



**UND WELLNESS &  
HEALTH PROMOTION**  
UNIVERSITY OF NORTH DAKOTA

## Pickleball Rules

### General

The *RecSports Participant Handbook* will govern all aspects of play not considered playing rules of the sport. Participants are expected to follow the Handbook rules of conduct as well as the sport-specific rules outlined below. The Handbook is available at [und.edu/RecSports](http://und.edu/RecSports). Key Handbook items include:

- **Updates for 2023-2024'** - Handbook pg. 4
- **Alcohol, Tobacco, and Illegal Drugs** – Handbook pg. 6
- **Participant Eligibility/ID Requirements** – Handbook pg. 7
- **Playoff Requirements** – Handbook pg. 9
- **Captain Responsibilities** – Handbook pg. 10
- **Team Name Requirements** – Handbook pg. 12
- **Registration & Payment** – Handbook pg. 14
- **Default/Forfeit Instructions and Consequences** – Handbook pg. 17
- **Adding Players to Roster/Participation Limits** – Handbook pg. 18
- **Appropriate Attire** – Handbook pg. 19
- **Team/Participant Conduct** – Handbook pg. 21

### Schedules

Schedules for league play are posted online through IM Leagues.

### Facility

All games will be played at the Student Wellness Center on the far basketball court in the main gym.

### Questions

Please feel free to contact RecSports with any questions or concerns.

Braeden Mueller	Coordinator of Campus Recreation	701-777-3256	<a href="mailto:braeden.mueller@und.edu">braeden.mueller@und.edu</a>
Kevin Bowe	Program Manager	701-777-2719	<a href="mailto:kevin.bowe@und.edu">kevin.bowe@und.edu</a>
Wellness Center	701-777-9355		

### **Equipment**

- Play will take place in the Main Gym at the Wellness Center.
- Approved Equipment for gym court play
  - All participants must wear non-marking, soft soled rubber shoes during play.

### **Accessories**

- Accessories are allowed to be worn at the participants' OWN RISK.
- RecSports Supervisors reserve the right to ask for jewelry to be removed if it could cause harm to other participants.

### **Time Regulations and Length of Game**

- Matches will be best 2 out of 3.

### **The Serve**

- The serve must be made underhand
- Paddle contact with the ball must be below the server's waist
- Server must hit the ball in the air on a serve. (Ball may not bounce and then be hit)
- 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 and must clear the non-volley zone
- Only one serve attempt is allowed, except in the event of a let
- A player who is serving shall continue to do so until a fault is made by his/her team

### **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-hand court.
- 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.
- 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-hand 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-hand court when his or her score is even and from the left 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.
- 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.

### **Forfeit Score**

- Forfeit score will be recorded 2-0

### **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.
- 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.

### **Volley/Non Volley Zone**

- To volley a ball means to hit it in the air without first letting it bounce.
- 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

### **Reporting Scores**

- Pickleball matches are self-officiated. Please ask the front desk staff to set up the nets upon arrival at the Wellness Center. Paddles and pickleballs are available for checkout at the front desk as well if needed.
- After each game is completed both teams' captains must report the score to the RecSports Staff working (Scorekeeper or Supervisor).
- Scores will be posted online on IMLeagues.