

Pickleball Safety and Play Etiquette

Fair play and sportsmanship are the key to success and enjoyment of any sport. To ensure safety and smooth operations on the pickleball courts, we request you follow the guidelines and rules below:

Court Safety:

1. Wear proper court shoes (not running shoes)
2. Wear protective eyewear
3. DO NOT run into other active courts when playing your ball
4. DO NOT chase your ball through other active courts - Wait for others to return your ball to you.
5. STOP PLAY immediately if a loose ball comes on your court or behind it-shout "BALL ON COURT". Then replay your rally.
6. Keep yourself well hydrated "drink before you are thirsty".
7. Don't overplay your current physical condition, (JUST ONE MORE GAME") has caused too many accidents.
8. When going to and from courts be aware and stay well clear of active courts.
9. When going backwards for a lob, turn and run move sideways; do not backup. ("Backing up is one of the major causes of injury in pickleball")
10. If someone falls on court, ALL PLAY STOPS until their needs are addressed.

****DeFib Unit and First Aid Kit(s) are in the Club House****

Court Etiquette:

Etiquette: [ET-i- Kit] defined as: "conventional requirements as to social behaviour; prescribed or accepted code of usage".

To begin, Pickleball is only a game, not a metaphor for life. We need to keep in mind that we are playing Pickleball for FUN !!, sport and recreation.

- Begin each game by *acknowledging the other players, introducing yourself if you don't know them.*
- Observe the Safety rules wait until rally play STOPs !!!, before crossing or entering an active court.
- Please put Your Name on your paddle.
- When courts are busy and you are on deck, have your foursome ready to move **as a foursome**. Be mindful when crossing ALL ACTIVE COURTS, wait until play stops.
- Own your faults call yourself, i.e. If you or your partner lands in the NVZ (kitchen) on a volley or step on or over the line when serving.
- Never ask for or accept line calls from spectators. If you or your partner did not see it land, ask your opponents; if they can't make the call ... IT'S IN.
- When a ball is out of bounds, call "out" as well as using a hand signal with your hand/ arm pointing up.
- Don't call it before it lands. Wind and Spin are big factors.
- Unsolicited coaching on court is not to be done. If someone is new or asks for your input, do so briefly being mindful of the flow of the game. Best to instruct on specified court.
- Never yell at, swear at, or say a hostile or sarcastic word to your partner or opponent in anger.
- Trash-talking, which is teasing your opponents in a fun and lighthearted way, is part of pickleball. But be careful, be mindful of someone that is sensitive, who you don't know. No profanity.

- Do not move other players' paddles in the rack without their explicit consent.
- During Open Play if you wish to lineup a game, place your paddles in the next **open** available slot >> Do not move someone else's paddle(s) that is ahead of you in the queue even if there is only one paddle in it. <<
- Congratulate each other at the End of the Game. Respectfully Bump fist or racquets butts.

Valleystream Pickleball

PB RULES as well as Etiquette.

1. You must call out the score so your opponents can hear, before serving the ball; violation is loss of serve.
2. The server must wait for the receiver to be ready before serving.
3. You do line calls on your side of the net and NOT the other side.
4. You may ask the opposition to help with a call, and then their decision is FINAL. "Never ask for or accept line calls from spectators".
5. If you did not see where the ball bounced; in or out on your side of the net it is "IN".

“IT’s a Great Game !!!”

**“ Have Fun!!!” “Play
Safe”**

