



PICKLEBALL LEAGUE HANDBOOK

Version 5.6



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AAU/USAPA PICKLEBALL

PICKLEBALL HANDBOOK



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Pickleball: USAPA and AAU

Pickleball continues to be one of the fastest growing sports in the country. The Sports & Fitness Industry Association (SFIA) says there are over 3,100,000 participants currently in the US, and the number of players is continues to rise.

Inspired by backyard play on Bainbridge Island (near Seattle) in the state of Washington in 1965, pickleball has captured the hearts, minds and imagination of its players from across the globe. For over 50 years, the sport that combines the features of tennis, badminton and ping-pong is growing at an incredibly fast pace.

Membership in the United States Pickleball Association is nearly 30,000 players and its Places2Play database has nearly 7,000 locations with over 90 new locations being added each month.



The United States Pickleball Association, a non-profit 501(c)(3) was established in 2005 to further the advancement of the sport on a national level. As the official governing body of pickleball in the United States, the **USAPA** promotes the growth of pickleball by maintaining the rules, setting player ratings, advancing the sport through its national network of 1,600 ambassadors, and sanctioning tournaments.

Over the past five years, **USAPA** has realized growth of 480% in its membership. The **USAPA** is divided into 11 regions across the country with all 50 states being represented. The extensive group of volunteer ambassadors oversees the sport in their respective states.

The 2017 **USAPA** National Pickleball Championships attracted nearly 1,400 players representing 35 states. For more information, visit www.usapa.org.



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AAU is the oldest, non-profit organization in the world dedicated exclusively to the development of sports.

AAU is 35 different sports programs.

AAU is grassroots, local, national and global events.

AAU is athletic programs where striving to be your best is far more important than being the best.

AAU is also educational programs, taught in both the written form and through example.

AAU alumni include Shaquille O'Neal, Carl Lewis, Jackie Joyner-Kersey, Sheryl Swoopes and Muhammad Ali.

AAU is the **AAU** Junior Olympic Games, National Championships and the local and global competition(s) leading up to them.

AAU is the Sullivan Award, honoring the top amateur athlete.

AAU Cares and Proud Programs gives back to local communities

AAU is impacting communities today and tomorrow.

AAU is building America's future one athlete at a time.

WHERE YOU BEGIN HAS EVERYTHING TO DO WITH WHERE YOU FINISH.

We've been raising champions for more than a century. Since 1888, the AAU has set the standard for amateur sports in the United States. 'Sports For All, Forever' has been our focus and drive for 126 years and counting. It is more than a motto – it is our vision for sports in the United States and throughout the world. And today we are proud to host more sporting events for more age divisions in more cities than any other organization in the world.

However, the AAU is not just about sports. For every athlete who attains professional sports status after the AAU, there are hundreds more who apply their AAU experience elsewhere. What our participants gain is much more valuable than athletic glory, much more important than any athletic achievement. Through participation in AAU sports programs athletes acquire the mental acuity, emotional maturity, and social tools necessary to succeed in the classroom and in the world beyond.

We are raising tomorrow's leaders on today's playgrounds. No matter your sport, age, or experience level, there is a place for you in the AAU. Congratulations on becoming a part of this tradition. And remember, where you begin has everything to do with where you finish!



What is Pickleball?

Pickleball originated in 1965 as a relaxing, family weekend activity. It retains its original charm while evolving into an athletic, competitive game. It can be played by those interested in exercise, fun, and the social aspects of the game, as well as players with more competitive desires. Participants range in ages 5 – 90 years old. Pickleball is popular with beginners, casual players of all skill levels, as well as elite professional players. It is best described as social or competitive or any combination of the two.

For many years, pickleball had been associated with the senior population. It is now expanding to a younger, more athletic game. The sport is being introduced into schools, YMCAs, public recreation programs, and athletic clubs. The strength of pickleball is its ability to become more of a family, youthful, and athletic sport while maintaining its popularity among adults. It is truly a lifelong sport.

Pickleball is a paddle sport created for all ages and abilities. The rules are simple and the game is easy for beginners to learn but can develop into a quick, fast-paced, competitive game as player(s) become more experienced. Pickleball is frequently described as a combination of tennis, badminton, and ping-pong. It's played with a special plastic wiffleball and a paddle. The game can easily be played indoors as well as out. It's a lively racket game for all ages and abilities with one thing in mind, fun! It was designed to be easy to learn and play whether you're five, ninety-five or somewhere in between.

The Basics

Pickleball can be played as a singles game or a doubles game, although most players prefer doubles, being equally enjoyed in combinations of mixed, men's or women's teams. Pickleball has several unique rules providing balance allowing players of all ages, experience and skill levels hours of recreation fun and competition. It's easy to learn. New players are able to experience success and enjoy the fun after a few simple lessons.

