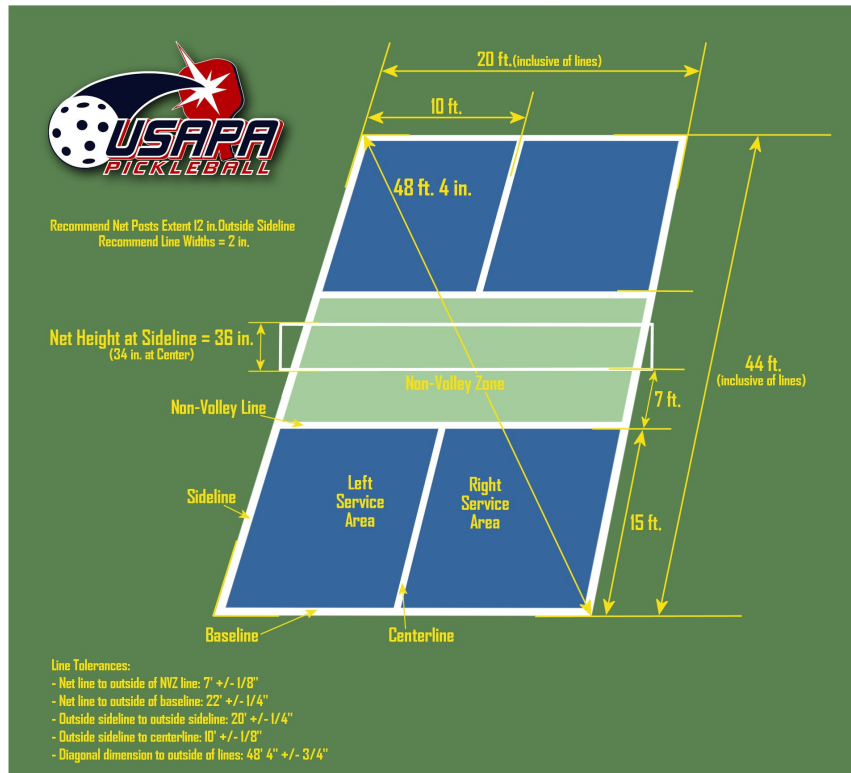


## Join our E-mail List

**Stay in the loop** – Use your Smart phone to download the TeamReach App. This will allow you to be notified of any closings or changes to the schedule. Please note Honeygo does not follow the senior center's holiday or inclement weather schedule. When signing up for membership, players should also join the text alert system for the center. We also have a Pickleball Facebook Page where members can communicate with each other—please join it!

If there are any issues or concerns about the program please contact the center director—Beckie Ebert at [rebert@baltimorecountymd.gov](mailto:rebert@baltimorecountymd.gov) or you can stop in at the center to talk with her. Usually majority rules is the deciding factor when it comes to changing any policies or rules. Our goal is for everyone to have fun and to be welcoming and kind to all players.



# Seven Oaks Senior Center

9210 Seven Courts Drive  
Baltimore, MD 21236



## Schedule, Rules & Guidelines

For questions please call  
Seven Oaks Senior Center at 410-887-5192.



# Welcome!

## Seven Oaks Pickleball Program

All players must be registered members of Seven Oaks Senior Center. Please show your current membership card/lanyard. Members of Seven Oaks can bring a guest no longer than one week to play. Those staying in the Baltimore area for longer than one month should register to be a member of Seven Oaks. You do not have to be a Baltimore County resident to join the center and membership is free. Guest must be over 60 years old.

Please download the TeamReach app on your smart phone and use the code 7Pickles. This is how we will track attendance as well as use for our communication.

Please read the skill levels in this book to ensure that you are attending the correct level based on your skill set.

## Play Schedule

### Play Schedule at Perry Hall Honeygo Regional Park

Please show your card/lanyard when you show up to play.

Courts are divided up by player level.

**Indoor Pickle Ball**  
**Monday – Friday 12:00 Noon - 4:00 p.m.**

**Outdoor Pickle Ball**

**Mon-**

**day  
Noon  
p.m.**



**day -  
Thurs-  
12:00  
- 4:00**

## Warm Up & Stretching Before Play

Take time to warm up and stretch to help avoid injury and keep you in the game and not on the sideline. To take your game beyond basics you'll need to get in shape physically!

