



Pickleball Canada

*The fastest growing sport in North America
Le sport qui affiche la croissance la plus
rapide en Amérique du Nord*



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Send it in to:

gwgiffin@shaw.ca or de.griffin@sasktel.net

President's Message - Shirley Shepherd

PCO would like to thank our Ambassadors and enthusiastic players who have started new pickleball clubs and groups and held demos and clinics to teach new players all across Canada. Below are some more new clubs and groups:

St. Andrews Pickleball Club, New Brunswick
Clinton Pickleball Club, Ontario
St. Albert Pickleball Club, Alberta
Mountainside Pickleball Club, North Vancouver, BC

Comox Valley Pickleball Club, BC

Pickleball Canada awards Tournament Points to our members who were medal winners in PCO sanctioned tournaments.

Congratulations to all the top players for their great achievements in Canadian tournaments during 2014!! All these players should be very proud of their accomplishments. A complete list of player names and tournament points is published on page 2 & 3 in this newsletter.

Thank you all for your support of Pickleball Canada in 2014!

On behalf of the entire PCO Board, Best wishes and Season's Greetings to you all !!

2014 PCO Sanctioned Tournaments:

Mission Madness, Mission (FVP), B.C. Feb 8 Tier 4

Rosebowl, Rosedale, B.C (FVP). March 8-9 Tier 4

Walnut Grove Classic (FVP), Langley, B.C. May 16-17 Tier 4

Kelowna Open Tournament, Kelowna, B.C. June 14 Tier 3

Alberta Open Championship, Calgary, AB July 18 – 20 Tier 4

Pickleball Canada National Open Championship July 4-6, Tier 1

Nanaimo Pickleball Tournament, Nanaimo, B.C. July 25-27 Tier 4

Peachland Pickleball Tournament, Peachland, B.C. Aug 23-24 Tier 4

Parkland Pickleball Sept Smash, Spruce Grove, AB Sept 6-7 Tier 4

Pacific Pickleball Palooza (FVP), Surrey, BC Nov 22-23 Tier 3

2014 Tournament Point Earners

McKimmon, Andrew	6400	Kim, Jaewon	1000	Sivetz, Brook	400
Chou, Fion	5200	Renfrew, Karen	1000	Reid, Christine	400
Sawatsky, Karen	4100	Newman, Peter	1000	Pool, Claire	400
Stern, Nancy	4000	Griffin, Gordon	900	Windblad, D'arcy	400
Lerner, Elaine	3400	Tran, Anh	800	Charlton, Dale	400
Choy, Magdalene	2800	Lam, Brian	800	Clark, David	400
Jankowiak, Marco	2700	Zhekhovskiy, Denis	800	Smith, Eva	400
Welch, Terri	2700	Ross, Doug	800	Oakes, Faye	400
Lam, Brian	2600	Cloutier, Frank	800	Kraemer, Geof	400
Franz, Ken	2500	Lum, Gary	800	Loewen, Geri	400
Parkes, Brian	2400	Franz, Ken	800	Chen, Jackson	400
Meakin, Roberta	2300	Buckler, Lin	800	Yoo, Jai ik	400
Jmaeff, Dan	2200	Owen, Pauline	800	Lindenbach, Jay	400
Parobec, Maurice	2100	Lawrence, Shelley	800	Robertson, John	400
Jmaeff, Brenda	2000	Mah, Tim	800	Schulz, Manfred	400
Scorgie, Jim	2000	Beechinor, Todd	800	McInnes, Marjorie	400
Savoy, John	2000	Windt, Tom	800	Hutchings, Mark	400
Zhekhovskaya, Luba	2000	McQueen, Bob	700	Lee, Merrie	400
Moore, Sharon	2000	North, Danae	700	Schwarz, Mike	400
Beechinor, Lori	1900	Sherrin, Darrell	700	Postler, Milda	400
Orcutt, Teresa	1800	Burke, Ed	700	Agassiz, Nancy	400
Ulis, David	1700	Treichel, Ernest	700	Legree, Paul	400
Saunders, Jim	1700	Walker, Gordon	700	Bruhn, Rick	400
Dana, Mark	1700	Larsen, Jacob	700	Juan, Ron	400
McCallum, Anne	1600	Bateman, Leslie	700	Simpson, Roxy	400
Brar, Binu	1600	Beynon, Mark	700	Brittain, Samuel	400
Dimery, Doug	1600	Timbers, Ray	700	Edwards, Shirley	400
Brown, Linda	1600	Penner, Ben	600	Bryde, Ted	400
Saunders, Terry	1600	Meerkerk, Henry	600	England, Terry	400
Dallas, Mary	1500	McKinley, Richard	600	Idan, Zer	400
Ames, Tim	1500	Priebe, Ross	600	Pitcher, Dee	300
Gibbon, Bonnie	1400	Lehman, SJ	600	Bellis, Mike	300
Kusch, John	1400	Pitcher, Trudy	600	Wood, Mike	300
Heinrich, Karen	1400	Brittain, Grant	500	Khan, Patricia	300
Darvill, Peter	1300	Brittain, Isaiah	500	Pitcher, Ronnie	300
Drake, Cookie	1200	Ingwersen, Kas	500	Huh, Aaron	200
Hun, Kim	1200	McWilliam, Margie	500	Cloete, Adele	200
Latray, Brayden	1100	Khan, Matt	500	Gendron, Alex	200
Yeo, Cheng-Lok	1100	Rostak, Ryan	500	Bissonette, Barry	200
Bell, John	1100	Bakogeorge, Andy	400	Manansala, Brendan	200
Yoram, Zer	1100	Chang, Ashley	400	Gaudet, Brian	200
Cho, Glenn	1000	Craig, Bev	400	Anthony, David	200
Young, Gordon	1000	Borys, Bill	400	Fuhrman, Dennis	200

