



# PICKLEBALL LEARNING MODULE

## UNIT I. PICKLEBALL BRIEF HISTORY AND DEVELOPMENT

### 1.1 ORIGIN AND HISTORY OF PICKLEBALL TIMELINE

#### 1965

After playing golf one Saturday during the summer, Joel Pritchard, congressman from Washington State and Bill Bell, successful businessman, returned to Pritchard's home on Bainbridge Island, WA (near Seattle) to find their families sitting around with nothing to do. The property had an old badminton court so Pritchard and Bell looked for some badminton equipment and could not find a full set of rackets. They improvised and started playing with ping-pong paddles and a perforated plastic ball. At first, they placed the net at badminton height of 60 inches and volleyed the ball over the net. As the weekend progressed, the players found that the ball bounced well on the asphalt surface and soon the net was lowered to 36 inches. The following weekend, Barney McCallum was introduced to the game at Pritchard's home. Soon, the three men created rules, relying heavily on badminton. They kept in mind the original purpose, which was to provide a game that the whole family could play together.



#### 1967

The first permanent pickleball court was constructed in the backyard of Joel Pritchard's friend and neighbor, Bob O'Brian.

#### 1972

A corporation was formed to protect the creation of this new sport.



Original Pickleball Court

#### 1975

The National Observer published an article about pickleball followed by a 1976 article in Tennis magazine about "America's newest racquet sport."

#### 1976

During the spring of 1976, the first known pickleball tournament in the world was held at South Center Athletic Club in Tukwila, Washington. David Lester won Men's Singles and Steve Paranto placed second. Many of the participants were college tennis players who knew very little about pickleball. In fact, they practiced with large wood paddles and a softball sized plastic ball.

#### 1978

The book, *The Other Raquet Sports*, was published and included information about pickleball.

#### 1982

Pickleball pioneer, Sid Williams began playing and organizing tournaments in Washington state.

#### 1984

- The United States Amateur Pickleball Association (U.S.A.P.A.) was organized to perpetuate the growth and advancement of pickleball on a national level. The first rulebook was published in March 1984.
- The first Executive Director and President of U.S.A.P.A. was Sid Williams who served from 1984 to 1998. He was followed by Frank Candelario who kept things going until 2004.
- The first composite paddle was made by Arlen Paranto, a Boeing Industrial Engineer. He used the fiberglass/nomex honeycomb panels that commercial airlines use for their floors and part of the airplane's structural system. Arlen made about 1,000 paddles from fiberglass/honeycomb core and graphite/honeycomb core materials until he sold the company to Frank Candelario.

## **1990**

Pickleball was being played in all 50 states.

## **1992**

Pickle-Ball, Inc. manufactured pickleballs in-house with a custom drilling machine.

## **1997**

Joel Pritchard passed away at age 72. Though he was Washington State's Lieutenant governor from 1988 to 1996, he is probably better known for his connection to the birth of pickleball.

## **1999**

The first pickleball internet website, Pickleball Stuff, launched and provided players with information, equipment, and products.

## **2001**

The game of pickleball was introduced for the first time in the Arizona Senior Olympics through the efforts of Earl Hill. The tournament was played at Happy Trails RV Resort in Surprise, AZ and drew 100 players. It was the largest event ever played to that point. Over the next few years the event grew to nearly 300 players.

## **2003**

There are 39 known places to play in North America listed on the Pickleball Stuff website. This represents 10 States, 3 Canadian Provinces and about 150 individual courts.

Pickleball was included for the first time in the Huntsman World Senior Games, held each year in St. George, Utah during October.

## **2005**

A new corporation for the sport was established as USA Pickleball Association (*USAPA*). Mark Friedenberg was named the first president of the new USAPA and the first Board of Directors included:

- Vice President – Steve Wong
- Secretary – Fran Myer
- Treasurer – Lela Reed
- General Counsel – Phil Mortenson
- Grievance – Phil Mortenson
- Marketing – Erne Perry followed by Pat Carroll in March, 2006
- Membership – Carole Myers
- National/International Relations and the Ambassador Program – Earl Hill
- Newsletter – Jettye Lanius
- Ratings and Rankings – Mark Friedenberg
- Rules – Dennis Duey
- Tournaments – Barney Myer
- Training – Norm Davis
- Webmaster – Steve Wong

## **2006**

- One of the originating founders of the sport, Bill Bell passes away at 83.
- 2008
- The USAPA Rules Committee, headed by Dennis Duey, published the (1) *USA Pickleball Association Official Tournament Rulebook – Revision: May 1, 2008*.
- Pickleball was included for the first time at the National Senior Games Association (NSGA).
- There are now 420 places to play in North American as listed on the USAPA website. This represents 43 States and 4 Canadian Provinces and about 1500 individual courts. This does not account for those places that are adding courts at private homes.
- ABC's *Good Morning America* aired live, in-studio segment on pickleball that included a brief demonstration. This was the first mass media exposure for the sport.

## **2009**

- The first USAPA National Tournament for players of all ages was held in Buckeye, Arizona, November 2-8, 2009. The tournament drew almost 400 players from 26 states and several Canadian provinces.
- USAPA establishes the Grant Program to assist players in creating new sites for new players. By the end of 2013 the program has accounted for over 1,400 new sites.

## **2010**

To help foster the growth of the sport on an international level, USAPA established the International Federation of Pickleball (IFP) organization and corresponding website (ifpickleball.org).

## **2013**

- In January, Justin Maloof joined USAPA as its first full-time Executive Director.
- USAPA starts the year off with a record 4,071 members.
- USAPA re-brands with a new logo and red, white, and blue color scheme that is more consistent with other US national sports governing bodies.

## **2014**

USAPA launched a new, more user-friendly website.

Pickleball Channel launched making it the first professional media group for the sport

## **2015**

- USAPA surpasses 10,000 members for the first time.
- The first USAPA ambassador retreat was held in Tahoe City, CA.
- According to the Sports and Fitness Industry Association (SFIA), there are now just over 2 million pickleball players.
- USAPA and author Mary Littlewood collaborate with publisher, Human Kinetics to produce a new pickleball book for beginners titled (2) *Pickleball Fundamentals, Master the Basics and Compete with Confidence*.
- After 6 years in Buckeye, AZ, USAPA moves the USAPA National Championships to Casa Grande, AZ.
- Total number of courts per Places2Play continues to grow and breaks through 10,000 courts and finishes the year at 12,800 for both indoor and outdoor courts.

## **2016**

- USAPA reports it now has more than 17,000 members.
- USAPA creates a national certified referee certification program.
- *Pickleball Magazine* launched as the sports first full-color, professional print and digital publication. USAPA members receive a free digital copy and a discount on a mailed subscription.
- The first US Open Pickleball Championships were held in Naples, FL and included the first nationally televised broadcast of pickleball on CBS Sports Network.
- More than 4,600 locations are now listed on Places2Play.
- USAPA selects St. Jude's Children's Research Hospital as it's national charitable partner.
- The Super Senior International Pickleball Association (SSIPPA) was created and partners with USAPA and sanctions all their tournaments.

