

ALL INDIA PICKLEBALL ASSOCIATION (AIPA)  
AMATEUR TELANGANA PICKLEBALL ASSOCIATION (ATPA)  
TECHNICAL GUIDELINES, SOPs & PLAYFIELD DIMENSIONS  
PICKLEBALL

CM CUP 2025–26

1. Name of the Sport / Game

Pickleball

2. Technical Guidelines

a) Rules of Play

- Pickleball is played using a solid paddle and a perforated plastic ball on a hard court.
- The game can be played in Singles or Doubles format.
- The serve must be made underhand, diagonally cross-court, clearing the Non-Volley Zone (NVZ).
- Two-Bounce Rule:
  - The serve return must bounce once on the receiving side.
  - The serving team's return must also bounce once.
  - After these two bounces, volleys are permitted.
- Non-Volley Zone (Kitchen):
  - A player may not volley the ball while standing inside the NVZ.
  - A rally ends on a fault such as:
    - Ball landing out of bounds
    - Volleying in the NVZ
    - Double bounce
    - Illegal serve
    - Net contact during live play

b) Match Duration & Scoring System

- Matches are normally played to 11 points.
- A team/player must win by a minimum margin of 2 points.
- Only the serving side scores points (traditional scoring system).

- In doubles, each team is allowed two serves per side-out, except at the start of the game.

(Any deviation such as rally scoring shall be decided by the Organizing Committee.)

### c) Officiating / Umpiring / Refereeing Procedures

- Referee
- Calls the score, faults, foot faults, NVZ violations, and time-outs.
- Players:
- Responsible for line calls on their side of the court.
- Opponent is given the benefit of doubt on close calls.
- Referee's decision shall be final and binding.

## 3. Standard Operating Procedures (SOPs)

### a) Safety Measures

- Players must wear non-marking sports shoes.
- Proper sports attire mandatory; clothing matching ball color should be avoided.
- Court surface, net, and posts must be checked before play.
- Adequate hydration breaks permitted.

### b) Warm-Up & Cool-Down Protocols

Warm-Up (10 minutes minimum):

- Light jogging
- Dynamic stretching
- Paddle and ball drills

Cool-Down:

- Static stretching
- Breathing and relaxation exercises

### c) Injury Management & First Aid

- First Aid kit must be available at the venue.
- Medical time-out of up to 15 minutes may be granted.
- In case of bleeding, play resumes only after bleeding is controlled.
- Decision of Tournament Director is final.

d) Technical Officials – Roles & Responsibilities

- Tournament Director: Overall supervision and rule enforcement.
- Referee: Match conduct, scorekeeping, fault decisions.
- Line Judges (if appointed): Assist with line calls.
- Court Manager: Court readiness and equipment checks.

4. Playfield / Court Dimensions

a) Court Size

- Length: 44 feet (13.41 meters)
- Width: 20 feet (6.10 meters)

b) Markings & Zones

- Non-Volley Zone (NVZ):
- 7 feet from the net on each side.
- Service Courts:
- Right (Even) and Left (Odd), divided by centerline.
- All court lines are 2 inches wide and part of the court.

c) Net Specifications

- Net height at sidelines: 36 inches
- Net height at center: 34 inches
- Net width: Minimum 21 feet 9 inches
- Net material must not allow the ball to pass through.

**COMPLIANCE STATEMENT**

All technical guidelines, Standard Operating Procedures (SOPs), and playfield/court dimensions for Pickleball have been prepared in accordance with the rules, regulations, and technical standards prescribed by the All India Pickleball Association (AIPA) and duly adopted by the Amateur Telangana Pickleball Association (AIPA)