

Official Rules (Basic Summary) - Pickleball Pakistan

Pakistan Pickleball Federation - National Governing Body for Pickleball in Pakistan



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The Pakistan Pickleball Federation (PPF) is the sole National Governing Body for pickleball in Pakistan, officially recognized by the Government of Pakistan and affiliated with the Global Pickleball Federation (GPF) & Asian Pickleball Association (APA). This comprehensive rules summary establishes the authoritative standards for all sanctioned pickleball activities throughout Pakistan, from recreational club play to national championship tournaments. These rules supersede all previous versions and local interpretations, ensuring consistency and fairness across all levels of competition.

- Legal Authority:** This document serves as the official standard for player conduct, officiating procedures, and equipment specifications. In case of conflict between this summary and the PPF Official Rulebook, the complete Official Rulebook prevails. Full rules available at www.pakistanpickleball.org/official-rules

Court Specifications and Equipment Standards

Court Dimensions

The official pickleball court follows precise international standards to ensure fair and consistent gameplay across all venues. Understanding these measurements is essential for proper court setup and competitive play.

- **Playing Area:** 20 feet wide × 44 feet long (6.1m × 13.4m)
- **Net Height:** 34 inches (86.4cm) at center, 36 inches (91.4cm) at posts
- **Non-Volley Zone:** 7 feet (2.13m) from net on both sides
- **Service Courts:** Divided by centerline; each 10 feet × 15 feet

The net system must be securely anchored with minimal sag, edged with 2-inch white binding, and positioned with posts outside court boundaries. All lines are considered part of the playing surface they bound, except the Non-Volley Zone line during serves.



1	2	3
Ball Standards Must bear PPF certification mark <ul style="list-style-type: none">• Diameter: 2.87–2.97 inches (73–75.5mm)• Weight: 0.78–0.935 ounces (22–26.5g)• Hole pattern: 26–40 circular holes	Paddle Requirements PPF-approved certification required <ul style="list-style-type: none">• Maximum length: 17 inches (43.2cm)• Maximum width: 8.25 inches (21cm)• No audio devices or reflective surfaces	Net System Professional installation standards <ul style="list-style-type: none">• Securely anchored with no excessive sag• 2-inch white binding along top edge• Posts positioned outside boundaries

All equipment used in PPF-sanctioned tournaments must display proper certification stickers and meet exact specifications. Prohibited modifications include audio enhancement devices, reflective surfaces, and post-manufacturing weight adjustments. Players are responsible for ensuring their equipment complies with these standards before tournament registration.

Service Rules and Scoring System

Serving Procedures and Techniques

The serve is the only shot in pickleball where the player has complete control of timing and placement, making proper technique essential. Pakistan Pickleball Federation recognizes two approved serving methods, each with specific requirements designed to maintain fairness and consistency across all levels of play.

Standard Serve

- Arm moves in upward arc when striking ball
- Paddle contact below waist level (navel height)
- Paddle head not above highest part of wrist at contact
- Both feet behind baseline until contact

Drop Serve

- Ball dropped from any height (must bounce)
- No restrictions on paddle position or contact height
- Must be struck without spin imparted by server
- Both feet behind baseline until contact

At the moment of contact, the server must have both feet behind the baseline with no part touching the baseline or court surface. Both feet must remain within the imaginary extensions of the centerline and sideline, with at least one foot in contact with the playing surface or ground behind the baseline. The ball must be served diagonally crosscourt and land in the opponent's service court beyond the Non-Volley Zone line. Only one serve attempt is permitted per point—there are no second serves, and players may not catch or redirect the ball after tossing or dropping it.

Service Sequence and Scoring

Doubles Service Sequence

First Sequence of Game: Only one partner serves before side out occurs, giving the receiving team a slight advantage at game start.

Subsequent Sequences: Both partners serve before side out. The first server continues until a fault, then the partner serves from the correct court based on the team's score.

Court Switching: After scoring a point, the server switches courts (right to left to right). When the first server faults, the partner serves from the court determined by the team score. When the second server faults, side out occurs and the receiving team gains serve.

Singles Service Sequence

The serving player's position is determined entirely by their current score, creating a simple and consistent pattern throughout the match.

- Server serves from **right court** when score is **even** (0, 2, 4, 6...)
- Server serves from **left court** when score is **odd** (1, 3, 5, 7...)
- After each point, server switches courts based on new score

01

Call the Score

Server announces: serving team score – receiving team score – server number (Example: "5-3-2")

02

Verify Ready Position

Both teams signal readiness within 30 seconds; receiver must clearly indicate preparation

03

Execute Serve

Ball served diagonally crosscourt, landing beyond NVZ line in proper service court

04

Play Continues

Rally proceeds following two-bounce rule until fault or point is scored



Traditional Side-Out Scoring System

Standard for all PPF events: Only the serving team can score points. When the receiving team wins a rally, they gain the serve (side out) but do not score. **Game Length:** Standard games to 11 points (win by 2); championship matches use best of 3 games; national tournaments may use 15 or 21 points when pre-announced.

Two-Bounce Rule and Non-Volley Zone Regulations

The Two-Bounce Rule

This fundamental rule ensures fair rally initiation and prevents serve-and-volley dominance, creating longer rallies and more strategic gameplay. The rule applies at the start of every point and requires patience from both teams.

First Bounce: The receiving team must allow the served ball to bounce before returning it. No player on the receiving team may volley the serve.

Second Bounce: The serving team must allow the returned ball to bounce before hitting it. This prevents immediate net rushing and aggressive volleys.

