

# **Pickle-ball**

## **History:**

Pickle-ball originated in the mid 1960's and has since gained great popularity among people of all ages. It is basically a scaled down version of tennis played on an indoor or outdoor badminton court using small wooden paddles and a plastic whiffle ball that is just slightly larger than a tennis ball.

The game was invented in 1965 by U.S. Congressman Joel Pritchard, William Bell and Barney McCollum. They had wanted to create a recreational sport that the whole family could enjoy together. They named the sport Pickle-ball after the congressman's dog, "Pickles", who chased the ball for them from time to time. Originally the game was played in driveways, on residential streets, and in families' back yards, but has since inherited the set rules which call for a net court. To date, this sport with such meager beginnings has gained such popularity that it is now played in thousands of schools and recreation centers nationwide.

## **Equipment Needed To Play:**

1. Two to four wooden paddles (singles or doubles play)

*\*NOTE: The paddles must not exceed 15 ½ inches in length, and the head of the paddle must be 8 inches or less.*

2. A net standing 36 inches high at each end, 34 inches high in the middle, and twenty feet long.
3. One plastic whiffle ball (the official pickleball is 3" in diameter).

## **The Court:**

The pickle-ball court is the exact same size as the badminton doubles court. It measures 20 ft. x 44 ft. in dimension and a line runs directly down the middle of the court, perpendicular to the net, deciphering the left and right service areas on each side. The no-volley zone is the 7 ft. area on either side of the net where all hits must be allowed to bounce before playing them. This area is marked with a taped line running parallel to the net at the given distance of 7 ft. on either side.

## **RULES:**

The rules of pickle-ball are quite similar to those of badminton. Before the game begins, the players either flip a coin or rally until someone faults to determine who will serve and who will receive. A pickle ball game is played to 11 points, but must be won by two. A team can only score a point on their own service.

## **SERVING:**

When serving in pickle-ball, the player must keep at least one foot behind the service line. They must serve using an underhand motion, and the paddle has to pass the body below the waist, with the head of the paddle below the wrist.

The ball may not be bounced before serving, but must be dropped and served in one motion. In order for a serve to count, it must travel and land diagonally across the net (beyond the no-volley zone) to the correct service area without touching the net or any other object. You are allowed only one attempt unless the ball contacts the net on the way over and still lands in the correct service area. This is called a “let”, and the server is awarded one more try. \*\*\*The only time a player is allowed a fault is on the very first service of the game.

In singles play, the server always begins the game serving from the right half of his/her court. If they win a point, they then serve from the left side. As the game goes on, the player’s score dictates which side they serve from. If they have an even number of points, they serve from the right side. If they have an odd number of points they serve from the left side.

In Pickleball doubles, a player serves until his team faults. If he wins a point, he and his teammate switch sides and he then serves from the other side. This continues until they fault. \*\*\*This is the only time players switch sides of the court. The first time they fault, the other teammate now serves from the side he/she is currently on, and continues serving in the same fashion as the first until their team faults again. At this point the serve goes to the opposing team, which always begins serving from the right hand side of their court. Both teammates must serve before the opposition gets the serve back.

## **Faults:**

The following are all examples of faults in pickleball:

1. Hitting the ball out of bounds.
2. Hitting the ball into the net and failing to clear it.
3. Volleying a ball that is in the non-volley zone.
4. Volleying the ball before it has bounced once on both sides of the net.

## **Special Rules:**

There are two Pickle-ball rules that do not apply to any other sport. They are the “no-volley zone” and the “double-bounce” rule.

The no-volley zone is the 7 ft. area on either side of the net where a ball must be allowed to bounce before striking it. This eliminates the powering or “spiking” of a ball hit close to the net, and increases the value of a good drop shot or “dink”. It is ruled a fault if a player has even one foot inside the no-volley zone when he/she strikes a ball in the air before it has bounced. This no-volley zone also acts as the short service area for the opponent.

The double-bounce rule states that each team must not strike the ball until it has bounced once on their court. This means that both the receiving team and the serving team must allow the ball to bounce one time before playing it. Failure to do so is a fault. Once the ball has bounced once on each side of the net, players may volley it back and forth or allow it to bounce once before hitting it as they choose.

## **Terms:**

1. **ACE**: A point-scoring serve which goes untouched by the opposition.
2. **Back Court**: The area of the pickleball court nearest the baseline, away from the net.
3. **Crosscourt Shot**: A shot which travels diagonally across the net from one corner to the other.
4. **Drive**: A shot hit sharply on a line to the opponents’ backcourt.
5. **Drop Shot**: A softly hit shot which barely clears the net and lands in the opponents’ non-volley zone.
6. **Groundstroke**: A forehand or backhand stroke hit after the ball has bounced one time.
7. **Lob**: A high arching shot that carries over an opponent, landing deep in the backcourt.
8. **Mixed Doubles**: A team composed of a male and female player.
9. **Smash**: An overhand stroke hit incredibly hard at a sharp downward angle past an opponent.
10. **Volley**: To hit a ball back and forth to an opponent without allowing the ball to hit the floor.

Website: <http://www.PickleBall.com>