



# New Member Packet

## *Welcome to the Sun Lakes Pickleball Club Cottonwood*

Pickleball has nothing to do with pickles and everything to do with fun! As you can see from the smiling faces and hear from the laughter on the courts, pickleball is a fun and action-packed game for all ages. Join us for great exercise and friendly competition in one of America's fastest growing sports.

Chances are if you are reading this, you have already become a member. If not, please join us! We'd love to have you! Just go back to the Home page and click on Membership. There you'll find a tab for New Member Application. Just fill it out and submit your payment electronically.

Club membership is valid from April 1 through March 31 each year. In order to play pickleball during scheduled club time, you must:

- Attend an orientation and a lesson if it is determined to be needed.
- Read and abide by the Sun Lakes Pickleball Club Cottonwood Rules: safety, play rules, and etiquette. This information is included in this packet.

Wear a good pair of shoes with non-marking soles; this is a must. Sandals are not allowed, and court shoes are recommended. Good footwear is a preventative measure against falling and foot problems as one plays more often.

Safety is paramount. Always perform a stretching routine before you start. Keep hydrated. Do not go for balls you cannot get or have no chance of making a decent shot on! Do not run or walk backwards to get a ball that is over your head. Let it go or turn and run around the ball to take it on your forehand. Know your physical limitations and work up to longer playing times.

Rest between days you play when you start so your muscles have a chance to recover.

All players should make themselves familiar with the rules as developed by the USAPA and the IFP. The complete rule book may be found the USAPA website at [www.usapa.org](http://www.usapa.org).

When you are ready to buy a paddle, we suggest you ask players to try theirs. There are several types from wooden, composite, graphite to aluminum. Try different weights and different grips to see which you prefer. The lighter the paddle, the easier it is on the arm and thus less arm injury. However, you do have to swing harder outdoors and when you do this, you are giving up control of the ball.

Once you have completed the orientation session and have been rated as to which level you will start playing at, you may sign up on the club court reservation system to ensure a reservation for court playing time. This system is only for club playing hours; HOA playing time is handled in a different manner. Please refer to the signup board and instructions found courtside. There is a direct link on the club website which will permit you to sign up to play during club time.

If you find that you are not able to play in your reserved time, please be respectful of fellow club members and remove your name from the reservation as soon as possible. Do not sign up for a level other than your own.

Members are expected to follow certain procedures for safety and etiquette reasons:

- When entering a court, ensure that all four players are present and ready before opening gate. Be sure to move quickly through the court you have made stop playing.
- If crossing a court while entering, make sure that play has stopped, and other players are aware of your entering.
- While playing, if your ball is hit into another court, immediately make other court players aware of ball by yelling "Ball on Court".
- While playing, if a ball is hit onto your court, immediately stop play until the ball is removed from your playing court. If this occurs during a rally that rally shall be totally replayed with no penalty to either team.
- When departing the court, wait until all departing players are ready to leave and depart as a group. Be sure that play has stopped on the court being crossed and players are aware of your leaving. Be sure to move quickly through the court you have made stop playing.

The Club may offer training sessions on occasion. To become more familiar with the game, there are many good free videos with playing instructions online. Check out the Pickleball Channel for some excellent instructions.

Club meetings are held monthly November thru April on the first Thursday of the month in the Phoenix Room at Cottonwood. The meeting is scheduled to begin at 6:00 PM and generally runs for one hour. Please plan on attending and offering your voice in making this the best club possible. Meeting frequency and times may change due to club events and seasonal participation.

A club of this size has many activities and functions and needs volunteers. Please volunteer for a task or even so we can keep the club running smoothly.

***Most of all remember that this is a game: HAVE FUN!***



## CLUB RULES

### SUN LAKES PICKLEBALL CLUB COTTONWOOD

There are four pickleball courts located in Cottonwood that are owned and maintained by the Sun Lakes Homeowners Association 2 (HOA). The HOA has granted exclusive use of the courts to the SLPCC during certain times. These hours are subject to change according to HOA Board Policy. Please check the signboard next to the courts to confirm the hours. Exclusive Club time is on Mondays through Fridays as follows:

- Winter hours, October 1st through April 30th, 7:00 AM to 2:00 PM.
- Summer hours, May 1st through September 30th, 7:00 AM to 11:00 AM.