The object of the game is hitting the ball over the net in a manner making the ball unreturnable or causing your opponent to fault. Accomplished players use a variety of shots during play. Soft, hard, deceptive, or strategically placed shots create a challenging, competitive game.



Court and Gear

Pickleball can be played on multiple surfaces, indoors or outdoors. A tennis court-like surface is preferred, but wood gymnasium floors, concrete floors, and synthetic surfaces can be used. The Court is the same dimensions as a badminton court. See Appendix (A) for setting up a Pickleball Court.

Permanent tennis-style nets and portable net systems are widely used. In many cases where permanent courts are not available, portable net systems can be easily set up in minutes on any flat surface.

Paddles are constructed out of multiple materials and are available in many shapes. Paddles are made of wood, plastic, fiberglass, graphite, and composite materials incorporating the latest technologies providing lightweight strength for optimal performance. All are designed to provide various degrees of power, control, touch, and response. Players select paddles based on their goals and preferences.

Pickleballs are special wiffleballs made of plastic. The number and size of holes vary depending on whether they will be used indoors or out. They are available in different colors. Yellow is the most popular. Other colors may be used depending on lighting, court colors, and background conditions. All equipment must conform to the USAPA specifications. Details available at www.usapa.org.

How to Play Pickleball

Basic Overview

Pickleball is played on a badminton-sized court: 20' x 44.' The ball is served diagonally (starting with the right-hand service-square), and points can only be scored by the side that serves. There are several unique rules providing balance and fairness, to equalize play for all.

Players on each side must let the ball bounce once before volleys are allowed, and there is a seven-foot no-volley zone on each side of the net, to prevent "spiking." The server continues to serve, alternating service courts, until he or she faults. The first side scoring eleven points and leading by at least two points wins. Pickleball can be played with singles or doubles.



The Pickleball Serve

Serves are to be made diagonally, starting with the right-hand service-square and alternating each serve. The serve must clear the seven-foot non-volley-zone in front of the net and land in the diagonal service court.

Serves should always be done underhand with the paddle below the waist, and the server must keep both feet behind the back line when serving. The ball should be hit into the air without being bounced. The serving side will continue to serve until there is a fault on the service, at which point the service will be given to the opposing side. (However, if the ball touches the net but still lands within the appropriate service court, the serve may be taken over.)

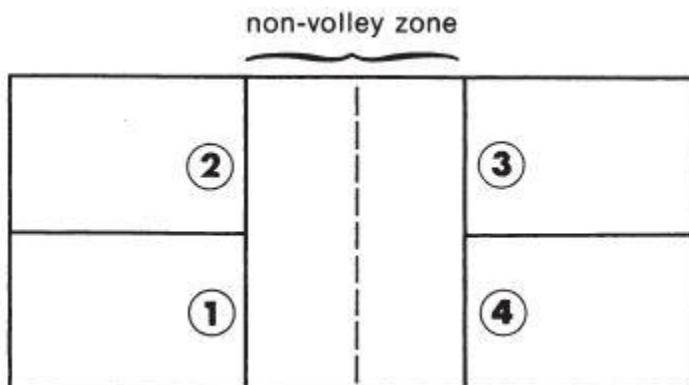
The Server is NOT allowed to bounce the ball and hit it off the bounce. A serve that hits the non-volley zone line is out. At the start of each new game, the 1st serving team is allowed only one fault before giving up the ball to the opponents. Thereafter both members of each team will serve and fault before the ball is turned over to the opposing team. When the receiving team wins the serve, the player in the right-hand court will always start play.

Volleys

To volley means to hit a ball in the air without first letting it bounce. In pickleball, this can only be done when the player's feet are behind the non-volley zone line (seven feet behind the net).

Note: It is a fault if the player steps over the line on his volley (hitting the ball in the air) follow-through.

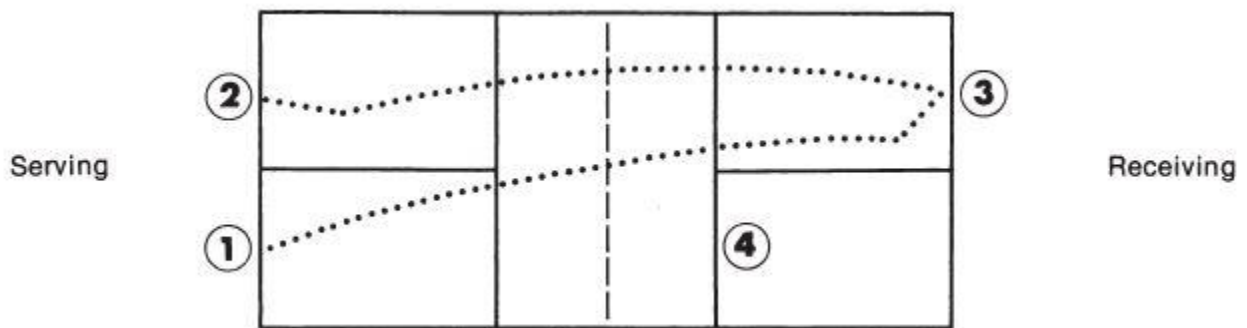
Position of players at net when volleying





Double-Bounce Rule

The Double-Bounce Rule, requires that each team must play their first shot off of the bounce. That is, the receiving team must let the serve bounce once and the serving team must let the return of the serve bounce once before playing it. Once these two bounces have occurred, the ball can either be volleyed or played off one bounce.