Giang, Ester	200	McGechaen, Roy	200	Toth, Janie	100
Kaatz, Evelyn	200	Milliken, Sandy	200	Reimer, Jerry	100
Latray, Gene	200	Kraemer, Sharon	200	Baloun, John	100
Bhauruth, Vince	200	Fosbery, Sue	200	Rudance, Keith	100
Boris, Jim	200	Randhawa, Sukhbir	200	Fosbery, Pat	100
Murden, Jim D	200	Porteous, Wendy	200	Thomson, Pat	100
Toolsie, Joey	200	Bergen, Wes	200	Morgan, Phil	100
Joubble, Joginder	200	Orcutt, William	200	Adams, Rick	100
Nigh, Jon	200	Hu, Wilson	200	Oakes, Rick	100
Strumecki, Lorne	200	Athukorla, Yasan	200	Forde, Rob	100
Hoodicoff, Lorraine	200	Reid, Bill	100	Piper, Scott	100
Simpson, Lyle (Glh)	200	Stoffberg, Bob	100	Mcdivitt, Shirley	100
Billan, Mani	200	Campbell, Colin	100	Rothenberg, Steven	100
Tamblyn, Marilyn	200	Cudlipp, Dave	100	Priebe, Valerie	100
Johnson, May	200	Thompson, Dawne	100		
Shepherd, Mike	200	Holley, Deborah	100		
Tuet, Nelson	200	Albert, Doris	100		
Hollo, Pamela (Pam)	200	Morrison, Frank	100		
Hawkins, Patricia	200	Ha, Jane	100		

Canadian Wins Big at USAPA Nationals VI



Sun City Festival, Buckeye, AZ 11/02/14 - 11/09/14 attracted nearly 700 of the top pickleball players in the world to compete for medals in the age-group categories and awards and prize money in open competition. Congratulations to all the top players! Top Canadian players Luba Zhekhovskaya (Surrey, BC) won 3 Gold medals (Mixed Doubles 50+, Senior Open Mixed Doubles, Senior Open Women's Doubles) and a Silver medal (Women's Singles 50+) and Brenda Jmaeff (Kelowna, BC) won a Bronze medal (Women's Doubles 60+).



Top PCO Tournament Point Earners 2013

Follow this page to read the profiles of PCO tournament point earners



This month Pickleball Canada Organization would like to showcase , **Bud & Pierrette Hebner** who have earned 1600 tournament points each in 2013



Bud & Pierrette Hebner

Little Current, Ontario

In our youth, we played competitive badminton in Ontario. We became a couple and badminton was a large part of our life, playing 5-6 times a week. In the early 1970's we were mixed champions in Northern Ontario. We married in 1974, had 3 children and careers moved us to small Northern Ontario towns where we introduced and coached badminton in our communities. It continued to be our way of life for ourselves and our children but over the years, other family commitments and issues drifted us away from the sport.

