



HELLO! Pickleball Brackets

Pickleball Canada entered into an agreement with **Pickleball Brackets**, (PB) located in Buffalo, NY, for preferred pricing on software solutions for affiliated clubs and organizations in Canada. Pickleball clubs can now take advantage of the ratings engine software, as well as tournament, league & ladder solutions available. Read up on how these solutions update ratings, including the Canadian Tournament Player Rating (CTPR)

Becoming an affiliated club, gives you easy and affordable access to this software and a great way to start tracking your results.

Check out the information on the 'CLUBS' tab on Pickleball Manitoba's website. For more information and assistance setting up a ladder league in **Pickleball Brackets** contact ratings@pickleballcanada.org

NATIONAL COACHING CERTIFICATION Program ...With Tennis Canada

As reported in last newsletter, **Mark Renneson** has joined TPA to lead a combined initiative between Tennis Canada & Pickleball Canada. The emerging program will provide excellent coaches, and as a result, excellent coaching for new and existing Canadian pickleball players for years to come.

At year end, we were advised that the pandemic has unfortunately, paused the course schedule rollout.

Stay tuned. We'll post on FB and <https://pickleballcanada.org/club/PMI>



Pickleball Canada's NATIONAL TOURNAMENT in 2021— More Manitobans excel in Red Deer

We shared news of some impressive results on the national stage in Red Deer last summer. These **Manitoba athletes** also made the trip and had impressive results on the national stage in Red Deer.



the national stage in Red Deer.



We'd like to congratulate and celebrate the following:

- **Naveed Butt** & Javier Ruiz, received **bronze** in the Men's Doubles 4.5 (17-49 division).

- The above duo also received **gold** in the Men's Doubles 4.5 (35-49 division)

-**Ron Cheksoky** won **silver** in the Men's Doubles 3.5 (70+ division), with Dennis McCaffrey from Kenora



-A medal winner who prefers no fanfare, also came away with a **bronze** medal result in the Men's Singles 3.0 (10-49 division)

PICKLEBALL ETIQUETTE: We received a request to share some pickleball line-calling etiquette, however, when we set out to do just that, imagine our entertainment when we find that etiquette is, by definition - **"The unwritten rules of conduct that performers should abide by"**, and here we are, trying to write them. (Oh, this is going to be tricky ☺) However, there is value in sharing some common tips, and anything is 'Goog-able', so in the spirit of keeping the game fun and avoiding conflict about line calls here are some (not all) tips:

1. All players should follow a code of ethics that involves fair line calls at all times. Don't argue
2. Balls should be called out of bounds, only if clearly seen. If there is any doubt, the call goes in favour of your opponent.
3. If one player calls the ball out and his partner calls it in, the ball is in. If neither player can call the ball in or out, the ball is in.
4. You may ask your opponents to make the call, but if you do - accept it. If they can't make the call either, the ball is in.
5. Make the call with a clear 'out' hand motion or with a loud 'out' call. Even better, do both.
6. The out call must be made quickly - before the ball is returned by the opponent.
7. The rules allow a player to communicate to his partner by yelling "out" before the ball bounces if there is a possibility of the ball going out of bounds. If the ball lands out of bounds, a player should confirm the call to his opponents.
8. Do not question opponents' calls on their side of the net.
9. If the opponents play a ball you thought to be out, the rally continues. Do not stop play based on an opponent's mistake.
10. Spectators should not be asked about a line call, nor should spectator line calls be accepted (or offered).

The short story - just reset and play the game. Make the right call on your side of the net and trust that your opponents will do the same. Please don't allow a difference of opinion, to impact your attitude toward the game. Keep in mind, folks could be playing for fun, social contact, exercise or competition. There is a group out there that wants to play the same 'game' you do!



****FEATURE ARTICLE****

COMMON PICKLEBALL INJURIES

Not surprisingly, common injuries experienced by pickleball players are similar to those reported in other racquet sports such as badminton, squash, racquetball and tennis. These include both chronic "overuse" types of conditions and acute injuries.

