

Pickleball Rules

GAMES WILL BE PLAYED ACCORDING TO THE 2018 INTERNATIONAL FEDERATION OF PICKLEBALL RULE BOOK UNLESS OTHERWISE NOTED IN THE FOLLOWING RULES.

Changes from last year's rules are indicated by a **gray highlight**.

RULE 1 – THE GAME

Article 1. Pickleball is a simple paddle game played using a special perforated, slow-moving ball over a tennis-type net on a badminton-sized court.

Article 2. The ball is served underhand without bouncing it off the court and is served diagonally to the opponent's service court.

Article 3. Points are scored by the serving side only and occur when the opponent faults (fails to return ball, hits ball out of bounds, etc.). The server continues to serve, alternating service courts, until the server faults.

Article 4. The first side scoring 11 points and leading by at least a 2-point margin wins. For example, if both sides are tied at 10 points, then play continues until one side wins by 2 points.

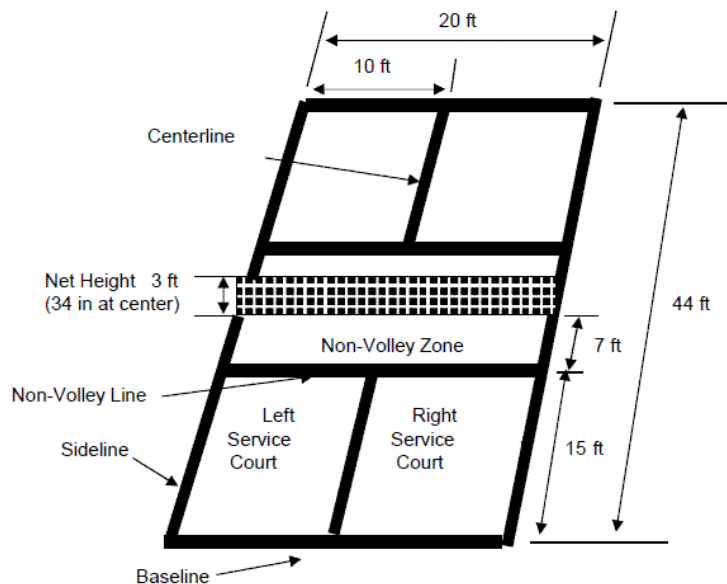
Article 5. Double Bounce Rule

Following serve, each side must make at least one groundstroke, prior to volleying the ball (hitting it before it has bounced).

Article 6. Non-Volley Zone

A player cannot volley a ball while standing within the non-volley zone.

RULE 2 – COURT AND EQUIPMENT



Article 7. Location

The UREC pickleball courts are located in UREC Sports Forum 1.

Article 8. Court Specifications

The dimensions and measurements for the pickleball courts at UREC are:

- A. The court shall be a rectangle 20 feet wide and 44 feet long for both singles and doubles matches (see diagram).
- B. Court measurements shall be made to the outside of the lines. The lines should be 2 inches wide and the same color, clearly contrasting with the color of the playing surface.

Article 9. Lines and Areas

The lines and areas of the standard pickleball court are:

- A. Baselines – The baselines are the lines parallel to the net at each end of the court.
- B. Sidelines – The sidelines are the lines perpendicular to the net on each side of the court.
- C. Non-Volley Line – The non-volley line is the line on each side of the net between the sidelines and parallel to the net. These lines shall be located approximately 7 feet from the net.
- D. Non-Volley Zone – The non-volley zone is the area of the court bounded by the two sidelines, the non-volley line, and the net. The non-volley line and the sidelines are included in the non-volley zone.
- E. Centerline – The centerline is the line on each side of the net bisecting the area between the non-volley line and the baseline.
- F. Service Courts – The service courts are the areas on either side of the centerline, bounded by the non-volley line, the baseline, and the sideline.

