

**Rules for
Beginners**

WHAT in the World is PICKLEBALL



**A court sport with elements of tennis,
badminton and ping pong!**

- One side begins by serving the pickleball, (which is a plastic, hole-covered whiffle ball) with a paddle.
- At the beginning of the serve both feet must be behind the baseline. The serve is an underhand swing.
- The server must hit the ball into the court diagonally over the net, and clear the 'no-volley zone' which is often called 'the kitchen'. (The kitchen area is marked on the court.)
- Service always starts from the right hand court.
- When playing 'doubles' both players get to serve, except on the very first serve. When your team's service is lost the opposing team gets to serve.
- During the serve the ball must bounce before it is hit with the paddle. It must also bounce before it is hit on the return of serve. (The double-bounce rule.)
- After the 'double bounce' players can then volley the ball (hit it without allowing it to bounce), provided they are not within the 'kitchen'.
- A team scores points only when they are serving.
- The game is played to 11 points and the win is by two points, unless otherwise stated.

FAULTS

- Failing to clear the net
- Hitting the ball out of bounds
- Volleying the ball from within, or while a foot is in the kitchen.
- Volleying the ball before it has bounced on the first serve or first return.