

# **Pickleball Study Guide**

## **History**

The mini tennis game called Pickle-ball was created during the summer of 1965. The original purpose of the game was to provide a sport for the entire family. How did Pickle-Ball get its name?? Pickles was the family dog that would chase after the ball and then hide in the bushes, this is what was called Pickle's ball which was later shortened to Pickleball. Families initially played in their back yards on a hard surface. Now, over 20 years later Pickleball is played in thousands of school PE programs, parks and recreation centers, camps, and retirement facilities.

## **Basics**

When playing Pickleball the serve must be hit underhand and each team must play their first shot off the bounce. After the ball has bounced once on each side then both teams can either volley the ball in the air or play it off the bounce. No volleying is permitted within the seven foot no volley zone. A player is not allowed to step into the volley zone. A game is played to 11 points and the team must win by 2. Points are lost by hitting the ball out of bounds, hitting the net, stepping into the no volley zone and volleying the ball before the ball has bounced once on each side.

## **The Serve**

Players must keep on foot behind the baseline when serving. The serve is made underhand. The paddle must pass below the waist. The serve is made diagonally cross court and must clear the no volley zone. The opponent standing in this box is the only person that can return the serve. Only one serve attempt is allowed. At the start of each new game, the 1<sup>st</sup> serving team is allowed only one fault before giving up the ball to the opponents. The serving rotation starts with the person on the right. The next server is the opponent team member on the right side. The opponent's partner will then serve, followed by the first server of the game. The final person to serve is the first server's partner. Then both members of each team serve before the other team serves. This rotation is followed the remaining of the game.

## **Bounce, Bounce Rule**

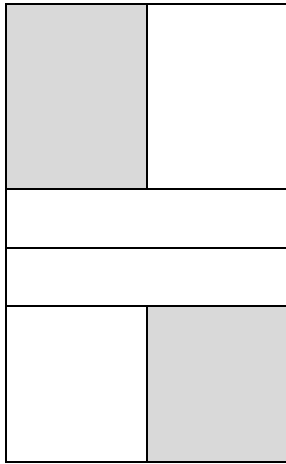
Each team must play their first shot off the bounce. The first receiving team must let the served ball bounce, and the serving team must let the return of serve bounce before playing it. After two bounces have occurred, the ball can be either volleyed or played off the bounce. This eliminates the serve and volley advantage and prolongs the rallies.

## **The Volley**

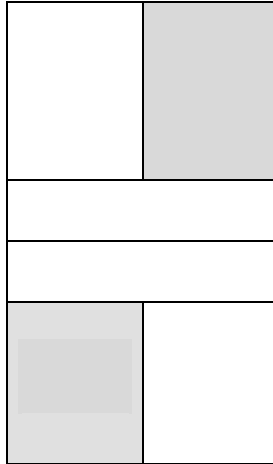
To volley the ball means to hit it in the air without first letting it bounce. All volleying must be done with the player's feet behind the no volley zone.

# Pickleball Court Markings and Lines

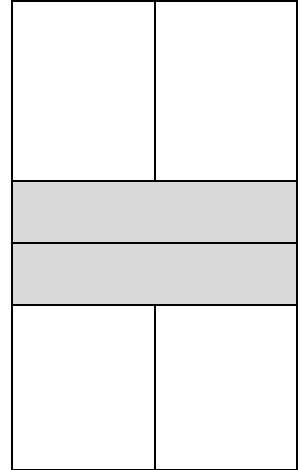
Right Serving Box



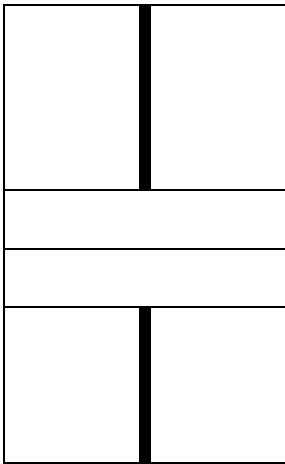
Left Serving Box



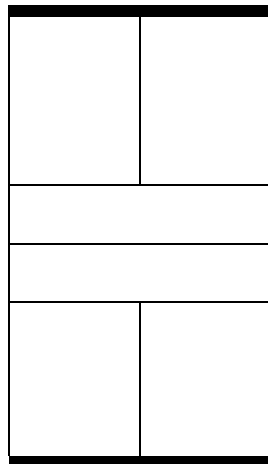
No Volley Zone



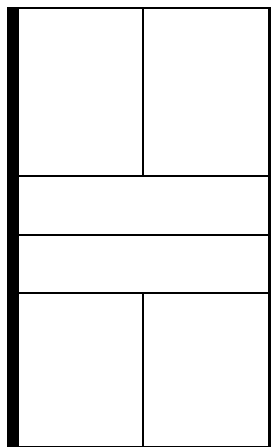
Center Line



Baseline



Sideline



Front Service Line