## **2017**

- The USAPA volunteer Ambassador group exceeds 1,500.
- Places2Play reflects nearly 5,900 locations.
- USAPA expands the number of USAPA regionals from 8 to 11.
- USAPA and the American Sports Builders Association (ASBA) partner to co-author the first official pickleball construction book for the sports industry. (3) *Pickleball Courts – a Construction & Maintenance Manual* provides detailed technical information for properly building pickleball courts and facilities.
- USAPA and the International Pickleball Teaching Professional Association (IPTPA) launched a Pickleball Hall of Fame. Inaugural inductees were Joel Pritchard, Barney McCallum, Sid Williams, Arlen Paranto, Mark Friedenberg, and Billy Jacobsen.
- With over 1,300 players, the USAPA National Championships sets a record for participants and for the first time, a 2-hour segment of the event airs to a nation-wide audience on CBS Sports Network.
- USAPA membership doubles in two years and is 22,000 by December.

## **2018**

- USAPA membership surpasses 30,000.
- Total number of courts per Places2Play locations is nearly 7,000 and there are nearly 21,000 known courts across the U.S.
- USAPA partners with Pickleballtournaments.com to produce and launch the sports first results-based tournament player ratings (UTPRs).
- USAPA partners with the newly formed Professional Pickleball Registry (PPR), a subsidiary of the Professional Tennis Registry (PTR). During the first 6 months, PPR certifies over 1,000 new pickleball instructors.
- USAPA members Jennifer Lucore and Beverly Youngren co-author and publish the sport's first historical book, (4) *History of Pickleball, More Than 50 Year of Fun!*
- The USA Pickleball partners with Desert Champions, LLC with a multi-year deal and moves the National Championships to the world-renowned Indian Wells Tennis Garden in Indian Wells, CA. Registration for the newly branded Margaritaville USA Pickleball National Championships explodes to over 2,200 participants. The event featured over 17 hours of live-streamed content to a nation-wide audience on ESPN3 and a 1-hour segment aired nationally on ESPNEWS. The event also provides the highest cash purse (\$75,000) in the history of the sport.
- USAPA Facebook team carried several live matches of the National Championships on Facebook and had a total reach of over 1.5Million viewers.
- Pickleball Hall of Fame inductees were Earl Hill, Fran Myer and Robert Lanius.

## **2019**

- USA Pickleball Association as part of the growth agenda adds several new staff including Hope Tolley, Managing Director, Recreation Programs, George Bauernfeind, as first Chief Marketing Officer, and Karen Parrish, Head of Competition and Officiating.
- The Sports Fitness Industry Association 2019 report indicates pickleball continues as one of the fastest growing sports in the U.S. as participants reaches 3.3 million.
- The last of the three originating founders of the sport, Barney McCallum passed away at 93.

- The Margaritaville USA Pickleball National Championships places a greater emphasis on spectators and the spectator experience. A VIP lounge and live video screens were placed just outside the stadium court where fans could enjoy the action from the food and beverage areas. The event drew nearly 28,000 fans.
- Pickleball Hall of Fame inductees were Dan Gabanek, Jennifer Lucore, Enrique Ruiz and Steve Paranto.
- USAPA reaches almost 40,000 members by the end of the year, a 1,000% growth rate since beginning of 2013.

## 2020

USAPA rebranded as USA Pickleball, aligning more consistently it with other US sports governing bodies and our USA Pickleball National Championships. The brand re-launch also includes a new, modern logo and an updated website. The new name, logo and website are designed to strengthen USA Pickleball's worldwide image as the official pickleball organization in the U.S. Stu Upson joins USA Pickleball in December as first full-time CEO.

## 2021

USA Pickleball Membership reached the 50,000 milestone and ended the year with just over 53,000 members, a 43% increase from the previous year and the largest single growth year to date for the organization. With over 2,300 registered players, the 2021 Margaritaville USA Pickleball National Championships presented by Pickleball Central was the largest tournament in the world to date.

## 2022

The Sports & Fitness Industry Association (SFIA) named pickleball the fastest-growing sport in America for the second consecutive year in its annual 2022 Topline Participation Report. The 2022 Margaritaville USA Pickleball National Championships drew nearly 2,300 registered players with the professional players competing for \$150,000 in prize money. The Indian Wells Tennis Garden hosted 5,522 fans at the peak of Championship Sunday, the largest-ever pickleball attendance in history.

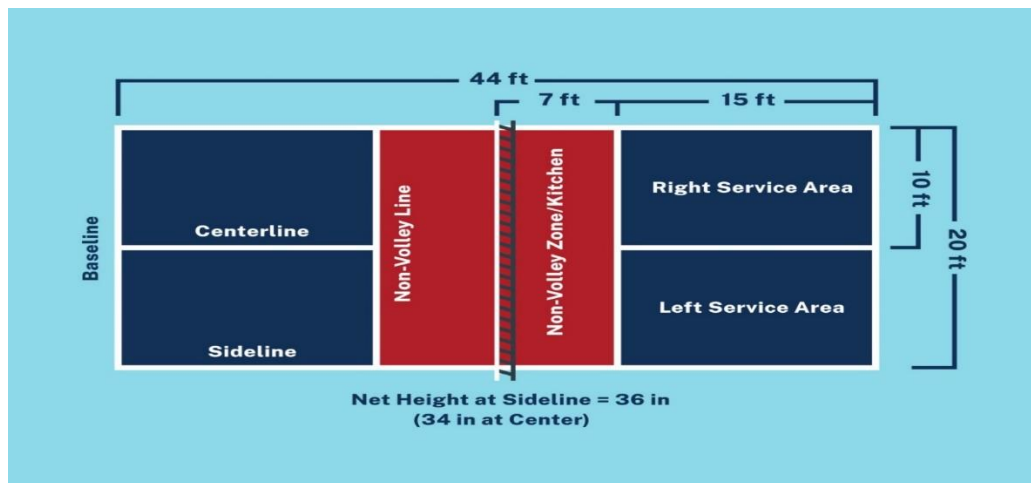
In 2022, "pickleball" was one of the hottest trends in the U.S., receiving an unprecedented level of media coverage by major domestic and international outlets. More information about the growth of pickleball in 2022 can be found in USA Pickleball's Annual Growth Report.

## 2023

USA Pickleball membership numbers reached the 70,000 marks in February of 2023, after a nearly 30 percent increase in membership growth in 2022. In its 2023 Topline Participation Report, the Sports & Fitness Industry Association (SFIA) named pickleball the fastest-growing sport in America for the third year in a row. According to the report, pickleball is now up to a total of 8.9 million players in the United States over the age of six years old, an increase from 4.8 million in 2022. In March, USA Pickleball and the Professional Pickleball Association announced that the 2023 USA Pickleball National Championships, presented by the PPA Tour, will be held in Dallas this November.

