

# WELCOME TO THE WINDING CYPRESS PICKLEBALL CLUB

*Promoting Positive Play For All*

## Availability and Hours of Play

The Winding Cypress pickleball courts are open to all Winding Cypress residents and their overnight houseguests. However, there are restricted Winding Cypress Pickleball Club (WCPC) hours, reserved for Club member play only. The WCPC club time for play is as follows:

Monday: 9-12 am      Tuesday: 6-9 pm      Wednesday 9 am to 10:30 am (Jan-March)  
Thursday 6-9 pm      Friday 4-6 pm      Saturday 9-12 pm

Non-club members and their day and overnight guests share the residents' rights. WCPC prime time hours apply to all Club players; any non-Club players are not allowed on the courts during Club hours.

Also see the Weekly Court Schedule on the HOA website for special group times and the Top Dog game schedule (released in Winter, Spring, and Fall). Top Dog games may take place during some club hours.

## Court Rules and Decorum

Play at your own risk.

Proper attire and footwear required for safety reasons. Shirts are required.

Residents responsible for the actions of their guests.

No pets, skateboards, or bicycles on courts.

If all courts are full, courtesy dictates that when your game is finished, you rotate off the court.

No rude, disparaging, defamatory or otherwise offensive comments of any kind are permitted.

No swearing, "trash talking", name calling, or sexually charged language is permitted.

Negative feedback, playing in a condescending or otherwise negative manner intended to intimidate or otherwise hurt any players feelings, or offensive body language is not permitted.

## WCPC Committee Contact Information

**Jackie Bossi**, *Club Chairman*: jaeh64@comcast.net

**Lynn Harwood**, *Club Vice Chairman*: mugshack@yahoo.com

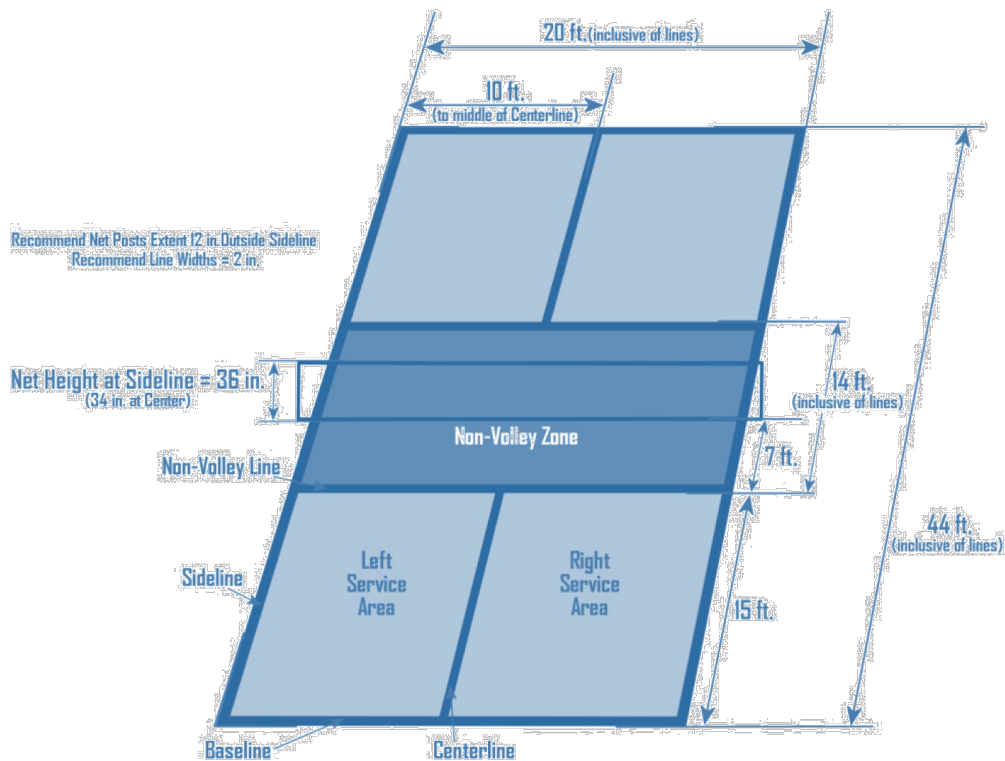
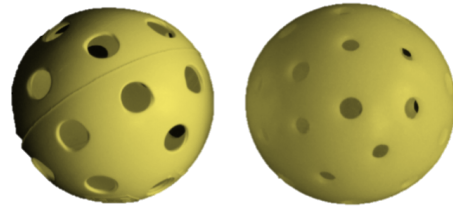
**Victor Katis**, *Club Treasurer*: katishouse@aol.com