A recent study of pickleball and tennis-related injuries treated in American emergency departments from 2010-2019 found that the most common diagnoses for athletes 60 years of age and older were the same for the two sports.¹

For pickleball players, 33% of injuries were joint sprains/ muscle strains, 28% were fractures (wrist, fingers) and 11% were contusions/abrasions. Another 11% of incidents included medical conditions such as syncope (fainting) and cardiovascular events (e.g., chest pain, atrial fibrillation). The remaining 17% of injuries consisted of internal injuries, lacerations, dislocations, concussions and eye injuries.

Men were 3.5 times more likely than women to suffer a pickleball-related strain or sprain, whereas women were more than 3.5 times as likely to suffer a fracture, and more than 9 times more likely to suffer a wrist fracture in particular. Interestingly, the prevalence of pickleball-related injuries grew rapidly over the study period compared to the number of tennis injuries which was stable. This is likely due to the popularity of pickleball and the greater numbers of people who are discovering it (and getting injured) each year.

This study also reported common mechanisms of injury reported by pickleball players. Most injuries (67%) occurred as a result of a slip/trip/fall/dive, whereas 26% were as a result of a specific movement (e.g., sudden stop, lunging, bending over), 3% involved hitting an object (e.g., fence, wall, net), 3% were heat-related illnesses, and 1% occurred as a result of being hit by a ball/paddle/player.



The majority of sprains and strains experienced by pickleball players can be managed conservatively by following the **PRICE** principle (Protection, Rest, Ice, Compression, Elevation).²

For a sprained ankle this may include icing the ankle for 10-15 min multiple times each day for the first 2 days after the injury, along with using a tensor bandage and frequently elevating the foot. It is generally recommended to continue with some weight-bearing and movement of the ankle as tolerated. If the sprain is very severe a walking boot and crutches may be required.

Warming up properly may help players reduce their likelihood of injury (and re-injury if they are still recovering). Most players head straight out onto the court and start hitting balls to get warmed up, however, engaging in some light aerobic activity by briskly walking or jogging around the

courts for 3-5 minutes and doing specific exercises to put key joints through their full range of motion are more likely to truly increase muscle temperatures and limber you up for play. There are a number of videos on YouTube you can check out to get ideas ...

(e.g., www.thepickleballdoctor.com/dynamic-warm-up).

Maintaining overall fitness by engaging in resistance training and flexibility exercises outside of playing pickleball is also important to reduce likelihood of injury.

In addition to acute injuries, chronic conditions such as flare ups of osteoarthritis, plantar fasciitis (heel pain) and tendinopathies (affecting the lateral elbow, Achilles, and the shoulder) are also common in the pickleball demographic.^{2,3}

I will explore some of these conditions in future newsletters. Stay tuned, and in the meantime....have fun playing pickleball.

Sandra Webber, PhD

Sandra is a physiotherapist who teaches and does research in the College of Rehabilitation Sciences (Rady Faculty of Health Sciences) at the University of Manitoba. She loves her job, except for the fact that it gets in the way of playing more pickleball.

1. Weiss H, Dougherty J, DiMaggio C. Non-fatal senior pickleball and tennis-related injuries treated in United States emergency departments, 2010-2019. *Injury Epidemiology* 2021;8:34. <https://doi.org/10.1186/s40621-021-00327-9>
2. Greiner N. Pickleball: Injury consideration in an increasingly popular sport. *Missouri Medicine* 2019;116(6):488-491. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6913863/>
3. Vitale K, Lui S. Pickleball: Review and clinical recommendations for this fast-growing sport. *Current Sports Medicine Reports* 2020;19(10):406-413.

PMI LONG TERM STRATEGIC PLAN

Plan Goals and Objectives (Full LTSG will be on PMI website)

1. Increased membership and establishment of clubs
2. Youth participation and pickleball in schools
3. Work with PCO and the indigenous population to promote pickleball
4. Player skill development clinics / coaching and NCCP / Referee development
5. Recognition as a provincial sports organization application in 2022
6. Competitions
7. Marketing / sponsorship and fundraising
8. Facilities outdoor and indoor

PMI needs motivated and skilled members to run with the various strategic concepts. You have a skill, you have connections? Reach out to **1Pickleballmb@gmail.com**

Pickleball Manitoba Inc

Pickleball Manitoba — BOARD of DIRECTORS

As of the elections at the 2021 AGM, held Jan 2022, we are delighted to report, we have a solid mix of rural and Winnipeg representation, and look forward to reaping the benefits of such broad representation. The new and continuing board members, are as follows:

| | |
|-------------|---------------------------|
| President | Rose Sawatzky |
| V-President | Ted Fardoe |
| Treasurer | David King (Arborg) |
| Secretary | Katrina Hotel |
| Member | Jackie Jacobsen (Brandon) |
| Member | Wendy Wolfe (Brandon) |
| Member | Denny Quigley (Souris) |
| Member | Don Flatt |

PMI WELCOMED KENORA - however...