We retired in a small community, Little Current, Ontario on the North Shore of Lake Huron, Manitoulin Island (world's largest fresh water island). Neighbours of ours, David and Helen Hall, pickleball ambassadors, were attempting to get pickleball started up in our community and invited us to come out and play pickleball. Not knowing what to expect, we had a blast and became addicted immediately! With our badminton background it was an easy transition and even brought us back to our younger days, the only difference is that all the players are much older.

In Little Current, we play indoors in a curling rink during spring, summer and fall before the ice is set for curling. There are many challenges playing on a curling rink because the floor is cement, although cool in the summer, it is quite cold in the fall as the community ice arena is next to our courts. It is not unusual to find players actually dressed in winters coats, vests and gloves at this time. We have 17 club members who are all registered with the Ontario Pickleball Association. Some players are competitive and some are beginners but we are all in it to have fun, socialize and get some exercise while we're at it. Our club has a system of timed matches and random selection of a different partner for every match. Being a small organization it is a win win situation for all as it gives all players a chance to challenge each other. Our club welcomes visitors, families and friends. Seeing that we are situated on the North Channel of Lake Huron, we also have a number of boaters passing

through who join us at times in the summer. We play 3 times a week for 3 hours and of course, we have various socials afterwards.

We've never had formal coaching. Our skills are mostly self-taught by watching videos, playing better players, practicing various drills and experiences learned at tournaments. We are always looking to improve our play any way we can.

Living in Northern Ontario makes it a challenge to play in tournaments because they are all in Southern Ontario or Northern US states. Travelling up to 8 hours three times plus each summer & fall is nothing out of the ordinary for us.

In our first Ontario Provincial Tournament in 2012, we lost every single game we played. We learned from that experience and in our second Ontario Provincial Tournament in 2013, we surprised ourselves and actually won the GOLD in the under 60 category and in 2014 SILVER in the under 65 category.

Since our retirement in 2012, we have become Snowbirds in Winter Haven

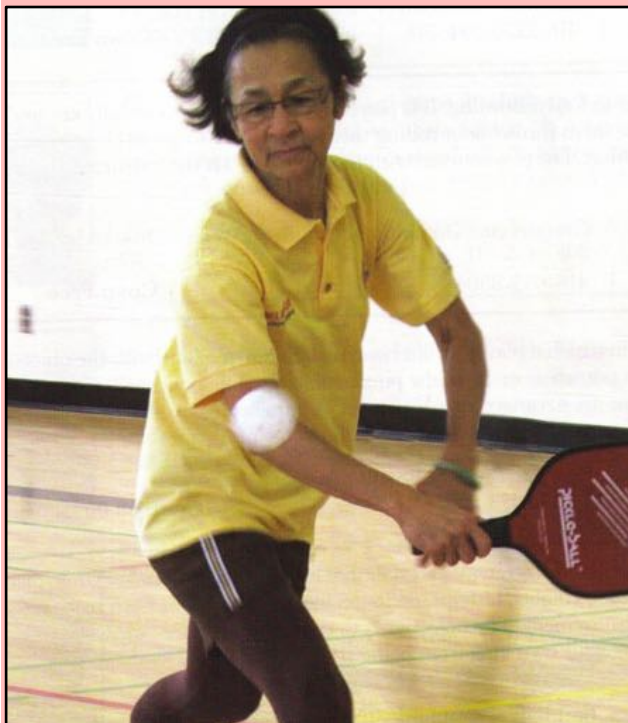
Florida. In searching the internet, we've found great places to play in Central Florida and have been able to connect with upcoming tournaments. We live in a small retirement community with only 1 small pickleball/tennis court. We introduced the sport at Winter Haven Oaks and since then, the park managers allowed us to paint pickleball lines on the tennis court once they realized that interest was growing in the park. We will be working on them to get a second court painted up. Ontario friends in the park that we introduced the game to, enjoyed the sport so much that they brought it back to their home town of Kingsville, Ontario and they now have 78 members.