### 1. HOW TO LOOSEN UP YOUR BODY

The first set of pickleball stretches you should perform are those designed to loosen up your body, getting it ready for what is to come. In particular, you need to focus on loosening up your muscles and joints.

First, while standing perfectly straight, stretch your arms directly above your head as if you were reaching to touch the sky. As you perform this action, you should feel a tension in your whole body. Don't forget to raise up on the tip of your toes.

After a few times of doing this, you should be ready to perform some twists, lunges, and bends to stretch your back. Finally, move your arms around and rotate your wrists.

### 2. GETTING YOUR HEART READY

After loosening up your body, you are ready to go on to the next phase. Get your heart ready for exercise by getting your heart rate up. This will prevent sudden changes in your heart rate during the game. As anyone with experience in sports know, altering your heart rate too suddenly may result in performance issues as well as energy depletion. A perfect way to get your heart rate up and your blood flowing is by walking around five minutes.

### 3. STRETCH YOUR MUSCLES DYNAMICALLY

At this point in the pickleball stretches process, the muscles in your body should be warmed up and almost ready for action. The following step is to perform a few dynamic stretches that are more specific to the game of Pickleball. The difference between static stretching and dynamic stretching is that the latter does not require you to hold the position for extended periods of time. Instead, dynamic stretching relies on big arm circles, leg kicks, body weight squats, core twists, and knees to the chest (while you are on your back). Switch from touching your toes to stretching up to the sky.

### 4. REFINE YOUR BALANCE

Losing your balance can be a great problem during a game of pickleball. In order to prevent this issue from arising, you may refine your balance by performing specific exercises. You can do this by balancing on one leg.

At first, this may be difficult. You can hold on to something sturdy in order to begin balancing yourself. However, at some point, you should let go of the object and begin balancing by yourself. Once you have accomplished this, you should try to walk backward in the hallway. This will help you when you are backing up for a lob.

### 5. BE AWARE OF YOUR LIMITS

During the stretching process, you should try to listen to your body in order to be clear on what its limits are. As a result of this analysis, you will know how far you can push yourself without risking injuries and other problems.

This will allow you to make the right decision when it is time either to give up on a point or go out of your way to answer it. Remember that listening to your body and knowing your own limits will only help you improve your game in the long run.

### 6. KNOW WHEN TO SIT ONE OUT

The final tip in this list is to know when not to play. Most injuries take place when you ignore the warnings given to you by your body. If the pickleball stretches you are performing are unusually painful, it may be a sign that you should sit the next game out.

## Player Etiquette

**Be Polite** If you're playing with or against someone you don't know, don't forget to introduce yourself before playing. Along with that, don't hesitate to compliment other players if they hit a nice shot. A positive and communicative environment will always make the game more enjoyable. ALWAYS avoid trash-talking your foes or using curse words, and be sure to dress appropriately as well and arrive on time for matches.

**Safety** If you are playing on a court that requires you to walk through another court be sure that their play is stopped before you enter their court. Stay aware of your partner's position on the court and communicate. To avoid collisions player with forehand shot usually takes preference. If any doubt call out "I got it" in case you and your partner are going for the same ball. Stray balls from neighboring courts can cause a trip hazard. If you notice a ball coming onto a court of play clearly yell "Ball". Play should stop immediately to clear ball before resuming play.

**Play With Integrity** Pickleball is unique in that players are allowed to call shots in or out. If you are unsure about a call, always be a good sport and give other players the benefit of the doubt. Make all calls on your side of the net fairly. The ball should be clearly out before it is called out. All balls not called as out are assumed to be in. If partners disagree about whether the ball is in or out, it is in, and the rally should go to the opponents. The player closest to the action, not the one across the court, should make the line call. If you are honest about your calls, your opponent will appreciate it and will be likely to return the favor. This can be even more difficult if the match is close, but it is extremely important to preserve the integrity of the game.