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## Introduction and Overview of Pickleball

Pickleball is a simple paddle game played using a special perforated, slow-moving ball over a tennis-type net on a badminton-sized court. The ball is served underhand without bouncing it off the court or dropping straight down off the court and hitting underhand. Either serve style is hit diagonally to the opponent's service court. Points are scored by the serving side only and occur when the opponent faults (fails to return ball, hits ball out of bounds, etc.). The server continues to serve, alternating service courts, until server faults.



The balls pictured above indicate indoor and outdoor differences: the ball on the left is customarily used for indoor play and the ball pictured on the right is customarily used for outdoor play. However, all approved balls are acceptable for indoor or outdoor play.

## Summary of Pickleball Definitions

The following definitions, as set forth by the International Pickleball Association, apply:

**Carry** – Hitting the ball in such a way that it does not bounce away from the paddle but tends to be carried along on the face of the paddle during its forward motion.

**Cross-court** – The court diagonally opposite your court.

**Dead Ball** – A dead ball is declared after a fault. See *fault*.

**Dink Shot** – A soft shot that is intended to arc over the net and land within the non-volley zone.

**Double Bounce** – A ball that bounces more than once, on one side, before it is returned.

**Double Hit** – One side hitting the ball twice before it is returned over net. Double hits may occur by one player or could involve both players on a team.

**Drop Shot** – A groundstroke shot that falls short of the opponent's position.

**Drop Shot Volley** – A volley shot that is designed to "kill" the speed of the ball and return it short, near the net, to an opponent positioned at or near the baseline. This shot is especially effective when initiated close to the non-volley line.

**Groundstroke** – Hitting the ball after one bounce.

**Half Volley** – A groundstroke shot where the paddle contacts the ball immediately after it bounces from the court and before the ball rises to its potential height.

**Hinder** – Any element or occurrence that affects play. Examples: a stray ball that enters the court or people who disrupt play by walking across the court.

**Lob** – A shot that returns the ball as high and deep as possible, forcing the opposing side back to the baseline.

**Non-Volley Zone** – The section of court adjacent to the net in which you cannot volley the ball. It includes all lines surrounding the zone. The NVZ is only two dimensional and does not rise above the court surface. (revised April 20, 2015)

**Second Serve** – A term used to describe the condition when a serving team begins the game or subsequently loses the first of its two allocated serves.

**Overhead Slam/Smash** – A hard, overhand shot usually resulting from an opponent's lob, high return, or high bounce.

**Passing Shot** – A volley or groundstroke shot that is aimed at a distance from the player and is designed to prevent return of the ball (e.g., a line drive close to sideline).

**Permanent Object** – Any object near the court or hanging over the court that interferes with the flight of the ball. Permanent objects include the ceiling, walls, fencing, lighting fixtures, net posts, the stands and seats for spectators, the referee, line judges, spectators (when in their recognized positions) and all other objects around and above the court.

**Rally** – Continuous play that occurs after the serve and before a fault.

**Replays** – Any rallies that are replayed for any reason without the awarding of a point or a side out.

**Service Court** – The area on either side of the centerline, bounded by the non-volley line, the baseline, and the sideline. All lines are included in the service court except the non-volley line.

**Side Out** – Declared after one side loses its service and other side is awarded service.

**Technical Foul** – The referee is empowered to add one point to a player's score or a team's score when the opponent violates one of the rules calling for a technical foul or, in the referee's judgment, the opponent is being overly and deliberately abusive.

**Volley** – Hitting the ball in the air, during a rally, before the ball has a chance to bounce onto the court.

## General: Safety

People often view pickleball as “tennis lite” due to the small court size, slower ball and manageable paddle sizes. While it’s true that pickleball is easier on the body compared to tennis and most other racquet sports, it’s dangerous to presume that you can’t get injured at all playing the game. As with any sport, there are risks involved. Thankfully these problems can be minimized with proper precautions and self-care. Here are a few ways to ensure you stay safe so you can continue playing pickleball for a long time:

### Don’t rush for shots

You know how volleyball players will throw themselves into dramatic dives to return the ball? Don’t do that! Skinned knees, smacked elbows and possibly even broken bones are not worth saving a single point. While it’s understandable that you might be tempted to leap for a ball that’s *just* out of range, you don’t want to put off play for weeks on end because you pushed yourself too far.