There will be times when courts are taken for purposes other than organized play. This time will have been approved by the SLPCC Board. This time may be for training new members, training current members, or outside pickleball league competition, as well as other events and play.

All applications to SLPCC will be made online, with payment being made through the payment portal.

New members must acknowledge that the Club waiver form has been read and agreed to by checking the appropriate box on the New Member Application on the online form. This must be done prior to taking lessons offered by the Club or participating in any club playing time.

Members must abide by HOA Board Policies and Rules, HOA Homeowners Code of Conduct, and SLPCC By-Laws and Rules. Abusive behavior by words and/or actions, such as berating, belittling, insulting or threatening, whether directed at or against others, is strictly prohibited. Sanctions may be taken against the member by the Club and/or the HOA. Any physical altercation will result in immediate suspension from the Club and could result in permanent expulsion.

Non-marking shoes are to be worn at all times on the pickleball courts. Proper apparel must be worn as specified in the HOA Policy.

Members must provide their own equipment, including pickleballs and paddles. During Club time, only pickleballs, paddles, and drinking water in one plastic water bottle with a closed, leak-proof top, are permitted be brought into the courts. Food, other drinks, bags, clothing, and other objects are not allowed on the fences or on the court surfaces within the perimeter fencing. Please use the hooks provided to hang your bags.

No guests are permitted to play during club time with one exception. This exception occurs in summer play when the 4.0 and up levels do not have enough players for games because so many leave for the summer. No other guests are allowed on the courts during Club play.

No guests are permitted to play in any event sponsored by SLPCC including but not limited to leagues, tournaments and socials. Guest Instructors may be invited by the Board to instruct and play with a specific level during club time.

The SLPCC roster, bulletin boards, and meetings shall not be used for any non-Club matter involving solicitations, sales or marketing purposes, or for any political or personal agendas. This applies to members as well as non-members. Use of this information will result in sanctions of the member or members.

The Club is an email-intensive Club and communications will be primarily conducted electronically from the Club to its members. Members are expected to check their emails for information provided by the Club. And be sure to check your spam or junk folders too!

Online sign-up instructions for organized play are given to each new member. Members must sign up individually online to play during Club organized play. Members who have signed up in the appropriate time and play slots on the SLPCC court scheduling system have priority on court play. Members who have not signed up may not play unless additional players are needed to make a foursome and he/she is asked to play. That player will play only one game and then leave the court and another player may be asked in.

No more than the maximum number of players as designed by the court scheduling system will be allowed on the court.

Members must sign themselves onto the online court scheduling system in their rated group time slot. Members can sign up online to play not more than one time per day and only in their same rated group time.

There are nine play levels in the Club, from 1.5 to 5.0. The defining characteristics and skill indicators of each level may be found at the end of this packet as well as on the USAPA website.

If a scheduled group does not occupy all four PB courts during their scheduled play time, other Club members, not to exceed 4 in number per vacant court, may play on any unoccupied court.

Unscheduled players cannot sign up on the internet during another scheduled group's time period until after 5:00 PM. the day before playing. The players playing in their assigned time block shall have priority regarding court usage. This is called the 5 o'clock rule and is in effect for the summer only. These unscheduled players must bring a foursome and not expect to play with the scheduled players.

If scheduled players arrive to play during their scheduled time period, then the non-scheduled players (those playing outside their assigned time) on the courts must yield the courts to the scheduled players, immediately, regardless of the number of scheduled group players.

If there are less than 4 scheduled group players on a court, they may ask non-scheduled Club members, who are present, to fill in to make a foursome. All of the scheduled players on that court must agree to the inclusion of the non-scheduled player. If a scheduled player appears, the non-scheduled player must vacate the court immediately.

If less than 4 scheduled players are on a court and a non-scheduled member asks to play with them, scheduled members must ask the non-scheduled member to play after all scheduled members have agreed.

All Club members must treat each other with respect, courtesy and dignity at all times. Any infractions of this rule will be reported to the SLPCC Board of Directors and the Board may choose to discipline the member.