We promote pickleball as much as we can and belong to the Pickleball Association of Ontario, Canadian Pickleball Association, and United States of America Pickleball Association

Pickleball is a great way of keeping healthy and active in our retirement and even better yet, we are having so much fun at it with socializing and meeting people from all over North America.



PCO Salutes Volunteers



Merrie Lee

I was born and raised in Georgetown, British Guiana now known as Guyana.

I have loved sports for as long as I can remember. In High School I played Netball, Field Hockey, Lawn Tennis and Table Tennis. In university I learnt to play Badminton and now I have added Pickleball.

My athletic efforts have earned me a few rewards. I had the honour of being named Sportswoman of the year in my Freshman year at university. Starting in 2003 to the present I have competed in the Ontario and Canada Senior Games playing badminton with much success including representing Canada at the US Senior Nationals in Houston.

Toronto Canada became home in 1974. Raising my family did not leave much time for sport. However, as time passed I began playing badminton again. One evening whilst playing badminton at a Community Centre a fellow player came in and said, 'Merrie, I

have found a new game which you will absolutely love'. We lowered one of the Badminton nets and he proceeded to teach us the rudiments of the game. That was my introduction to Pickleball. Thank You Dennis Carter.

There are not many places in Toronto to play Pickleball in the evening so for the first 2 years my play time was limited to 1 day a week. As an independent IT consultant I had the privilege of arranging my work schedule to accommodate play time. Retirement in 2013 and being able to play during the day opened the door for me to play more often and with the help and support of many wonderful people I have been able to improve my game to where I am today.

Pickleball was included in the Ontario Senior Games in the summer of 2010. That was the start of more Pickleball tournaments in Toronto and surrounding areas. I try to play in as many tournaments as possible for the joy of learning from others. This year I ventured further afield and it was my pleasure to be a part of the Nationals in Abbotsford.

I enjoy helping to teach Pickleball and promote the game to anyone who will listen. I have been invited into schools to teach students the game, am an ambassador for North York and currently am on the board of Pickleball Canada. I encourage others to play the game whether it be for recreation or competition.

I hope to continue playing sport for many years to come and most importantly, wish to thank my family and friends for always supporting me. *Submitted by Merrie Lee*

At publication time we have just learned that Merrie Lee will be the Tournament Director for the **2015 Pickleball Canada National Eastern Open Championship**.

Upcoming Tournaments

Vernon Pickleball Club Indoor Charity Tournament

Saturday, March 28, 2015

At Priest Valley Gym, 3310 37th Ave, Vernon, BC



Vernon Pickleball Club has chosen to support the Vernon Hospice House and the Cancer Society in a Women's, Men's and Mixed Doubles Tournament.

Schedule: Women's and Men's Doubles in the morning. Mixed Doubles in the afternoon. Registration forms and tournament details to follow. Inquiries contact: vernonpickleballclub@gmail.com Cheri, Vernon Pickleball Club 250 545-5864

Nanaimo Pickleball Tournament, Nanaimo, B.C.

May 1, 2 and 3, 2015.

Mens and ladies singles, doubles and mixed doubles.

This will be a ranked tournament. <http://nanaimopickleball.org>



Pickleball Kelowna Spring Tournament

Saturday, May 9, 2015

Location: Kelowna School Gym



Name of Tournament Directors: Dale Charlton, Ray Timbers & Gilbert Guenette
email address: DCharlton@sinclair dental.com <DCharlton@sinclair dental.com>

Phone: 250-878-8791

IFP rules Apply



2015 Pickleball Canada National Eastern Open Championship to be held in the Manulife Financial Sportsplex and Healthy Living Centre at RIM Park in Waterloo, Ontario on July 10th, 11th and 12th, 2015.



2015 Pickleball Canada National Western Open Tournament to be held in Kelowna, B.C. on July 10th, 11th and 12th, 2015.

Any player or group who would like to have their tournament advertised, please send request to: Denise at de.griffin@sasktel.net

Live Healthy - Play Healthy

Ed Burke, PCO Director from Kelowna, requested that this valuable information be shared with our readers. Ed has been taking part in "coaching" classes of a different sort for the last several months, from COACH. the Central Okanagan Association for Cardiac Health. Thanks Ed and see you back on pickleball courts soon!