Fault

A fault is committed when the ball:

- Touches any part of the non-volley zone on the serve (including the line).
- Is hit out of bounds
- Does not clear the net
- Is volleyed from the non-volley zone
- Is volleyed before a bounce has occurred on each side
- Is served or received out of sequence

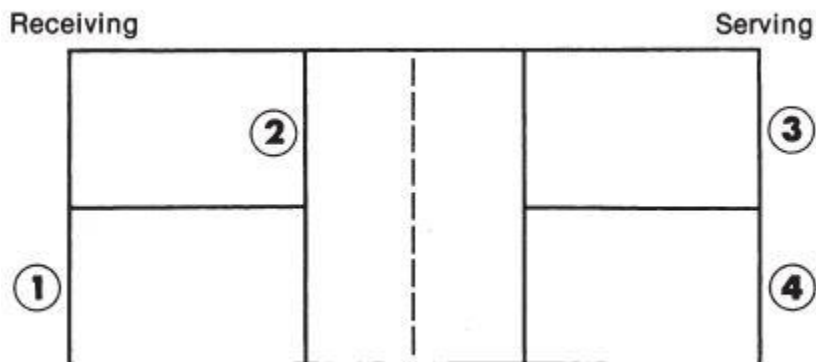
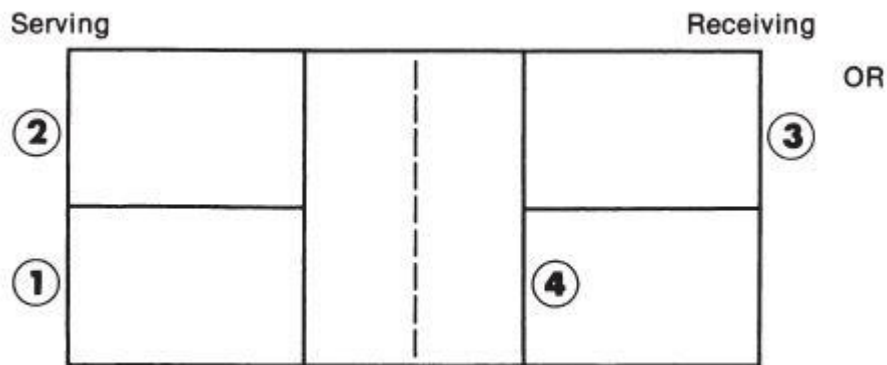
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Scoring

A team shall score a point only when serving. A player who is serving shall continue to do so until a fault is made by his/her team. If playing doubles, each player on a team shall keep serving until their team makes a fault, then the serve moves to the opposing team - this is called a Side Out. The game is played to 11 points; however, a team must win by 2 points.

Player Position for Doubles at the Start of each Game:

