

Wakefield Pickleball



Pickleball: Basic Overview

*“Pickleball is all about having fun while exercising, and it’s about helping others have fun too.
Thanks for supporting Pickleball in Wakefield”*

How to Play Pickle-ball®

From [//www.pickleballcanada.org/basic-rules-of-pickleball](http://www.pickleballcanada.org/basic-rules-of-pickleball)

Basic Overview:



Pickle-ball® is played on a badminton-sized court: 20’ x 44.’ The ball is served diagonally (starting with the right-hand service-square), and points can only be scored by the side that serves.

Players on each side must let the ball bounce once before volleys are allowed, and there is a seven-foot no-volley zone on each side of the net, to prevent “spiking.” The server continues to serve, alternating service courts, until he or she faults. The first side scoring eleven points and leading by at least two points wins. Pickle-ball® can be played with singles or doubles.

The Serve:

Serves are to be made diagonally, starting with the right-hand service-square and alternating each serve. The serve must clear the seven-foot non-volley-zone in front of the net and land in the diagonal service court.

Serves should always be done underhand with the paddle below the waist, and the server must keep both feet behind the back line when serving. The ball should be hit into the air without being bounced. The serving side will continue to serve until there is a fault on the service, at which point the service will be given to the opposing side. (However, if the ball touches the net but still lands within the appropriate service court, the serve may be taken over.)

Pickleball

The fastest growing sport in North America and Wakefield

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Volleys

To volley means to hit a ball in the air without first letting it bounce. In Pickle-ball®, this can only be done when the player's feet are behind the non-volley zone line (seven feet behind the net).

Double-Bounce Rule

Each team must play their first shot off of the bounce. That is, the receiving team must let the serve bounce and the serving team must let the return of the serve bounce before playing it. Once these two bounces have occurred, the ball can either be volleyed or played off the bounce.

Fault

A fault is committed when the ball:

- Touches any part of the non-volley zone on the serve (including the line).
- Is hit out of bounds
- Does not clear the net
- Is volleyed from the non-volley zone
- Is volleyed before a bounce has occurred on each side



Determining Serving Team

The serving team may decide who will serve first with a coin toss. The winner of the coin toss will have the option to choose whether or not to serve first.

Safety

- Pickleball is a fun and healthy fitness activity for all ages, like all new activities people may want to check with their doctor before becoming more physical active.
- Bring water and drink water at the games to stay hydrated.
- Perform a warm-up and cool-down routine to prevent sore muscles and injury.
- Please do not run backwards on the court, turn sideways and step back to prevent falling.
- Wear appropriate clothing, shoes and eye protection.
- Pickleball is all about fun and fitness; praise your partner and make you and your group feel great!

Excellent Strategy Tip Video::

Smart PB 101 by Joe Baker <https://www.youtube.com/watch?v=x5ceh-7DI1Y>



More rules and strategy

www.pickleballcanada.org

www.pickleball.com

<http://ottawapickleballassociation.com/>

www.pickleballquebec.com

Videos at www.pickleballchannel.com or type Pickleball into you tube.

For more information or to schedule a time to “Pickleball: Try-it-Out” contact

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