Sodium Intake in Canada & How to Reduce Sodium Intake

Canadians eat about 3400 mg of sodium each day. This is more than double the amount we need! Although sodium is an essential nutrient, our bodies need only a small amount to be healthy. Too much can lead to a variety of health conditions, including:

- ☐ high blood pressure (hypertension)
- ☐ Vascular and cardiac cell damage
- ☐ Heart disease and stroke
- ☐ Kidney disease
- ☐ Detrimental effects of calcium and bone metabolism
- ☐ Severity of asthma

Benefits of Reduction

High sodium intake has been shown to significantly increase the risk of cardiovascular disease and stroke. Dietary sodium

reduction is an efficient way to reduce the risks. In Canada, it has been estimated that if the average sodium intake is decreased by 1840mg a day, high blood pressure prevalence would decrease by 30%. This would result in approximately one million fewer Canadians with high blood pressure and annual cost savings of \$430 million due to fewer physician visits, laboratory tests and medication. This reduction would also prevent an estimated 23,500 cardiovascular disease events per year in Canada—a decrease 13% over current numbers, with an additional \$949 million annually in savings.

How to Reduce Sodium in your Diet

- ☐ Cook with herbs, spices, fruit juices and vinegars for flavor
- ☐ Remove table salt from the kitchen
- ☐ Read the nutrient labels at the grocery store and opt for low-sodium options
- ☐ Avoid canned soups and vegetables, use fresh or frozen
- ☐ Avoid processed foods, deli meats and high sodium condiments
- ☐ When eating out, ask for your food to be prepared with little or no salt. Request your dressing and sauces "on the side"

Adapted from P Strazzulo et al., 2009



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the strangest name!

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Pickleball News Coast to Coast

Fraser Valley Pickleball Celebrates 1st Year Anniversary

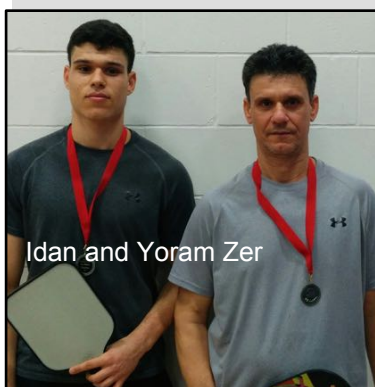
November marked the 1 year anniversary of the formation of the Fraser Valley Pickleball Tournament Committee. We celebrated our anniversary with the 4th and most successful tournament, **Pickleball Palooza**. Pickleball Palooza, was held November 22-23 at the Pacific Academy in Surrey, BC and recorded our highest number of registrants for a tournament - a whopping 132 players!

The tournament was a PCO sanctioned, Tier 3, skill level event, with players travelling from Vancouver Island, the Lower Mainland, USA and the Fraser Valley. Our Tournament Director, Marco Jankowiak and Draw Master, Andrew McKimmon used the USAPA registration and tournament package to organize the tournament. Fraser Valley Pickleball is maturing and providing players with the opportunity to gain valuable experience in competitive pickleball following PCO, USAPA and IFP, the International Federation of Pickleball rules.

Fraser Valley Pickleball has several tournaments planned for 2015. Check our web page for dates and plan to join us. Committee members: Marco Jankowiak, Andrew McKimmon, Gene Latray, Grant Brittain, Geri Loewen, Bob Stoffberg, Denise and Gordon Griffin.

