

PICKLEBALL



Pickleball Basics

Pickleball is a fun game that is played on a badminton sized court (20x44) with a net set to 34 inches at the center.

Each side is divided into 3 sections....a left and right playing zone and the "no volley zone" (NVZ or Kitchen).

It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. (great aerobic exercise!)

Singles or doubles may be played but the vast majority of play is doubles.

Only the team serving can score and games are generally to 11. (win by 2)

The serve must be in an underhand motion with the ball hit below the waist and is considered "good" if it lands (cross court) in the playing zone of the opponent.

The return of serve MUST bounce prior to a strike as does the next shot by the serving team.....subsequent plays may either strike the ball in the air (a volley) or a bounce. After the serve the ball may be placed anywhere within the court of the opponent, including the "kitchen". The outer court lines are also considered "in bounds", however the "kitchen" line is in the zone, thus a serve striking the NVZ line is a fault.

Players may enter the "kitchen" to return a ball that has been allowed to bounce but is a fault if struck in the air. (since a "volley" is a "ball hit in the air"....thus "no volley zone")

A ball hit in the air (volleyed) while stepping into the no volley zone (kitchen) or if the subsequent momentum of the shot carries the player in to the zone, it is a fault. Players may enter this zone at any time provided they do not "volley" the ball.

The start of serve may be decided in any mutually fair way.

Service always starts in the right side of the court, facing the net and proceeds to alternate sides after each point is achieved.

The "first" team to serve is only allowed serves from one player but subsequent team services in the game will include both team members. When the serve is lost by "server 1" his/her teammate becomes "server 2". When service is lost by "server 2" it is turned over to the other team.

Scoring is called by the server before every serve and consists of the service team's score first, the opponent's score second and the number of the current server. Example 2,4,1

In general, when there is no referee, the faults are called by the team on the side of the court the call is made.

The United States Pickleball Association web site has a huge amount of additional information and a number of videos that can assist in a deeper understanding of the game: <http://www.usapa.org/>

Have a great time with your new sport!