

SAFE PLAY and COURT ETIQUETTE

1. Always have a good 8-10 minute warm-up before starting a game.
2. Avoid backpedaling! To retrieve a lob over your head either side shuffle or turn and run forward to catch up to it.
3. Proper court shoes are advised but any good quality runners with support and non-marking soles are fine.
4. Ball retrieval close to a fence, railing or wall should be discouraged.
5. Frequent hydration and fatigue avoidance should be encouraged. Know your limitations, play within yourself.
6. Calling “Ball on court” should be standard practice and a signal to stop play and return the errant ball to its proper court.
7. Crossing a court while play is engaged should be avoided until the rally is over.
8. An opponent’s skill level should be respected to avoid causing injury or embarrassment.
9. Safety, etiquette and common sense should be communicated to players regularly.
10. The goal of these guidelines is to keep everyone injury-free and enjoying the game!