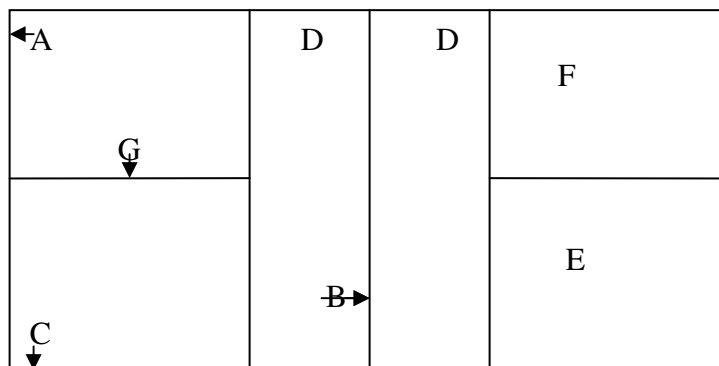


# Pickleball

A. Baseline
B. Net
C. Sideline
D. Non-volley zone
zone
E. Left court
F. Right court
G. Center service Line



## I. VOCABULARY

1. **Baseline (end line):** boundary line along the width of the court from where the ball must be served
2. **Backhand drive:** hit from the non racket side of the body. Same shoulder is facing the net.
3. **Back court:** area between the baseline and the non volley zone line
4. **Center Service line:** divides left and right service court boxes
5. **Double bounce rule:** ball must bounce on the receiving side after the serve before being hit, and must bounce a second time on the serving side before being returned
6. **Fault:** player or server makes improper **contact**, misses the ball, or hits the ball into the wrong location
7. **Forehand drive:** hit from the racket side of the body. Opposite shoulder is facing the net.
8. **Forecourt:** between the net and the non volley zone line
9. **Left service court:** box from the center line, to the baseline, to the non volley zone line on the left side of the court when facing the net
10. **Let:** on serve, ball hits the top of the net and bounces in the proper service court
11. **Non volley zone:** area between the non volley zone line and the net where a player may not enter to hit the ball on the fly.
12. **Ready position:** facing the net, feet are shoulder width apart, weight on the balls of the feet, knees are bent, shoulders are forward, and the racket is held in front of the body racket
13. **Right service court:** box from the center line, to the baseline, to the non volley zone line on the right side of the court when facing the net.
14. **Sideline:** boundary line along the length of the court. Single (inside line) Doubles (outside line)
15. **Smash:** hit the ball on the fly in front of the body from over the head. Trajectory from high above
16. **Volley:** hit the ball on the fly as it comes over the net

## II. GAME

### A. Players:

1. Singles – one player on each side of the net.
2. Doubles – two players on each side of the net.

### B. SCORING:

1. The game is played to 11 points, must win by 2 points.
2. A point can only be scored on the serve.
3. After scoring a point, the server must switch service courts.

4. The ball is good if it hits any part of the line.

### **C. SERVING:**

1. Serve from back alley and must keep one foot behind the baseline.
2. Serve must be underhand and below the waist.
3. Serve must be hit in the air (no Bounce)
4. Serve diagonally and must pass the non-volley zone line (service line.)
5. Only one service attempt is allowed.
6. A serve which strikes the net and drops in the proper receiving court is a “let” and the serve is replayed.
7. In doubles, the side that wins the right of the first serve is allowed the service of only one player until the team commits a fault: thereafter, both players on each side shall serve until the team commits 2 faults.
8. Service always begins in the right service court and the partners’ alternate sides on each point.
9. When the first service is lost, the partner will begin serving from whichever court he/she is occupying at the time.

### **D. DOUBLE BOUNCE RULE:**

1. Each side must play its first shot off the bounce.
  - a. Receiving side must let the serve bounce once before hitting it.
  - b. Serving side must also allow the return of the serve to bounce once before hitting it.
  - c. After 2 bounces, the ball can either be hit out of the air (volley) or off the bounce.
  - d. The ball must be played before it bounces twice on the same side.

### **E. NON-VOLLEY ZONE**

1. A player may not strike the ball in the air while standing in the non-volley zone: however, the player may enter the zone if the ball bounces in this area.
2. A player may not step in the non-volley zone on the follow-through after striking the ball in the air.

### **F. FAULTS: If a player fails to:**

1. Return the ball over the net before it bounces twice on his/her side of the net.
2. Serve the ball into the proper court.
3. If a player violates the non-volley zone.
4. Volleys before it has bounced once on each side.
5. Touches or strikes the ball in play with the paddle more than once.
6. Touches the net with the paddle or any part of his/her clothing.
7. Volleys the ball before it passes over the net.
8. Throws the paddle and strikes the ball
9. Steps on or over the non-volley line on a volley follow through.

### **Practice Test Questions**

- T F 1. A server must serve from off court.
- T F 2. One hitter cannot allow the ball to bounce two times before hitting it back over the net.
- T F 3. If a server goes to the net to hit the receiver’s return on the fly, he/she is not breaking the two-bounce rule.
- T F 4. The first serve of the game comes from the person on the serving team who is on the right hand side of the court

T F 5. The volley is a stroke with a backswing.

1. T 2. T 3. F 4. T 5. F