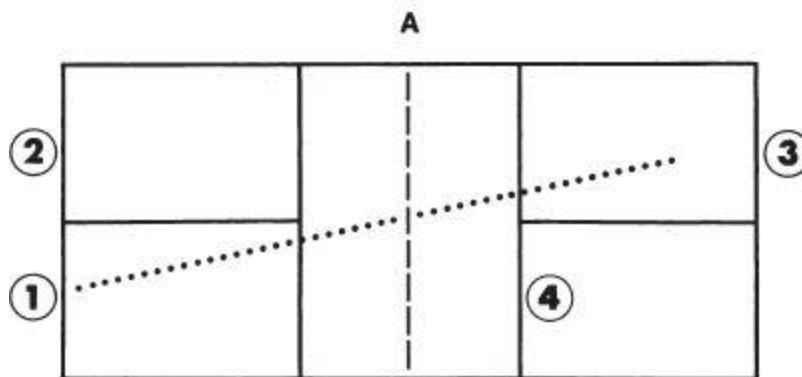




Doubles Play Positioning and Movements

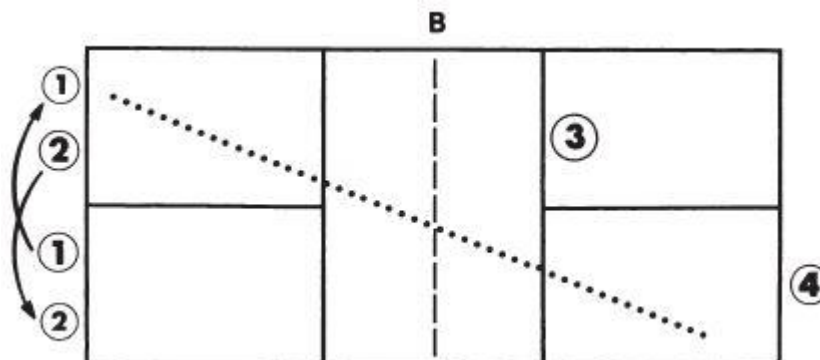
In Exhibit A below, you can see that Server (player 1) serves from the right-hand side of the serving team's court diagonally across court to the Receiver (player 3) in the opposite right-hand side of the court. The receiver (player 3) must let the ball bounce before returning the serve. The serving team must also let the return bounce before playing it (the Double Bounce Rule). After two bounces have occurred, the ball may then be either volleyed or played off one bounce until a fault is made.

Exhibit A



In Exhibit B below, you can see that after a fault is made by the receiving team, and a point is scored by the serving team, the serving team's players switch sides of court and the same player will continue to serve. When the serving team makes its first fault, the serving team's players will stay in the same side of the court, and the second partner will then serve. When they make their second fault, they will stay in their same court positions, and turn the ball over to the other team. Players switch sides of the court only after scoring.

Exhibit B





Suggested Format for Recreational Youth Leagues

USAPA/AAU League Format Section

All that is required for league play is that each league plays under USAPA rules and have an AAU membership and USAPA recreational membership.

As a result, all league players will receive the full complement of existing AAU member benefits as well as an e-subscription to *Pickleball Magazine*.

League Types:

Recreational Leagues (for youth and adult)

- Ladder Leagues

- Round Robins

- Shoot Outs

- Team Leagues

Recreational Leagues can be a great 'farm system' to include youth sports in local communities, youth organizations, schools, and after school programs.

It is a great introduction to beginners and novices, in developing individual play and team building skills.

There are many websites that you can use which are designed for running leagues.

Recreational leagues can be run for just a day, or over a period of time.

Ladder Leagues: (also called Shoot Outs) are those that pit team against team (either singles or doubles, and can be designated as mixed, male or female). Your team, is the doubles partnership or a single player, in other words, you are your own team and not part of a bigger team.

You play against other doubles (or singles) teams and each win moves your standing up or down the ladder. You may challenge a higher-level team, in standings to move up, or you may be challenged.

Ideally, you would want to create a formulation that each team plays everyone at least once to determine a fair, end of season, placement in the standings.

Ladder play can be done over time or, alternatively, it could be individual play: it's not the team that moves up, but rather the player. That type of Ladder (or Shoot Out is more appropriate) is done as follows: each court is comprised of 4 players with the appropriate number of courts needed...an example would be 16 players would need 4 courts (designate the courts 1-4 with court #1 being the highest court and #4 being lowest).



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Each court plays to 11 and rotates within itself so you wind up playing 3 games, one each with a different partner. The player with the highest point total moves up to the next (or higher) court and play continues. The player with the lowest point total moves down one court. Each rotation has the player with the highest score move up and the lowest score move down.

At the end, the last rotation, court one will eventually have the 4 best players playing. They do a final rotation and the player with the highest score is declared winner.

Round Robins: are also done with a closed group of players and although played as doubles, each person rotates so they have a different partner for each game and that individual keeps track of their own scores (points from the results of the games played).

At the end of rotation, which can be one full rotation or several depending on the number of players in the Round Robin, points are tallied and the player with the highest point total is declared the winner.

It is possible to develop the round robin play on a weekly basis so the same players play and each play day points are tabulated for a season ending results.

Round Robins can be formed with as few as 4 players and as many as 32.

Team League Play (optional): Team league is just that, a team of players from one club or organization, playing against another team of players. Team league is common in tennis.

Leagues could be mixed (male/boys and female/girls) or just male and just female. Depending on the number of total players you can further divide into age groups and or skill levels

Examples of what makes up a team:

1 male/boys doubles team

1 female/girls double team

1 mixed doubles team

Or by gender:

3 males/boys doubles (or females/girls or mixed)

Or mixed it up a little with

3 double teams and 1 single (or 2)

Scores would be total team scores (number of wins) or total points.

Leagues can be done as recreational play within a school or school district, organization or among clubs.

League Coordinators

League coordinators will be the local conduit for league play and recruitment of **AAU/USAPA** league participants. They will also furnish contact information, calendar of events, etc. From a novice player looking for a team or a veteran player that needs help scheduling courts, finding players, **AAU/USAPA** league coordinator can help to put players in contact with the appropriate person.

AAU/USAPA league coordinators can help in regards to rules, sportsmanship and any other day-to-day issues or concerns that may arise.



