

PICKLEBALL



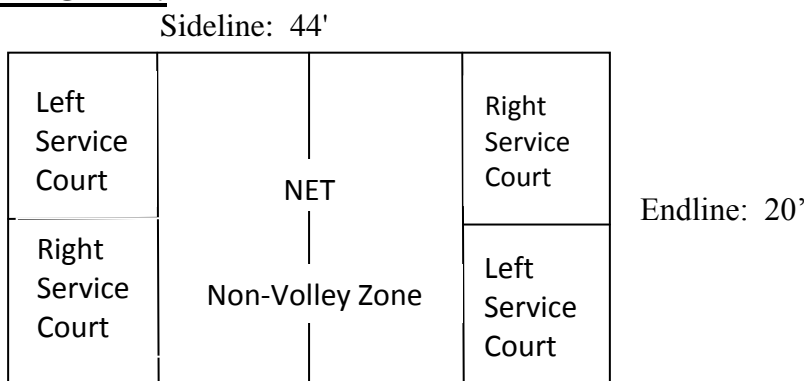
HISTORY:

Pickleball is a relatively new game having gotten its start in 1965 in Seattle, WA. Two business men were attempting to have a family badminton game but were unable to produce a worthwhile shuttle cock so they substituted a plastic perforated ball. Further experimentation resulted in a 3' net height and wooden paddles. The originators of the game had a cocker spaniel named "Pickles" who took an interest in the new game. As play progressed and a loose ball came his way, Pickles would take the ball and disappear with it; hence the origin of the name "Pickle-ball."

EQUIPMENT:

Pickleball is played with wooden paddle and plastic ball on a badminton size court. The net is set at a HEIGHT of 34" at the center. The court is the same for singles or doubles.

COURT DIAGRAM:



RULES:

1. The game is played to 11 points and a player must win by a 2 point margin.
2. A team shall score a point only when serving. A player who is serving shall continue to do so until a fault is made by her team.
3. To determine first serve a coin may be tossed or the racquet may be spun. Winner of the toss or spin has the option of serving first or not serving first.
4. Doubles serve rotation: At the start of each game the first 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 opposing team. When the receiving team wins the serve, the player in the right court will always start play.
5. Serving Rules:
 - a. One foot must be kept behind the endline when serving.
 - b. Serve must be underhand and the paddle below the waist.
 - c. The ball must be served in the air-no bounce allowed.
 - d. Serve must be made diagonally and may not bounce in the non-volley zone.
 - e. Each player receives 1 attempted serve EXCEPT if the ball touches the net on the serve and lands in the proper service court (re-serve).
 - f. To swing and miss on an attempted serve is loss of serve.

- g. The serve always begins on the right. After scoring a point the server will serve from the left. This will continue until a fault occurs.
 - h. When the serve is won by the receiving team the player positioned on the right will serve first. The order is not always the same.
When serving in singles, a player will serve from the right hand court when his/her score is 0 or even and from the left hand court when his/her score is odd.
6. The ball must bounce on each side before it can be volleyed (no bounce) in a rally. This is known as the “double-bounce rule.”
 7. It is illegal to volley the ball unless your feet are behind the non-volley zone line. If the ball bounces in the non-volley zone, you are allowed in that zone. It is also a fault to step over the line on a volley follow-through.

TERMINOLOGY:

Ace:	A serve that the receiver cannot get to and that scores a point for the server.
All:	When the score is tied, as is 6-all.
Backcourt:	The area around the baseline
Backhand:	The stroke used to play the ball on the non-paddle side of the body.
Change of Pace:	The strategy of changing the speed of the ball from hit to hit.
Chop:	A movement in which the paddle is drawn down and under the ball, imparting backspin to the ball.
Crosscourt Shot:	Placing the ball from one side of the court across the net to the side diagonally opposite.
Deep:	A shot landing within the court near the baseline.
Doubles:	A game played between 2 teams of 2 players.
Down the Line:	A shot that travels low over the net and parallel to the sideline.
Drive:	A ball hit after the bounce with medium speed so that it will travel to the end of the opposite court.
Drop Shot:	A ball hit softly with backspin so that it just clears the net and lands very close to it in the non-volley zone.
Earned Point:	A point won by the skill of the player rather than by the error of the opponent.
Error:	A point lost because of poor play not caused by your opponent. Many more points are lost on errors than are won on placement or earned points.
Even Court:	The right court, because when serving from this court an even number of points have been played in the game.
Face:	The hitting surface of the paddle.
Fault:	A served ball that does not land within the proper service court.
Foot Fault:	A service that is illegal; usually the server fails to keep 1 foot behind the line.
Forehand:	The stroke used to play the ball on the paddle side of the body.
Game:	Completed when 1 side scores 11 points with a 2 point lead.
Groundstroke:	Hitting the ball after it has bounced.
Let:	A point that must be reserved.

Let Serve:	A ball that hits the top of the net on the serve and lands in the correct service court: Must be replayed.
Lob:	A high, arching shot over the reach of the net player that lands near the opponents baseline.
Net game:	Strategy where the player usually advances to the net to use the volley and smash to end the point.
Non-Volley Zone:	The area 7' on either side of the net. A player may not step into this area to play the ball before it has bounced.
Odd Court:	The left court, because when serving from this court and odd number of points has been scored.
Smash:	An overhead stroke used to put the ball away.
Passing Shot:	To send the ball quickly over the net past an opponent's reach.
Rally:	The continuation of play after the serve.
Spin the Paddle:	The method used to determine serve or side. The loser of the spin has the remaining choice.
Volley:	To hit the ball before it bounces.

ETIQUETTE:

1. Do not distract other players by walking behind their court during play. Wait until the point is finished and then hurry to your court.
2. Introduce yourself to your partner and opponents.
3. Warm-up hitting before you start your game.
4. Wait for the receiver to be ready before serving.
5. The server must announce the score before every point.
6. Do not return a ball that is out. To do so means to the hit will be considered in.
7. Make calls on your side of the net fairly. Replay questionable hits.
8. Do not enter an adjoining court to retrieve a ball until play is stopped.
9. Replay a point if a ball enters your court and interferes with play.
10. Congratulate partner and opponent on good shots.
11. Play to win but accept defeat graciously. Adjust your play to opponent.

SAFETY:

1. Warm up before beginning to play.
2. Racquet safety straps must be wrapped around your wrist. Do not drop your paddle.
3. Play does not begin until directed by the teacher, and stop on the whistle.
4. Wild hits will result in removal from class.
5. Do not over swing. Be aware of where your partner is.
6. Do NOT jump over the net.
7. Do not hang on or tip standards.
8. Call the shot when playing doubles.
9. Do not hit anyone or anything with the paddles except the ball.
10. Put equipment away properly.