



**Special  
Olympics**  
Iowa  
**Pickleball Rules**

**Basic Rules Overview**

**Singles** – 1 Special Olympics Athlete

**Doubles** – 2 Special Olympics Athletes – same gender or mixed

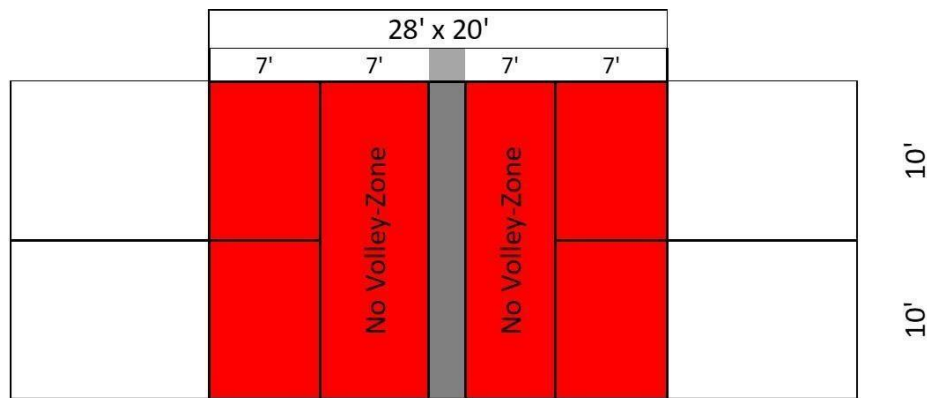
**Unified Doubles** – 1 Special Olympics Athlete & 1 Unified Partner

<b>Levels:</b>	<input type="radio"/> Individual Skills Competition (ISC)	Total Assessment Score	0 – 15
	<input type="radio"/> <u>Level 1:</u> Beginner	Total Assessment Score	18 – 35
	<input type="radio"/> <u>Level 2:</u> Advanced Beginner	Total Assessment Score	41 – 65
	<input type="radio"/> <u>Level 3:</u> Intermediate	Total Assessment Score	68 – 87
	<input type="radio"/> <u>Level 4:</u> Advanced	Total Assessment Score	98 – 154+

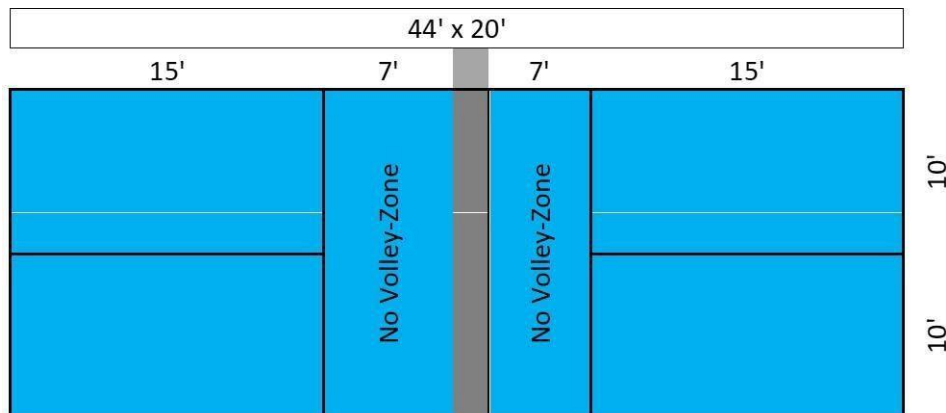
**Court Size/Equipment**

USAP approved regulation court measures 20'x44' and is used for both singles and doubles play with a 7' no-volley zone, (kitchen), in front of the net. The net must rest at 36' on both ends and 34' in the middle. Standard paddles should be used (see below).

**ISC:** Indoor Ball /Recreational Ball (i.e. Onix Fuse outdoor pickleball)



**Levels 1 - 4:** Competition Ball



## **Paddles/Balls**

Standard USAP approved paddles constructed of wood, graphite, or composite. Indoor or outdoor balls may be used based on playing location.

## **Start of Game**

A coin toss or random number selection conducted by the referee will determine which player or team has first choice of side, service, or receive. Other team gets choice of Side OR Service.