Recommendations for League Coordinator

Main Responsibility:

- Develop and Coordinate USAPA/AAU League Pickleball activities within the assigned area.
- Develop leagues type and levels within the league.
- Increase participation in league pickleball by servicing current programs, promoting and developing new league programs.

The League Coordinator should have the following abilities to work with AAU District (State) Governor, AAU District Sport Directors, AAU District Personnel and USAPA Ambassadors to develop leagues:

- Recruit team captains
- Conduct search and placement of new players, especially those that may not belong to an established community
- Be proficient in computer software scheduling for organizing leagues
- Have strong communication skills
- Develop social media platforms for communication and promotion
- Increase participation of teams and players throughout the year
- Have high degree of organizational skills
- Knowledge of pickleball IFP Rules Book
- Ability to handle grievances and resolve issues that can vary from scheduling conflicts to rules comprehension
- Knowledge of local club environment as well as places to play
- Ability to run small tournaments

As leagues develop and grow, AAU and USAPA will develop state, regional and national League events. These events may be a cooperative effort by both the AAU and USAPA. It is recommended that referees should be used for championship matches at the local level and all state, regional and national events.

AAU/USAPA will establish appropriate referee scheduling for matches at the state, regional and national events.



Recommendations for Starting an AAU/USAPA Pickleball League

- Find locations and addresses of places you will be holding the league.
- License your league through AAU at www.aausports.org. Youth licenses are \$50 per day or a maximum of \$350 per license. For adult events, add \$20 to the license fee. Calendar year is from September 1 – August 31. To license an event, you will need a Level 2 or Level 3 AAU Club Membership.
- Create flyers and distribute when, where, times, divisions, days and length of league (we recommend 6 weeks).
- Schedule a meeting for people interested in participating in your league, setting date, time and location.
- Hire staff to run league and create or find a scheduling program to run it.
- Everyone must be a full AAU member and a USAPA recreational member. Verify membership prior to league starting.
- Order medals/awards at www.aausports.org.
- *Create a website for your league that includes contract information, email, phone number, rules, days, times, names of teams, when the next league starts, calendar and a list of players needing partners.
- Create categories of 2.0, 2.5, 3.0, 3.5, 4.0, 4.5 and 5.0 including singles, doubles and mixed.
- Create a schedule example: Monday Wednesday Singles, Tuesday Thursday Doubles and Friday Mixed. Games 5:00, 5:30, 6:00, 6:30, 7:00, 7:30, 8:00 and 8:30.
- At end of league, host a tournament including singles, doubles and mixed in each skill level.
- Give out awards/medals to winners.
- Schedule one night of open free play to introduce players to facility and league.
- Start a new 6-week league.
- Advertise through Facebook, local schools, newspapers, Twitter, senior centers, TV, radio and recreation centers.
- Make sure all participants have your information for conflicts or scheduling.

* There are a few pickleball-specific software companies endorsed by USAPA that you can explore. These programs not only allow you to include all of your league details but they can also set your league schedule, track results, organize your player database and many other features designed to help manage and grow your league.

TrackitHub.com

PickleballGlobal.com



Let's Play! Quick Pickleball Rules Summary

- Pickleball is played either as doubles (two players per team) or singles; doubles are most common.
- The same size playing area and rules are used for both singles and doubles

The Serve

- The serve must be made underhand.
- Paddle contact with the ball must be below the server's waist (navel level).
- The serve is initiated with at least one foot behind the baseline; neither foot may contact the baseline or court until after the ball is struck.
- The serve is made diagonally crosscourt and must land within the confines of the diagonally opposite service court (the area between the non-volley zone and the baseline).
- Only one serve attempt is allowed, except in the event of a let (the ball touches the net on the serve and lands in the proper service court; let serves are replayed).

Service Sequence

- Both players on the serving doubles team have the opportunity to serve and score points until they commit a fault *(except for the first service sequence of each new game).
- The first serve of each service sequence is made from the right-hand court.
- If a point is scored, the server switches sides and initiates the next serve from the left-hand court. The receiving team players do not switch/change positions.
- As subsequent points are scored, the server continues switching back and forth until a fault is committed and the first server loses the serve.
- When the first server loses the serve the partner then serves from the correct side of the court (except for the first service sequence of the game*).
- The second server continues serving until his/her team commits a fault and loses the serve to the opposing team.
- Once the service goes to the opposing team (at side out), the first serve is from the right-hand court and both players on that team have the opportunity to serve and score points until their team commits two faults.
- In singles the server serves from the right-hand court when his/her score is even and from the left when the score is odd.

**At the beginning of each new game only one partner on the serving team has the opportunity to serve before faulting, after which the service passes to the receiving team.*



Points

- Points are scored only by the serving team.
- Games are normally played to 11 points, win by 2.
- Tournament games may be to 15 or 21, win by 2.
- When the serving team's score is even (0, 2, 4, 6, 8, 10...) the player who was the first server in the game for that team will be in the right-side court when serving or receiving; when odd (1, 3, 5, 7, 9...) that player will be in the left-side court when serving or receiving.