Article 10. Net Specifications

- A. Material – The net may be made of any open, meshed fabric material.
- B. Net Size – The net length shall be at least 20 feet extending from one sideline to the other. The net width shall be at least 2½ feet/.
- C. Mesh Size – The net's mesh size must be sufficiently small to prevent a ball from passing through it.
- D. Height – The net shall be suspended over the center of the court and shall be 36 inches high at the sidelines and 34 inches high at the center of the court.
- E. Center Strap – A center strap may be placed at the center of the net to enable easy adjustment to the 34-inch requirement at center.
- F. Net Edge – The top of the net should be edged with a 2-inch white binding over a cord or cable running through the binding. This binding must rest upon the cord or cable.
- G. Posts – Net posts should be placed outside the sidelines. Recommended placement is 12 inches from the sideline.

Article 11. Ball Specifications



The ball pictured on the left is customarily used for indoor play and the ball pictured on the right is customarily used for outdoor play. However, all approved balls are acceptable for indoor or outdoor play. The complete list of approved balls can be found on the International Federation of Pickleball (IFP) website (Pickleballs will be available for check-out from the UREC Equipment Center).

- A. Construction – The ball shall be made of durable material molded with a smooth surface and free of texturing. The ball can only be one single, uniform color, except for identification markings. The ball may have a slight ridge at the seam as long as it does not significantly affect straight flight characteristics.

- B. Size – The ball shall be 2.874 inches to 2.972 inches in diameter. The maximum out-of-round diameter variance shall not be greater than +/-0.020 inch.
- C. Weight – The ball shall weigh between .78 and .935 ounces.
- D. Bounce – The ball shall have a bounce of 30 to 34 inches when dropped from a height of 78 inches to the top of the ball onto a granite surface plate that is a minimum of 12"x12"x4". The test is to be performed at an ambient temperature of 75 to 80 degrees F.
- E. Hardness – The ball shall have a hardness of 40 to 50 on a Durometer D scale at a temperature of 75 to 80 degrees F.
- F. Design – The ball shall have a minimum of 26 to a maximum of 40 circular holes, with spacing of holes and overall design of the ball conforming to straight flight characteristics.
- G. Approval – The Intramural Sports Staff will determine whether or not a ball is legal to use.

Article 12. Paddle Specifications

- A. Material – The paddle may be made of any material judged safe and not prohibited in these rules. The paddle shall be made of relatively rigid, non-compressible material meeting the specifications of the "Paddle Material Specifications" document on the IFP website.
- B. Surface – The paddle hitting surface shall not contain holes, indentations, rough texturing, tape, or any objects or features that allow a player to impart additional spin on the ball. The paddle hitting surface shall not be adversely reflective, such that it has the potential to obscure the vision of opposing player(s).
- C. Paint – The surface may be painted but must otherwise adhere to the general surface requirements.
- D. Depictions – Any writing or pictures on the paddle must be in good taste, non-reflective, and free from any inappropriate or offensive artwork, words, or phrases.
- E. Size – The combined length and width including any edge guard and butt cap shall not exceed 24 inches. The paddle length cannot exceed 17 inches. There is no restriction on paddle thickness.
- F. Weight – There is no restriction on paddle weight.
- G. Alterations – The only alterations that can be made to a commercial paddle are changes to the grip, adding an edge guard, and adding name decals and/or other identification markings on the paddle face. These decals/markings can extend no farther than 1" above the top of the handle nor more than 1/2" from the outer edge guard if in place. Altered paddles must meet all specifications. Homemade paddles are not permitted.
- H. *Prohibited Surface Features and Mechanical Features*
 - a. *Anti-skid paint or any paint textured with sand, rubber particles, or any material that causes additional spin*
 - b. *Rubber and synthetic rubber*
 - c. *Sandpaper*
 - d. *Moving parts that can increase head momentum*
 - e. *Springs or spring-like material*
 - f. *Flexible membranes or any compressible material that creates a trampoline effect*
 - g. *Electrical, electronic, or mechanical assistance of any sort*
- I. Violation – If a paddle violates the above rules, the Intramural Sports Staff has the authority to enforce a paddle change. If the player in violation refuses to change the paddle, the Intramural Sports Staff may declare a forfeiture of the match.

Article 13. Clothing/Equipment

- A. Safety/Distracting – A player may be required to change wet, extremely loose-fitting, or otherwise distracting garments.