Pickleball Palooza Results

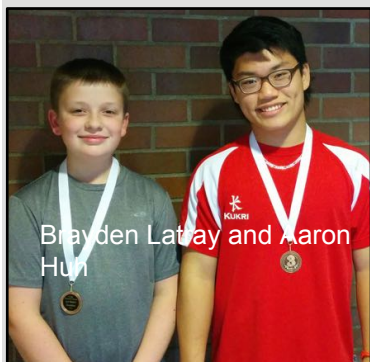
Mens Doubles	Gold	Silver	Bronze
3.0	Gordon Walker - Bob McQueen	Jaewon Kim - Jai ik Yoo	Brayden Latray - Aaron Huh
3.5	Gordon Griffin - Jacob Larsen	Yoram Zer-Idan Zer	Nelson Tuet-Wilson Hu
4.0	John Bell - Tim Ames	Richard McKinley - Grant Brittain	Mani Billan - Sukhi Randhawa
4.5+	Marco Jankowiak - Andrew McKimmon	Ron Juan - Jackson Chen	Ryan Rostek - Binu Brar
Mixed Doubles	Gold	Silver	Bronze
3.0	Leslie Bateman - Brayden Latray	Eva Smith - Bill Borys	Sandy Milliken - Jaewon Kim
3.5	Danae North - Yoram Zer	Marjorie McInnes - Rick Bruhn	Esther Giang - Brendan Manansala
4.0	Lori Beechinor - Todd Beechinor	Kas Ingwersen - Tom Windt	Shelley Lawrence - John Bell
4.5+	Theresa Orcutt - Andrew McKimmon	Fion Chou - Mark Dana	Magdalene Choy - Brian Lam
Womens Doubles	Gold	Silver	Bronze
3.0	Leslie Bateman - Sandy Milliken	Lindsay Boyko - Sandy Jones	Jeni Lewandowski - Heidi Baloun
3.5	Beverly De Haitre - Jan Bergen	Valerie Priebe - Lori Vance	Beryl Kusch - Patricia Khan
4.0, 4.5	Elaine Lerner - Fion Chou	Terri Welch - Magdalene Choy	Milda Postler - Brenda Martel



Idan and Yoram Zer

Truly a Sport for All Ages

Tournament play at the Pickleball Palooza in Surrey, BC included many teams with young players and some who were successful medal winners. There were 8 players under the age of 30. Some teams included a parent and son or daughter, like Jim and Rebecca Murden (No picture) and Idan and Yoram Zer. Idan and Yoram Zer won a silver medal in the Men's Doubles 3.5.



Brayden Latray and Aaron Huh

Other teams were made up of 2 pickleball pals, for example, Brayden Latray and Aaron Huh or Kim Jaewon and Jai ik Yoo. Brayden and Aaron won a bronze medal in the Men's Doubles 3.0. Kim and Jai won a silver medal in the Men's Doubles 3.0. Then Brayden went on to win a gold medal with Leslie Bateman (no picture) in the Mixed Doubles 3.0 and Kim went on to win a bronze medal with Sandy Milliken in the Mixed Doubles

3.0.

One team was a last minute pairing of a 17 year old and a 68 year old due to a cancellation. Jakob Larsen and Gord Griffin ended up with a gold medal in the Men's Doubles 3.5.

Two amazing young players Esther Giang and Brendan Manansala, who have just taken up the sport of pickleball recently, paired up to win a bronze medal in the Mixed Doubles 3.5

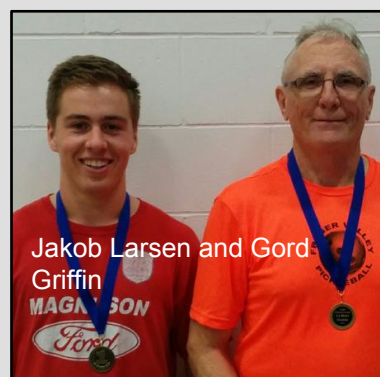
Everyone couldn't be a medal winner in this tournament, but these young players are the up and coming winners and the future of competitive pickleball play in Canada. Fraser Valley Pickleball and Pickleball Canada support and salute youth!



Kim Jaewon and Jai ik Yoo



Esther Giang and Brendan Manansala



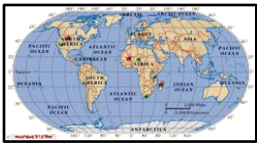
Jakob Larsen and Gord Griffin



**2015 55+ B.C. Senior Games North
Vancouver, August
25th – 29th, 2015**



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Pickleball Around the World



VIVA SPAIN PICKLEBALL TOURS

the 2015 dates.