After Two Bounces: Once both required bounces are completed, both teams may either volley the ball (hit before it bounces) or play groundstrokes. No restrictions exist on shot selection after the two-bounce requirement is fulfilled.



Non-Volley Zone (NVZ) – "The Kitchen"

The Non-Volley Zone is arguably the most distinctive feature of pickleball, fundamentally shaping strategy and gameplay. This seven-foot area on both sides of the net creates a unique dynamic where power must be balanced with precision and positioning. Understanding NVZ rules is critical for competitive play and avoiding common faults.

NVZ Definition and Boundaries

The Non-Volley Zone extends 7 feet (2.13m) from the net on both sides of the court, bounded by the NVZ line (part of the zone) and the net. This area is commonly called "the Kitchen" and appears on both sides of the net, creating a 14-foot total restricted zone where volleying is prohibited.

Volley Restrictions

Players may NOT volley the ball (strike it before it bounces) while standing in the NVZ, touching the NVZ line with any part of their body or clothing, or having any equipment contact the zone. The line itself is part of the NVZ—touching it during a volley constitutes a fault.

Momentum Rule

After executing a volley outside the NVZ, a player must not be carried by momentum into the zone. This applies even if the ball is declared dead before the player contacts the NVZ. Both feet must be re-established outside the NVZ before the player may hit another volley.

Legal NVZ Entry

Players may enter the NVZ at any time when the ball has bounced in the zone, when they are not volleying, or when the ball is dead. There is no penalty for standing in the NVZ when not attempting a volley—players may remain in the kitchen indefinitely between shots.

Critical NVZ Faults to Avoid: Stepping on the NVZ line during a volley, momentum carrying player into NVZ after volleying outside it, paddle or clothing touching NVZ during volley execution, and serving a ball that lands on the NVZ line (always a fault, even if it would otherwise be in).

The NVZ rule encourages strategic positioning and soft game development. Players must master the "dink"—a soft shot that arcs over the net and lands in the opponent's NVZ—forcing opponents to hit upward and creating opportunities for winning shots. This zone transforms pickleball from a power game into a chess match of positioning, patience, and precision.

Faults, Officiating, and Player Conduct

Common Faults and Violations

Understanding fault conditions is essential for fair play and competitive integrity. Faults immediately end the rally, resulting in either a side out or a point for the opposing team depending on which team committed the fault.



Serving Faults

Incorrect server position with feet on or over baseline, ball landing outside the diagonal service court, ball touching the NVZ line on serve, foot fault during serve execution, or failure to use proper serving technique (standard or drop serve).



Rally Faults

Volleying from NVZ or while touching NVZ line, failure to observe the two-bounce rule, ball hitting the net and failing to clear on serve, ball landing out of bounds, or ball bouncing twice before being returned.



Contact Faults

Paddle or body touching the net during live ball, ball hitting permanent object before bouncing in bounds, player or paddle crossing plane of net before opponent strikes ball, or double-hit violations.

Line Calls and Dispute Resolution

General Line Call Rules

Any ball touching any part of a line is considered "IN" and legal, with one critical exception: a serve touching the Non-Volley Zone line is always "OUT" and results in a fault. Players are responsible for calling lines on their side of the net with integrity and honesty.

Player Responsibility: Each player must call lines accurately on their side. Opponent's line calls must be accepted unless a clear and obvious error is observed. The guiding principle is "when in doubt, call in favor of your opponent" to maintain sportsmanship.

Dispute Resolution Process

- Recreational Play:** Replay the point if disagreement cannot be resolved amicably
- Club Tournaments:** PPF-certified referees make final determinations
- National Events:** Head referee and line judges assigned; decisions are final
- Appeals:** Rule interpretations may be appealed; factual calls are not appealable

Code of Conduct and Penalty System

The Pakistan Pickleball Federation maintains high standards of sportsmanship and player conduct at all sanctioned events. Players, coaches, and spectators must demonstrate respect for opponents, officials, and the sport itself. Violations of conduct standards result in progressive penalties designed to maintain fair play and positive competitive environments.

1

2

First Offense

Verbal warning issued by referee with notation in match record

3

4

Second Offense

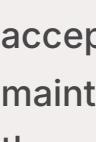
Loss of point awarded to opposing team

Third Offense

Loss of entire game in current match

Fourth Offense

Match forfeiture and possible tournament suspension



Sportsmanship Requirements

Respect opponents, officials, and spectators at all times. Acknowledge good shots, accept line calls graciously, and maintain positive demeanor throughout match.



Time Management

Maximum 10 seconds between points, 60 seconds between games. Excessive delay subject to time violation penalties and potential point deductions.



Prohibited Conduct

Verbal abuse, equipment abuse, visible dissent, cheating, misrepresenting line calls, or intentional distraction of opponents results in immediate penalties.

Official Resources and Contact Information

The Pakistan Pickleball Federation serves as the central authority for all pickleball activities throughout Pakistan. Players, coaches, tournament directors, and officials can access comprehensive resources, submit inquiries, and stay informed about rule updates through official PPF channels.

Official Website

www.pakistanpickleball.org

Email: info@pakpickleballfed.com

Compliance Notice

All players, coaches, officials, and tournament directors under PPF jurisdiction must adhere to these rules. Violations may result in penalties including suspension of membership, tournament disqualification, and revocation of PPF certification. This document is issued under the authority of the Pakistan Sports Board and Asian Pickleball Association.

"This document has been approved by the PPF Rules Committee and ratified by the PPF Executive Board on 15 December 2025. It takes effect on 1 January 2026 and supersedes all previous versions. The Pakistan Pickleball Federation assumes no liability for injuries sustained during play. Players participate at their own risk."