WELCOME

Welcome to Pickleball with the City of Cambridge 50+ Recreation Centres. We welcome your interest in living, laughing, and playing with us.

Pickleball is truly a sport for all ages-all abilities.

“PEOPLE RARELY SUCCEED UNLESS THEY HAVE FUN IN WHAT THEY ARE DOING”

DALE CARNEGIE
**TABLE OF CONTENT**

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic Rule Overview</td>
<td>4</td>
</tr>
<tr>
<td>The Serve</td>
<td>4</td>
</tr>
<tr>
<td>Service Sequence</td>
<td>5</td>
</tr>
<tr>
<td>Scoring</td>
<td>6</td>
</tr>
<tr>
<td>Two Bounce Rule</td>
<td>7</td>
</tr>
<tr>
<td>Non-Volley Zone</td>
<td>7</td>
</tr>
<tr>
<td>Faults</td>
<td>8</td>
</tr>
<tr>
<td>Play Opportunities</td>
<td>10</td>
</tr>
<tr>
<td>Line Calls</td>
<td>11</td>
</tr>
<tr>
<td>Know Your Skill Level</td>
<td>11</td>
</tr>
<tr>
<td>Pickleball Safety Etiquette</td>
<td>11</td>
</tr>
<tr>
<td>Pickleball Court Diagram</td>
<td>15</td>
</tr>
</tbody>
</table>

Basic Rules Overview

Rules taken from the USAPA Pickleball website:

www.usapa.org/rules-summary
PICKLEBALL WITH THE CITY OF CAMBRIDGE

GET INTO THE GAME

Pickleball is a paddle-racquet sport that combines elements of badminton, tennis, and table tennis.

BASIC RULES OVERVIEW

- Pickleball is played either as doubles (two players per team) or singles; doubles is most common
- The same size playing area and rules are used for both singles and doubles

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.

SCORING

• Points are scored only by the serving team.
• Games are normally played to 11 points, win by 2.
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.
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.
EVERY ACCOMPLISHMENT STARTS WITH THE DECISION TO TRY

JOHN F. KENNEDY
PLAY OPPORTUNITIES

The Cambridge Recreation Centres offer drop-in recreational play for a variety of levels across the centres. Pay as You Play is a great option for those who are looking for flexibility in dates, times and location. League play is also available.
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.

KNOW YOUR SKILL LEVEL

Understanding your play level is important when joining any recreational play with others of similar skills. Please register for our Pickleball Ratings & Level Finding Clinics.

PICKLEBALL SAFETY ETIQUETTE

1. Recreational Pickleball programs allow for a range of skills to join in, enabling players to be challenged and to develop. Remember to welcome all skill level to the court and to be patient and supportive with players of differing abilities.

2. We ask all players to respect the advertised skill level program time or attend a drop in slot that is appropriate to their play level.

3. Use appropriate language and be courteous to other players, spectators, conveners and staff at all times. Players or spectators who use inappropriate language and or behavior will be asked to remove themselves for the court immediately.
4. Players can adhere or modify game rules as they see fit. However, all players will need to discuss and agree to these modifications prior to the start of game play. To avoid disagreements taking up play time, simply reserve the point.

5. **Players are asked to check in at the front desk upon arrival.** You are required to provide proof of 50+ membership upon entry. If you do not have a 50+ membership, you will be required to pay the non-member fee before entering.

6. Introduce yourself before each match and shake hands or “Paddle Bump” at the conclusion of each match.

7. To prevent any discrepancies in scoring, always call out the score before serving. Ensure that scoring calls are loud enough to be heard by all players on your court.

8. Be supportive of your partner. Positive feedback is appreciated.

9. Do your best to make fair line calls during game play. Ball calls are decided by the partners on the side that the ball drops. Balls will remain in play and will not be disputed following allocation of the point.

10. To prevent injury of others, call **BALL** when you miss or hit a ball onto the neighboring court.
THE DIFFERENCE BETWEEN TRY AND TRIUMPH IS A LITTLE UMPH
11. Do not catch the ball with your hand or paddle anywhere on the court, even if outside the court lines. The ball must be given the opportunity to prove it will be out regardless if it seems obvious.

12. Once your game is finished, do not linger around the court. Other players are eager to get as much play time as they can and will appreciate you freeing up the court.

13. In the event of an emergency, immediately seek the attention from staff member at the front counter. If there is an injury on the court everyone must STOP playing.

14. If you are interested in a helping role with Pickleball please email pickleball@cambridge.ca

15. All players must adhere to the 50+ Recreation Centres Code of Conduct
Play area 30’x60’ (min recommended)

Net Height at Sideline = 36” (34” at Centre)

Non-Volley Line

Non-Volley Zone/Kitchen

Left Service Area

Right Service Area

Baseline

Sideline

Centreline
For more information
pickleball@cambridge.ca
www.cambridge.ca