Let the ball go instead of doing lasting damage to your body.

### Don’t run backwards during lobs

Like the point above, too many players end up scuttling backwards when they see a high shot and end up tripping over themselves. Take a moment to fully twist your hips to the side and let your feet point in the direction you’re moving. You can keep your eye on the ball, but if you feel yourself losing balance, take a moment to reacquaint yourself with your position on the court.

### Avoid pickleball elbow

In many cases, prevention is worth a pound of cure when it comes to [pickleball elbow](#). Choose a paddle that’s the right weight for you so you don’t strain your tendons, and don’t play so much that you put undue stress on your body. Properly warming up, stretching, wearing braces and adding some weightlifting into your exercise routine can also help prep yourself for play.

### Wear the right shoes

We recommend using a good tennis or volleyball [shoe for pickleball](#) depending on whether you’re playing outdoors or indoors.

Make sure you’re not wearing anything with slippery soles, so you don’t lose your balance on the court, nor anything too “grippy” so that you don’t trip over yourself during faster movements.

### Pay attention to your body

If you’re feeling tired, winded, dizzy or simply drained, give yourself a break! Pickleball games tend to be short and your partner and opponents will likely appreciate the rest period as well. Your health comes before play.

You may think it could never happen to you, but some players have experienced heart attacks after playing pickleball, and you should be wary of the warning signs. Pay attention for pressure in the chest, shortness of breath, lightheadedness and pain along the arms, back, neck and jaw.

## Communicate with other players

Especially if you're playing doubles, make sure you're calling "mine" or "yours" and have an established method for determining who goes after what ball. Talking to your partner will help you avoid accidental collisions, which can be as minor as a smacked hand or as dramatic as running into each other during a lob.

Don't be afraid to talk with your opponents, either. This can be particularly relevant if you're playing against more aggressive players.

Pickleball is safer than many sports, but you should still be cautious and ensure proper care of your body.

## General: Rules of Play and Technique

The International Federation of Pickleball "owns" the official Pickleball rules, which were adopted and updated from those set by the *USA Pickleball Association*. It's a good idea to keep up with those rules on the USAPA site at <https://www.usapa.org>. It's here that you'll find the latest revisions to the rules, as well as a 50+ page PDF with the full ruleset. Newer Pickleball players need not digest the full rule set until they have reached a proficiency close to that of tournament level players. Up to that point, one will do fine to understand a simplified set of rules such as these below. (Credit to the website ZPickleballFun.com for the original version of this.)

## Simplified WCPC Pickleball Rules

**A Game** is finished when one player or team reaches 11 points and is leading by at least two points. If the score is tied at 10-10, then the game continues until one player or team wins by two points. Players usually switch sides after each game.

NOTES: When the number of players at any given time is such that wait times for play exceed approximately 10 minutes, games can be played to a winning score of 7.

In situations where wind or sun are a deterring factor during play for one side of the court, players may change position with their opponents by switching to the opposite side of court at the half-score point of the game. In other words, if the sun is rising in the East and is shining in the eyes of the West-side players (or, similarly, wind is blowing in one direction to the detriment of one side of the court), players may switch sides of the court when one side reaches a score of 4 (when playing to 7) or 6 (when playing to 11) to give both sides an advantage against the sun/wind.

**Order of Play** procedure aims to give all players a fair and equal opportunity to play as many games as possible against players of all abilities, including helping players of lesser ability improve their game. WCPC promotes the following: at the end of a game, all 4 players come off the court. Players mix it up, as they wish, by putting their names in different boxes on the whiteboard. This gives players a chance to play with a variety of members, thus enhancing their game, improving their skills, promoting camaraderie and positive play, and ensuring the level of play stays varied and fun.

