



STAC Pickleball Rules & Regulations

Overview

Pickleball is a fun and accessible sport with simple rules that make it easy to learn and enjoy right away. While the game has an official rulebook for competitive play, its core rules are designed to keep things inclusive and enjoyable—especially for beginners. Here's what you need to know to get started.

Background

Pickleball was originally created to be a family-friendly game, which is why many of its rules are straightforward and adapted from sports like tennis, table tennis, and badminton.

The **Official Rulebook – International Edition** outlines the rules for sanctioned tournament play. However, for recreational or non-sanctioned games, some adaptations are allowed. For example, teachers or coaches can adjust the rules for younger players or smaller playing spaces, as long as the basic rules are followed.

For technical details or tournament regulations, refer to the [Official Rulebook – International Edition]. [Click here for the official rules.](#)

Pickleball Canada may modify certain rules to suit non-sanctioned tournaments held within the country.

Essential Rules for Beginners

1. The Two-Bounce Rule

To begin each rally, the ball must bounce once on each side before players can volley (hit it in the air):

- After the serve, the ball must bounce in the receiver's service court.
- The serving team must let the return bounce again before hitting it.

This rule helps create longer rallies and prevents immediate net attacks. Coaches should remind both players on the serving team to stay back until the second bounce occurs.

Once the ball has bounced on both sides, players are free to hit it either on the bounce or in the air.

2. The Non-Volley Zone (NVZ) and Faults

The NVZ, also called "the kitchen," is a 7-foot area on either side of the net. Players cannot volley the ball while standing in this zone.

Key rules:

- You cannot step into or on the NVZ line while making a volley.
- Forward momentum cannot carry you into the NVZ after a volley.

- No part of your body, clothing, or equipment can touch the NVZ during a volley.

Exceptions:

- You may enter the NVZ to play a ball that bounces there first.
- You can stand in the NVZ at any time as long as you don't volley.

This rule promotes safety and longer rallies by reducing aggressive net play.

3. Scoring and Points

- Games are usually played to 11 points, and a team must win by at least 2.
- Only the serving team can score points.
- Points are earned when the opposing team commits a fault.

Scoring Sequence:

When serving, call out three numbers:

- **Your team's score**
- **Opponent's score**
- **Server number (1 or 2)**

Example: "3-4-1" means your team has 3 points, the other team has 4, and the first server is serving.

- Servers switch sides after scoring, but receivers remain in place.
 - The server only gets **one fault** (one serve opportunity).
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4. Serving Rules

- Serve underhand with contact below the waist and the paddle head below the wrist.
- Both feet must be behind the baseline during the serve.
- Serve diagonally across the court.
- The serve must **not** land in the NVZ or touch the NVZ line.
- A serve that hits the net but lands in the correct service box is legal (a "let" serve).

The first team to serve in a game gets **only one server** to start (server number 2). After that, both players on a team alternate serving until a fault.

If you're **not ready** to receive the serve, raise your hand or paddle. If you return the serve, you forfeit the right to call a "let."

5. Line Calling and Sportsmanship

Players are responsible for calling lines on their own side of the court. Calls should be made quickly and honestly.

- If there's uncertainty, the benefit of the doubt goes to the opponents.

- Don't make line calls on your opponents' side unless asked.
- If asked for a call, your decision is final.

Integrity and fairness are vital. Remember—it's just a game!

6. Faults

A fault results in a loss of serve or a point for the opposing team. Common faults include:

