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# Alberta 55 plus Pickleball Rules

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## General Information

The rules listed in this section shall be the official rules for any **Alberta 55 plus** event. All Alberta 55 plus Rules are located on our web site at: [www.alberta55plus.ca](http://www.alberta55plus.ca). If there is a discrepancy between any printed rules, the version available on our web site shall prevail.

**Entry Procedures:** Check with your Zone Activity Director for playoff information and date. Contact information is listed on our website at [www.alberta55plus.ca](http://www.alberta55plus.ca)

## Game Courtesies

Rules are made to be followed by all players to make games happen. But often there are unwritten “rules” or courtesies which will make the game much better with fewer problems for all. Whether the game is a friendly recreational event among friends or part of an important tournament, participants should practice good sportsmanship and respect for their competitors.

Lines ‘thou shalt not step over’ exist to place all players on an even footing. We should have enough line judges to watch each play. Rules of the games indicate who is to lead, mark the score and where players should move to their next turn. Do not make comments or loud noises during play. Shake hands before the game commences, and at the end of the game. Leave judging and score marking to the proper persons.

## Dress Code

Avoid the use of strong perfumes, colognes or shaving lotion to prevent an opponent sneezing, being choked up or coughing at the wrong time. To keep Alberta 55 plus activities consistent, where there is no Dress Code Rule it is expected of each participant to reflect the professionalism of themselves and their sport.

## Age Groups / Events

All participants must fall within the age group indicated by December 31 of the Event year. All participants in Zone Playoffs must be Active Members.

## Alberta 55 plus Pickleball Rules

Age	Events : Competitive	Participants Advancing to Provincial Games
55+	Women – Doubles – 3.5	2 per Zone (1 team)
55+	Men - Doubles – 3.5	2 per Zone (1 team)
55+	Mixed - Doubles – 3.5	1 female/1 male per Zone
60+	Women - Doubles – 3.5	2 per Zone (1 team)
60+	Men - Doubles – 3.5	2 per Zone (1 team)
60+	Mixed - Doubles – 3.5	1 female/1 male per Zone
65+	Women - Doubles – 3.5	2 per Zone (1 team)
65+	Men - Doubles – 3.5	2 per Zone (1 team)
65+	Mixed - Doubles – 3.5	1 female/1 male per Zone
70+	Women - Doubles – 3.5	2 per Zone (1 team)
70+	Men's Doubles – 3.5	2 per Zone (1 team)
70+	Mixed - Doubles – 3.5	1 female/1 male per Zone
75+	Women - Doubles – 3.5	2 per Zone (1 team)
75+	Men's Doubles – 3.5	2 per Zone (1 team)
75+	Mixed - Doubles – 3.5	1 female/1 male per Zone
55+	Women - Doubles – 4.0 and over	2 per Zone (1 team)
55+	Men - Doubles – 4.0 and over	2 per Zone (1 team)
55+	Mixed - Doubles – 4.0 and over	1 female/1 male per Zone
60+	Women - Doubles – 4.0 and over	2 per Zone (1 team)
60+	Men - Doubles – 4.0 and over	2 per Zone (1 team)
60+	Mixed - Doubles – 4.0 and over	1 female/1 male per Zone
65+	Women - Doubles – 4.0 and over	2 per Zone (1 team)
65+	Men - Doubles – 4.0 and over	2 per Zone (1 team)
65+	Mixed - Doubles – 4.0 and over	1 female/1 male per Zone
70+	Women - Doubles – 4.0 and over	2 per Zone (1 team)
70+	Men's Doubles – 4.0 and over	2 per Zone (1 team)
70+	Mixed - Doubles – 4.0 and over	1 female/1 male per Zone
75+	Women - Doubles – 4.0 and over	2 per Zone (1 team)
75+	Men's Doubles – 4.0 and over	2 per Zone (1 team)
75+	Mixed - Doubles – 4.0 and over	1 female/1 male per Zone
<b>TOTAL NUMBER OF PARTICIPANTS PER ZONE = 48 (24 Male / 24 Female)</b>		

**International Federation of Pickleball (IFP) rules shall apply. Web: <http://ipickleball.org>**

The Host Community/ Host Zone will have the prerogative of filling in local participants for Doubles teams that unexpectedly field less than two (2) players at the Games.

A random draw will be used. At Zone playoffs, a complete round robin shall be played, if possible. If time or facility does not allow this, a modified round robin shall be played. When round robin completed, calculate total win/loss points to determine winner. Team or individual with most win/loss points is declared winner.

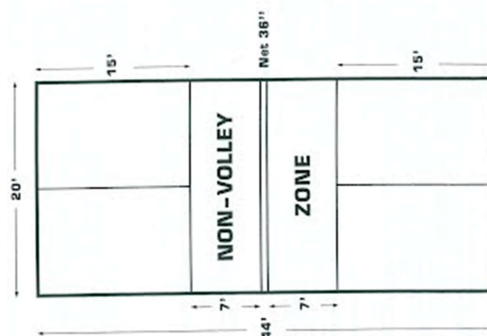
# Alberta 55 plus Pickleball Rules

## Tie- Breaker Procedures:

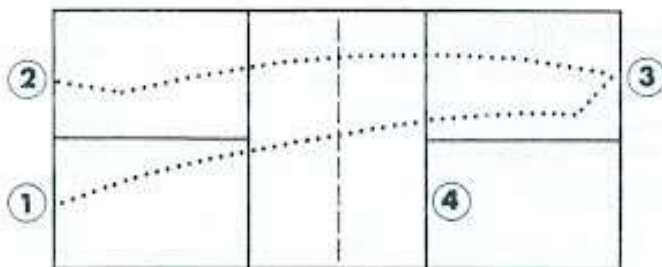
If a two-way tie exists at the end of round robin, go to “who beat whom” in the round robin to determine a winner. If after round robin play, a three-way tie occurs for the qualifying position, first go to “who beat whom” in the round robin (among those tied). If there is still a tie, a single game to 11 will be played, winner advancing.

