

# PRIDE SPORTS USA<sup>®</sup>

**Pride Sports USA - Pickleball Official Rules [PrideSportsUSA.com](https://PrideSportsUSA.com)  
UPDATED ON 11.29.22**

## Game and Match

Games start with the captains from each team doing rock, paper, scissors to pick who will start serving.

Games are played to 9 points with a 10 min per game max. First team to 9 points wins. (You do not need to win by two.) (Teams will get at least 6 games within their allowed hour of play)

Players can not play more than 2 games in a row, unless only 2 players on a team attend the match.

## Serving

A player or team can only score points when serving.

Both feet must remain behind the baseline until after the ball is struck. The serve must be underhand with the ball contacted below the waist. Serves must travel diagonally and land between the non-volley zone and the baseline of the service court opposite of the serving player.

There are no lets on the serve. If the served ball hits the net and then bounces in the correct part of the court, it is a playable ball.

## Serving in Doubles

- At the start of each new game, only one player on the first serving team is allowed a service turn before giving up the ball to the opponents. Thereafter both members of each team will have a service turn before the ball is turned over to the opposing team.
- In doubles, the player on the right at the start of a service turn will be the first person to serve for their team and will continue to serve until they do not win a point. Then their partner will serve until they lose the point. Then it is the other teams turn to serve.
- When the serving team scores a point, the server moves to the other side of the serving team's court. The receiving team should never switch sides.
- If the serve rotation is done properly in doubles, the serving team's score will always be even when the player that started the game on the right side is on the right side and odd when that player is on the left side.

1. As with all pickleball court lines, the kitchen line is 2 inches thick and is considered part of the kitchen (the kitchen includes the lines – this is important to understand).

2. The kitchen rule exists so that players can't stand up close to the net and smash the ball directly over the net.
3. The kitchen is the physical ground, not the space above it. When you volley a ball, it's legal to have your paddle over the kitchen but you can't be touching the kitchen line or standing in the kitchen.

#### Non-Volley Zone aka The Kitchen

To volley a ball means to hit it in the air without letting it bounce. All volleying must be done with the player's feet behind the non-volley zone aka "The Kitchen"

#### Double Bounce Rule:

Each team must play their first shot off 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. After the two bounces have occurred (one on each side), the ball can either be volleyed or played off the bounce.

#### Stepping into the Kitchen

Players can only step into the kitchen once the ball makes contact with the kitchen.

#### Faults

The ball may only bounce once per side. After a player hits the ball, it must travel to the other side of the net.

If you run to hit a ball or jump to hit a ball into the kitchen and land in the kitchen after the ball is hit, it is still a fault. Momentum counts as a fault.

If the ball hits one of the sidelines or the baseline, it is a playable ball. When a player or team fails to win the rally they are said to have made a fault.

Some, but not all of the things that cause a fault is listed below:

- Serving the ball into an incorrect area.
- Hitting the ball out of bounds.
- Volleying the ball before it has bounced once on each side.
- Hitting the ball into the net or hitting the net with your paddle or body.
- Hitting the ball while in the non-volley zone before it is allowed to bounce.
- Touching the non-volley zone with your paddle or clothes while attempting to hit a volley.
- Stepping on or over the non-volley zone line on a follow through.

---

### SIGNIFICANT RULE CHANGES IN 2022

#### Spin Serves

In 2022, the server shall use only one hand to release the ball to perform the serve. If the ball is visibly spun by the server during the release, the part(s) of the hand contacting the ball must be bare.

#### Wrong Score Called

The rules concerning what happens if the wrong score is called by a player or a referee have changed. If a player thinks a wrong score has been called, a player may stop play to ask for a correction before the ball is served. If it has been served, the rally is to be played out and the score correction (if any) is made before the next serve occurs.

#### A Dropped Ball

In non-officiated matches, it is not uncommon for a player to carry an extra ball. If an extra ball is carried, it must not be visible to the opponent. If a player accidentally drops an extra ball during a rally, it will result in a fault.

BASELINE

SIDELINE

NET HEIGHT: 34" AT CENTER / 36" AT POSTS

PRIDE  
SPORTS USA

NON-VOLLEY ZONE (KITCHEN)

44'

7'

15'

PRIDE  
SPORTS USA

20'