Kenora's interest in forging a hybrid provincial partnership, **hit a snag!** Manitoba, Ontario and Kenora worked to give Kenora members the ability to join PMI, if they chose to do so. However, despite seeming to be a 'fait-au-complet', the plan was ultimately **over-ruled**.

PICKLEBALL RULE INTERPRETATION

YOU MAKE THE CALL *(By Ref. Paul Aquin)*

During the last few months, I have noticed that there have been a lot more broken or cracked balls which has lead to the disruption of play. Often, during a rally, I've noticed team A player notices a ball not bouncing normally and sounding like it is cracked when hit. Player A then stops the play in the middle of the rally and informs the referee that the damaged ball has impacted their ability to play and asks the referee to replay the point. Is this replayable? "You make the call" **(See pg 4)**

RULE OF THE MONTH

Lately there seems to be a lot of "ERNIES" attempted during play and a lot of faults that are not called or noticed. In many cases a player is making contact with the net system with paddle, clothing or body.

RULE 11.i – Plane of the Net

Crossing the plane of the net prior to striking a ball is a fault. After striking a ball a player, or anything the player is/was wearing or carrying may cross the plane of the net. The player may not touch any part of the net system, the opponents court, or the opponent while the ball is still

2022 RULE REVISIONS

Spin Serves In 2022, a player can spin the ball before striking it on the serve, but only one hand can contact the ball before the ball is hit. No foreign substances, material, apparatus, or additional body parts can be applied to the hand or aid the hand that releases the pickleball.

The Drop Serve No changes were made to the drop serve other than to remove its Provisional status.

Wrong Score Called The rules concerning what happens if the wrong score is called by a player or a referee have changed. If a player thinks a wrong score has been called, a player may stop play to ask for a correction before the ball is served. If it has been served, the rally is to be played out and the score correction (if any) is made before the next serve occurs.

Dropped ball In non-officiated matches, it is not uncommon for a player to carry an extra ball. If an extra ball is carried, it must not be visible to the opponent. If a player accidentally drops an extra ball during a rally, it will result in a fault. This does not apply in an officiated match because the referee is responsible for removing any extra pickleballs from play.

Medical Time-outs Called by a Referee If a referee, in the interest of player safety, determines that either medical personnel or the Tournament Director should be consulted for a player health issue, that time-out is not chargeable to the player as a medical time-out. The player retains the right to call their own medical time out later in the match, if needed.

Calling the Score after a 15 second warning Instead of a referee calling the score immediately after the 15 second warning expires, the referee will call the score after the players are ready or should be ready.

Verbal Warnings A referee may now issue verbal warnings for more than just profanity. Any situation that could result in a Technical Warning may instead be addressed by the referee as a verbal warning. Only one verbal warning per match, no matter what the infraction is, may be issued to a team, or player in singles.

When can a Technical Warning or Foul be called? Referees are empowered to issue Technical Warnings or Technical Fouls for various reasons, but it has been unclear exactly when a technical should be announced. The 2022 rules now make it clear that a referee will not stop a rally to call a technical warning or foul on an offending team. Any technical warnings or fouls will be assessed after the rally is over.

Ear buds While some sports allow coaching during active play, pickleball does not. Since it is possible that players could receive coaching via earbuds, they will not be permitted on the court during tournaments with exception of hearing aids.

Tournament Score for a Retirement The score recorded for a player or team that elects to "retire" from a match has been revised to allow the actual scores of the match to be recorded. A team retiring may play additional matches in their bracket if any are warranted.



ANNUAL GENERAL MEETING - 2021 recap

AGM via Zoom, held January 2022, updated our membership on 2021 and provided a glimpse of the upcoming year. We were grateful that although members have been affected in one way or another during the pandemic, the format of pickleball allowed us to continue our sport, in relatively safe environments.

