

2025 Pickleball League Constitution

Revised 5/29/2025

Players

- A maximum of 24 players will be allowed to participate in the league.
- A player must be at least 18 years old and have a player skill rating of 3.0 or more. Go to the end of this document for player skill rating definition.

When & Where

- The season will be played every Thursday May 22 to August 14 (13 weeks) at the Pomfret Recreation Park.
- Each week, players will play a three-game doubles match in one of three time slots: 5:00pm, 6:00pm, or 7:00pm. It is encouraged that all players stay for the duration of the matches, as substitutes could be needed.
- For the first week of play, all players will be asked to arrive by 4:30 for introductions, general announcements and initial matchups.

Format

- This league will follow a ladder format, designed so that players play mostly with others of similar skill levels. Your ranking on a ladder is based upon your winning percentage (the ratio of points won to total points possible).
- For the first week, 4 players will be chosen at random for each initial match. After the first week, players will be placed in groups of 4 in the order of their ranking on the ladder for match play.
- Each match will consist of three games. All players will play three 11-point doubles games in a round robin fashion with the other three players of the foursome in the following manner:
 - Game 1: Players 1 & 2 vs. Players 3 & 4
 - Game 2: 1 & 3 vs 2 & 4
 - Game 3: 1 & 4 vs. 2 & 3

Each game ends when one of the teams wins its 11th point (no need to win by two points).

- At the start of each game, the lowest ranked player will have the first serve.
- Players change the ends of the court when the first team has 6 points to minimize the effects of weather conditions.
- After the games are finished, players record their scores on a match score sheet (see below) and are handed in to a committee member. Record the individual

points scored for each game and the total for the three games. There is a maximum of 33 points for each match.

Quiet Corner Pickleball				
Match Scoresheet				
Date: <u>3-26-25</u>				
	Player 1	Player 2	Player 3	Player 4
Name:	Jim	Jane	Barbara	Frank
Game 1	11	11	6	6
Game 2	9	11	8	11
Game 3	11	5	5	11
Total Points:	30	27	19	28

Each match must be played within 55 minutes. If the last game is not completed at the 55-minute mark, the game will end and points scored by each team will be recorded.

- There will be a five-minute grace period for players to arrive at court. After five minutes, a substitute will be found for the first game. The substitute will play each subsequent game if the scheduled player does not show.

Results and Schedule

- Results and new ladder rankings, will be published one or two days after the day of play each week on the league website. The schedule for the next week will be published on Tuesday mornings.
- Tiered matches will rotate schedule times each week. The top 8 players will play at 5:00pm the second week, then at 6:00pm the third week, and so on.

Absences and Substitutes (Subs)

- If a player is unable to play in any week or if they have a time schedule restriction, please contact the league commissioner as soon as possible before Tuesday morning!
- Each week the ladder will be split into the first eight, second eight, and third eight players.
 - When a sub is known to be needed **before** day of play, the commissioner will contact a player and ask if they can also play as a sub. Once verified, their name will be entered as the sub in the schedule.
 - When a sub is needed **on** day of play, the commissioner will find the best player available on-site and ask that player to be a sub for that match.

In the (hopefully) rare case where a sub is not available, the commissioner will work with the match players to identify a date and time to make up the match.

- The commissioner will attempt to ensure all players receive the same number of sub opportunities.
- All substitute points will count towards the ladder.

Interruption of a Match

- If a game cannot be completed due to weather or injury for example, none of the scores will count for that game. A substitute may be found to play out any remaining games when possible.

Communications

- The league commissioner will perform all communications to players through text, unless an alternative arrangement is made with an individual player.

Cancellations

- If there is a risk of inclement weather or adverse playing conditions, the commissioner will provide a cancellation notice to all players no later than one hour before the beginning of the first match. The schedule will then shift out one week. No matches will be played after August 14.

Fees and Registration

- League fees are \$25 per person.
- There are two ways you can register for the league:
 1. Register and pay electronically through the Pomfret Online Registration Platform! Scan the QR code below or go to:

<https://secure.rec1.com/CT/pomfret-ct/catalog>



2. Go to the league website (www.quietcornerleagues.com), then click on Pickleball Home under the Pickleball menu and click the Register button.

To register, click the Pre-Register button, then click on the Registration Form.pdf button. Complete and mail with your check to Pomfret Recreation Dept., 5 Haven Rd., Pomfret Center, CT 06259.

- If you register as a single, we will do everything we can to pair you up with another single for a team.
- **All Registration Forms must be submitted by Thursday May 15.**

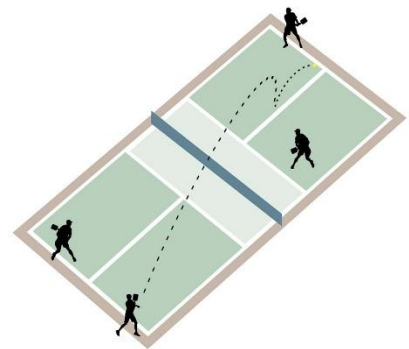
Equipment

- Games will be played on the tennis courts at the Pomfret Recreation Park.
- Players are responsible for their own paddles. The league will provide game balls.

Rules of Play

The Serve

- The server's arm must be moving in an upward arc when the ball is struck.
- Paddle contact with the ball must not be made above the waist level.
- The head of the paddle must not be above the highest part of the wrist at contact.
- A 'drop serve' is also permitted in which case none of the elements above apply.
- At the time the ball is struck, the server's feet may not touch the court or outside the imaginary extension of the sideline or centerline and at least one foot must be behind the baseline on the playing surface or the ground behind the baseline.
- The serve is made diagonally crosscourt and must land within the confines of the opposite diagonal court.
- Only one serve attempt is allowed per server.