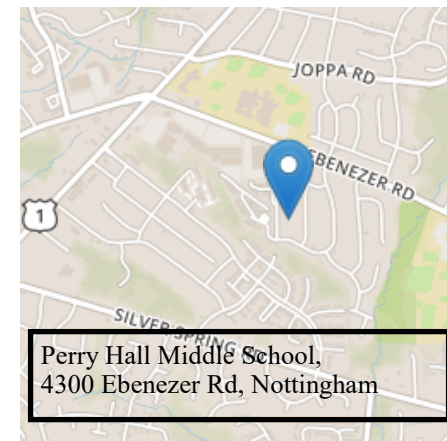
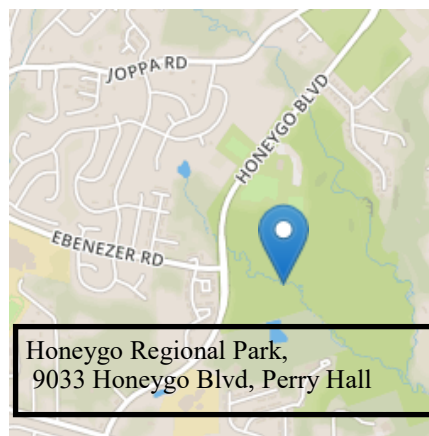
**Don't Single Out "The Weaker Player"** In competitive tournament situations, a very common doubles strategy is to hit almost exclusively to the player that is perceived as being less skilled. This is of course allowed in the rules and a sound strategy for winning pickleball. However, in a casual situation where players are trying to improve, it can be viewed as poor form to hit primarily to one player. It's not a good feeling to be singled out and face shot after shot. Many players quickly get flustered and the game loses some of its enjoyment. And the partner who is perceived as more skilled doesn't get a chance to work on their game. Further, the offending party isn't growing and developing as they are just picking on a less skilled player. We encourage players to think about the purpose of the game and what you and your court mates are hoping to get out of it. Let your style of play follow suit.

**Remember, It's Just A Game** If things aren't going your way and you're getting frustrated, don't take it out on your partner, opponents, or anyone else around. Keep your frustrations to yourself and work to improve your game. Keep in mind that pickleball is just a game and that you are out there to have fun!

## New to Pickleball?

**Beginner Instruction** – Experienced players from Seven Oaks volunteer to provide free instruction for players new to pickleball or those with very little experience. Students will learn the correct methods of stroke development, shot execution, shot placement, basic doubles strategy, game rules, safety and scoring. It is recommended that students attend at least 6 instructional classes before joining Walk on Play or Beg/Novice Play. We provide wooden paddles for beginners to use however, lightweight composite paddles are recommended. Beginners meet on Mondays 12 - 4 pm, Tuesday thru Friday 2-4 pm.

## Where we Play



We play indoors from Sept-May at Honeygo Regional Park and in the summer at Perry Hall Middle School. At PHMS– use the side entrance to right of the building. There will be a sticky note in the window with a phone number for you to call if you arrive after the start time and someone will let you in. Please do not use the front entrance of the school. Do not prop any doors open. If you arrive and there is no note in the door then you are the first to arrive and can enter the front door then put a sticky note on the door with your cell number.

## Levels of Play & Our Rules

**Beginner/Novice Play** – For players that have taken at least 6 instructional classes and for those that are skilled less than 2.5 and not ready for Intermediate/Advanced Play. Players should know what is listed about in Beginner Instruction description.

**Intermediate/Advanced Play** is for players of 2.5 skills, low level intermediates (3.0 level), high level intermediates (3.5 level) and stage one advanced players (4.0) and above.

**Walk-On Pickleball Play** is designed for any skill level player to participate in a rotation of practice recreational game and select their foursomes from those attendees present. If attendance is low players can mix up their foursomes with low skilled and high skilled players. There are no skill sign-up or restrictions for Walk-On Pickleball.

**Safety is Important**– Wear appropriate loose fitting clothing to allow for easy movement. Good athletic shoes designed for court activity are necessary to avoid falls and other injuries. Safety goggles are recommended. Play with appropriate paddles with good hand grips. Falls are the most common injury playing Pickleball and most can be avoided by: warm up and stretch properly; don't run backwards; know your capability and try not to overextend yourself to get a point ball. **Remember no ball is worth a fall!**

**Playing Rules** - All players must sign in upon arrival. We use a box system in front of each court where and we rotate the paddles. Courts may be divided up by level of play. We pull the next 4 paddles from the box when that court becomes open. You can always move your paddle back but you can never move it up towards the front of the box. You can also not move it to the other box if there are less paddles in it.

