

Pickleball Study Guide

History

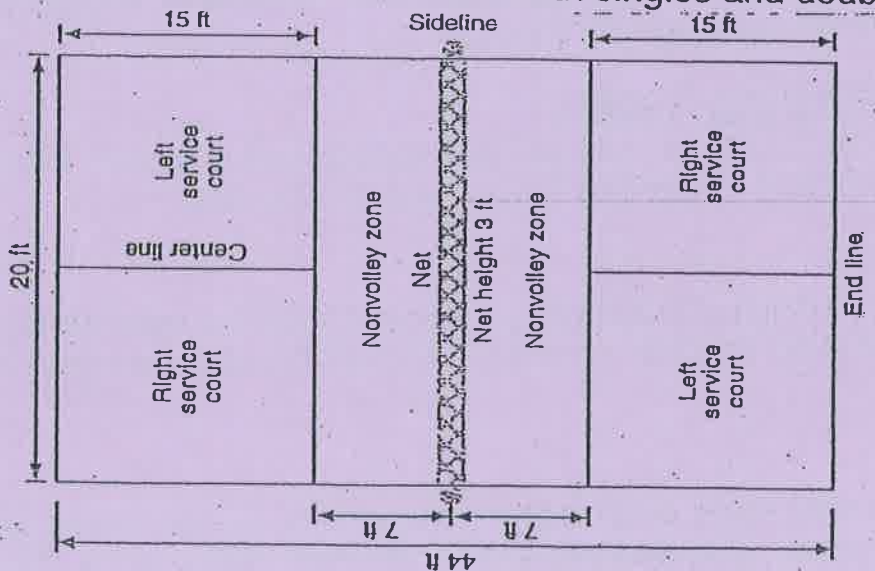
The game of pickleball was invented by Joel Pritchard, a U.S. Congressman from Washington. The game of pickleball was named after the family dog, Pickle, who used to chase the balls all over the yard. Pickleball is a combination of tennis and ping pong.

Benefits of Playing

Pickleball is great for hand-eye coordination, helps to build self-esteem, can be played indoors or outdoors, can be played by any age group and is a ton of fun.

Court

The size of the court is 20' X 44' for both singles and doubles. The net height is 36".



Serve

Player must keep one foot behind the back line when serving. The serve is made underhand. The paddle must pass below the waist. The server must hit the ball in the air. The service is made diagonally and must cross the non-volley zone. Only one service attempt is allowed, unless the ball touches the net and lands in the correct service court. Then the serve may be taken again.

At the start of each new game, the 1st serving team is allowed only one fault before the ball is turned over to the opposing team. When the receiving team wins the serve, the player in the right hand court will always start play.

Double Bounce Rule

Each team must play their first shot off the bounce. For example: The receiving team must let the serve bounce, and the serving team must let the return of the serve bounce before playing it. After the two bounces have occurred, the ball can be either volleyed or hit off the bounce.

Faults

1. Hitting the ball out of bounds
2. Not clearing the net
3. Stepping into the non volley zone and volleying the ball
4. Volleying the ball before it has bounced once on each side of the net

Scoring

A team shall score a point only when serving. A player who is serving will continue to serve until a fault is made by that team. The game is played to 11 points; however, a team must win by 2 points.

Determining Serving Team

Players may toss a coin or rally the ball until a fault is made. Winner of the toss or rally has the option of serving first or not serving first.

Singles Play

When serving in singles, each player serves from the right hand court when his score is 0 or any even number, and from the left hand court when his score is odd numbered.

Doubles Play

Player in the right hand court serves diagonally across the court to the opposite right hand court. The ball must clear the non volley zone. The receiver must let the ball bounce before returning the serve. Serving team must also let the returned ball bounce before playing it.

If a fault is made by the receiving team, a point is scored by the serving team. When the serving team wins a point, its players switch courts and the same player continues to serve.

When the serving team makes it's first fault, players will stay in the same court and the second partner will then serve. When they make their second fault they will stay in the same courts and turn the ball over to the other team. Players switch courts only after scoring. A ball landing on the line is good.

Non-Volley Zone

You are not allowed to volley the ball while standing in the non-volleying zone. However, you are allowed to play a bounced ball in the zone.