## 1.2 COURT AND EQUIPMENT

### PICKLEBALL DIMENSIONS



### PICKLEBALL COURT

Pickleball court dimensions are unique to pickleball with the official court measurements differing from other sports courts or playing areas. In this section we'll cover the regulation sizes of a pickleball court as well as other pickleball court measurements, such as the 'non-volley zone' and the 'service areas.'

USA Pickleball state that a regulation pickleball court should be a rectangle measuring 20ft (6.67 yards/6.10m) wide and 44ft (14.67 yards/13.41m) long. The size of a pickleball court in square feet is 880ft<sup>2</sup> which provides players with enough room to move around the court safely. A minimum of 10ft at either end of the court and 5ft at each side of the court should also be included beyond the court lines (clear of any objects) for players to use during rallies should they need to do so.



## COURT LAYOUT

**Baselines:** sit parallel to the net at the end of the court. Sidelines: running the length of the court.

**Non-volley zone (NVZ):** the area on either side of the net bound in by a line parallel to and 7 feet from the net and two sidelines.

**Centerline:** extends down the center from the baselines to the NVZ, dividing the court.

**Service area:** the area beyond the NVZ on either side of the centerline, including the centerline, sideline, and baseline.

## SURFACE

Any hard surface (i.e. concrete or asphalt) will suffice for outdoor gameplay, so long as it's free of debris. Grass will not allow the ball to bounce, but driveways or cul-du-sacs can work fine with enough space. Ideally, the surface area should be about 30 feet by 60 feet. For more professional and permanent outdoor court surfacing, there are sport surfacing systems and services available.

## NETTING

The net can be made out of any mesh material that will not allow a ball to pass through. It should be at least 21 feet 9 inches long, stretching from post to post; from the bottom edge to the top, it should be at least 30 inches wide. The posts should be 22 feet apart, and no more than 3 inches in diameter. Once the net is suspended from the posts across the center of the court, it should be 36 inches tall at the sidelines, and 34 inches tall in the center. The top edge of the net should have a cord or cable and it should be covered with a 2-inch tape.

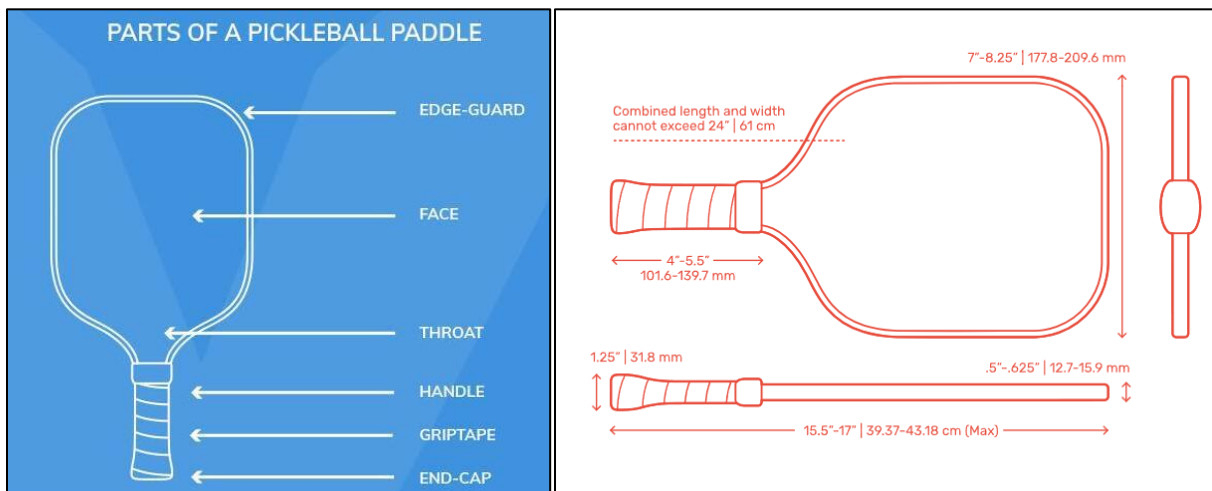
## LINES

Lines can be made with chalk, tape, paint, or even crayons, but generally tape is the best option for DIY.

## INDOOR

The lines, netting, and space requirements for indoor pickleball play are the same as outdoor, but different lighting, fencing, and surfacing options are available, and should be considered. Indoor play allows for fluorescent lighting options that cannot function outside like HID and LED lights would. Indoor play also allows for different flooring options that are not feasible outdoors, like hardwood or rubberized surfaces. Fencing considerations can also vary more with indoor courts, as the surrounding environment does not pose as much a risk as it may outdoors.

PICKLEBALL COURT DIMENTIONS	
1. COURT LENGTH	44ft (14.67 yards/13.41m)
2. COURT WIDTH (Singles)	20ft (6.67yards/6.10m)
3. COURT WIDTH (Doubles)	20ft (6.67yards/6.10m)
4. NET HEIGHT (Center)	34 Inches (2.83ft/86.36ftcm)
5. NET HEIGHT (Sideline)	36 Inches (3ft/91.44cm)
6. NO VOLLEY ZONE	7ft (2.33 yards/2.13m) from the net
7. SERVICE AREA WIDTH	10ft (3.33 yards/3.05cm)
8. SERVICE AREA LENGTH	15ft (5yards/4.57m) from baseline
9. TOTAL SURFACE AREA (Singles)	880ft <sup>2</sup>
10. TOTAL SURFACE AREA (Doubles)	880ft <sup>2</sup>



## PICKLEBALL PADDLES

1. **Face** - The face of the pickleball paddle is used for hitting the pickleball ball. The face is made from graphite, wood or a carbon polymer.

2. **Edge Guard** - The edge guard is situated around the perimeter of the paddle's face. The guard protects the face from damage and helps to maintain its shape
3. **Throat** - The throat is the part of the paddle that connects the handle to the face. The throat is usually made of the same material as the face of the paddle.
4. **Handle** - As you'd expect, the pickleball paddle handle is the part that a player holds during a game. It is often made of wood, graphite or a carbon polymer.
5. **Grip tape** - The grip tape, or grip, is the outer part of the handle; the part which your hand makes contact with when you hold the handle. Pickleball paddle grips are usually made of rubber or a synthetic material such as polyurethane (PU).
6. **End Cap** - The end cap is found at the bottom of the handle. End caps, also known as "butt caps" protect the bottom of the handle and can extend the length of the handle slightly.