## COURT RESERVATIONS SIGN UP

The New Member Training Coordinator or Chelsea Admin will register you with Chelsea, our court scheduling system. You will need a Member ID. If you gave us a Chelsea ID when you registered as a new member, it is your Member ID for Chelsea. If you didn't have one when you registered, we assigned you one and will provide it to you at your New Member Training session. If you forget it, it can always be found on the roster on the website. Your initial password is Pickle1, case sensitive, and you will use this when you sign on to Chelsea for the first time. If you are a golfer, you are already familiar with Chelsea as it is the same basic system. Be sure to change your password in My Profile to something you can easily remember when you sign in the first time.

To sign up for time, review the Court Schedule on the club website at [www.slpcc.net](http://www.slpcc.net) to see when your level plays. Then review the Chelsea User Manual on the club website. Once you have reviewed it, sign on to the system and review and update your profile, as directed in the User Manual. To make a reservation for playing, follow the directions in the User Manual. You can find the Court Schedule on the website under the tab Reservations and Schedule. It is also posted on the bulletin board, and it is on the Welcome page in Chelsea when you sign in.

Please ask someone for help if you have trouble with Chelsea. If you play golf, chances are you already know how to use it. Email [chelseacwpv@gmail.com](mailto:chelseacwpv@gmail.com) for support, documenting a little about your issue, and you will receive a call or email back.

- Please be considerate of other members. If you cannot play, please make sure you delete your name from the signup for that day. If you sign up in a slot that is full and you do not delete your name but decided not to play, you are depriving someone else of playing.
- If you do not sign up to play but show up at the court, you will be asked to leave if your presence means that a member that has signed up must sit out while you play.

**No member will sit out while someone who has not signed up plays.**  
**Infraction of this rule may result in disciplinary action.**



## BASIC RULES FOR PLAYING PICKLEBALL

The basic rules of the game include the following:

- The serve is made with an underhand stroke, contacting the ball below the waist before the ball hits the court surface.
- The serve is diagonal from one side of the court to the other where it must bounce before it is returned.
- The return must again bounce on the serving team's court before it is returned over the net.
- After the first two bounces, each side can choose to hit the ball in the air (volley) or let it bounce once.
- On each side of the net there is a 7' non-volley zone and players cannot enter this zone to hit the ball unless the ball first bounces.
- In doubles, one team member will serve and continue to serve until the team loses the rally. Then the other team serves until both players lose their serves. From this point on each player from both teams will serve before losing the serve to the other side.
- Each time the serving team wins a rally they score a point.
- The game is usually played to 11 points and the winning team must win by 2 points.

From [www.pickleballstuff.com](http://www.pickleballstuff.com)



## PICKLEBALL SERVING RULES

Team A is the first team serving. Team A can only commit one fault. That would be any kind of failure: failure to return the ball to the receiving team or hit it out of bounds. If a failure occurs, the serve goes to Team B. Thereafter, each team's player gets to serve until a fault occurs. Thus, Server 1 serves until a fault is made, then Server 2 serves until a fault is made, after which the serve goes back to the other team.

Each time there is a "side out", where both players have faulted, the serve goes to the other team. The player who is standing on the right side will serve first. This is Server 1 who continues to serve, switching sides with each point scored until a fault occurs. When Server 1 faults, the serving team does not switch sides. Now the partner serves and is Server 2 and continues to serve, switching sides with each point made until a fault is made. Now the serve goes back to the other team.

The purpose of announcing Server 1 or Server 2 after the score is to keep track of how many faults have occurred for the serving team so everyone will know if the next fault results in Server 2 serving or a side out.

It does not matter which number server you were in the previous side out. During play, the person standing in the right court when a team earns the side out and server is always known as Server 1.

The exception is at the beginning of the game when the first team serving only gets one fault before the serve is awarded to the other team. In this instance, the server will call Server 2 to indicate that once a fault occurs, the serve will go to the opposite team.

### ***Curious?***

What is a 'side-out'? Whenever the second serve on a team loses the point, the official will call "side out" meaning that their side is out, and the other team now serves. It has nothing to do with the sidelines.