Service Sequence

- Both players on the serving doubles team serve and score points until they commit a fault *(except for the first service sequence of each new game).
- The first serve of each side-out is made from the right-hand court.
- If a point is scored, the server switches sides and the server then serves from the lefthand court.

- 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 their correct side of the court (except for the first service sequence of the game*).
- The second server continues serving until his team commits a fault and loses the serve to the opposing team.
- Once the service goes to the opposition (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.

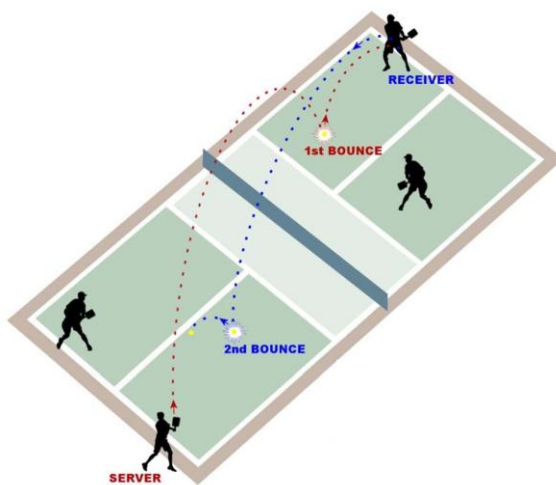
*At the beginning of each new game only one partner on the serving team serves before faulting, after which the service passes to the receiving team.

Scoring

- Points are scored only by the serving team.
- Games are played to 11 points, win by 2.

Two Bounce Rule

- When the ball is served, the receiving team must let it bounce before returning, and then the serving team must let it bounce 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 (ground stroke).

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. A volley is a shot in pickleball where you hit the pickleball out of the air, without the pickleball bouncing.
- It is a fault if, when volleying a ball, the player steps on the non-volley zone, including the line and/or when the player's momentum causes them or anything they are wearing or carrying to touch the non-volley zone including the associated lines.
- The Non-Volley Zone rules only prohibit volleys in the Non-Volley Zone. You may hit non-volley shots in the Non-Volley Zone. In other words, you may hit the pickleball in the Non-Volley Zone after the pickleball has bounced. Once the pickleball has bounced, then your shot would not be considered a volley.

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 or side out.
- A fault occurs when:
 - A serve does not land within the confines of the receiving court
 - The ball is hit into the net on the serve or any return
 - The ball is volleyed before a bounce has occurred on each side
 - The ball is hit out of bounds
 - A ball is volleyed from the non-volley zone
 - A ball bounces twice before being struck by the receiver
 - 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

Etiquette, Terms, and Conditions

- Disputes - If there is a dispute that cannot be resolved by the participants during a game, they will call over the acting committee chairman to resolve the dispute.
- Spectators will NOT interfere with any game.
- As a matter of courtesy players are requested NOT to leave the court during a game unless necessary.
- Alcohol consumption is NOT allowed at the Pomfret Recreation Park.
- The recreation department and this league will not tolerate foul language, or disruptive or overly aggressive behavior. If exhibited, you may be asked to leave the premises and/or may be subject for dismissal from the league. The team would forfeit the current and/or future games that the person was going to play. Dismissed players may not be replaced by the team, but substitutes can be used for the remainder of the season. There will be no refunds.

Rewards

The reward for the best record in the league is the same as the purpose of the league: to simply gather and have fun! (OK, there could be some bragging rights involved...).

SELF RATE SYSTEM & RATING DEFINITIONS

Levels:

- Beginner 0-2.5
- Intermediate 3-3.5
- Advanced 4-4.5
- Open 5+

Rating 1.0

- New player with understanding of the game and rules.

Rating 1.5

- Can hit the ball back and forth a bit.
- Learning to serve.
- Fails to hit easy balls frequently.
- Beginning to learn the basic rules such as scoring, lines, side outs, etc.

Rating 2.0

- Sustains short rallies.
- Makes basic strokes such as forehand, backhand, volley, and can serve the ball.
- Understands court positioning and doubles rules.

Rating 2.5

- Can sustain longer rallies but not at a fast pace.
- Makes most easy shots, including backhands, but still needs some work.
- Able to approach the non-volley zone and hit volleys.
- Good understanding of the rules.
- Struggles to cover the entire court.
- Rating 3.0
- Has a consistent serve and returns medium-paced balls reliably.
- Able to make all basic strokes. Lacks control when trying to place the ball.
- Attempts lobs and dinks with limited success.

Rating 3.5

- Consistent control and placement of medium-paced shots. Able to return fast-paced shots with slightly less success.
- Improved control and placement of the ball.
- Needs more shot variety.
- Can play aggressively at the non-volley zone.
- Anticipates opponent's shots and learning strategy of doubles play.

Rating 4.0

- Consistent with both forehand and backhand strokes.
- Can use spin with some success.
- May lose rallies due to impatience.
- Uses the dink and drop shot successfully.
- Demonstrates 3rd shot strategies.
- Aggressive net play in doubles.
- Full understanding of the rules.

Rating 4.5

- Beginning to master placement and spin.
- Beginning to master 3rd shot choices.
- Good footwork and positioning.
- Adjusts game style to account for opponent's strengths, weaknesses, and court position.
- Good shot selection. Does not force shots.
- Serves consistently and can vary speed and spin.
- Good court positioning. Anticipates opponent's shot.

Rating 5.0

- Mastered all shot types.
- Excellent shot anticipation.
- Accurate shot placement.
- Forces errors. Limits their own unforced errors.
- Mastered dinks and dropshots.
- Mastered 3rd shot strategy.
- Raw athletic ability is often what separates 5.0 players from the rest.