I'm in Spain and making some good progress promoting pickleball. I wanted to let you know that we recently

finished the September Spain Pickleball Tours and had a great time so I've decided to keep them going in 2015. The following are

Join Us on a 9-day Pickleball Tour to Spain

Experience a behind-the-scenes look into Spain's rich history and culture combined with a chance to play pickleball with the locals almost every day of the tour.

4 Tours Scheduled for 2015

May 19-27
2015

June 4-12
2015

June 19-27
2015

September 19-27
2015

Check-out the Web site and view photos and video from 2014

www.vivapickleballtours.com

2ND ALL INDIA PICKLEBALL ASSOCIATION NATIONAL INDOOR TOURNAMENT

At Andheri Sports Complex, J.P. Road, Andheri (West), Mumbai - 400 058
on December 13/14, 2014 - 8:00 am-8:00pm.

10 State Teams participating, play in accordance with IFP Rules

...If you will be in Mumbai during this tournament time you are very welcome to enter...

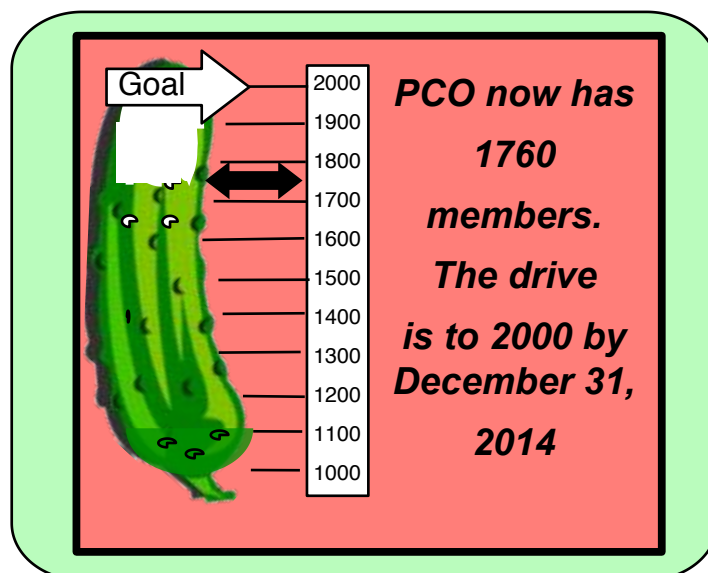
Over the last 7 years AIPA has conducted 1000+ promotional events across India. With a mission to make India *fit*.

AIPA has been awarded income tax benefits under section 80G of the Income Tax Act. AIPA is active in guiding and coordination for about 200 tournaments at district and state levels. After tremendous efforts and persistence, Pickleball is now recognized by the Directorate of Sports and Youth Services, Government of Maharashtra.

The successful First national tournament was held in December 2013 at Mumbai.

PCO Area Ambassador Powell River, B.C.

We are very pleased to announce that Rheal Leon has been appointed as Pickleball Canada's Area Ambassador for Powell River, B.C. effective December 8, 2014. Powell River is a small community that is isolated by 2 ferry rides from Vancouver. The pickleball group has been playing for about a year and a half and they now get up to 30 people coming out to play 3 times a week. They have 4 indoor and 2 outdoor courts. They are all self taught by watching videos and reading. Thank you Rheal for promoting Pickleball in Powell River.



Please re-new or join PICKLEBALL CANADA

Membership application form is available on the web site. Completed form and payment can be

PICKLEBALL CANADA ORGANIZATION
10823 – 82 AVENUE, EDMONTON, ALBERTA, T6E 2B2

MEMBERSHIP RATES FOR PICKLEBALL CANADA

New/re-new membership rates are:

One year \$12.00
Three years \$32.00
Five years \$50.00

Club Group Rates available (20 members min.), contact: president@pickleballcanada.org

Your Board Of Directors

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dwshepherd@shaw.ca
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AB - Linda Dane ldane@daneco.com
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shirleyshepherd@shaw.ca
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 NB - Raymond Doiron info@pickleballnb.ca
 PEI - Garth Matthews g.matthews@hotmail.com
 NS - Patsy & Steve Simon
psimon@staff.ednet.ns.ca

Question: Is it a fault if I am accidentally hit



by the ball or if I catch the ball if I think it's going out of bounds?

It is a fault if the ball in play strikes a player or anything

the player is wearing or carrying. 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.



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