be honest and call violations as well as in/out calls on their own team only – not their opponents.
- ▶ If a team is unsure of a violation or an in/out call, the point should be replayed.
- ▶ Our on-site staff will generally not make officiating calls but may do so if they feel it's necessary. Their call will be final in these situations.

D Game Scoring

- ▶ Rally scoring is in effect and every serve will count as a point – regardless of which team is serving.
- ▶ Games are to 21 points and a team must win by a minimum of 2 points. There is no score cap, however, games may be called to an end at the end of the hour you are scheduled to play. If teams are tied when the hour is up, they will be allowed to play one final point to determine a winner.

E Serves

- ▶ The server will announce the score before each serve.
- ▶ The purpose of the serve is to place the ball in play and is not intended as an offensive weapon
- ▶ Serve to the diagonally opposite service court with both feet remaining behind the baseline. The ball must clear the non-volley zone to be a playable serve.
- ▶ Only an underhand serve with an upward motion of the swing and contact with the ball below the waist level is allowed.
- ▶ The server has the option of dropping the ball and hitting it after the bounce. A dropped ball cannot be thrown, tossed, or otherwise released with any added force to bounce it. Additionally a player may not try to attempt to conceal the ball with their body while serving.
- ▶ Only one serve attempt is allowed. If a server faults, the point is lost.
- ▶ Balls hitting the net but still landing within the appropriate service court are considered live and playable for a point.
- ▶ Each team's server will continue to serve until a point is lost while alternating service courts after each point won. Once a point is lost, the service goes to the opposing team.
- ▶ Teams must alternate servers at each side-out
- ▶ When a team acquires the serve, the next server up on their team must serve from the opposite side of the court that their team last served from.

F Two Bounce Rule

- ▶ When a ball is served, the receiving team must let it bounce and then the serving team must let it bounce once before returning. Volleys are then allowed for the remainder of the point for anywhere outside the non-volley zone.

G Rotating and Player Positioning

- ▶ Offensively teams will rotate left-right on their side of the court each time their server wins a point
- ▶ Defensively, teams will remain on the same left-right side of their court at the time of the serve.
- ▶ Players may move and play anywhere on the court after the serve.

H Non-Volley Zone (AKA The Kitchen)

- ▶ A marked zone on the closest side of the net for each team is considered the non-volley zone. A volley is defined as hitting the ball prior to it bouncing. This eliminates spikes or a player standing at the net to block a return from their opponents.
- ▶ A player must not have any part of their body or paddle touch the ground inside this zone – including the full follow-through - while making a volley from behind this line.
- ▶ This zone is not necessarily off-limits. Players may enter this zone at any time as long as they don't volley (including follow-through) from this area. Additionally, if a ball has bounced on their side of the court, it is no longer considered a volley and it is legal to make contact with the ball within the non-volley zone.
- ▶ On a serve, neither defensive player is allowed to stand within the non-volley zone.
- ▶ If a player enters the non-volley zone during the play and attempts to volley outside of this zone, they must re-establish themselves outside of this zone with BOTH feet outside of the non-volley zone prior to making contact with the ball.
- ▶ The non-volley zone is the area on the court only. A player that is out-of-bounds next to the non-volley zone can legally make contact with the ball to volley it – as long as they have established themselves behind the non-volley line with both feet and they do not enter the non-volley area on their follow-through.

I Playoffs

Playoff Format:

In certain situations teams at or near the bottom of the standings may not advance to the playoffs. Playoff brackets are not determined until the end of the season as we may break teams up into separate divisions.

Seeding:

Teams are seeded according to wins and ties. Teams may be split into divisions. These divisions may not be solely based on team record. Teams may be placed in a division based on their performance, team history and strength of schedule during the regular season.

Rosters:

Non-Roster subs are not allowed in the playoffs unless they have been pre-approved by the office and added to your roster. Sub requests are not automatically approved and must be submitted during normal business hours for review.

Players are welcome to play on multiple teams in the league during the regular season. During the playoffs, players can only play on one team per division. They must pick the team before the playoffs and are not able to switch teams if one of their teams loses.

Team rosters do need to be independent of each other to the point that they will be able to play at the same time, or play each other.

J Sportsmanship and Conduct

The on-site supervisor has FINAL authority to resolve any disputes, make any rulings, interpret any rules as they see fit. They can even be wrong, if necessary. Any philosophical issues or rules interpretations can be directed to the office after the matches.

No unsportsmanlike conduct will be tolerated at any time. This is recreational pickleball. Fun is the goal. If a player becomes abusive of teammates or opponents, or of the on-site supervisor they will be asked to leave immediately. Incidents of this type will be reported to the league office, and further suspension may result, where necessary.

The on-site supervisor has final authority in all player conduct decisions during league play.

**REMEMBER EVERYONE: THIS IS FOR FUN.
PLAY SAFE!!!**

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