### PICKLEBALL PADDLE DIMENTIONS

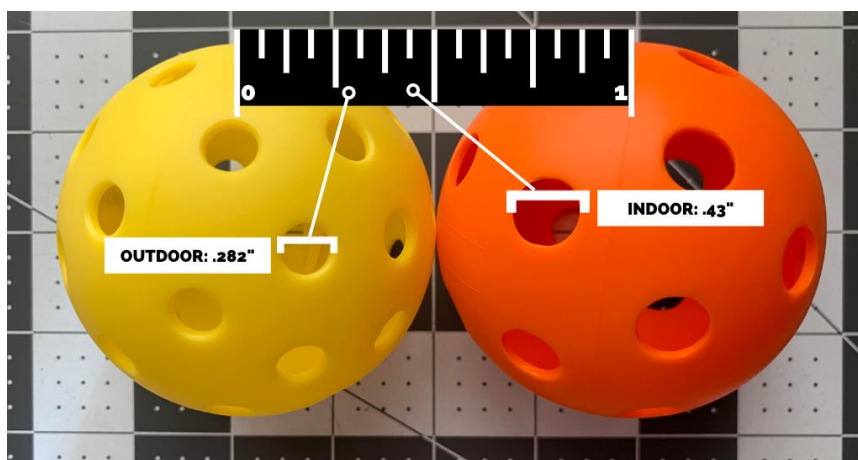
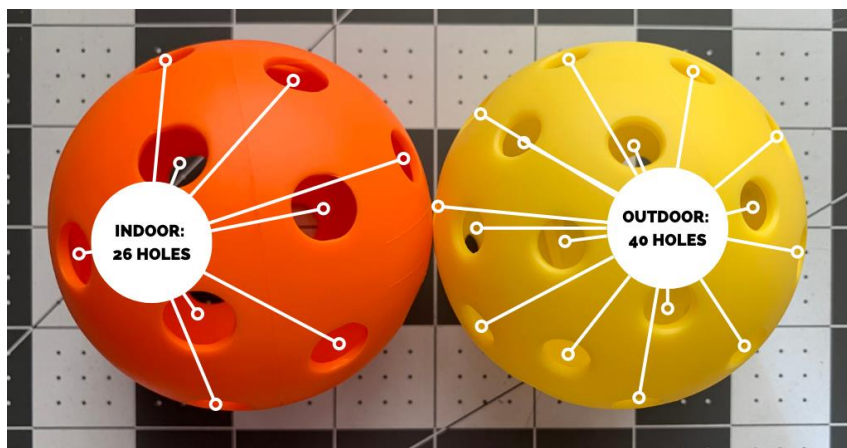
1. Overall maximum length - of 15.5"-17" (39.37-43.18 cm)
2. Width - 7"-8.25" (177.8-209.6 mm)
3. Depth - 1.25" (31.8 mm)
4. The length of the handle 4"-5.5" (101.6-139.7 mm) with a grip circumference between - 4"-4.5" (101.6-114.3 mm).
5. The mass of a Pickleball Paddle - 6.5-9.5 oz (185-270 g).
6. The combined width and length of a Pickleball Paddle cannot exceed 24" (61 cm).

### PICKLEBALL BALL

A pickleball is a lightweight plastic ball with holes, similar to an enlarged ping pong ball. The holes provide reduced speed and stability during play. The pickleball is designed to provide a good balance between control and speed. It has a soft to medium hardness and is designed for play on the pickleball court.

### TECHNICAL DATA

Property	Pickleball ball
Diameter	7.29-7.54cm (2.87 - 2.97 inches)
Weight	22.1-26.5gram 0.78 - 0.935 oz
Holes	Specification: -26-40 Typical: -26(Indoor) -40 (Outdoor)
Hole diameter	unspecified
Hardness	soft to medium
Material	Plastic
Surface	Smooth
Color	Bright yellow, green, pink



There are exceptions to these 5 differences, but in general, the majority of indoor and outdoor balls are unique in the following ways:

1. **Number of Holes:** Indoor balls have 26 holes while outdoor balls have 40.
2. **Hole Diameter:** Indoor balls have holes with wider diameters than outdoor balls.

3. **Weight:** Outdoor balls tend to be heavier than indoor balls.
4. **Hardness:** Outdoor balls tend to be harder plastic than indoor balls, aiding with more bounce.
5. **Durability:** Because outdoor pickleballs are harder they tend to crack quicker than softer indoor pickleballs.

## **UNIT II. BASIC FUNDAMENTAL SKILLS THAT ARE IMPORTANT IN PICKLEBALL**

We are going to keep this basic and focus on the skills that a beginning pickleball player should learn to progress and grow in to becoming an intermediate player. Before you can learn the more difficult shots that you see experienced players making, you need to build a skills foundation on the basic shots so those next level shots come easy.

We believe most players can build a solid pickleball skills foundation by learning these five skills, with more difficult shots coming later on in the pickleball learning curve.

### **1. GROUNDSTROKES**

The groundstroke shots make up the basic shots of playing pickleball and any racket or paddle sport for that matter. Your groundstrokes are foundational shots that must be learned at a solid level to become a proficient player.

Your groundstrokes include both the forehand and backhand and these shots will be the shots you use the most in any pickleball game that you play.

**Forehand Groundstroke:** Typically, the most powerful and most accurate shot; therefore, the most utilized from at or near the baseline.

- Move sideways into correct court position first. Avoid reaching; move the feet instead and prepare to meet the ball from the ready position.
- From the ready position pivot shoulders and hips so the non-paddle shoulder is facing the approaching ball and begin the backswing. Some players extend the opposite arm forward for balance.
- Step forward with the front foot toward the direction the ball is intended to go to create forward momentum. Bring the paddle forward to contact the ball in front of the body, preferably before the ball reaches the top of its bounce.
- The paddle head is angled slightly open (tipped back from vertical)
- Keep the wrist firm (not wobbly), but allow it to hinge backward enough to meet the ball squarely.
- Follow through to straighten the body and return to the ready position.

**Backhand Groundstroke:** Used when a ball is approaching the side opposite the paddle arm. However, many players consider the backhand groundstroke as their “go to” shot and use it for up to 75-percent of their groundstrokes.

- Move into correct court position first. Avoid reaching; move the feet instead.
- From the ready position pivot shoulders and hips sideways so the paddle shoulder is toward a ball that is approaching the non-paddle side of the body.
- Bring the paddle arm across the body and extend the paddle shoulder to head high. Opposite arm may be extended across the body toward where the ball will be hit for balance or held behind the body (depends on what feels natural and “works” for each player.)
- Step forward with the front foot toward the direction the ball is intended to go to create forward momentum. Bring the paddle forward to **contact the ball in front of the body**, preferably before the ball reaches the top of its bounce. Weight on the front foot.
- The paddle head is angled slightly open.
- Wrist and forearm aligned, wrist firm (not wobbly).
- Follow through to straighten the body and return to the ready position.

### **2. VOLLEY**

The simple definition of a pickleball volley shot is any ball that is hit out of the air and returned across the net is considered a volley. This is a basic shot that should be learned by any new pickleball player.

The important thing to know here is that while most volley shots will come when you are playing up at the non-volley zone, you will need to learn to hit a volley shot from other areas of the court such as the transition area between the non-volley line and the baseline.

