



Adult Pickleball League

2025 – 2026

CARROLLTON PICKLEBALL LEAGUE PLAYING RULES

Mission: To give Adult Athletes the opportunity to foster a fun, inclusive, and active community where players of all skill levels can enjoy the game of Pickleball. Through friendly competition, skill development, and social engagement, we aim to promote health, camaraderie, and a lifelong love for the sport.

The Pickleball League will be governed by the playing rules of USA Pickleball official guide and these following exceptions.

Website: www.cityofcarrollton.com/athletics

Email: athletics@cityofcarrollton.com or carl.martin@cityofcarrollton.com

Phone: 972-466-9837

EQUIPMENT

- Each team will provide their own t-shirts or jerseys.
- Shoes must be athletic style designed for use on indoor playing surfaces. No black soled "turf shoes" or open toed footwear may be worn at any time.
- Jewelry may be worn at any time during a game at players discretion.
- Official game ball, regulation net, scoring equipment, and officials will be provided by the Parks and Rec Department.

ROSTERS

- All players must be at least 18 years of age.
- Teams must have 2 players on their roster and can add a sub (not from another team).
- Additions to a roster must be done before games begin that week.
- Roster will be locked after the final week of the regular season. Players may not be added for playoffs.

SERVE REGULATIONS

- 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.

PLAYING RULES

- A grace period of 5 minutes will be allowed.
- All games will be won by two points, "USA Pickleball" scoring rules.
- After the serve, play continues until a rally is won either by someone hitting a winning shot or a "fault" is committed. A fault ends the rally. In pickleball, there are four basic fault types
 - The serve lands outside of the required service area or beyond the kitchen (including the line).
 - The ball lands out of bounds (behind the baseline or outside the sideline).
 - The ball hits the net and falls on your side.
 - The ball bounces twice on one side before the player can return it.
- An official match shall consist of three games. The first team to win two will be the winner of the match.
- All games will play to 11 points, win by 2 points (whichever comes first).
 - A team must win by 2 points.
 - On the third game, a team must win by 2 points.
- At the moment of the serve, all players except the server shall be within the team's playing area and have contact with boundary lines or center lines, but no part of the player's body may be outside those lines. When a side out is awarded to a team, that team shall rotate clockwise one position (front row rotates right, back row rotates left).
- In traditional pickleball scoring, you only win points on your serve, and you continue serving until you lose a rally. After winning each point on your serve, you switch sides (left and right) with your partner and serve to the other opponent.
- When your team loses a point, your teammate begins serving following the sequence described above until another point is lost by your team (the serving team). Once that happens, the serve "sides out" (switches) to the other team.
- **Substitutions:** Subs are for when one of the team's players cannot attend the game (due to illness, vacations, etc.).
- **Time outs:** Each team is limited to two 60 second time outs per match. The timeout will begin once recognized & acknowledged by both teams.

LEAGUE SEEDING

- In the case of a tie for award positions at the conclusion of the season, the following tie-breaker procedure will be used:
 - These tie breakers will be used to determine team standing:
 - Winning percentage
 - Head-to-head
 - Total point differential
 - Total points against
 - Lowest number of forfeits
 - Coin toss
- Teams will be removed from the league if they forfeit 3 games in a row or forfeit a total of 4 games in a season.
- Decision regarding removal of teams will be made by the Athletics Supervisor.

PLAYOFFS

- The top __ teams will be eligible for playoffs at the end of the regular season.
- Teams are seeded according to winning percentage of individual games.
- Seedings cannot be adjusted once the bracket is posted.
- Playoff games will be single elimination.
- Playoff brackets will be created at the end of the regular season and will be shared with team captains and at cityofcarrollton.com/athletics.
- Only players that are listed on the team roster and have played in at least ONE regular season game will be eligible to play in the playoffs. It is the captain's responsibility to make sure that the roster is correct BEFORE playoffs start.

UNSPORTSMANLIKE CONDUCT

- A player or spectator can be disqualified or ejected from a game for fighting; using profane or inappropriate language or obscene gestures; disrespectfully addressing, baiting, or taunting an opponent; or other behavior deemed to be unsportsmanlike by an athletic attendant or Carrollton Rec Center staff.
- Any player ejected from a game will be suspended for a minimum of one game.
- CPARD may take more severe action as unsportsmanlike conduct **WILL NOT** be tolerated by captains, players, or fans.
- Remember, part of our mission is to provide a safe, fun, & respectful environment for all participants in the league.

PROTESTS

- Protest must be filed in the following manner:

1. Must be filed before the game is over.
2. Notify the official and give details of the protest.
3. See that the official notifies the athletic attendant and that the protest is recorded.
4. On the first regular business day following the protested game, the Team Manager must submit the protest in writing to the Athletic office along with a \$25 protest fee. This is a cash only fee. If protest is upheld, the fee will be refunded.
5. Judgement calls are not a basis for protests.
6. Rule interpretation protests must be filed before the next play.
7. Player eligibility protest must be filed before the last minute of the game by the manager of the team opposing the alleged ineligible player. The Manager must complete numbers 3 and 4 above to complete the protest procedure.