Double-Bounce Rule

- When the ball is served, the receiving team must let it bounce once before returning, and then the serving team must let it bounce once before returning, thus two bounces.
- After the ball has bounced once in each team's court, both teams may either volley the ball (hit the ball before it bounces) or play it off a bounce (groundstroke).
- The double bounce rule eliminates the serve and volley advantage and extends rallies.

Non-Volley Zone

- The non-volley zone is the court area within 7 feet on both sides of the net.
- Volleying is prohibited within the non-volley zone. This rule prevents players from executing smashes from a position within the zone.
- It is a fault if, when volleying a ball, the player steps in the non-volley zone, including the line, and/or when the player's momentum causes him/her or anything the player is wearing or carrying to touch the non-volley zone, including the associated lines.
- It is a fault if, after volleying, a player is carried by momentum into or touches the non-volley zone, even if the volleyed ball is declared dead before this happens.
- A player may legally be in the non-volley zone any time other than when volleying a ball.
- The non-volley zone is commonly referred to as "the kitchen."

Line Calls

- A ball contacting any line, except the non-volley zone line on a serve, is considered "in."
- A serve contacting the non-volley zone line is short and a fault.

Faults

- A fault is any action that stops play because of a rule violation.
- A fault by the receiving team results in a point for the serving team.
- A fault by the serving team results in the server's loss of serve and side out if second server.
- A fault occurs when:
 - The ball is hit into the net or out of bounds
 - A serve does not land within the confines of the receiving court
 - The ball is volleyed before a bounce has occurred on each side after the serve
 - A ball is volleyed from within the non-volley zone
 - A ball bounces twice before being struck by the receiver



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- A player, player's clothing, or any part of a player's paddle touches the net or the net post when the ball is in play
- There is a violation of a service rule
- A ball in play strikes a player or anything the player is wearing or carrying
- A ball in play strikes any permanent object before bouncing on the court
- The server serves before the referee calls the score in an officiated match

Determining Serving Team

Players use any fair method to determine who will serve first, such as picking number 1 or 2 written on the back of the scoresheet in a tournament. The winner has the option to choose side, or to serve or receive. In recreational play local players or clubs often designate a particular end of the court (e.g., north side) as the side to serve first.

For a copy of the USAPA 2018 Official Tournament Rulebook go to usapa.org under rules.

Referees

Each match within AAU/USAPA sanctioned league play should be called exclusively by the players themselves and based on the honor system and abiding by the overall integrity for the game. USAPA recommends referees should be used for championship matches at the local level. AAU/USAPA will establish appropriate referee scheduling for matches at the state, regional and national events.

AAU will be hosting referee clinics around the country to certify people as AAU regional pickleball referees. This will help the area tournaments and leagues to have certified recreational referees with their events. If you are interested in hosting an AAU pickleball referee clinic please contact:

Sindee Snow - orlvb@aol.com - 407-466-9009

Yvonne Devlin - yvonnedeclin@yahoo.com - 407-466-9239

Skill Levels in Pickleball: A Quick Overview

Pickleball players are rated on a numerical scale, from a 1.0 to a 6.0 with .5 level increments. That means players move up levels from a 1.0, to a 1.5, to a 2.0 and so on. While ratings are not applicable to AAU Youth Recreational League, here is a brief outline regarding USAPA player ratings:

1.0 Player:

- Is very new to the sport and has little to no knowledge of the game.

1.5 Player:

- Has taken a lesson or class.
- Is learning the rules of the game, i.e. scoring and rules.
- Struggles to return basic balls.



2.0 Player:

- Has a little understanding of the game, i.e. scoring and rules.
- Can hit serves "in".
- Knows the basic strokes, i.e. forehand, backhand yet still struggles to return easy balls.
- Has a slight understanding of player positioning.

2.5 Player:

- Has a basic understanding of most rules during the game.
- Can hit the serve and return with some consistency.
- Can hit basic strokes with some success.

3.0 Player:

- Understands most rules of the game and can keep score.
- Understands some aspects of player positioning.
- Can hit most shots with some success.

3.5 Player:

- Knows most rules of the game and can keep score.
- Knows player positioning.
- Can hit most shots with more success.
- Understands how to play the game.

4.0 Player

- Knows most rules of the game and can keep score.
- Knows and understands player positioning.
- Can hit most shots on a regular basis.
- Understands strategy involved in the game.

4.5 Player

- Knows almost all the rules and knows how to keep score.
- Knows and understands player positioning.
- Can hit most shots on a regular basis.
- Understands strategy and utilizes strategy during a match.

