



PHILIPPINE MEDICAL ASSOCIATION

Theme: NAGKAKAISANG PMA: HATID AY KALUSUGAN PARA SA LAHAT

Member : World Medical Association
Co-Founder : Confederation of Medical Associations in Asia and Oceania (CMAAO)
Medical Association of South East Asian Nations (MASEAN)
Secretariat : Philippine Medical Association Building, North Avenue, Quezon City 1105
Telephone Nos. : (02) 8929-7361; 8929-6366; 8926-2447 • Fax: (02) 8989-6951
Mobile Nos. : 0917-8221357; 0918-9234732 (**Secretariat**) • 0927-5806903; 0961-5823069 (**Membership**)
Email Address : philmedas@yahoo.com; philmedas@gmail.com • Website: www.philippinemedicalassociation.org

MEMORANDUM CIRCULAR NO: 2026-02-19-041

To : PMA NATIONAL OFFICERS AND GOVERNORS
PMA COMPONENT SOCIETY OFFICERS
Subject : 1ST PMA PICKLEBALL CUP "LET'S PADDLE UP"
Date : February 19, 2026

Dear Doctors,

Greetings!

We hope this letter finds you in good health. The 119th Annual Convention of the Philippine Medical Association is fast approaching. As part of the Sports and Wellness activities, the Sports Committee will host the 1st PMA Pickleball Cup, titled "Let's Paddle Up," as a pre-convention event on May 12, 2026, from 7 AM to 5 PM at the UNILAB Facility in Mandaluyong. This one-day league will feature teams from various component societies of the PMA.

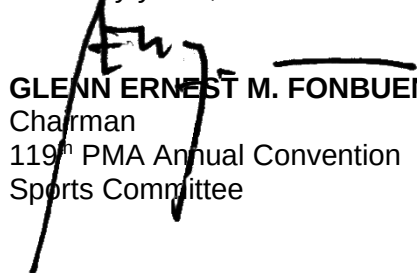
We would like to extend an invitation for your society to participate in the tournament. This event will provide our colleagues and healthcare partners an opportunity to engage in the convention, promoting both mental and physical well-being through participation in this activity.

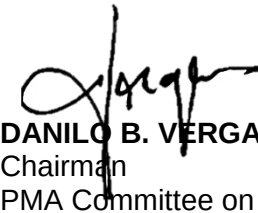
Due to time constraints, the Sports Committee has decided to limit the number of teams to a maximum of thirty (30) for this tournament. Therefore, teams that submit their requirements first will be prioritized. The submission deadline is March 31, 2026. For registration and inquiries, please contact Ms. Joyce Castillo at philmedas@gmail.com or call 0960-867-0258.

Attached herewith are the mechanics of the game.

Thank you so much and hoping for your favorable response.

Sincerely yours,

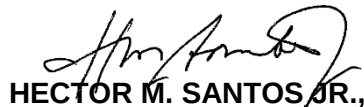

GLENN ERNEST M. FONBUENA, MD
Chairman
119th PMA Annual Convention
Sports Committee


DANILO B. VERGARA, MD
Chairman
PMA Committee on Sports and Wellness

Noted by:


MILDRED M. MANALAC-MARIANO, MD
Secretary-General


LUZ P. ACOSTA-BARRIENTOS, MD
Vice President
Overall Chair
119th PMA Annual Convention and Scientific Meetings


HECTOR M. SANTOS JR., MD
President



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1st PMA PICKLEBALL CUP “LET’S PADDLE UP”

MECHANICS, RULES AND REGULATIONS

DESCRIPTION

This tournament will be a one-day league on May 12, 2026, 7am to 5pm, and will be held as a pre-convention activity during the 119th PMA Annual Convention. Tournament registration is free.

PROPONENTS

119th PMA Annual Convention Sports Committee
Chairman: Glenn Earnest M. Fonbuena
Co-chairman: Douglas P. Panerio, MD
Members: Danilo Vergara, MD
Yucel Verney Dauphine M. Estrada III, MD
Laarnie S. Moreno, MD
Darwin Arellano, MD
Stephanie Faye S. Cagayan, MD
Francisco B. Ranada III, MD

PARTICIPANTS

Male and Female PMA members in **good standing**

VENUE

UNILAB Mandaluyong Facility

REQUIREMENTS

1. Roster/Line-up – 1 mixed doubles per Component Society
**Quezon City and Manila – 5 mixed doubles
2. Endorsement letter from component society
3. Players must be registered for the PMA Annual Convention

PRIZES

- 1ST Place – P20,000.00 + Trophy + Medal
2nd Place - P15,000.00 + Trophy + Medal
3rd Place – P10,000.00 + Trophy + Medal



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OFFICIAL PICKLEBALL TOURNAMENT RULES

1. MATCH FORMAT

- Games are played to 11 points, win by 2.
- Some matches may be best of 3 games.
- Medal rounds may be played to 15 or 21 points (win by 2)
- Only the serving team can score a point.

2. SERVING RULES

- Serve must be underhand.
- Contact with the ball must be below the waist.
- At least one foot must remain behind the baseline.
- Serve diagonally crosscourt.
- The serve must clear the non-volley zone (kitchen).

3. DOUBLE BOUNCE RULE

- After the serve, the receiving team must let the ball bounce.
- The serving team must also let the return bounce.
- After two bounces, players may volley.

4. NON-VOLLEY ZONE (KITCHEN)

- The kitchen extends 7 feet from the net on both sides.
- Players cannot volley while standing in the kitchen.
- Players may enter the kitchen only after the ball bounces.
- Stepping on the kitchen line during a volley is a fault.

5. FAULTS

- Ball lands out of bounds
- Ball hits the net and does not go over.
- Ball bounces twice before being returned.
- Volley inside the kitchen.
- Incorrect serving order or rotation.