



# HOW TO PLAY

## Learn how to play the sport.

Pickleball can be played either as singles or doubles, but it is most often played as doubles.

Before serving the server must call the score.

The start of a game begins with a serve. The first server is always the player standing in the right service court, both at the beginning of a game and when the service changes (a 'side-out').

A Pickleball serve must be hit underhanded and below the waist, with the feet remaining behind the baseline and between the mid-line and side-line. The serve is struck diagonally cross court into the opposing team's service court.

You can also drop the ball to bounce and serve.

If the ball lands in the Non-Volley Zone or 'Kitchen' (that extends 7 feet on either side of the Net), it is a fault. If the ball touches the Kitchen line on serve it is also a fault, as it must clear that line.

If the ball hits the net on serve and lands 'in' then play continues.

You can only score a point when you are serving, whereupon the server moves to the other half of their court. The receiving pair do not change courts.

When the first server loses a rally, the second server of that pair can serve from whichever half of the court he/she was on. When

the second server loses a rally the other pair take the ball to serve (a 'side-out').

The service must be allowed to bounce before the Receiver hits it and the return of service must also be allowed to bounce. Thereafter you can either hit the ball after the bounce or on the volley (no bounce).

Note that you can never volley when standing in the Kitchen. You can only hit balls in the Kitchen after they have bounced.

A typical Game is won when one side has 11 points — if it reaches 10-10 the first team to lead by 2 clear points wins.

It's a fun game that combines elements of tennis, badminton and table tennis. All ages can enjoy pickleball with it being a great introduction to racket skills for school kids and a wonderful game to extend people's racket playing careers. All of this occurs in a lively social atmosphere. All you need to get started is a venue with a badminton court and some basic equipment. We will be happy to come along and introduce your group to the game. Come on what are you waiting for?

If you want some help to get started contact one of our 'Ambassadors' in your area or get in touch

## Basic Rules of Pickleball

- The serve must be hit underhand and **each** team must play their first shot of the rally after the bounce. So, the receiving team must allow the serve to bounce and the serving team must allow the return of service to bounce.
- After the ball has bounced once on each side though, both teams can either a) volley the ball in the air or b) play it off the bounce.
- To volley a ball means to hit it in the air without letting the ball bounce.
- However, no volleying is permitted within the 7-foot Non-Volley

Zone (also known as the 'Kitchen'), thereby preventing players from executing smashes within this 7-foot zone on both sides of the Net.

- Both players on the Serving team are allowed to serve and a team scores points only when they are serving.
- A game is played to 11 points and a team must win by at least 2 points.
- Points are lost by failing to return the ball, hitting the ball out of bounds, hitting the ball into the net OR stepping into the Non-Volley Zone before, during or after (with momentum) volleying the ball.

## Specific Rules of Pickleball

- Before Serving, the Server (or their partner) must call the score as, say, '7-5-1' or '7-5-2'. In this example, 7 is the serving pairs' score, 5 is the receiving pairs' score and the 1 (or 2) indicates whether the first or second server is the one serving.
- Players must keep both feet behind the back line when serving, and between the mid-court line and the side-lines.
- On serve, the ball may be released out of the hand and if so must be hit underhand, and below the waist, with the paddle rising and no part of the paddle can be higher than the wrist when the serve is struck.
- Alternatively on serve, the ball can be dropped, landing in or out of the court, and hit underhand, but the other restrictions on the arm action above do not apply.
- The serve is made diagonally cross-court and must clear the Non-Volley zone line on the far side. If it touches the Non-Volley Zone line the ball is 'out'.
- At the start of each new Game, the first serving team is allowed only one fault before giving up the ball to the opponents. The opening score is therefore always '0-0-2'.
- Thereafter, **both** members of each team will serve and fault before the ball is turned over to the opposing team.

## Double-Bounce Rule

- Each team must play its first shot after allowing the ball to bounce.
- 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 either be volleyed or played after the bounce.

## Doubles Play

- When the serving team makes its first fault, players will stay in the same half-court and the second partner will then serve.
- If the receiving team faults, then a point is scored by the serving team. When the serving team wins a point, its players will switch half-courts and the same player will continue to serve.
- When the serving team makes its second fault, each will stay in the same half-court and turn the ball over to the other team.
- Players switch courts only after scoring — receivers do not switch courts.
- A ball landing on any line is considered good, except on serve where the ball must clear the Non-Volley Zone line on the far side of the Net.
- Players are responsible for all line calls on their own side of the Net and have a duty to be generous. If there is any doubt in their minds whether the ball was in or out, the rule is that the ball is 'in'.

**End of Rules**