## Scoring

- Points are scored only on the serve; the receiving side cannot score a point.
- At the start of the game, the player on the right side (even court) serves to the diagonally opposite court.
- If a point is scored, the server moves to the left side (odd court) and serves to the diagonally opposite court.
- Players on the serving side continue to move from the right to left or left to right each time a point is scored.
- Players on the serving team do not alternate sides unless a point is scored. The receiving side never alternates sides.
- The first server continues to serve until the serving team loses a rally by committing a fault; then the serve passes to the second server on the team. [See \* below for an exception]
- When the second server loses the serve, the serve goes to the other team and the player on the right serves first. That pattern continues throughout the game.

### Calling the Score:

- The score should be called as three numbers.
- Proper sequence for calling the score is: server score, receiver score, then the server number: 1 or 2.
- To start a match, the score will be called as: *zero – zero – two*. See why below under **First Server Exception!**

The server number (1 or 2) applies for **that** service turn only. Whoever is on the right side (depending on the score) when the team gets the serve back is the first server for that service turn only. The next time that the team gets the serve back, it might be the other player that is on the right and is therefore the first server for that service turn only. Beginning players often mistakenly assume that the player keeps the same server number throughout the game.

**First Server Exception:** To minimize the advantage of being the first team to serve in the game,

only one player, the one on the right side, gets to serve on the first service turn of the game. Since the serve goes to the other side when that player loses the serve, that player is designated as the second server. Therefore, at the start of the game, the score should be called, "0-0-2." The "2" indicates the second server and means that the serve goes to the other side when the serve is lost.

When a team's score is even, the player who served first in that game must be on the right (even) side of the court and on the left (odd) side when the score is odd. Or, expressed alternately, when the first server of that game is on the right side of the court, that team's score should be even. If this is not the case, then either the players are positioned on the wrong side of the court or the called score is inaccurate.

From [www.usapa.org](http://www.usapa.org)



## MOST IMPORTANT THINGS TO REMEMBER PLAYING PICKLEBALL

**Serve:** Get the first serve in PLAY! You only have one serve. Don't give away a free point.

Try to get the serve deep into the court. Don't leave the serve short. Ball **MUST** cross the non-volley line. **Not** on the line. Across!

**Return of Serve:** Get the ball back into play. Don't try for the winner. Most Important: get the ball back in play. Don't give away a free point. Try to return deep. And get yourself up to the non-volley line. Receiver's partner is responsible to call the ball out at the service line. Stand close to the service line to call this line.

**Server:** Wait till you know where the ball is being returned to on your court. Stay behind the service line until you know what direction the ball is being hit. Remember do not hedge up because the ball must bounce on the server side.

### TWO BOUNCE RULE.

1st bounce is on the receiver side

2nd bounce is on the server side

### FOLLOW THE BALL.

**WATCH** the ball. While you are hitting the ball you should be able to see yourself hit the ball. Keep eye contact while you are hitting the ball. Hit the ball out in front of you. Don't let the ball get behind you. Same goes for volleys and overhead shots. Keep the contact out in front of you. Move side to side with the ball. Once you are pulled out to the right or left try to move back to the center to get yourself back in balance.

### BE READY TO HIT EVERY SHOT.

Keep your hands and feet in a ready position. After every shot, be ready to hit the next one even if you think you have a winner.

### WHO CALLS IS IT ANYWAY?

To the Receiver: Ball lands on the right side line, receivers call

Ball lands on the center line or left side of center line, receivers call. Ball lands on the right side of center line, partner calls. In general, player on right will call balls landing on the right side line. Player on left will call balls landing on the left side line.

Base line calls should be made by the player closest to the ball.

Do not call an out ball from the other side of the court. You are NOT in a good position to call that ball out. If players on same team cannot agree, then the ball is good. There is no replay.