The beginning pickleball player should also know the rules of the non-volley zone, also known as the kitchen, which dictate that no ball can be hit out of the air from the kitchen area by a player standing in the non-volley zone. If a player is hitting a volley up at the kitchen, or non-volley zone line, their feet must be behind the kitchen line and their momentum must not take their feet in to the non-volley zone either while hitting the shot or on the follow through, or a fault will be called on that player.

Work on your volley game by learning paddle position when ready, stable feet at the non-volley zone, and shot placement when hitting a volley.

### **3. SERVE**

The pickleball serve is a basic pickleball skill that every pickleball player must learn. The challenging part I see for new pickleball players is learning the underhand serving motion.



The pickleball serve is unique to other games in that the serving motion must start with the paddle below the waist and progress in an underhand motion while hitting the ball over the net into the opponents proper serve receiving area. The challenging part for new pickleball players is the underhand serve motion and learning how to propel a ball over a net while hitting it underhand. This is understandably unnatural and takes a while to get used to.

There are generally two types of serves in pickleball:

**A. SERVING VARIATION: VOLLEY SERVE**

- A volley serves, or "out-of-the-air serve," is where you drop the ball and hit it before it bounces. The ball needs to be hit below your waist height, and in an upwards arc (see serving rules below). The volley serve used to be the only serve allowable. It's the best way to get power on your serve, and to hit your serve from the highest possible point, thus giving you the best angle.

**B. SERVING VARIATION: DROP SERVE**

- This variation on the traditional volley serve (1) is becoming more and more popular in pickleball. For a drop serve, the serving player drops the ball on the ground before hitting it on the bounce. These additional rules apply when performing a **drop serve** in pickleball:
- The server can either drop the ball from one hand or roll it from the paddle face.
- The ball can bounce anywhere, so long as the serving player's feet are behind the baseline.
- The ball must not be thrown down with force or tossed into the air before hitting the ground.

**4. SERVE RETURN**

Learning to serve is an important skill to learn, but just as important is learning how to return a serve. You will play many different levels of players in your pickleball journey, and each will have a unique serve. You will need to learn how to return a variety of serves as well as to be able to return a serve from different areas of the court based on where the server places their serve.

**5. DINK**

A dink in pickleball is when you are playing up at the kitchen line and you hit a ball softly over the net and it lands in your opponent's kitchen area of the court. The goal here in the kitchen area of the court to hit the ball softly enough where it goes just over the net and lands in your opponent's kitchen area forcing them to hit a weak return dink shot back to you.

The end goal of any of these dink shots is for one opponent to mistakenly hit the ball a bit too hard so it sails high enough over the net where you can hit a "put away" winner shot.

## **UNIT III. PICKLEBALL RULES – FAULTS & DEAD BALLS ON THE PICKLEBALL COURT**

**WHAT IS A FAULT?**

A fault is a violation of the rules of pickleball. If a player violates any of the rules, then the pickleball becomes dead and the rally immediately ends. The player or team that did not violate the rules will win the rally.

**WHAT CAUSES A FAULT IN PICKLEBALL?**

There are several ways to commit a fault on the pickleball court, which include the following:

**1. Not Allowing Both the Serve and the Return of Serve to Bounce.**

A violation of the 2-bounce or 3-hit rule is a fault in the sport of pickleball. As a reminder, both the serve and the return of serve must bounce. After the serve and return of serve, either team or player may volley the pickleball. In other words, after the serve and return of serve, either team or player may hit the pickleball either in the air (i.e., a volley) or after a bounce.

**2. Hitting the Pickleball into the Pickleball Net.**

Hitting the pickleball into your side of the pickleball net, without the pickleball crossing over to the other side of the pickleball net, is a fault. The fault occurs the moment that the pickleball hits the ground. This timing is important because the opposing team could commit another fault (such as touching the pickleball net or crossing the plane of the pickleball net) before the pickleball hits the ground. The first player/team to commit a fault will lose the rally.

**3. Hitting the Pickleball Under the Net or Between the Net and the Net Post.** Hitting the pickleball either under the pickleball net, or between the pickleball net and the net post, is a fault.

**4. Hitting the Pickleball Out of Bounds or on Your Respective Side of the Pickleball Net.** Hitting the pickleball so that it lands either out of bounds, or on your respective side of the pickleball net, is a fault.

**5. Allowing the Pickleball to Bounce Twice.** Allowing the pickleball to bounce twice on the same side of the pickleball court is a fault (with an exception for wheelchair pickleball players). For instance, if the opponents hit the return of serve back to you as the server, but you are unable to make contact with the pickleball before it bounces twice on your side of the pickleball court, then you would have committed a fault and would lose the rally.

**6. Violating a Pickleball Serve Rule.** Any violation of any pickleball rule on the serve is a fault. For instance, contact with the pickleball above your naval on the traditional pickleball volley serve, or propelling or tossing the pickleball on the drop serve, would be a fault. Also, it is important to note that if a pickleball player serves the pickleball after a rally has ended, but before a referee starts to call the score, then the server has not committed a fault because the pickleball is still "dead." However, if the

pickleball player serves the pickleball after a referee starts to call the score, but before the referee has finished calling the score, then the server would have committed a fault because the pickleball is “live” once the referee starts to call the score and the entire score must be called before the pickleball is served.