- As a general principle, **players of all abilities** follow the same sign-up procedures.
- All players must use the sign-up board for each game they play, using the same color marker pen. Please write clearly. If there is more than one person on the board with the same first name, both people should use the first letter of their last name also.
- Any player's name may only actively appear **once** on the sign-up board at any one time. In other words, a player's name may appear as crossed off based on games played but shall not be entered on the sign-up board more than once for un-played games.
- Players names may NOT be written on the sign-up board until player has exited the court after a completed game; additionally, player names may NOT be written or deleted by anyone but players themselves. **If a player's name appears on the sign-up board while that player is still playing on any court, that player's name will be deleted.**
- If, when a court becomes available and there are no additional players waiting to play, players coming off the court may be added to the board, if they wish, to make a foursome who then go on the court immediately.

Please remember that it is important for all players, when waiting their turn to play, to be aware of courts becoming available. If there are more courts available than total number of players wishing to play, there is no obligation to use the sign-up board unless and until the number of players meets, or exceeds, court availability.

Having finished a game, players should:

- Meet at the net and tap paddles ; Pick up the ball around the court; and
- Vacate the court quickly without disrupting play on adjacent courts.

**Serving** in Pickleball is like Volleyball; a team only scores points when serving.

### How to serve

Both feet must remain behind the baseline until after the ball is struck. The entire score must be called before the server begins his or her service motion, by calling the server's score first. The serve must be made with an underhand stroke (moving in an upward arc) so that contact with the ball is made below waist level while the paddle head is below the top of the wrist and must be made within 10 seconds of calling the score. The player may also drop the ball on to court (behind the back line) and hit serve in same underhand stroke as mentioned above.

The service motion begins with the server's arm movement initiating the swing, backward or forward, to contact the ball. A side-swing is not legal (straight across the body); paddle **MUST** move up in an underhand motion while serving.

The ball must be struck before it hits the playing surface and must land in the opposing side's crosscourt (serves are to the diagonal half of the opposite court, or the "service court". Serves must land beyond the "non-volley zone" near the net (a.k.a. the "kitchen") and inside or on the far baseline.

Prior to the start of the service motion, to determine the correct server and correct service court, the *servicing team* may ask the referee, if applicable, the score and ask, “Am I the correct server?” Players may not ask if they are in the correct position.

Prior to the start of the service motion, to determine the correct receiver and his or her position, the *receiving team* may ask the referee, if applicable, to confirm the score. Players may not ask if they are in the correct position.

NOTE: A person with a disability, such as having the use of only one arm, may bounce the ball before making the service motion.

## Serving in Doubles

The player on the right serves first and continues to serve while making points. THE FIRST SERVER of a new game, after failing to make a point, turns the serve over to the OTHER TEAM instead of his partner. Thereafter, both members of each team will have a service turn before the ball is turned over to the other team.

NOTE: On the first serve of a game, the first server is Server Two; in other words, this is the ONLY time during a game that a side only has one server. Upon losing the point, the ball immediately goes to the other side and not your partner – this is because the game *starts with Server Two* and not Server One.

**The Receiver** is the player diagonally opposite from the server. In doubles, this position corresponds to the player’s score and starting position. There is no restriction on the receiver’s position.

The “10-second rule” applies to both server and receiver, each of whom is allowed up to 10 seconds after the score is called to serve or be ready to receive. It is the server’s responsibility to look and be certain that the receiver is ready to receive serve.

When a point is scored, the serving team swaps sides on their court before their next serve. (The receiving team DOES NOT.) TIP for keeping track of the score: In doubles, your team's score is always even if you are serving on the side of the court you started the game on. Otherwise it's odd.

Server serves from the right when you have an even number of points; otherwise serve from the left. (Receiver positions to match.)

After a point is won, the maximum time allowed to switch sides during a game is 60 seconds.

**Non-Volley Zone (a.k.a. the "Kitchen"):** To volley a ball means to hit it in the air without letting it bounce. All volleying must be done with the player's feet behind the non-volley zone that's within 7 feet of the net. The zone marking line is part of the Kitchen. Making contact with the Kitchen during the act of hitting a volley (*including momentum after a volley*) is a fault and point or serve is lost. Contact includes feet, hands or other part of the body or paddle or clothing. If you are inside the Kitchen, you are not outside until BOTH feet touch outside the kitchen. Example: you step into the kitchen just before a ball is hit your way so you jump out - both feet must touch before you can volley back.