***MOST IMPORTANT- HAVE FUN, FUN, AND MORE FUN!***

# IFP Rating Descriptions

Revised November 1, 2012

**The IFP Rating System has been created to help describe differences in the various skill levels.**

Rating	Rating Description
1.0	<ul style="list-style-type: none"><li>• New and have only minimal knowledge of the game and the rules.</li></ul>
1.5	<ul style="list-style-type: none"><li>• Limited to some rallies.</li><li>• Learning how to serve.</li><li>• Developing a forehand.</li><li>• Fails to return easy balls frequently and occasionally misses the ball entirely.</li><li>• Played a few games and is learning the court lines, scoring, and some basic rules of the game.</li></ul>
2.0	<ul style="list-style-type: none"><li>• Sustains a short rally with players of equal ability.</li><li>• Demonstrating the basic shot strokes – forehand, backhand, volley, overhead and the serve, but has obvious weaknesses in most strokes.</li><li>• Familiar with court positioning in doubles play.</li></ul>
2.5	<ul style="list-style-type: none"><li>• Makes longer lasting slow-paced rallies.</li><li>• Makes most easy volleys and uses some backhands, but needs more work on developing shot strokes.</li><li>• Beginning to approach the non-volley zone to hit volleys.</li><li>• Aware of the “soft game.”</li><li>• Knowledge of the rules has improved.</li><li>• Court coverage is weak but improving.</li></ul>

3.0	<ul style="list-style-type: none"> <li>• More consistent on the serve and service return and when returning medium-paced balls.</li> <li>• Demonstrates improved skills with all the basic shot strokes and shot placement but lacks control when trying for direction, depth, or power on their shots.</li> <li>• Beginning to attempt lobs and dinks with little success and doesn't fully understand when and why they should be used.</li> </ul>
3.5	<ul style="list-style-type: none"> <li>• Demonstrates improved stroke dependability with directional control on most medium-paced balls and some faster-paced balls.</li> <li>• Demonstrates improved control when trying for direction, depth and power on their shots.</li> <li>• Needs to develop variety with their shots.</li> <li>• Exhibits some aggressive net play.</li> <li>• Beginning to anticipate opponent's shots.</li> <li>• Learning about the importance of strategy and teamwork in doubles.</li> </ul>
4.0	<ul style="list-style-type: none"> <li>• Consistent and dependable strokes, including directional control and depth on both forehand and backhand shots.</li> <li>• Reliable serves, lobs, overheads, approach shots and volleys and can use spin shots with some success.</li> <li>• Occasionally can force errors when serving.</li> <li>• Rallies may be lost due to impatience.</li> <li>• Uses the dink shot and drop shots to slow down or change the pace of the game.</li> <li>• Demonstrates 3<sup>rd</sup> shot strategies – drop shots, lobs, and fast-paced ground strokes.</li> <li>• Aggressive net play and teamwork in doubles is evident.</li> <li>• Fully understands the rules of the game and can play by them.</li> </ul>

4.5	<ul style="list-style-type: none"> <li>• Beginning to master the use of power and spin, can successfully execute all shots, can control the depth of their shots, and can handle pace.</li> <li>• Beginning to master the dink shots and drop shots and their importance to the game.</li> <li>• Beginning to master 3<sup>rd</sup> shot choices.</li> <li>• Displays sound footwork and moves well enough to get to the non-volley zone whenever required.</li> <li>• Understands strategy and can adjust style of play and game plan according to the opponent's strengths and weaknesses and court position.</li> <li>• Serves with power and accuracy and can also vary the speed and spin of the serve.</li> <li>• Understands the importance of "keeping the ball in play" and the effect of making errors.</li> <li>• Making good choices in shot selection.</li> <li>• Anticipates the opponent's shots resulting in good court positioning.</li> </ul>
5.0	<ul style="list-style-type: none"> <li>• Mastered all the skills – all shot types, touch, spin, serves, with control and can use them as weapons.</li> <li>• Excellent shot anticipation, extremely accurate shot placement and regularly hit winning shots.</li> <li>• Forces opponents into making errors by "keeping the ball in play."</li> <li>• Mastered the dink and drop shots.</li> <li>• Mastered the 3<sup>rd</sup> shot choices and strategies.</li> <li>• Uses soft shots, dinks and lobs to set up offensive situations.</li> <li>• Mastered pickleball strategies and can vary strategies and styles of play in competitive or tournament matches.</li> <li>• Dependable in stressful situations as in tournament match play.</li> <li>• Athletic ability, quickness, agility, and raw athleticism are also qualities that are sometimes what separates the top players from those near the top.</li> </ul>