



Nova Scotia 55+ Games Rule Book

PICKLEBALL

All participants must be at least 55 years of age by December 31 of the year of the games.

AGE CATEGORIES

Age	Events	Number of competitors per association (to nationals)
<i>Recreation Up to 3.0</i>		
55+	Men, Women & Mixed (Doubles)	4-4-4
60+	Men, Women & Mixed (Doubles)	4-4-4
65+	Men, Women & Mixed (Doubles)	4-4-4
70+	Men, Women & Mixed (Doubles)	4-4-4
75+	Men, Women & Mixed (Doubles)	4-4-4
<i>Competitive 3.5</i>		
55+	Men, Women & Mixed (Doubles)	4-4-4
60+	Men, Women & Mixed (Doubles)	4-4-4
65+	Men, Women & Mixed (Doubles)	4-4-4
70+	Men, Women & Mixed (Doubles)	4-4-4
75+	Men, Women & Mixed (Doubles)	4-4-4
<i>Competitive 4.0</i>		
55+	Men, Women & Mixed (Doubles)	4-4-4
60+	Men, Women & Mixed (Doubles)	4-4-4
65+	Men, Women & Mixed (Doubles)	4-4-4
70+	Men, Women & Mixed (Doubles)	4-4-4
75+	Men, Women & Mixed (Doubles)	4-4-4

Total number of participants per province/territory: 60

NOTE: The mixed doubles team may be created from the qualified ladies and men's doubles, or can be a separate mixed doubles entry. If two players from different age categories join to form a mixed team; the age of the younger player of the team will determine which age category they will compete in.

RULES INFORMATION BASICS

Pickleball Canada rules as set out by the International Federation of Pickleball (IFP) will apply.



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SKILLS LEVELS*

Recreation 3.0	(skill level up to 3.0)
Competitive 3.5	(skill level 3.25 to 3.75)
Competitive 4.0+	(skill level 4.0 and above)

*For participants without an assessed skill level, a self assessment guide can be found at:
https://pickleballcanada.org/docs/PCO_Assessment_Guide.pdf