**Double Bounce Rule:** On the serve, the receiving team must play the ball off a bounce, AND THEN the other (serving) team must ALSO play that ball off a bounce. Volleys are then allowed after the two bounces have occurred.

**Playing the ball:** The ball may only bounce once per side. After the ball is hit by a player, it must travel to the other side of the net. The sideline and baseline are part of the playable court.

## Interference and Fault Rules

Per the USAPA Official Rule Handbook and the International Federation of Pickleball, a fault is any action that stops play because of a rule violation. A fault will be declared for the following:

### General

Any serve that touches a line, other than the kitchen line, is fair – even if it appears to be in the court directly opposite the server (non-diagonal court), and not fully in the crosscourt. However, if a serve lands entirely in the non-diagonal court and it NOT touching the line between the crosscourt and the non-diagonal court, it is considered a fault and the play moves to the next server.

If the serve clears the net and the receiver or the receiver's partner interferes with the flight of the ball on the serve, even if it appears it would be "out," it is a point for the serving team.

During the serve, when the ball is struck, the server's feet shall not:

- Touch the area outside the sideline;
- Touch the area outside the centerline;
- Touch the court, including the baseline.

### During the service, it is a fault if:

- The server misses the ball when trying to hit it; however, if the ball lands on the ground without the server swinging at the ball, it is not a fault.
- The served ball touches any permanent object before it hits the ground.
- The served ball touches the server or server's partner, or anything the server or the server's partner is wearing or holding.
- The serve clears the net or hits the net and then touches the receiver or the receiver's partner, it is a point for the serving team.
- The served ball lands on the non-volley line or within the non-volley zone.
- The served ball hits the net and lands on the non-volley line or inside the non-volley zone.
- The served ball lands outside the service court.
- The served ball hits the net and does not go over.
- The served ball hits the net and clears it, but lands outside the service court.
- The server swings the paddle with the intent of serving but misses the ball.
- The ball is volleyed (hit) before it has bounced once on each side.
- A player violates the kitchen during play (see section above entitled Non-Volley Zone (a.k.a. the "Kitchen")).



- Violation of a service rule (not hitting underhand, not being in the correct position, or a service fault where the ball either goes out of bounds or hits the net and falls into the Kitchen. See official USAPA rules for more definition of this section.)
- A player hits the ball with any part of his or her body, clothing, paddle, etc. There is one exception to this rule: if the ball strikes the player's paddle hand below the wrist, the ball is still in play. If the ball strikes a player standing out of bounds before a fault has occurred, that player loses the rally. In doubles, if the serve strikes the receiver's partner, it is a point for the serving team, providing it is not a let serve or a fault serve. This rule also includes balls that appear to be hit out of bounds: during play, if you catch the ball or try to stop it from heading out of bounds, you lose the rally.

Comment: If player is in the process of changing hands with both hands on the paddle or is attempting a two-handed stroke and either hand is hit below the wrist, then the ball is considered in play.

### *Dead Ball Rule*

A dead ball is declared after any action that stops play. A ball is not declared dead until it has bounced twice or has violated one of the fault rules as noted above. A hinder (fault, such as a ball on court from another game) called by the referee/line judge or player will result in a dead ball and a replay.

## **Informational Links and Info on Pickleball Supplies**

**Winding Cypress Pickleball Club's Website:** <https://wcpickleballclub8.wixsite.com/wcpc> (under revision)

**Winding Cypress Pickleball Club** on Facebook:

<https://www.facebook.com/windingcypresspickleballclub/?ref=bookmarks>

**USA Pickleball Association:** <https://www.usapa.org/>

### *For Supplies*

**Pickleball Central** [www.pickleballcentral.com](http://www.pickleballcentral.com)

Winding Cypress pickleball players get a 5% discount with coupon code **CRWCPC**

**Pickleball Pro Shop** (*You can try before you buy*) East Naples Community Park

Limited hours – see website for current hours - 3500 Thomason Drive, Naples 239-778-8194

**Pickleball & Tennis US** (*You can try before you buy*) - 25987 S. Tamiami Trail #104, Bonita Springs  
239-221-7147

**Dick's Sporting Goods** – 5995 Naples Blvd., Naples 239-325-6456

**PGA Superstore** – Naples Plaza, 2135 Tamiami Trail N, Naples, 239-384-6380

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