- B. Jewelry – Players are not permitted to wear any jewelry while participating in Intramural Sports activities. Medical alert bracelets/necklaces are permitted and must be taped to the body.
- C. Depictions – Insignias, pictures, and writing on the clothing must be appropriate and in good taste. Anything deemed offensive or inappropriate will not be permitted.
- D. Shoes – Shoes must be closed-toed and have soles that do not mark or damage the court's playing surface.
- E. Violation – If a player's clothing violates these rules, the Intramural Sports Staff has the authority to enforce clothing changes. If the player refuses, the Intramural Sports Staff may declare forfeiture of the match.

RULE 3 – TEAMS-SCORING-GAME-MATCH

Article 1. Minimum Player Requirement

In doubles, a team will need at least one player on the roster and present at the scheduled match time in order to start a match. Each doubles team shall designate a captain to act as the team's representative.

Article 2. Rosters

All participants must be listed on the official team roster prior to their participation in any Intramural Sports activity. Roster provisions are outlined in the Intramural Sports Manual, which can be found on the UREC – Intramural Sports website.

Article 3. Captain's Choice

If, at game time, one team has not met the minimum player requirement and their opponents have, the Captain's Choice rule will go into effect. Captain's Choice provisions are outlined in the Intramural Sports Manual, which can be found on the UREC – Intramural Sports website.

Article 4. Scoring

Only the serving team can score points. Points are scored by legally serving a ball that is not touched by the opponent (an ace) or by winning the rally (faulting by the opponent).

Article 5. Game

The first side scoring 11 points and leading by at least 2 points wins. If both sides are tied at 10 points, then play continues until either one side wins by 2 points or one side scores 15 points.

Article 6. Match

Matches will be played best 2 of 3 games. Each game will be played under the scoring rules outlined in Rule 3, Article 2.

Article 7. Calling the Score

The score should be called as three numbers. The proper sequence for calling the score is: server score, receiver score, then, for doubles only, (server) 1 or 2. To start a match, the score will be called as zero – zero – two." Prior to the potential final game or match point, DO NOT add any phrase such as "potential game point" or "potential match point."

RULE 4 – TIMING

Article 1. Duration of a Match

Matches will be scheduled in 45-minute intervals, but there will be no time limit to the duration of matches.

Article 2. Time-Outs

There will be no team time-outs at any point during the match. Any player may call time-out for an object coming onto the playing surface as in Rule 6-6-4.

RULE 5 – DEFINITIONS

- A. **Carry** – Hitting the ball in such a way that it does not bounce away from the paddle but tends to be carried along on the face of the paddle during its forward motion.
- B. **Cross-court** – The court diagonally opposite your court.
- C. **Dead Ball** – A dead ball is declared after a fault. See “fault.”
- D. **Dink Shot** – A soft shot that is intended to arc over the net and land within the non-volley zone.
- E. **Double Bounce** – A ball that bounces more than once, on one side, before it is returned.
- F. **Double Hit** – One side hitting the ball twice before it is returned over net. Double hits may occur by one player or could involve both players on a team.
- G. **Drop Shot** – A groundstroke shot that falls short of the opponent’s position.
- H. **Drop Shot Volley** – A volley shot that is designed to “kill” the speed of the ball and return it short, near the net, to an opponent positioned at or near the baseline. This shot is especially effective when initiated close to the non-volley line.
- I. **Fault** – A fault is any action that stops play because of a rule violation.
- J. **Groundstroke** – Hitting the ball after one bounce.
- K. **Half Volley** – A groundstroke shot where the paddle contacts the ball immediately after it bounces from the court and before the ball rises to its potential height.
- L. **Hinder** – Any element or occurrence that affects play. Examples: a stray ball that enters the court or people who disrupt play by walking across the court.
- M. **Let** – A serve that hits the net cord and lands in the service court. May also refer to a rally that must be replayed for any reason.
- N. **Lob** – A shot that returns the ball as high and deep as possible, forcing the opposing side back to the baseline.
- O. **Non-Volley Zone** – The section of court adjacent to the net in which you cannot volley the ball. It includes all lines surrounding the zone. The NVZ is only two-dimensional and does not rise above the court surface.
- P. **Second Serve** – A term used to describe the condition when a serving team begins the game or subsequently loses the first of its two allocated serves.
- Q. **Overhead Slam/Smash** – A hard, overhand shot usually resulting from an opponent’s lob, high return, or high bounce.
- R. **Passing Shot** – A volley or groundstroke shot that is aimed at a distance from the player and is designed to prevent return of the ball (i.e., a line drive close to the sideline).
- S. **Permanent Object** – Any object near the court or hanging over the court that interferes with the flight of the ball. Permanent objects include the ceiling, walls, fencing, lighting fixtures, net posts, spectators, and all other objects around and above the court.
- T. **Rally** – Continuous play that occurs after the serve and before a fault.
- U. **Replays** – Any rallies that are replayed for any reason without the awarding of a point or a side out.
- V. **Service Court** – The area on either side of the centerline, bounded by the non-volley line, the baseline, and the sideline. All lines are included in the service court except the non-volley line.
- W. **Side Out** – Declared after one side loses its service and other side is awarded service.
- X. **Volley** – Hitting the ball in the air, during a rally, before the ball has a chance to bounce onto the court.