7. **Contacting the Pickleball Net Posts, Net System, or the Opposing Team’s Side of the Pickleball Court.** If your body, your apparel (for instance, your shirt, shorts, or shoes), or your paddle, touch the pickleball net posts, net system, or the opposing team’s side of the pickleball court when the pickleball is in play, then you would have committed a fault. To note, however, if you touch the pickleball net posts, net system, or the opposing team’s side of the pickleball court when the pickleball is *not* in play, then you would *not* have committed a fault.
8. **Contacting the Pickleball with Anything Other than Your Paddle or Your Hand in Contact with Your Paddle Below Your Wrist.** After the serve, you may only contact the pickleball with your paddle or your hand in contact with your paddle below your wrist. If you contact the pickleball with any other part of your body (including your hand in contact with your paddle above your wrist), or anything that you are wearing, then you would have committed a fault. If you are a pickleball player that either changes hands that holds the paddle, or hits a two-handed backhand or other shot, then, as long as both hands are in contact with the paddle, the pickleball may hit either hand below the wrist and still be considered in play. For this exception to apply, both hands must be in contact with your paddle. Further, to note, if you drop the pickleball before you hit the serve, and the pickleball hits your shoe or other body part, then this is not a fault. This rule only applies after the serve is hit.
9. **Stopping a Live Pickleball.** If you stop the pickleball before it is dead, then you would have committed a fault. This includes catching or stopping the pickleball before it hits the ground (for instance, catching the pickleball on a shot that you may think is clearly out of bounds).
10. **The Pickleball Hitting a Permanent Object Before Bouncing.** If the pickleball hits a permanent object (such as a bench, fence or even the referee – yes, the referee is considered a permanent object) before bouncing, then the player or team that hit the pickleball last would have committed a fault and will lose the rally.
11. **Violating a Non-Volley Zone Rule.** Any violation of any of the Non-Volley Zone (or Kitchen) rules is a fault. For instance, any volley of the pickleball while standing in the Non-Volley Zone is a fault.
12. **Violating the Commonly Misunderstood “Other” Pickleball Rules.** Any violation of any of the commonly misunderstood “other” pickleball rules is a fault. For instance, any intentional double hit of the pickleball, or intentionally distracting the opposing player that is about to hit the pickleball, will be considered a fault.
13. **Hitting the Pickleball Before It Passes the Plane of the Pickleball Net.** If you hit the pickleball before the pickleball passes the plane of the pickleball net, then you would have committed a fault. For instance, if you move to hit an Erne and hit the pickleball before it crosses to your side of the pickleball court, you would have committed a fault and will lose the rally.
14. **Intentionally Carrying or Catching the Pickleball on Your Paddle.** It is a fault if, after the serve, you intentionally carry or catch the pickleball on your paddle. However, any carry on the serve, or any unintentional carry or catch of the pickleball with your paddle, is not a fault.
15. **Intentionally Hitting the Pickleball More than Once – Double Hit.** It is a fault if, after the serve, you intentionally hit the pickleball more than once with your paddle. However, any double hit on the serve, or any unintentional double hit of the pickleball with your paddle, is not a fault.
16. **Calling an Invalid Hinder (or let).** As a reminder, there are no service lets in the sport of pickleball (in other words, a serve that hits the pickleball net is in play if it lands in the correct service court). This means that any let call on the serve is a fault. Likewise, any invalid hinder call is a fault. An invalid hinder would likely only result if a match had a referee, as the referee would determine whether a hinder call by a player/team is invalid.
17. **Calling a Time-Out After the Serve.** No player or team may call a time-out after the pickleball has been served. However, any player or team may call a time-out (assuming that such player or team has time-outs left) at any time prior to the serve, which includes the period of time between after the score being called and before the serve has been hit.

A fault can generally only occur when the pickleball is live or in play, or if a player or team violates any of the Non-Volley Zone rules, such as allowing your momentum to carry you into the Non-Volley Zone after hitting a volley.

As a reminder, if you commit any one of these faults, then you would lose the rally.

## **WHAT IS A DEAD BALL?**

A dead ball is a pickleball that is no longer in play.

## **WHAT CAUSES THE PICKLEBALL TO BE A DEAD BALL?**

A dead ball results for any action that stops play. For instance, the following actions will result in a dead ball:

1. **Fault.** Any fault committed by a player (whether called by the referee or any player, or not) results in a dead ball. The pickleball will immediately be a dead ball upon the first fault. For instance, if a player hits the pickleball into the net on his/her side of the pickleball court, the pickleball becomes dead upon hitting the ground. If immediately after the pickleball hits the ground, the opposing player touches the pickleball net, then the opposing player would not have committed a fault because he/she would have touched the net after the dead ball that resulted from the fault of hitting the pickleball into the net. However, if a player hits the pickleball into the net on his/her side of the pickleball court after the opponent volleyed the pickleball to him/her,

and the opponent's momentum then carries him/her into the Non-Volley Zone, then the opponent would lose the rally. This is because the Non-Volley Zone violation is a fault, regardless of whether the pickleball is a dead ball or not. Further, the Non-Volley Zone violation occurred in connection with the shot that happened prior to the other player's fault of hitting the pickleball into the net. As a result, the opponent committed the "first" fault and will lose the rally.

2. **Valid Hinder.** A valid hinder will result in a dead ball and a replay of the point. For instance, a stray pickleball that rolls onto the pickleball court during a rally would be a valid hinder. However, if a player or team calls an invalid hinder, then the player or team calling the hinder would have committed a fault.
3. **Contact with a Permanent Object After Bouncing on the Court.** If the pickleball bounces on the pickleball court and then hits a permanent object (for instance, a bench or a fence), then the pickleball becomes dead immediately upon making contact with the permanent object. The player or team that hit the pickleball last would win the rally.

As a reminder, no fault, other than a fault as a result of a Non-Volley Zone rules violation, may occur when the pickleball is dead. Faults may generally only be committed when the pickleball is live and in play, which, in pickleball games with a referee, will be indicated by the referee calling "time in." However, it is important to note that technical warnings and technical fouls may be called at any time – whether or not the pickleball is live and in play or a dead ball.

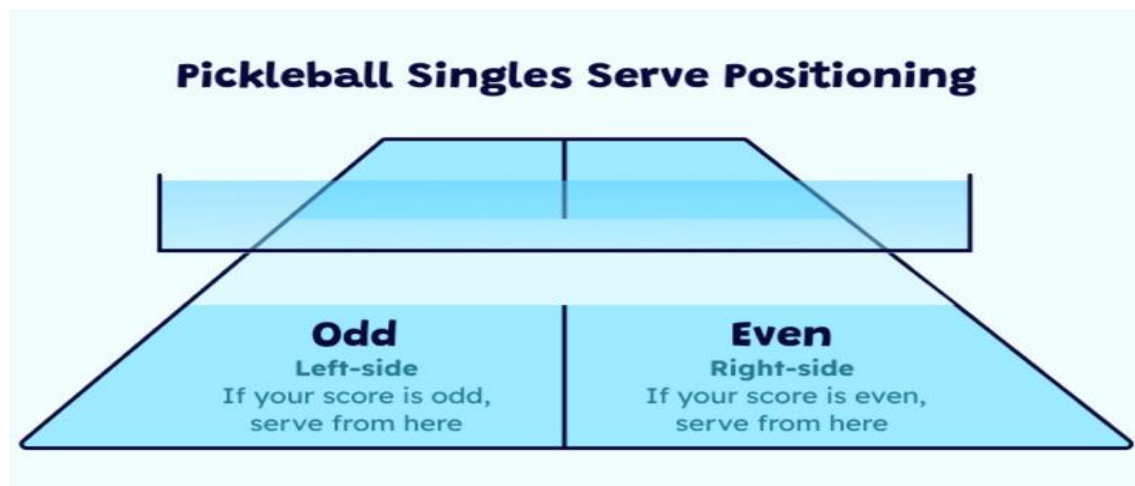
## UNIT IV. PICKLEBALL GAME VARIATIONS; SINGLES & DOUBLES

### 4.1 HOW TO PLAY PICKLEBALL SINGLES

Pickleball singles follow basically the same set of rules as doubles. The main difference is that you're alone on your side of the court, without a partner to lean on.

#### COURT POSITIONING

- a. If the server's score is even (0, 2, 4 ...), the serve must be made from the right/even serving area and be received in the right/even service court by the opponent.
- b. If the server's score is odd (1, 3, 5 ...), the serve must be made from the left/odd serving area and be received in the left/odd service court by the opponent.
- c. After the server loses the rally or faults, a side out will occur and service is awarded to the opponent.



