

Pickleball Rules

Objective

Pickleball is an exciting and fast-paced paddle sport that combines elements of **tennis, badminton, and table tennis**.

Played in **doubles format**, it emphasizes coordination, control, and communication.

The goal: **score points by landing the ball within the opponent's court** — while preventing them from doing the same!

League Structure

- **Format:** Doubles Only (2 players per team).
 - **Teams:** 4 Teams in total.
 - **League Stage:**
 - Each team plays **2 matches** (against 2 different opponents).
 - **Win:** 2 Points
 - **Loss:** 0 Points
 - **Walkover:** 2 Points to the opponent
 - **Top 2 teams** (based on points and, if needed, point difference) qualify for the **Final Match**.
 - **Final Stage:**
 - The top 2 teams face off in a **Best of 3 games** Final to determine the **ISL Pickleball Champion 2025**.
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Team Composition

- Each team has **2 fixed players**.
 - **Mixed doubles** (male + female) are allowed.
 - **Substitution is *not allowed*** under any circumstance once the league begins.
 - Both registered players must participate in every match unless disqualified or medically unfit (in which case, a walkover is declared).
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Match Format

- **Type:** Doubles
 - **Games per Match:** Best of 3
 - **Scoring:**
 - Each game played to **11 points (win by 2)**.
 - Only the **serving team** can score points.
 - If time is limited, deciding game may be played to **7 points (win by 2)**.
 - **Court Change:** Teams switch sides after each game.
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Serving Rules

1. Serve must be **underhand**, with the paddle below waist level.
2. The ball must be **hit in the air** (no bounce before serving).
3. Serve **diagonally cross-court**, landing within the opponent's service box.
4. Serve must **clear the non-volley zone ("kitchen")**.

5. Only **one serve attempt** is allowed (no second serve).
 6. The **first serving team** gets one player to serve initially; afterward, both players on each team will serve alternately until a fault occurs.
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Faults

A fault occurs when:

- The ball lands **out of bounds**.
- The ball **does not clear the net**.
- A player **volleys (hits in the air)** while standing inside the **non-volley zone**.
- The ball **bounces twice** before it's returned.
- The server **steps on or over the baseline** during serve.
- A player **touches the net** or distracts/interferes with play.

Result:

- If the serving team commits a fault → **loss of serve**.
 - If the receiving team commits a fault → **point to the server**.
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The Non-Volley Zone (“The Kitchen”)

- The **7-foot zone** on both sides of the net is called the **non-volley zone**.
- Players **cannot volley (hit the ball before it bounces)** while standing in this area.
- Players **may enter** the kitchen only to play a **bounced ball**, and must **exit before volleying** again.



Double Bounce Rule

- Each rally must begin with **two bounces**:
 1. The serve must **bounce once** on the receiver's side.
 2. The return must **bounce once** on the server's side.
 - After these two bounces, players may **volley or play off the bounce** (outside the kitchen).
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League Points Table System

Result	Points
Match Win	2
Match Loss	0
Walkover (opponent absent)	2

- Rankings are determined by:
 - 1 Total Points
 - 2 Head-to-Head Result (if tied)
 - 3 Point Difference (if still tied)
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Final Match

- **Format:** Best of 3 games.
- **Game Points:** 11 points (win by 2).
- The team that wins **2 games first** is crowned the **InfoBeans Sports League Pickleball Champion 2025**.

Spirit of the Game

Pickleball at InfoBeans is about more than winning — it's about **fun, fitness, and friendship**. All players must:

- Respect opponents and referees.
 - Play fair and maintain positivity.
 - Represent the **InfoBeans spirit** of teamwork and enjoyment in every rally.
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