In summary, we had very little opportunity to spend money, so we worked on goals, got a new logo created, migrated our website to PCO's platform and shifted our fiscal year to the calendar year.

Most exciting was being able to relay the news of **Brandon Pickleball Club** affiliation in the fall, becoming the second club - following Wpg West PC (2019).



The upcoming year includes ramping up activity on our new strategic goals and plan, with emphasis on more club development and increased membership, upcoming coaches training and referee training, and more. We will need some experienced volunteers to determine all aspects of bringing the Westerns to Manitoba in 2025, as well as on-site volunteers to bring it all together! AGM info is posted online.



Rolling Out WELCOME MAT

PORTAGE PICKLEBALL CLUB affiliated early in 2022. We are so excited to have a third club join PMI. This club started out in 2014, and as reported last month, has a membership of ~80. If you're planning a visit, check out their FB page or email for facility address and details - portage.pickleball.club@gmail.com

NEW STATE-OF-THE-ART COMPLEX

The City of Winnipeg has just released a tender for construction of a new eight-court state of the art complex for **Winnipeg West PC**, complete with competition sized, individually fenced courts and a center access plaza. The site is off Sackville St. in St. James Memorial Park. There are washrooms nearby and ample parking.



The Winnipeg West Pickleball courts committee thanks both **Councillor Scott Gillingham** for financing this project, and the **design group** at city Planning, Property & Development for allowing us to participate in the design of this great facility. More updates in the spring!

“JEN TRIES.....PICKLEBALL”

... after Rose Sawatzky teaches



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Shared on our Facebook page, but if you couldn't access it, or missed it, here are a few excerpts from the Nov2021 article written by Free Press columnist **Jen Zoratti**. In this installment, Jen Tries... pickleball.

-... **Sturgeon Heights** Community Centre is echoing with the pleasing, rhythmic "pop" sound of paddles making contact with pickleballs — neon plastic balls with holes, not unlike a wiffleball. Members of Winnipeg West Pickleball have just taken to the courts,...

- ...**Sawatzky**, a bona fide pickleball champion — also an organization director for Pickleball Canada and a certified instructor who has kindly agreed to school me in what has fast become the hottest sport at community centres all over the continent.

- ... everyone — and I mean everyone — is playing pickleball these days, from retired seniors and snowbirds to Academy Award winner Leonardo DiCaprio. It's been dubbed "the fastest growing sport in North America." The *New York Times* wondered if it was the "perfect pandemic pastime."

Jen Zoratti (right) warms up before a match with Rose Sawatzky (left) and Kevin Harrison, president of Winnipeg West Pickleball.



-... **Harrison**, the president of Winnipeg West Pickleball. The club, which was founded in 2019, plays at Sturgeon Heights three days a week. In two years, the club has grown from 35 people to 185.

- surging demand for pickleball is quickly outpacing the supply of courts in Winnipeg. In 2020, Winnipeg West Pickleball worked with Bourkevale Community Centre to establish six dedicated outdoor pickleball courts, which were used six days a week. When the club has to go inside for the winter, however, there are spots for 80 players at Sturgeon Heights, which rents out its courts to sports clubs like WWP versus running its own pickleball programming.

- ...there need to be dedicated pickleball facilities as there are in other cities in Canada. The lack of courts available at night, for one example, is a barrier to younger working folks (like me) getting into pickleball. Winnipeg West Pickleball is working on it, though, and Harrison says city councillors **Kevin Klein** and **Scott Gillingham** have been supportive.

- **Sawatzky**, meanwhile, wants to see it become a recognized sport. She's dedicated to helping people who have been bitten by the pickleball bug improve their game, regardless of the level they're at.

"Any way I can help grow the sport, I do it."

For the full article, you will need digital access to Wpg Free Press.

***DID YOU MAKE THE CALL?**

-Rule 11E

Team B wins the rally because the Team A player faulted by stopping play before the ball became dead. (Rule 7.1).

Team A is not granted a replay because the play did not continue to the end of the rally. If upon inspection the referee determines the ball is damaged or cracked, the referee replaces the ball but does not grant a replay.