

Pickleball Study Guide

History

Pickleball was invented during the summer of 1965 by three men who lived on a small island very close to Seattle, Washington. Joel Pritchard, William Bell, and Barney McCallum were looking for a sport the whole family could play when they created Pickleball. This game was named after Joel Pritchard's dog named Pickles. Pickles (the dog) became interested in the new game and would pick up any loose ball and disappear with it. Hence, the name "Pickleball". In the beginning, the game was played on any hard surface such as backyard patios, driveways, and on dead end streets. Since the mid 1970's formal rules have been developed. In 1972, a corporation was formed to protect the new game (Pickle-ball, Inc.). The three creators also formed the United States Pickleball Association (U. S.A.P.A) to govern and promote the sport. The game is now played in schools, recreational facilities, and health clubs. Pickleball is still being played at family homes.

Court

The court is 44-feet long and 20-feet wide. The net height is 3 feet. There is a 7-foot non-volley zone on each side of the net. The center line divides the court into the right and left halves. Single and doubles courts are both the same size.

Serve

The player that is serving must keep one foot behind the backline when serving. The serve must be underhand and the paddle must pass below the waist.

The server must hit the serve in the air. He/she is not allowed to bounce it, and then hit it. The service must be made diagonally cross-court and must clear the non-volley zone. Only one serve is allowed, except if the ball touches the net and lands in the proper service court. Then the serve may be taken over.

At the start of the game, the 1st serving team is allowed only one fault before giving up the ball to the opponents. Thereafter, both members of each team will serve and 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 serve first.

Volley

To volley a ball means to hit it before it bounces. All volleys must be done with the player's feet behind the non-volley zone line. Players may not follow through over the line into the non-volley zone. It is considered a fault.

Fault

- Hitting the ball out of bounds
- The ball does not clear the net
- Stepping into the non-volley zone and volleying the ball
- Volleying the ball before it has bounced once on each side of the net

Double Bounce Rule

Each team must play their first shot off the bounce. That is, the receiving team must let the serve bounce and the serving team must let the return of the serve bounce before playing it.

Scoring

A team shall score a point only when serving. A player who is serving shall continue to do so until his/her team makes a fault. The game is played to 11 points; however, a team must win by 2 points.

Terminology

Ace	serve that the receiver does not get to and scores a point
Back Court	area around baseline
Back Spin	spin applied to the ball by hitting down behind it
Cross court shot	ball goes across the net from one side of the court diagonally to the other side
Down the line shot	the ball travels low over the net and parallel to the sideline
Drop shot	ball hit softly so it just clears the net and lands close to the net in the non-volley zone
Fault	serve not landing in the correct court, a illegal serve, or a return of serve
Let	when a point is replayed
Lob	hitting the ball high over the opponent's head
Non-Volley Zone	The area 7-feet on either side of the net
Not up	allowing the ball to bounce twice before returning it, it's a fault
Smash	an aggressive overhead shot used to put away a point
Top Spin	spin applied by bringing the paddle up behind the ball
Volley	a ball hit before it bounces

Etiquette

1. Know the name of your opponents.
2. Call out the score(servers score first) before you serve each point
3. Don't return a serve that is obviously out.
4. Give opponents the benefit of the doubt on close calls. Make calls on your side of the net fairly
5. Don't enter another court to retrieve your ball until their point is over.

6. Return ball to the other court accurately and easily; don't just hit them out of the way.
7. Compliment good points by your opponents.

Position and Rotation of Doubles Players:

Position of players for doubles at the start of the game:

Player in the right-hand court serves diagonally cross court to the receiver. The ball must clear the non-volley zone and land in the right hand serving court. The receiver must let the serve bounce only once before returning it. The serving team must also let the return bounce only once 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 the point, its players will switch courts, and the same player will continue to serve. When the serving team makes its 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.

Single Plays:

All rules apply with following exception:

When serving in singles, each player serves from the right side of his/her score is even; and from the left hand court when his/her score is odd numbered.

General Tips / Strategies

- Both members of the serving team should be near the base line at the same time of the serve so that neither will forget to let the first returned ball bounce before they return it. (Double Bounce Rule)
- After the ball is in play, lobbing it over the opponent's head can be an effective strategy.
- If a player sees that a ball is going to land in the non-volley zone, and his going to let it bounce, he may move into one zone before it bounces, but must let it bounce before returning it.

Safety

- Players must be careful not to strike one another with their paddles
- Do not walk behind or through a court while a point is being played
- If a ball comes on the court, stop play, and replay the point