## **The Serve**

- The serve must be made underhand.
- Paddle contact with the ball must be made below the server's waist (navel level).
- The ball can bounce one time before contact is made during the serve.
- The serve is initiated with two feet behind the baseline; neither foot may contact the baseline or court until after the ball is struck.
- The serve must land within the confines of the opposite diagonal court.
- Two service attempts are allowed

## **Service Sequence**

- The first serve is made from the right side of the service court.
- Server changes side of service after every point that is won.
- In doubles, when starting the game, the server will serve until a point is lost, then the opposing team will have their first serving opportunity until a point is lost.
- Serve will then continue to go into normal rotation (Server 1 Team A → Server 2 Team A → Server 1 Team B → Server 2 Team B)
- The second server continues serving until his team commits a fault or loses a point to the opposing team.
- Once the service goes to the opposition (at side out), the first serve is made from the right/even court and both players on that team have the opportunity to serve and score.
- Unified and Traditional Doubles Modification – Serve changes after 3 consecutive service wins, regardless of who started serving and goes to the other side.
- Unified Doubles – The athlete starts the competition on the right side.

## **Return of Serve**

- Ball must be returned after a single bounce on the receiving team's side. The serving team must allow the ball to bounce once before contact can be made.

## **Rally**

- Ball can be returned either in the air, if behind the no-volley zone, (kitchen), or after a single bounce on the receiving teams side.
- Wheelchair participants may allow the ball to bounce twice before contact is made

## Faults

- A fault by the receiving team results in a point for the serving team.
- Two faults by the serving team result in the server's loss of serve or side out.
- All faults are defined by the USAP

## Line Calls

- A ball contacting any line is considered "in". The only exception is during a serve, the ball may not make contact with the white no-volley zone (kitchen) line. This will be considered a fault serve.

## No-Volley Zone

- The no-volley zone, "the kitchen" is the court area within 7 feet on both sides of the net.
- Volleying is prohibited within the no-volley zone. This rule prevents players from executing smashes from a position within the zone. Players may not stand in this zone.
- A player may step into the non-volley zone if their momentum carries them after hitting the ball below the waist behind the line. If momentum carries the player into the no-volley zone from a hit that is at or above the waist, it will be considered a fault.

## Scoring

- Points are scored **only** by the serving team.
- Games are played first to 9 points wins.

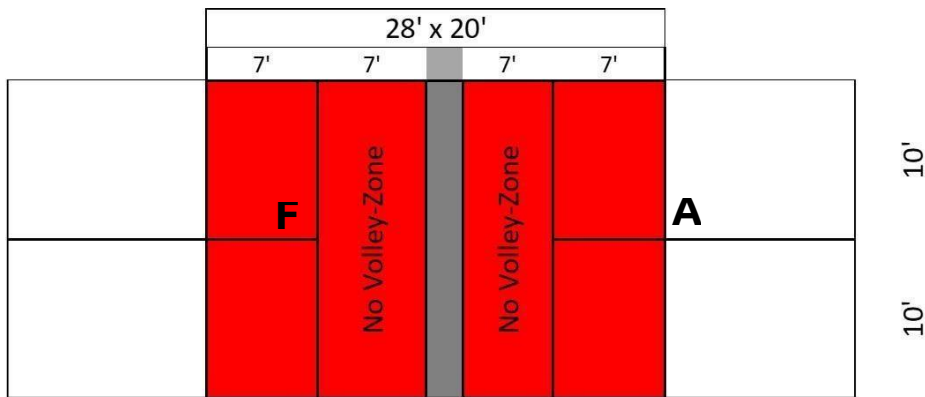
## Competition

- Best 2 out of 3 games wins a match
- Tie Breakers will be determined in order of Head-to-Head competition, total points for, total points against. If still tied after those three, a single match to 5 points will be played.
- 30 Minute time limit per match
- A coach may only talk to their athletes during a changeover

**End of game:** All players approach the net (as in tennis) and shake hand.

## Pickleball Assessment/Skills

### Court Dimensions



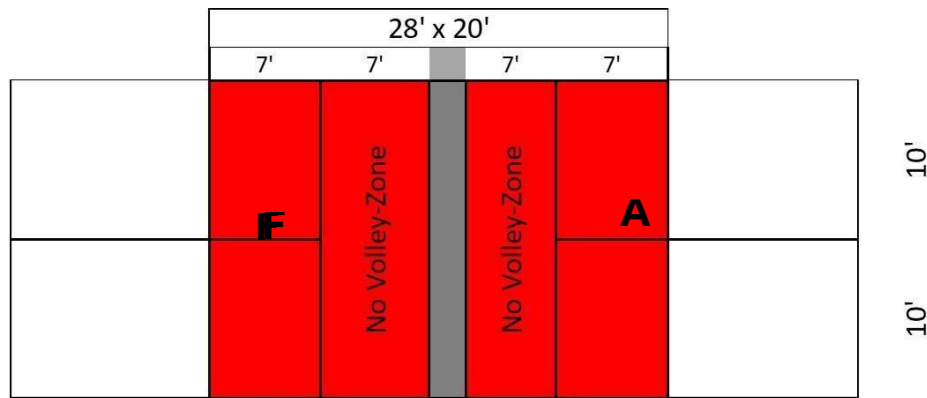
**Equipment:** 5 pickleballs, 1 clipboard, Individual scoresheets, pencils