At Honeygo, players are responsible for setting up the nets, taking out the supplies and putting the supplies and nets away at the end of play. If a large group of players are in attendance and to decrease the wait time, we may lower the required score for winning a match from 11 to 9. Be respectful of the space since our courts are tight. We do not have the space for players to just use our courts to play on their own; you must participate in the box system to play unless there is very low attendance and a court is available.

## Rules Summary Cont'd

### Line Calls

- A ball contacting any line, except the non-volley zone line on a serve, is considered “in.”
- A serve contacting the non-volley zone line is short and a fault.

### Faults

- 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 and side out if second server.
- A fault occurs when:
  - The ball is hit into the net or out of bounds
  - A serve does not land within the confines of the receiving court
  - The ball is volleyed before a bounce has occurred on each side after the serve
  - A ball is volleyed from within the non-volley zone
  - A ball bounces twice before being struck by the receiver
  - A player, player's clothing, or any part of a player's paddle touches the net or the net post when the ball is in play
  - There is a violation of a service rule
  - A ball in play strikes a player or anything the player is wearing or carrying
  - A ball in play strikes any permanent object before bouncing on the court
  - The server serves before the referee calls the score in an officiated match

### Determining Serving Team

- Players use any fair method to determine who will serve first, such as picking number 1 or 2 written on the back of the scoresheet in a tournament. The winner has the option to choose side, or to serve or receive. In recreational play local players or clubs often designate a particular end of the court (e.g., north side) as the side to serve first.



## Rules Summary Cont'd

- Once the service goes to the opposing team (at side out), the first serve is from the right-hand court and both players on that team have the opportunity to serve and score points until their team commits two faults.
- In singles the server serves from the right-hand court when his/her score is even and from the left when the score is odd.
- \*At the beginning of each new game only one partner on the serving team has the opportunity to serve before faulting, after which the service passes to the receiving team.

### Scoring

- Points are scored only by the serving team.
- Games are normally played to 11 points, win by 2.
- Tournament games may be to 15 or 21, win by 2.
- When the serving team's score is even (0, 2, 4, 6, 8, 10...) the player who was the first server in the game for that team will be in the right-side court when serving or receiving; when odd (1, 3, 5, 7, 9...) that player will be in the left-side court when serving or receiving.

### Double-Bounce Rule

- When the ball is served, the receiving team must let it bounce before returning, and then the serving team must let it bounce before returning, thus two bounces.
- After the ball has bounced once in each team's court, both teams may either volley the ball (hit the ball before it bounces) or play it off a bounce (groundstroke).
- The double bounce rule eliminates the serve and volley advantage and extends rallies.

### Non-Volley Zone

- The non-volley zone is the court area within 7 feet on both sides of the net.
- Volleying is prohibited within the non-volley zone. This rule prevents players from executing smashes from a position within the zone.
- It is a fault if, when volleying a ball, the player steps in the non-volley zone, including the line, and/or when the player's momentum causes him/her or anything the player is wearing or carrying to touch the non-volley zone, including the associated lines.
- It is a fault if, after volleying, a player is carried by momentum into or touches the non-volley zone, even if the volleyed ball is declared dead before this happens.
- A player may legally be in the non-volley zone any time other than when volleying a ball including hitting a ball after a bounce.
- The non-volley zone is commonly referred to as "the kitchen."

## Pickleball Skill Levels

**For better clarification USAPA, IPTPA, IFP and WPF define Pickleball skill levels as:**

### Level 1.0 - Beginner Stage I

New—has minimal knowledge of the game.

### Level 1.5 - Beginner Stage II

Has taken at least one beginner lesson

Learning to play the game, scoring and some basic rules

### Level 2.0 - Beginning Stage III

Has participated in novice and beginning skills practice

Moves around the court in a balanced and safe manner

Gets some serves "in"

Realizes aspects of score-keeping, rules and where to stand on the court during serve, receive of serve, and general play

Has some basic stroke skills, backhand, forehand, volley but has obvious weaknesses

