

Every sport has its own set of rules, and pickleball is no exception. Whether you're playing on a court or in a wheelchair, here are the top safety guidelines for pickleball.

### **Wheelchair Pickleball Rules:**

1. Always wear appropriate footwear (closed-toed shoes with non-marking soles)
2. Never use equipment that is not approved by USA Pickleball (such as glass or metal paddles)
3. Keep your court in good shape with regular maintenance and cleaning
4. Use equipment that is designed for wheelchair pickleball
5. Always stay hydrated and be sure to eat before playing
6. Never play in poor weather conditions (i.e., heavy rain or high winds)
7. When using a wheelchair, never leave it unattended
8. No contact is allowed between players and their wheelchairs