### Groundstrokes

### 6 Attempts

- Balls are hand fed alternating 3 Forehand/3 Backhand. Target is the diagonal service box.
- Athlete stands behind the adjusted baseline and the feeder (F) stands on the opposite side of the net 1 meter behind the no volley zone line on the center line.
- Athlete receives 1 pt for ball going over the net and landing in the diagonal service box
- 0 points is recorded if the Athlete has a missed attempt or athlete steps into the Non Volley Zone.
- One consistency point is recorded for each box that has a score filled in.
- A swing and a miss counts as an attempt and receives 0 points.
- Mark each score on the scoresheet before beginning next feed.
- The max amount of points that can be earned is 12 points.

## Court Dimensions

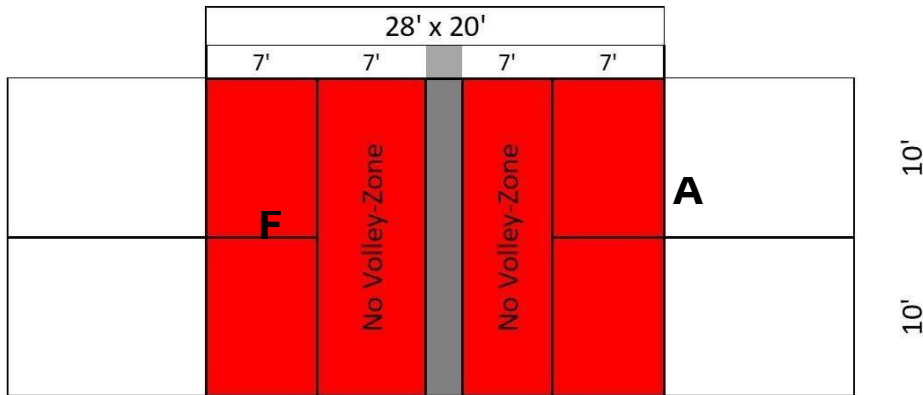


### **Volleys – Must be hit out of the air, no bounce hit.**

### **6 Attempts**

- Balls are hand fed alternating 3 Forehand/3 Backhand creating 6 attempts. Target is the diagonal service box.
- Athlete stands 1 meter behind the No Volley Line and the Feeder (F) stands on the opposite side of the net 1 meter behind the No Volley line on center line.
- Athlete receives 1 pt for any ball landing in bounds.
  - Note: any ball landing on a line is considered good.
- A swing and a miss counts as an attempt and receives 0 points. No score is recorded if the Athlete steps into the Non Volley Zone.
- Mark each score on the scoresheet before beginning next feed
- The max amount of points that can be earned is 6 points.

## Court Dimensions

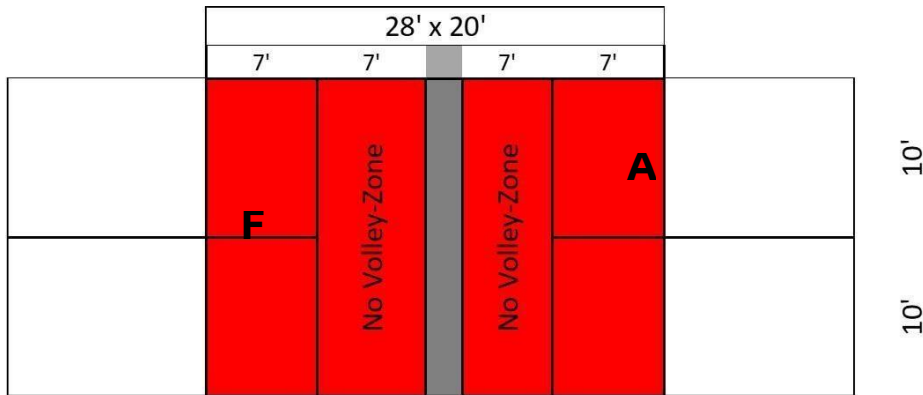


## Serve

## 12 Attempts

- Athlete stands behind the adjusted baseline 14 feet from net and the Feeder (F) stands on the opposite side of the net 1 meter behind the No Volley line on center line.
- 12 underhand service attempts are given 6 **Right Side** and 6 **Left Side** (no bounce serves)
- Athlete receives 1 pt for each serve that lands in the diagonal service box.
- 0 points for stepping on or over the baseline (foot fault)
- 0 points if ball lands in no volley zone (kitchen)
- 0 points for a missed attempt (a swing a miss counts as an attempt)
- Served balls landing on a line shall be considered good except no volley zone line
- Mark each score on the scoresheet before beginning next feed.
- The max amount of points that can be earned is 12 points.

