

PICKLEBALL STUDY GUIDE

HISTORY:

- Pickle ball is a paddle game that is a combination of tennis, badminton and Ping-Pong.
- The game is played by four people, two on each side of the net

GAME:

- Played to 11 points, must win by two points

SERVICE:

- Server must say their score first, opponent's score second
- Server must have one foot behind the baseline, one in front while serving
- Serve must cross over the net diagonally
- Serve must clear the non volley zone
- Ball must bounce once in receiver's court as well as once in the server's court
- Server switches courts with partner and continues serving if a point is scored
- Service **always** starts in the right service box
- When score is zero or even, serve in right court
- When score is odd, serve in left court
- Serve must be hit from the air (not off a bounce)

FAULTS:

- A served or played shot that lands outside the court, not touching the line
- Ball is touched more than once on the same side, before returning it
- Serving the ball overhead, or above the waist
- Volleying the ball (hitting it in the air) in the non volley zone
- Someone other than the intended receiver returns the ball
- Reaching over the net or contacting the net with the racket or body
- Serve is not hit from the air (not off a bounce)
- Ball is volleyed off the serve (must allow for double bounce rule)

DOUBLE BOUNCE RULE:

- Each team must play their first shot off the bounce. The receiving team must let the serve bounce, and the serving team must let the return of serve bounce before playing it. After the two bounces have occurred, then the ball can be either volleyed or played off the bounce.

SCORING:

-A team only scores a point when they are serving. The game is played to 11 points, but must win by two points.

SERVING ROTATION:

-Using the court below the serving rotation would be 1,2,3,1,4

** Don't forget that only one player serves on the team that serves first (start of game)
After the first serve, both players on each team serve

TYPES OF SHOTS:

-Drive

-Lob

-Drop

-Smash