Whether you're playing doubles or singles, you should aim to get up to the non-volley zone (or 'kitchen') as soon as possible after a serve. Being in that position allows you to cut off your opponent's angle shots.

#### COURT DIMENSIONS

Unlike in tennis, where the singles court sidelines are marked well within the sidelines of the double's tennis court, there is no difference in the size of a pickleball court for singles and doubles.

For both versions, the dimensions of a pickleball court are 20' by 44'. For singles, this gives you 440 square feet all to yourself.

#### EQUIPMENT

The equipment needed for singles and doubles pickleball is identical. The balls are the same and the court is identical, along with the pickleball net height. Just as in doubles, you need a good quality pickleball paddle.

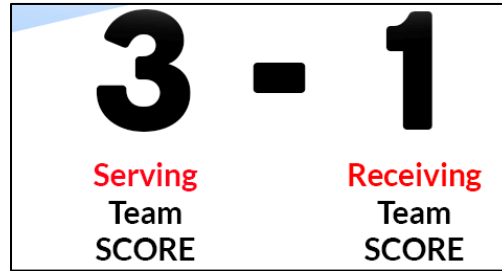
#### SERVER RULES (AND DETERMINING SERVING TEAM)

1. Just like in doubles, the first serve in singles pickleball is taken from the right-hand side of the court. To determine who serves first, traditional methods are used, such as a coin toss.
2. If the server wins the rally (or scores an ace), they serve again, but this time, they move to the left-hand side of the court. They continue serving from alternate sides until they lose the rally or commit a fault.
3. Once a fault occurs, the service moves to the opponent (called a 'side-out'). If this is their first time to serve in the game, they serve from the right-hand side of the court.
4. As the game progresses, remembering your score will let you know which side of the court you're serving from. If your score is an even number, then you serve from the right. If your score is odd, you serve from the left. Watch the video below to learn more about serving rules in pickleball.

### SINGLES PICKLEBALL SCORING

Scoring in singles pickleball is easier than in doubles because there is no third number. In doubles, the third number in a score indicates which teammate is serving, so it's not used in singles.

The score in singles shows the number of points each player has won (*e.g. 2-1*). That score tells us the person with 2 points is currently serving, as the server's score is always called first.



**SCORING IN PICKLEBALL** couldn't be simpler when it comes to singles. Just as in doubles, you must earn 11 points to win the game and be ahead by two points.

### VOLLEYS AND DOUBLE BOUNCE

In the singles game, volley rules are identical to doubles: there's no volleying in the kitchen (non-volley zone) and the 'double bounce' rules applies.

This means that the player receiving the serve must allow the ball to bounce before returning it. Once returned, the server must also let it bounce once. After that, it's game on and shots can be volleyed back and forth without bouncing.

### LINE CALLS

Line calls in singles pickleball are identical to doubles. If the ball lands outside of the lines and you clearly see a space between the ball and the line, the correct call is "out".

## 4.2 HOW TO PLAY PICKLEBALL DOUBLES



Both players on a team will serve before a side out is declared, except at the start of each game, when only the starting server will serve. The starting server of each game is therefore designated as "Second Server" for scoring purposes, since a side out will occur once a rally is lost or a fault is committed

by the serving team and service is awarded to the opposing team.

- a. At the start of each side out, service begins in the right/even serving area.
- b. When the team's score is even (0, 2, 4 ...), the team's starting server's correct position is at the right/even serving area. When the team's score is odd (1, 3, 5...), the starting server's correct position is at the left/odd court.

- c. After each side out, service begins with the player correctly positioned on the right/even side of the court according to the team's score. This player is referred to as "First Server" and the partner is "Second Server."
- d. The First Server will serve, alternating service sides after each point is won, until a rally is lost or the server's team commits a fault.
- e. After the First Server's team loses a rally or faults, the Second Server will serve from the correct position and will alternate serving positions as long as the serving team continues to win points.

#### PICKLEBALL SERVE RULES (and determining the serving team)

1. Every game of pickleball doubles starts with the serve. The serve is designed to get the ball in play and begin each point.
2. To determine which team serves first, players can use a coin toss.

Here are some serving rules to keep in mind. These rules apply to the volley serve, which is the most common:

#### PICKLEBALL RULES FOR DOUBLES

1. All serves must be performed underhand with contact to the ball made below the waist.
2. All serves must be made into the opposite diagonal service area. Failure to do so will result in a fault.
3. Players are only allowed one attempted serve.
4. To begin the game, only one player from the initial serving team is granted a service turn. For the rest of the match, both members will have a service turn before giving up the ball to their opponents.
5. If a fault is committed by the receiving team, the serving team gets a point.
6. The server will continue to alternate sides of the court they serve from until they lose a point.
7. The receiving team never changes sides in the game of pickleball.
8. Both teams must play their first shot of a rally off the bounce. This is the Double Bounce Rule. Once both have done so successful, *and* volleys are now fair game.
9. No player is allowed in The Kitchen or Non-Volley Zone unless the ball has already bounced on their side of the court. This includes a player landing in the area following a volley.
10. Only one bounce is permitted on the same side of the court. Once two bounces occur, the team that hits the shot wins the point.
11. No rally scoring. Only the serving team can score.
12. When keeping score [Serving Team's Score - Receiving Team's Score - Service Turn]
13. Matches are played best of 3 games. All games are played to 11 points, win by 2.

#### DOUBLES PICKLEBALL SCORING

In a game of pickleball, doubles scoring is made up of three numbers (e.g. 0-2-1 or 6-3-2):

The first number is the serving team's score.

The second number is the receiving team's score.

The third number is the server number, which is either 1 or 2.

6 - 3 - 2

Serving	Receiving	Current server
team's score	team's score	(will be 1 or 2)

Only the serving team can score points—the receiving team cannot score. If the serving team loses the rally, it results in the server's loss of serve or side out.

At the start of the game, the player on the right side of the court (also called the 'even' side) serves to the service court diagonally opposite from them. Prior to each serve, they must announce the score, with the starting score being 0-0-2.

0 - 0 - 2

Serving team's	Receiving	"2" to indicate the
starting score	team's score	starting team only
		gets one serve

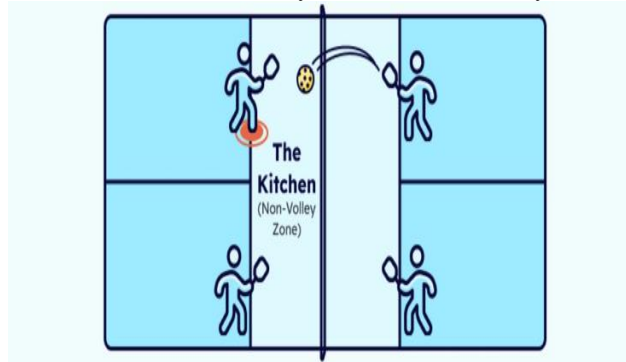


1. If the serving team scores, that server moves to the left side (odd side) and once again serves to the service court diagonally opposite from them.
2. Players on the serving team continue to switch places until they fault and lose the serve. Players on the receiving team do not change places.
3. Normally, when the first server on a team loses a rally, their partner gets to serve next. The exception to this is the very first serve of the game, in which only server #2 gets to serve.
4. That's why the initial score is '0-0-2'.