## Court Dimensions

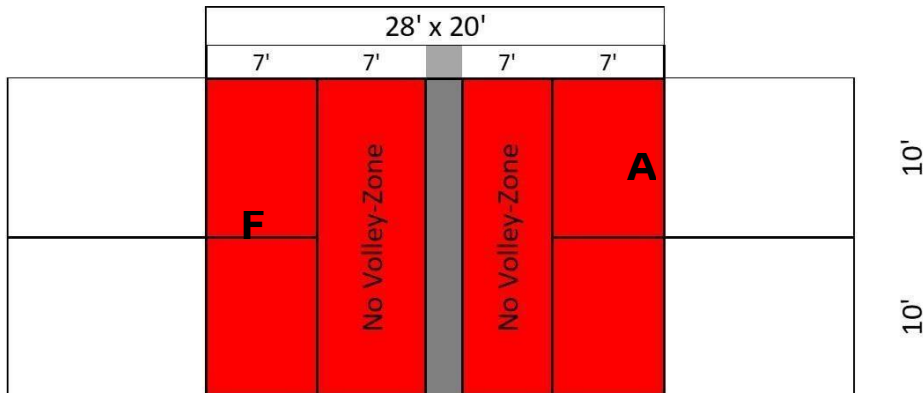


## Return of Serve

**12 Attempts**

- Athlete stands in the right service box and the Feeder (F) stands on the opposite side of the net 1 meter behind the No Volley line on center line.
- The feeder will serve 6 balls to the right side service box (3 balls to the **Forehand side** and 3 balls to the **Backhand side**)
- Repeat for the left service box.
- 1 point for each return that lands over the net in the court.
  - Note: any ball landing on a line is considered good.
- 0 points if it lands outside the court lines.
- 0 points for a missed attempt (a swing a miss counts as an attempt)
- Mark each score on the scoresheet before beginning next feed.
- The max amount of points that can be earned is 12 points.

## Court Dimensions



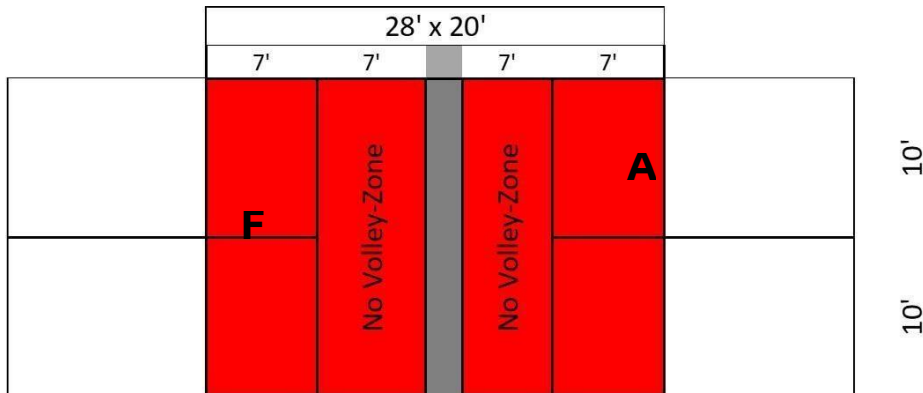
## Rally

## 3 Attempts

- Athlete will serve to an opponent (alternating right and left side)
- 2 bounce rule is in effect (When the ball is served, the receiving team must let the ball bounce before returning, and then serving team must let the ball bounce before returning, thus two bounces)
- After the 2 bounce rule is fulfilled, every hit counts as 1 point until an error ending the rally is made.
- If the 2 bounce rule is not fulfilled that rally attempt shall receive 0 points.
- Mark each score on the scoresheet before beginning next feed.
- To score add up all the points from all 3 attempts.



## Court Dimensions



## Dink Rally

## 3 Attempts

- Athlete will serve to an opponent (alternating right and left side)
- 2 bounce rule is in effect; after the 2 bounce rule is fulfilled each hit **must** be a dink hit
- Dinks must be in consecutive hits to score points, if the hit is not a dink the attempt ends.
- Scoring for each attempt is:
  - 1-2 Dinks = 1 point
  - 3-4 Dinks = 2 points
  - 5+ Dinks = 3 points
- If the 2 bounce rule is not fulfilled that rally attempt shall receive 0 points.
- Mark each score on the scoresheet before beginning next feed.

The max amount of points that can be earned is 9 points.

