

BASIC RULES OF PICKLEBALL

1. SCORING:

- a. In recreational play, games are played to 11, win by two. Only the serving team can score a point.
- b. Before serving, the server must call the score as a sequence of three numbers: their score, receivers' score, and server number (e.g. "0-0-2" or "4-3-1")
- c. Each member of a team serves before a "side out" gives the serve over to the other team. An exception is the opening service of the game, for which only one member of the serving team serves. The game begins with the score "0-0-2".
- d. A server continues to serve until the serving team commits a fault. Each server is allowed only one fault before the serve passes to the second server or the opponents. Server is allowed unlimited let serves. Serve alternates service courts and players change sides each time they score a point.

2. THE SERVE:

- a. The serve is made diagonally, always starting from/to the right service court. The serve must be made from behind the baseline and between the extension of the sideline and centerline.
- b. The serve must land in the correct service court: beyond the Non-Volley Zone line and on or between the sideline and the centerline and on or in front of the baseline.
- c. The serve is hit without bouncing the ball and must be underhand: struck below the waist, with an upward motion, and with the paddle head below the wrist joint.

3. TWO BOUNCE RULE:

- a. The serve must bounce before it is returned (first bounce); the return of serve must bounce (second bounce) before the serving team can hit the ball again.

4. NON-VOLLEY ZONE (NVZ):

- a. The NVZ is an area extending 7' from the net and the width of the court. A player may not volley the ball (hit it before it bounces) with their feet touching the NVZ or the NVZ Line; their momentum cannot carry them into the NVZ after they strike the ball. The NVZ is a two-dimensional space; you may hit the ball while it is over the NVZ. Without touching the NVZ.
- b. You may step into the NVZ to return any ball that bounces, before or after it bounces. You must establish both feet outside the NVZ before playing a volley on subsequent shots.

5. LINE CALLS:

- a. Players call the lines on their side of the net. Calls should be made as fairly and honestly as possible, always giving the benefit to their opponents when doubt exists. A ball that is not clearly "out" is always "in". You may ask your opponent for their opinion on a call, and if you do you must accept their opinion as the final call.

PICKLEBALL SAFETY

1. Wear proper footwear with good stability appropriate for the playing surface.
2. Keep hydrated; use sun protection outdoors.
3. Eye protection is recommended.
4. Play from the Ready Position; wider base = better balance, stability and movement
5. To move laterally use a lateral shuffle step vs. a crossover step.
6. Maintain a wide base when moving forward.
7. To move back use a drop step and then shuffle or to turn and run back.
8. Yell "BALL" whenever a ball enters the court; stop play immediately and replay point
9. Safety is your responsibility, let a ball go rather than doing anything unsafe.