Familiar with where to stand in doubles play

### Level 2.5 - Beginning/Novice

Able to serve "in" more regularly

Knows the two bounce rule and demonstrates it most times

Knows where to stand on the court during serve, serve receive and general play

Is mastering keeping score

Aware of the soft game and occasionally tries to dink

Working on form for ground strokes, accuracy is variable

Makes longer lasting slow paced rallies

Sometimes lobs with forehand with varying degrees of success

Beginning to approach the non-volley zone to hit volleys

Court coverage is weak but is improving

Knows fundamental rules and can keep score

### Level 3.0 - Beginning/Novice

Working to keep the serve and serve receive deep

Moves quickly towards the non-volley zone when opportunity is there

Trying to make flatter returns (where appropriate)

More aware of their partner's position on the court and moving more as a team

Developing more power in shots

Beginning to attempt lobs and dinks with little success and doesn't fully understand when and why they should be used

Demonstrates improved skills with all the basic shot strokes and shot placement but lacks control when trying for direction, depth or power on shots

## Pickleball Skill Levels Cont'd

### Level 3.5 - Novice/Intermediate

Demonstrates a broad knowledge of the rules of the game

Gets high majority of serves "in"

Able to serve and return serve deep

Hits to the weak side of opponent often

Demonstrates more strategies of playing during games

Works better with partners in communicating, covering court, moving to net

With varying consistency executes: lobs, forehand/backhand ground strokes, overheads, net volleys, and sustained dinking

Starting to use drop shots in order to get to the net

Knows when to make some specific placed shots in the game

Working on mixing up soft shots with power shots to create an advantage

Hits fewer balls out of bounds or in the net

Dinks mostly in opponents' kitchen and dinks lower over the net

Able to sustain dinking in the game

Has a moderate number of unforced errors

### Level 4.0 - Advanced Stage I

Beginning to play more consistently in all phases of the game

Anticipates opponents shots resulting in good court position

Primarily plays offensively

Controls and places serves and return of serves to best advantage

Puts strategy into play in the game

Consistently varies shots to create a competitive advantage

Works and moves well with partner – easily switches court positions when required

Very comfortable playing at the non-volley zone. Works with partner to control the line, keeping opponents back and driving them off line

Can block volleys directed at them

Has good footwork and moves laterally, backward and forward with ease

Uses strategy in dinking to get a put-away shot

Consistently executes effective drop shots

Demonstrates 3rd shot strategies: drop shot, lobs and fast paced ground strokes

Hits a low number of unforced errors per game

### Level 4.5 - Advanced Stage II

Able to regularly convert a hard shot to a soft shot

Exhibits patience at a superior level

Shows noticeably increased skills, a higher level of strategy, quickness of hands and movement, judicious use of power, superior placement of shots, anticipation of play, sustained volleying skills, superior put-aways – all with consistency

Understands strategy and can adjust style of play and game plan according to opponents strength and weaknesses and court position

Beginning to master dink and drop shots. Makes very few unforced errors

### Level 5.0 - Advanced Stage III (under 35 years of age eligible for "Pro" status.

Has mastered all skills and strategies, Dependable in stressful situations.

Athletic ability, quickness, and agility separates these players.

## Rules Summary

The following is an abbreviated form of the rules to give a quick overview of how the game is played. If there is a conflict between this summary and the official rules, the official rules prevail. A complete copy of the official rules can be found on the USAPA website at [usapa.org](http://usapa.org).

### Basic Rules Overview

- Pickleball is played either as doubles (two players per team) or singles; doubles is most common.
- The same size playing area and rules are used for both singles and doubles

### The Serve

- The serve must be made underhand
- Paddle contact with the ball must be below the server's waist (navel level).
- The serve is initiated with at least one foot behind the baseline; neither foot may contact the baseline or court until after the ball is struck.
- The serve is made diagonally crosscourt and must land within the confines of the diagonally opposite service court (the area between the non-volley zone and the baseline.
- Only one serve attempt is allowed.,

### Service Sequence

- Both players on the serving doubles team have the opportunity to serve and score points until they commit a fault \*(except for the first service sequence of each new game).
- The first serve of each service sequence is made from the right-hand court.
- If a point is scored, the server switches sides and initiates the next serve from the left-hand court.
- As subsequent points are scored, the server continues switching back and forth until a fault is committed and the first server loses the serve.
- When the first server loses the serve the partner then serves from the correct side of the court (except for the first service sequence of the game\*).
- The second server continues serving until his/her team commits a fault and loses the serve to the opposing team.