RULE 6 – SERVICE

Article 1. Serve Motion

The serve must be made with an underhand stroke so that contact with the ball is made below waist level (waist is defined as the navel level).

NOTE: 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 (paddle head is that part of the paddle excluding the handle. The highest point of the paddle head cannot be above any part of line formed the wrist joint bends).

Article 2. Server Position

At the beginning of the serve, both feet must be behind the baseline. At the time the ball is struck, at least one foot must be on the playing surface or ground behind the baseline and the server's feet may not touch the playing surface in an area outside the confines of the serving area. The serving area is defined as the area behind the baseline and on or between the imaginary lines extended from the court centerline and each sideline.

Article 3. The Serve

The ball must be struck before it hits the playing surface. The ball must land in the opponent's crosscourt (diagonally opposite court) service court.

- A. Placement – The serve must clear the net and the non-volley line and land in the opponent's service court. The serve may land on any service court line except the non-volley line.
- B. Interference – If the serve clears the net and the receiver or the receiver's partner interferes with the flight of the ball on the serve, it is a point for the serving team.

Article 4. Service Foot Fault

During the serve, when the ball is struck, the server's feet shall not:

1. Touch the area outside the imaginary extension of the sideline.
2. Touch the area outside the imaginary extension of the centerline.
3. Touch the court, including the baseline.

Article 5. Service Faults

During the service, it is a fault if:

1. The server misses the ball when trying to hit it. If the ball lands on the ground without the server swinging at the ball, it is not a fault.
2. The served ball touches any permanent object before it hits the ground.
3. The served ball touches the server or server's partner, or anything the server or server's partner is wearing or holding.
4. The served ball lands on the non-volley line.
5. The served ball hits the net and lands on the non-volley line or inside the non-volley zone.
6. The served ball lands outside the service court.
7. The served ball hits the net and lands outside the service court.

Article 6. Service Lets

The serve is a let and will be replayed if:

1. The serve touches the net, strap, or banc, and is otherwise good and lands in the service court.
2. The ball is served when the receiver is not ready.
3. The served ball hits the net and strikes the receiver or the receiver's partner.
4. Any player calls a time out because an object causes a distraction by coming within the playing area.

5. Any player may call a let. If the serve is appealed to the Intramural Sports Staff and the Intramural Sports Staff clearly saw that the serve did not touch the net, then a point is awarded to the serving team.

NOTE: There is no limit to the number of lets a server may serve.

Article 7. The Receiver

The receiver is the player diagonally opposite from the server. In doubles, this position corresponds to the player's score and starting position. There is no restriction on the receiver's position.

Article 8. Double Bounce Rule

The serve and the service return must be allowed to bounce before striking the ball. That is, each side must play a groundstroke on the first shot following the serve. After the initial groundstrokes have been made, play may include volleys.

Article 9. Readiness

Serves shall not be made until the receiver is ready and the score has been called. Serving before the score is called shall result in a fault and loss of serve. Server shall call the score when he/she determines that the players should be in position to resume play.