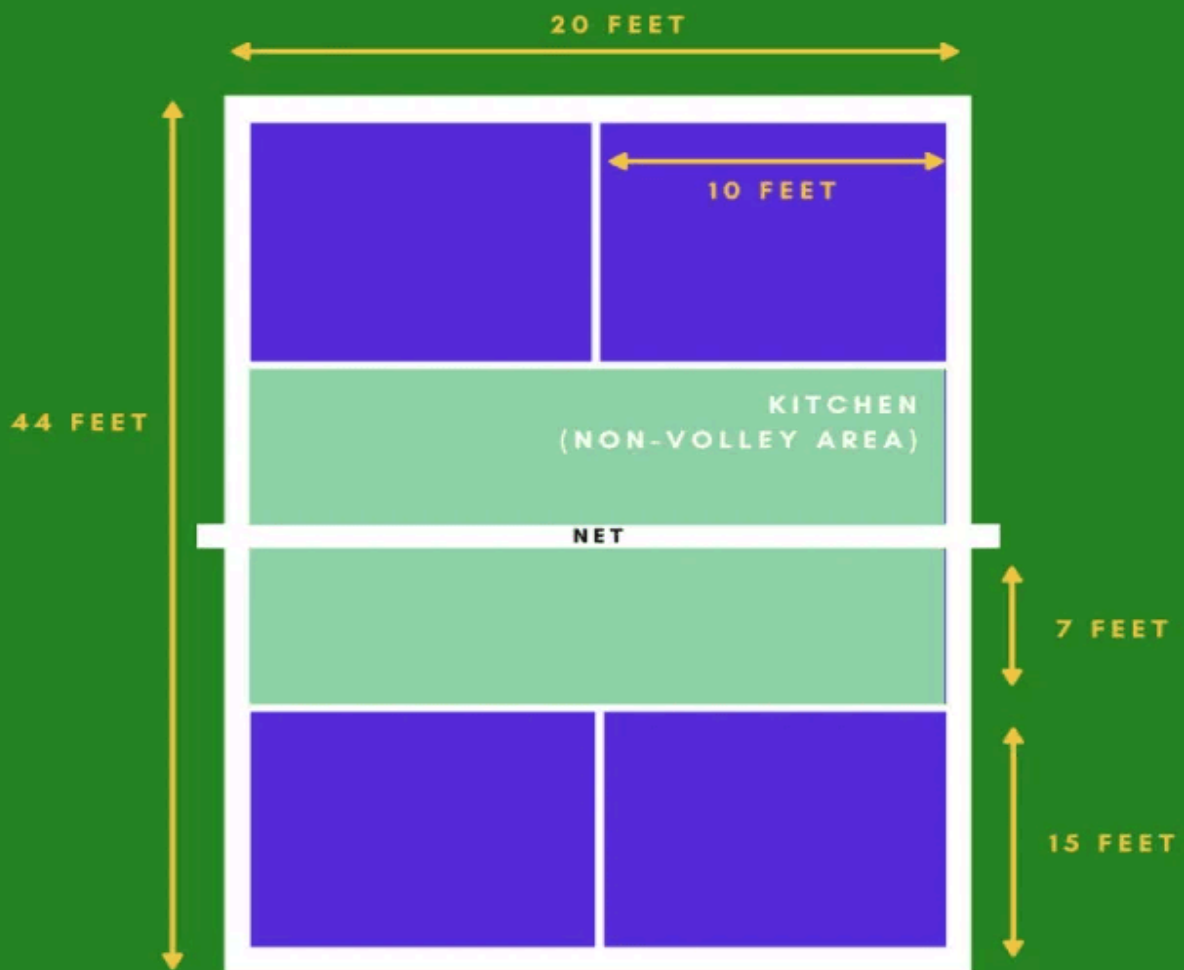
- Serving into the wrong area or the NVZ.
- Volleying from within or while stepping into the NVZ.
- Hitting the net or out-of-bounds.
- Touching the ball with your body or clothing.
- Catching a ball before it lands out (let it bounce first).
- Letting the ball bounce twice on your side.
- Missing a serve attempt.

Legal exception: If the ball hits your paddle and bounces twice during a continuous forward motion, it's allowed.

Play Area

PICKLEBALL COURT MEASUREMENTS

(OFFICIAL RULES)



NET AT SIDELINE
36 INCHES HIGH

NET AT CENTER
34 INCHES HIGH

By focusing on these basic rules, new players can enjoy the game right away. More advanced rules can be introduced as skill levels progress.

Let the fun begin—welcome to STAC Pickleball! 🍷🏓