The idea behind this rule is to minimize the advantage of the team who chooses to serve first and thus is able to score first.

## VOLLEYS

- In pickleball, a 'volley' refers to hitting the ball directly out of the air before it bounces.
- Volleys are great for scoring, whether you're snapping a shot down at your opponent's feet, or gently arcing the ball over the net when your opponents are too far away to respond (called a 'drop shot').
- Usually, you'll find yourself volleying when you're near the non-volley zone (the 'kitchen').
- The pickleball doubles rules state that when hitting the ball out of the air, both of your feet must be behind the non-volley zone line. After hitting a volley, your momentum cannot take you into the non-volley zone.

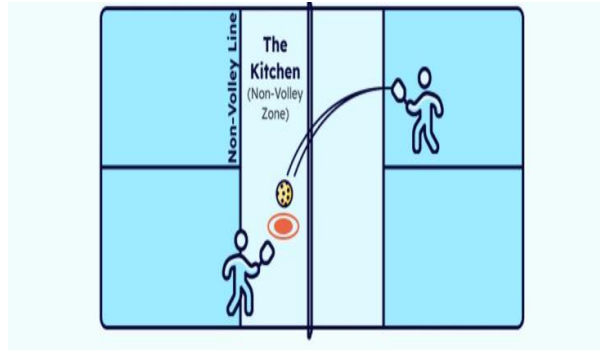


## WHEN CAN YOU ENTER THE NON-VOLLEY ZONE?

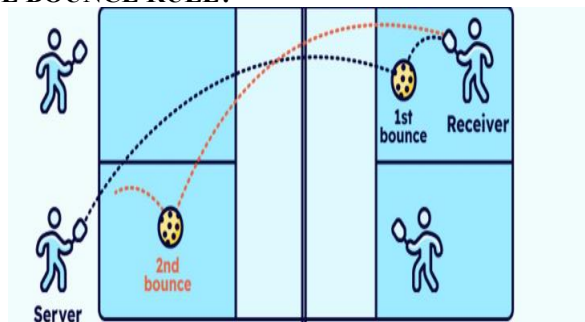
Technically, you can be in the non-volley zone (the 'kitchen') at any time. But you cannot volley the ball if any part of your body is in the zone. This includes touching any part of the kitchen line.

However, if the ball bounces in your non-volley zone, you may step in to hit it.

For example, if the ball bounces and you step in to hit it, you might hit a 'dink'. This is a very strategic shot that passes over the net and lands in your opponent's non-volley zone.



## WHAT IS PICKLEBALL'S DOUBLE BOUNCE RULE?



1. Simply put, the Double Bounce Rule states that the ball must bounce on both sides of the court before either team can volley the ball. Therefore, when the ball is served, the receiving team must let it bounce before hitting it back.
2. Likewise, the serving team must let the ball bounce before returning the opposing team's first shot. Hence, it's called the 'Double Bounce Rule'.

- Once the Double Bounce Rule has been fulfilled, teams no longer have to wait for the ball to bounce before hitting it. They can hit the ball off of a bounce, or simply volley it from the air.

### LINE CALLS

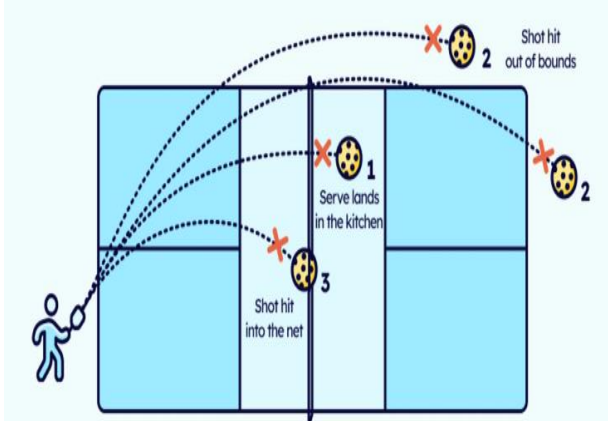
A pickleball shot is considered 'in' if it lands anywhere on the court, including the lines, except the serve, which must completely clear the kitchen line.

In fact, USA Pickleball explicitly states that players shouldn't call a shot as 'out' unless there's clearly visible space between the ball and a boundary line.

### FAULTS

According to USA Pickleball's Rules Summary:

- A fault is any action that stops play because of a rule violation.
- A fault by the receiving team results in a point for the serving team.
- A fault by the serving team results in the server's loss of serve or side out.



There are three **COMMON FAULTS** in doubles pickleball:

- The serve does not clear the non-volley zone or kitchen, which includes the line.
- A shot is hit out of bounds (i.e., landing behind the baseline or outside of the sidelines).
- A shot is hit into the net.

**LESS COMMON FAULTS** include:

- The ball hits a player (the player who is hit receives the fault).
- The ball bounces twice before being hit.
- Serving faults including foot faults and violating the serving rules above.

## UNIT V. TOURNAMENT MANAGEMENT AND OFFICIATING

**Tournament Director.** A Tournament Director is responsible for the tournament. It is the Tournament Director's responsibility to designate the officials and their areas of responsibility.

**Referee Duties.** The referee is responsible for all decisions related to procedural and judgment calls during the match. Players may appeal any decision of the referee to the Tournament Director or their designee.

### PLAYER LINE AND FAULT CALL RESPONSIBILITIES

#### Non-Officiated Play

- In the spirit of good sportsmanship, players are expected to call any type of fault on themselves as soon as the fault is committed or detected. The fault call must happen before the next serve occurs.
- Players call all lines on their end of the court, including non-volley zone and service foot faults.
- Players may call non-volley zone and service foot faults on the opponent's end of the court. If there is any disagreement among players about the called foot fault, a replay shall occur.
- For non-officiated matches, if a player believes an opponent has committed any type of fault other than a service or non-volley zone foot fault, they may mention the specific fault to the opponent(s) but they have no authority to enforce the fault. The final decision on fault resolution belongs to the player that allegedly committed the fault.

#### Officiated Play

- Players call baseline, sideline, and center service line on their end of the court.
- In the spirit of good sportsmanship, players are expected to call faults on themselves as soon as the fault is committed or detected. The fault call must happen before the next serve occurs.

**Officiated Play with Line Judges.**

- A. Players call center service line on their end of the court
- B. Except for center service line calls, player's line calls are not valid in matches with line judges, except to overrule a call to disadvantage their own team.
- C. Players may appeal a line call made by the line judge to the referee.
- D. If the line judge(s) and referee cannot make a line call, the rally shall be replayed.