- A. Not Ready Signals – The receiver must use one of the following to signal that he/she is not ready to receive the serve:
 - a. Raising the paddle above his/her head
 - b. Raising the non-paddle hand above his/her head
 - c. Completely turning his/her back to the server
- B. Doubles – When calling the score in doubles, the server does not have to wait for the receiver's partner or the server's partner to be ready. It is the receiver's responsibility to signal not ready for his/her partner.
- C. In Motion – Once the server starts the serving motion, the receiver cannot become not ready.
- D. Wrong Score Called – If the server calls the wrong score, any player may stop play at any time before the return of serve to ask for a correction. A player that interrupts play after the return of serve will have committed a fault and shall lose the rally. A player that interrupts play after the serve when there was not an error in the score will have committed a fault and shall lose the rally.
- E. The 10-Second Rule – The 10-Second Rule applies to both server and receiver, each of whom is allowed up to 10 seconds after the score is called to serve or be ready to receive. It is the server's responsibility to look and be certain that the receiver is ready to receive serve.

RULE 7 – SERVICE SEQUENCE

Article 1. Singles

- A. At the start of each game, the server begins the serve on the right side and alternates from right to left to right, etc., as long as the server holds the serve.
- B. The server must serve to the crosscourt (court diagonally opposite) service court.
- C. The server's score will always be even (0, 2, 4, 6...) when serving from the right side and odd (1, 3, 5, 7...) when serving from the left side (only in singles play).

Article 2. Doubles

- A. The service always starts in the right-hand court and alternates from right the left to right, etc., as long as server holds serve.
- B. The server must serve to the crosscourt (court diagonally opposite) service court. There is no restriction on the position of the server's partner.

- C. The team's points will be even when the game's starting server is on the right-hand side. Points will be odd when the game's starting server is on the left-hand side.
- D. The team serving the initial serve of a game can commit only one fault before service is passed on to the opposing team. After that, each team member serves until that player loses the serve when the team commits a fault. After both players have lost their serves, the serve passes to the opposing team.
- E. The server will alternate between right and left service courts upon scoring a point. After the first server's team faults, the second server will continue to serve from that server's last side position and then alternate positions as long as the serving team continues to win points.
- F. If the ball is served by the wrong team member or from the wrong court, the service is a fault. If the fault was by the first server, then the first service is lost and the correct second server serves from the correct service position. If the fault was by the second server, then it is a side out. A point made from an incorrect server will not be retained unless play has continued and another point has been scored or the opposing team has served.
- G. The receiver is the person on the diagonally opposite side of the court from the server. In doubles, this position corresponds to the player's score and starting position.
- H. The receiver is the only player who may return the ball. If the wrong player returns the ball, it is a point for the serving team.
- I. The receiver's partner may be anywhere on or off the court.
- J. The receiving team does not alternate positions when a point is scored by the serving team. The receiving team may switch positions after the return of serve, but after the rally is over, the players must return back to their original positions, which correspond to the team's score and the players' starting positions.

Article 3. Service/Side Selection and Rotation

- A. Before the match, service and sides will be selected by a coin toss conducted by the Intramural Sports Staff. If the winner of the toss chooses to serve or receive, the loser of the toss picks starting side. If the winner chooses starting side, the loser chooses to serve or receive.
- B. Sides and initial service will be switched upon completion of each game.
- C. Sides will be switched in a third game after the first team reaches a score of 6 points. Serve remains with the player holding the serve.

RULE 8 – LINE CALL RULES

Article 1. Lines

- A. Served balls that clear the non-volley line and land on any other service court line are good.
- B. Balls in play (except on serve) that land on any court line are good.
- C. A ball contacting the playing surface outside of the baseline or sideline, even though the edge of the ball overlaps the line, is considered out of bounds.

Article 2. Code of Ethics for Line-Calling

Pickleball is played according to specific rules. It also requires a code of ethics for line-calling responsibilities when performed by players.

The player, when assigned line-calling duties, operates under the principle that all questionable calls must be resolved in favor of the opponent. The basic elements are:

1. Players will call the lines on their side of the court (excluding the non-volley line on a serve).
2. The opponent gets the benefit of the doubt on line calls made.
3. Spectators should not be consulted on any line calls. Spectators may be prejudiced, unqualified, or not in position to see the call; and therefore they cannot participate.