5.0 Player

- Knows almost all the rules and knows how to keep score.
- Knows and understands player positioning.
- Can hit their shots 9/10 times.
- Understands strategy and utilizes strategy during a match.
- Can beat lesser players on a regular basis.



Court Etiquette

Court etiquette is something that all players should show while they are on a court, whether playing a match or spectating one. It is the ability to be calm and level headed towards the opponents and crowd while also showing the ability to know the difference between right and wrong. Here are a couple of major tips and unwritten rules to follow.

As a Player:

- Always make a call on the ball if it is on your side. If it is out, signal or say so. If it is in, let your opponents know. If you did not see it, it is always in.
- Always introduce yourself to your opponents, and partners if needed.
- If there are multiple players waiting for your court, play a game and rotate off.
- If a ball rolls onto another court and will interrupt play, call “ball” or “ball on court” so no one will get hurt. If it does not interrupt play, do not call it.

As a Spector (in open play or a tournament): Never should you interrupt a game, whether by talking to players or walking through their court, without asking for permission first.

Code of Ethics for Line Calling. This is a code of ethics for players that are calling their own lines call when the ball is in or it is out. The player when making these line calls must strive for accuracy and operate under the principle that all questionable line calls must be resolved in favor of the opponent.

Health Benefits for Kids

Pickleball was invented for kids, and they’ve been playing pickleball for over 50 years. With type 2 diabetes and obesity rates rising among children and teens, regular pickleball activity can help reduce these lifestyle-related risks. Pickleball can be an effective “medicine” in helping to protect kids from developing these lifestyle-related diseases. According to the Center for Disease Control (CDC), children are recommended to get 60 minutes of moderate physical activity per day.

(<https://www.cdc.gov/healthyschools/physicalactivity/guidelines.htm>). Pickleball is a great way to help kids reach this recommendation while overcoming the “excuses” that kids (and families) can make about not exercising.



Court Safety

- ☐ Conduct a proper warm up with the kids before they start playing
 - o Jog around the court 3 times
 - o 25 jumping jacks
 - o Forward and reverse arm circles (30 seconds each way)
 - o 10 toe touches
 - o Ankle rotations (30 seconds each ankle)
 - o Big lung steps forward (length of court)
 - o Side to side stepping (length of court)
 - o Knee raises, 10 with each knee
- ☐ Conduct a proper cool down after they are finished
 - o Isometric/passive stretching of some of the major muscle groups like hamstrings, quadriceps, forearm, and wrists

Accidents can happen, so wearing the right kind of clothing and shoes can help prevent and reduce the risk of accidents. Besides wearing the appropriate kind of shirt, shorts, and socks, here are two pieces of equipment that are important for reducing accidents and unnecessary injuries:

- ☐ Shoes – court shoes are designed for the type of movement used in pickleball. Do NOT use or allow the kids to use RUNNING SHOES, as their wide sole and limited lateral structural support will increase the risk of rolling or twisting an ankle.
- ☐ Eye protection – even though it's just a whiffle-type ball, getting hit squarely in the eye can cause injury. A partner (or even yourself) can accidentally hit you in the face, damaging your eye. A good pair of safety glasses made for sport (such as eye protection created for the racquetball player) will help to protect hits to the face.



Appendix A

Setting Up a Pickleball Court

When laying out a temporary (or permanent) pickleball court, it is important to know the correct specifications as indicated in the following diagram. It is also important to note that if you are setting up an outdoor pickleball court on an existing court surface that it is oriented in the normal north/south direction, **do not place the pickleball courts at right angles to the court**. If you do, one player will be looking directly into the sun in the early morning or late afternoon which can certainly prove to be safety hazard.



For a PDF copy of the above diagram, [click here](#)

For set up details and to watch a quick video, [click here](#)

The USAPA provides a discount on its Portable Net System for all AAU programs. To order: [click here](#)



Appendix B

Learning to Play: Details and Videos

The best way to learn pickleball is to take lessons from a USAPA registered pickleball teacher or certified pickleball instructor. Check with your local pickleball club, school or community recreation department for scheduled clinics. To get started however, click on the following for an overview of the rules of the game. Then read each section and watch the videos to view some of the best players and teachers in the country teaching the basic strokes of pickleball. The following videos and information can be found at usapa.org under the heading of Training and Court info.



a: [Rules Summary](#)

b: [Scoring & Position](#)



c: [Serving](#)



d: [Return of Serve](#)



e: [Dinks](#)



f: [Drop Shots](#)



g: [Groundstrokes](#)



h: [Volleys](#)



i: [Lobs](#)




j: [Overhead Smash](#)



k: [Judging a Ball 'In' or 'Out'](#)



l: [Tips for New Players](#)

 this indicates that there are videos within each category that further demonstrate the different skills for playing pickleball.



Appendix C

USAPA/AAU Membership Fees

Each participant in an official **USAPA/AAU** pickleball league must have an **AAU** membership and a **USAPA** Recreational Membership (\$5).