## THE COURT

The court dimensions are identical to a double’s badminton court. The size of the court is 20’ x 44’ for both doubles and singles. The net is hung at 36” on ends and hangs 34” in the middle. Use the doubles badminton court lines on the gymnasium floor and attach the Pickleball net to the badminton/volleyball net standards at a height of 3 feet.



## Double Bounce Rule:



## A. TOSS

The winner of the toss can elect to serve or receive in the first game, or to choose to play at a particular end of the court.

## B. SERVICE

1. Both feet of the server must remain behind the baseline until after the ball is struck.
2. The serve must be underhand and travels diagonally to the opposition side. Serve can't land in the non-volley zone or on the non-volley zone line. All other lines are a part of the court. The serve must be made with an underhand stroke so that contact with the ball is made below waist level.

**Underhand Defined:** The arm must be moving in an upward arc and the paddle head shall be below the wrist when it strikes the ball. Each player is allowed only one serve attempt unless it is a “let” serve. A let serve occurs when the serve hits the net and still lands in the correct service court. If this occurs, the serve is played over.

3. The ball must bounce once on both sides of the net before it can be played without a bounce.
4. You are not allowed to play a ball in the air while standing in the non-volley zone or stepping into the non-volley zone as you hit it.
5. You can go in the non-volley zone and play a ball if it bounces in the non-volley zone.
6. You can only score a point if your team is serving. A game is won by the first team scoring 11 points. You must win by at least 2 points.
7. To start a game, only one player on the starting team gets to serve until they lose a volley.
8. The serve then goes to the opposition and the person on the right-hand side serves first. If person #1 scores a point, that person moves to the other side and tries to score more points. Person #1 serves until he/she loses a volley. NOTE: Before every serve--the server must call out the score and what server is

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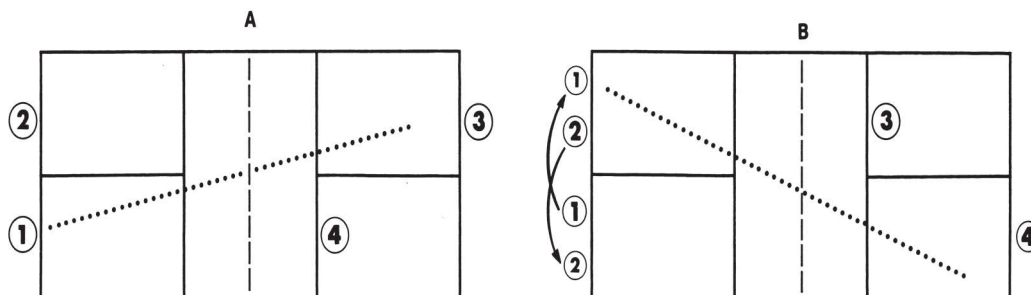
-serving- i.e. #1 or #2. Example: If #1 server is serving and the score is 6 to 5 for his side--- he will call out 6-5-1.

9. A match consists of the best 2 out of 3 games to 11. If the serve rotation is done properly in doubles, the serving team's score will always be even when the player that started the game on the right side is on the right side and odd when that player is on the left side.

A. Player in **right-hand** court (1) serves diagonally across court to receiver (3) in opposite **right-hand** court. The ball must clear the non-volley zone and land in the **right-hand** serving court. The receiver (3) must let the ball bounce before returning the serve. Serving team must **also** let the return bounce before playing it. After the two bounces have occurred, the ball may then be either volleyed or played on the bounce until a fault is made.

B. If the fault is made by the receiving team, a point is scored by the serving team. When the serving team wins a point, its players will switch courts and the **same player** will continue to serve.

When the serving team makes its first fault, players will stay in the same court and the second partner will then serve. When they make their second fault they will stay in the same courts and turn the ball over to the other team. Players switch courts only after scoring. A ball landing on any line is considered good.



## Faults:

- Serving the ball into an incorrect area.
- Hitting the ball out of bounds.
- Volleying the ball before it has bounced once of each side.
- Hitting the ball into the net or hitting the net with your paddle or body.
- Hitting the ball while in the non-volley zone before it is allowed to bounce.
- Touching the non-volley zone with your paddle or clothes while attempting to hit a volley.
- Stepping on or over the non-volley zone line on a follow through.
- Missing the ball when you try to hit it.
- Server swings the paddle with the intent of hitting the ball but misses.

**The Net Posts:** The net posts are positioned out of bounds. If a ball strikes the net post or anything attached to the net post, it is a fault and a dead ball is declared. This rule does not include the net, the net cable, or rope between the net posts.