4. All participants should strive for accuracy in making line calls.
5. No player should question an opponent's call unless asked. A player should ask the opponent's opinion if the opponent was in a better position to see the call. An opponent's opinion, if requested, shall be accepted. The opinion of a player looking down the line is more likely to be accurate than one looking across the line.
6. Don't call a ball "out" when you are looking across the line unless you can clearly see the space between the line and the ball as it hits. The player's depth of field judgment, based on the laws of parallax, prevent accurate judgment in these cases.
7. All "let" or "out" calls must be made instantly; otherwise the ball is presumed good and still in play. "Instantly" is defined as calling "let" or "out" prior to the ball being hit by the opponent or before it has gone out of play.
8. Any ball that cannot be called "out" is presumed to be "in." The player cannot claim a "let" (replay) because the ball was not seen. The opponent's opinion can be requested, and, if the opponent says the ball was "in" or the opponent could not see it, the ball must be declared "in."
9. Players should not request a "let" (replay) because they were not sure the ball was "out" or "in." In this case, benefit of the doubt goes to the opponent.
10. In doubles play, if one player calls the ball "out" and the partner calls it "in," then doubt exists, and the ball must be declared "in."
11. Line calls should be promptly signaled by hand or voice, regardless of how obvious they may seem.
12. If, while the ball is in the air, a player yells "out," "no," "bounce it," or any other word to communicate to his/her partner that the ball may be out, it shall be considered player communication. If the ball lands in, play will continue. If the out call is made after the ball has hit the playing surface, it shall be considered a line call and play shall stop.

RULE 9 – FAULT

Article 1. Fault

A fault is any action that stops play because of a rule violation. A fault will be declared for the following:

1. Hitting the ball into the net on the service or any return.
2. Hitting the ball out of bounds.
3. Failure to hit the ball before it bounces twice on the player's court.
4. Violation of a service rule (See Rule 4).
5. 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.
6. The ball in play strikes a player or anything the player is wearing or carrying. There is one exception to this rule: if the ball strikes the player's paddle hand below the wrist, the ball is still in play. If the ball strikes a player standing out of bounds before a fault has occurred, that player loses the rally. In doubles, if the serve strikes the receiver's partner, it is a point for the serving team, providing it is not a let serve or a fault serve. This rule also includes balls that appear to be hit out of bounds; during play, if you catch the ball or try to stop it from heading out of bounds, you lose the rally.
NOTE: If the player is in the process of changing hands with both hands on the paddle or is attempting a two-handed stroke and either hand is hit below the wrist, then the ball shall be considered in play.
7. A ball in play strikes any permanent object before bouncing on the court.
NOTE: If the ball in play hits a permanent object after it has bounced on the court, the player who hit the ball wins the rally. If the ball in play hits a permanent object before it bounces on the court, it is a fault.
8. Violation of non-volley zone rules (See Rule 11).

9. Violation of other rules (See Rule 12).
10. The serve is made by bouncing the ball off the playing surface before hitting it.
11. A player hits the ball before it passes the plane of the net.

RULE 10 – DEAD BALL

Article 1. Dead Ball

- A. A dead ball is declared after any action that stops play.
- B. A ball is not declared dead until it has bounced twice or has violated one of the fault rules.

Article 2. Hinder

A hinder called by a player will result in a dead ball and a replay.

RULE 11 – NON-VOLLEY ZONE

Article 1. Non-Volley Zone

The non-volley zone is the area of the court (not the space above it) bounded by the two sidelines, the non-volley line, and the net. The non-volley line and the sidelines are included in the non-volley zone.

Article 2. Non-Volley Zone Fault

- A. A fault will be declared if, in the act of volleying the ball, a player or anything the player is wearing or carrying touches the non-volley zone or touches any non-volley line. For example, a fault will be declared if, in the act of volleying the ball, one of the player's feet touches a non-volley line.
NOTE: The act of volleying the ball includes the swing, the follow-through, and the momentum from the action. If the paddle touches the non-volley zone during the swing, it is a fault regardless of whether the touch occurred before or after contacting the ball.
- B. A fault will be declared if, in the act of volleying, the ball, the player's momentum causes the player or anything the player is wearing or carrying to touch the non-volley zone or touch any non-volley line. It is a fault if the player's momentum causes the player to touch anything that is touching the non-volley zone, including the player's partner. It is a fault even if the ball is declared dead before the player touches the non-volley zone.
- C. A fault will be declared if the player violates the intent of the non-volley zone rule. All volleys must be initiated outside of the non-volley zone. A maneuver such as standing within the non-volley zone, jumping up to hit a volley, and then landing outside the non-volley zone is prohibited. If a player has touched the non-volley zone for any reason, that player cannot volley the return until both feet have made contact with the playing surface completely outside the non-volley zone.
- D. Non-volley zone faults may be called by any player on either team.

