

Li-Ming Pickleball 2025 – 2026

Safety, Play Rules & Etiquettes

Safety

Shoes - it's essential to wear sports shoes suitable for indoor surfaces, preferably rubber outsole. Indoor court shoes provide good lateral support and traction on smooth surfaces to help you stay stable and reduce the risk of slips and injuries.

During wet weather or snow, you should change your shoes and leave them in the corridor before entering the gym.

Protective eyewear is recommended during the game. A strike in the eye by a ball can cause serious injury and potentially loss of eyesight.

Good Footwork is needed to avoid injuries. You may slip and hurt your knees or ankles by overreaching forward to retrieve a ball. Do not rush backward. Serious injuries may occur if you fall on your back or hit the wall by losing balance in trying to fetch a high ball.

Guests are not allowed in the gym, attributed by the City's rules on safety. You should also abstain from bringing in your kids.

Walking behind the court during a game is dangerous and distracting. Wait for the play to stop and then signal your intention to cross.

Key playing Rules:

- **Serving:**
Serves must be done with contact below the waist, and both feet must be behind the baseline. Serve must land in the diagonal service area, beyond the non-volley zone line.
- **Spin Serve:**
As previously emphasized, spinning serve (**ping-pong style**) or even during the play is very dangerous, considering the tight space between the courts & the wall behind.
- **Non-Volley Zone (Kitchen):**
Players cannot volley the ball (hit it out of the air) while in the non-volley zone or while their momentum carries them into the zone after hitting a volley.
- **Two-Bounce Rule:**
After the serve, each team must let the ball bounce once on their side before they can hit it out of the air.
- **Faults:**
Faults end a rally and result in a point for the opposing team. Common faults include hitting the ball into the net, landing out of bounds, hitting the ball out of the air in the non-volley zone, or letting the ball bounce twice on one side.

- **Scoring:**

Games are played to 11 points, with a two-point lead required to win. Only the serving team can score points.

- **Line Calls:**

A ball is considered in if it lands on any part of a line, excluding the non-volley zone line. If the opposing team disagrees with the call, they can agree to replay the point.

- **Communication:**

Coaching and verbal instructions between team-mate during the game should be kept at a minimum so as not to distract the opposing team. Before the game starts, it's a good idea to discuss about who should take the middle ball or retrieve a lob. Call "Pou toi" or "Pou moi" to avoid collisions or getting hit by the partner's paddle.

- **Stray Ball**

Stop play immediately if a ball from another court enters your playing surface. The point should then be replayed. Likewise, if a ball is hit into another court, players should immediately yell "BALL, BALL !" to warn those players. Do not follow a ball onto another court to return it or retrieve it until the play on that court has ceased.

- **Playing Time:**

The winning team stays and 1 of the players will switch to the other side.

A player is allowed a maximum of 2 consecutive games.

Good Etiquettes

For safety and courtesy sake, all players should follow proper Pickleball Etiquette:

- Warm-up is recommended but should not take more than 5 minutes as other players are waiting for their turn to play.
- When the players on the opposing team are unequal in skill, exhibit patience and tolerance, avoid always overpowering the weaker player just to score points. By playing the stronger player your game ability can improve along the way; note that good players also have weaknesses.
For the weaker player, as more shots are directed at you, use this opportunity to improve your readiness (anticipation) and shot accuracy.
- Call the score before serving. Calling the score lets the opposing team know you are ready to serve and helps all players keep track of the score.
- After a game is over, come to the net and touch the paddles to acknowledge the win or loss; then, leave the court by shouting "2 out" or "3 out" (when playing rotation). Put your paddles at the back in the basket and call out the names of the next players.

- Exit the court quickly and try not to step into adjacent courts. The adjacent game may be halted to avoid collisions and injuries. Players should exert patience and be courteous.
- When a ball landed on your court, do not randomly roll or kick or flick the ball out of your way; Pick up the ball and find out who's missing their ball. Make eye contact with that person before returning the ball to them.
- As frustrating as the game can be, never use foul language or denigrate another player; apologize immediately if something inappropriate slips out.
- If a line call is so close to call, the benefit of the doubt normally goes to the team where the ball landed, as they are much closer to have seen it. But, if the opposing team still contest, a replay is the best option.
- If you are not satisfied with anything, please contact Li-Ming, **NOT THE CITY**, to avoid the same unpleasant conflict we had last December.
- In case of absence, please let us know as soon as possible so as to give us the chance to find replacements to rebalance the courts for ultimate efficiency.