Existing **USAPA** members will purchase the **AAU** membership and the **USAPA** league membership.

Existing **AAU youth athletes or non-athletes (regardless of sport)** will only pay the \$5 USAPA Recreational membership. Existing **AAU adult athletes** will need to become adult AAU pickleball members and pay the \$5 USAPA Recreation membership.

The AAU youth athlete and non-athlete memberships allow the ability to participate in over 30 AAU sports. For adult athletes, participants need to have a membership in the sport in which they participate.

Each AAU league coordinator will establish their own entry fee for their pickleball leagues.

Annual Membership Fees (September 1 to August 31)

AAU Youth Membership	\$14 regular / \$16 extended benefit*
AAU Adult Athlete Membership (US resident)	\$16 regular / \$18 extended benefit*
AAU Non-Athlete (Coach, Official, etc.) Membership	\$16 regular / \$18 extended benefit*
AAU Adult Athlete Membership (non-US resident)	\$35 regular
USAPA Annual Recreational Fee (youth & adult)	\$5

*See Appendix D for information on extended benefit membership.

For league players who may also want to participate in **USAPA** sanctioned tournaments (local and national level) they can join USAPA as a full member for an additional \$20.

Club Membership (September 1 to August 31):

To apply for a league license, you will need a Level 2 or 3 club membership.

Club Level 2 Membership	\$60 for youth / \$80 for youth and adult
Club Level 3 Membership	\$300 for youth / \$320 for youth and adult



License Fees

Youth License	\$50 per day (up to a maximum of 7 days)
Adult License	\$50 per day (up to a maximum of 7 days plus \$20 per application)
Youth and Adult License	\$50 per day (up to a maximum of 7 days plus \$20 per application)

Insurance

AAU insurance is a benefit of AAU membership. General liability and sport accident coverage is included in the AAU membership for properly registered members and AAU licensed events. Please visit www.aausports.org for more detail on AAU insurance or refer to Appendix D.

As a benefit of the general liability coverage for AAU member clubs and event hosts, the AAU also has an insurance certificate program. To request insurance certificates, please visit www.aausports.org.

Verification of Insurance	Free
3 rd Party Insurance Certificate	\$35 per application (event start date 31+ days prior to application date)
	\$100 per application (event start date 16-30 days from application date)
	\$135 per application (event start date 0-15 days from application date)



Appendix D

AAU Insurance Program Summary

AAU Insurance is a benefit of membership. Everyone participating must also have an individual AAU Athlete or Non-Athlete membership.

Sports Accident: Coverage is provided for properly registered members that are injured during an approved event. Coverage is excess medical and becomes primary if there is no other coverage.

Excess Medical	\$100,000
Youth/Non-Athlete Deductible	\$300
Adult Athlete Deductible	\$300
Accidental Death & Dismemberment	\$20,000
Dental	\$50,000

Who Is Insured? (The following categories include, but are not limited to):
Athletes and Non-Athletes

Licensed Events: This is an event that has been applied for and received an event license from the AAU of the U.S. Inc.

Supervised practices for member clubs

General Liability Coverage

Each Occurrence – per club/team	Up to \$10,000,000
Products/Completed Operations Aggregate	Up to \$12,000,000
Personal and Advertising Injury	Up to \$10,000,000
Participant Legal Liability	Part of Per Occurrence Limit
Damages to Premises Rented to you:	\$1,000,000
Medical Expenses (any one person)	\$5,000
Sexual Abuse & Molestation – Each Occurrence	\$1,000,000
Sexual Abuse & Molestation – Aggregate	\$2,000,000
Crisis Management Coverage	Sublimit
Participant vs. Participant	Up to \$1,000,000

Who is Insured? (The following categories include, but are not limited to):

- Registered Athletes and Non-Athletes
- Member clubs/teams when all participants are registered as athletes or non-athletes
- Event organizers, promoters, sponsors and managers of AAU licensed events
- Volunteers while acting in their capacity at an AAU licensed event
- AAU of the USA, Inc.
- AAU Districts, AAU Governors and Administrators, AAU Directors & Officers
- Officials while acting in their capacity at an AAU licensed event



Covered Events

Licensed Events: This is an event that has been applied for and received an event license from the AAU of the U.S., Inc. **Supervised Practices** for member clubs

Extended Coverage (AB) Insurance Program

The Extended Coverage (AB) program was developed to extend coverage for AAU members while participating in events hosted by organizations that are not member clubs of the AAU. Coverage in this program is provided for properly registered athletes or non-athletes.

Sports Accident	\$50,000
Liability Coverage	Up to \$10,000,000
Aggregate – per club/team per year	Up to \$12,000,000

Any organization that is a member of the AAU and hosts an event that is not licensed by the AAU would not have any coverage for the event, even if its members are AAU AB registered.