Article 3. Non-Volley Zone Permissions

- A. A player may step on the non-volley line or enter the non-volley zone at any time except when that player is volleying the ball. There is no violation if your partner returns the ball while you are standing in the non-volley zone. A player may enter the non-volley zone before or after returning any ball that bounces.
- B. A player may stand inside the non-volley zone to return balls that bounce. That is, there is no violation if a player does not exit the non-volley zone after hitting a ball that bounces.

RULE 12 – OTHER RULES

Article 1. Carry and Double Hits

Balls can unintentionally be hit twice or “carried,” but this must be during a continuous, not single-direction stroke. If the stroke is not continuous, not single-direction or if it is a definite second push, the hit is illegal.

Article 2. Switching Hands

A paddle may be switched from hand to hand at any time. Two-handed shots are also legal.

Article 3. Return Attempts

A completely missed return shot does not, by itself, constitute a dead ball. The ball remains in play until it bounces twice or until any other fault has occurred.

Article 4. Broken or Cracked Ball

Play continues until the end of the rally. If a broken or cracked ball affected the outcome of the rally, the players may agree on a replay.

Article 5. Injury During Game

Rally continues to its conclusion, despite an injury to any of the players.

Article 6. Player Equipment Problem

A rally shall not be stopped or affected if a player loses or breaks a paddle or loses a personal item.

Article 7. Items on the Court

If anything a player is wearing or carrying lands on the court, it becomes part of the court. Therefore, if a ball in play hits the item on the court, the ball remains in play. If the item lands on the opponent’s court, it is a fault. If the item lands in the non-volley zone as a result of a volley, it is a fault.

Article 8. Distractions

Players may not yell, stamp their feet, or otherwise try to distract an opponent when the opponent is about to play the ball. A player or anything the player is wearing or carrying may not cross the plane of the net (or the extension of the net beyond the posts) except when striking the ball.

NOTE: In doubles, team communication shall not normally be considered a distraction. However, loud communication at the time the opponent is about to strike the ball may be considered a distraction. If a distraction has occurred, it shall result in the loss of the rally.

Article 9. 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 the rope between the net posts.

Article 10. The Net

- A. The net and the wires or strings holding up the net are positioned (mostly) on the court. Therefore, if the ball strikes the top of the net or strikes the top net wire or string and lands in bounds, then it remains in play.
- B. Hitting the ball between the top and bottom net wires is a fault.
- C. If the ball bounces into a player’s non-volley zone with enough backspin as to cause it to return back over the net, that player may reach over the net to hit the ball but may not touch the net. The player is

also allowed to go around the net post and cross the imaginary extension of the net so long as he/she does not touch the opponent's court.

- D. If a player hits the ball over the net into the opponent's court, and then the ball bounces back over the net without being touched by the opponent, the striking player wins the rally.
- E. When net systems have a horizontal bar that may include a center base:
 - a. If the ball hits the horizontal bar or the center base before going over the net, it is a fault.
 - b. If the ball goes over the net and then hits the horizontal bar, the ball is still in play.
 - c. If the ball goes over the net and then hits the center base or the ball gets caught between the net and the horizontal bar before touching the court, it is a let and must be replayed.

Article 11. Shots Around the Net Post

If a ball hit at an angle bounces in the court and travels beyond the sidelines, a player may return the ball around the outside of the net post. The ball does not need to travel back over the net. In addition, there is no restriction on the height of the return. For example, a player may return the ball around the net post below the height of the net.

Article 12. One Paddle

A player shall not use or carry more than one paddle during a rally.

Article 13. Paddle Possession

A player must have possession of the paddle when it makes contact with the ball.