

## STUDY GUIDE FOR PICKLEBALL

### HISTORY

Pickleball was invented in 1965 by three men living on an island close to Seattle, Washington. They were looking for a game the entire family could play. The game contains rules from both tennis and badminton. A wooden paddle and a plastic ball were used to play the game. One of the men had a dog named Pickles. The dog would pick up any loose ball and run away with it. They decided to call the game Pickleball, after the dog.

### BASIC HITS IN PICKLEBALL

\*The three basic hits used in Pickleball are the forehand, backhand and serve.

### CHARACTERISTICS TO FOREHAND

- \*Pick up your opposite leg and turn sideways so that your racquet is behind you.
- \*Step with your opposite foot.
- \*Make contact with the "sweet spot" of the racquet.
- \*Follow thru with the swing.

### CHARACTERISTICS TO BACKHAND

- \*Pick up your same leg and turn sideways.
- \*Then bring your racquet across your body.
- \*Step forward with the same leg on the side that you are holding racquet.
- \*Follow thru with the swing.
- \*Keep eye on ball.

### CHARACTERISTICS TO SERVE

- \*Don't let the ball bounce.
- \*Step with the opposite leg.
- \*Hit the middle off the racquet for best results.
- \*Hit the ball underhand.
- \*Follow thru with the swing.

### THE GAME

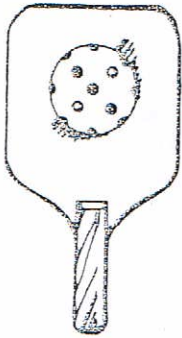
The game can be played by either two people, called singles, or by four people, called doubles. A court is 20 feet wide and 44 feet long, with a three foot high net strung in the middle of the court. *Doubles is played 11 points.*

### SERVICE RULES

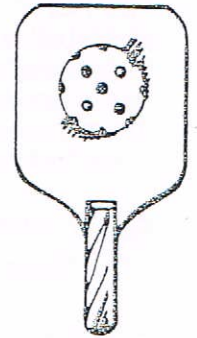
1. The server must keep one foot behind the back line when serving.
2. All serves are underhand and must be hit in the air before the ball bounces.
3. The serve is made diagonally across court and must land between the non-volley zone and the base line.
4. Only one serve is allowed, unless, the ball touches the net and lands in the correct court. This will allow the server to redo the serve.
5. The server continues to serve until the serving team has committed a fault.
6. Right hand player will always start serving when the serve is won from the opponents.
7. The person diagonally opposite the serve must receive the serve.
8. When the serving team scores a point they switch courts and the server serves again.

### FAULTS - IT IS A FAULT WHEN:

1. Hitting the ball out of bounds.
2. Stepping into the non-volley zone and volleying the ball.
3. A player or their paddle touches the net when playing the ball.
4. The ball does not clear the net, or bounces twice on one side of the court.
5. Volleying the ball before it has bounced when returning a serve.



# PICKLE-BALL®



Pickle-Ball, Inc. • 801 N.W. 48th St. • Seattle, WA 98107  
206 • 784-4723

Understand the court set-up for Pickleball

## Pickleball Court

