

PICKLE-BALL

HISTORY

Pickle-Ball originated in 1965 near Seattle, Washington, on Bainbridge Island. The creative businessmen were attempting to have a family badminton game, but were unable to produce a worthwhile shuttle-cock. A plastic perforated ball was substituted for the birdie and Pickle-Ball was off and running. Speaking of running, the originators of the game had a cocker spaniel by the name of "Pickles who became interested in the new game. He would lie and watch the game from a distance and when any loose ball would come his direction, he would take the ball and disappear into the bushes with it. This is how the name "Pickle-Ball" came about.

COURT

The court is identical to the badminton doubles court. The dimensions are 20' x 44' for both singles and doubles Pickle-Ball play. The net is hung 36" on the sides and 34" in the middle. A non-volley zone extends 7' on each side of the net.

RULES

1. Players may toss a coin or rally the ball until a fault is made. The winner of the toss or rally has the option of serving first or not serving first.
2. **Scoring** – A team only scores when serving. A server shall continue serving until a fault is made by the serving team. The game is played to 11 points. A team must win by 2 points.
3. **Serve**
 - A. A player must stand over the baseline with one foot in bounds and one foot out of bounds to serve.
 - B. The serve must be underhand with the paddle passing below the waist.
 - C. The ball must be hit in the air without bouncing the ball.
 - D. The serve is made diagonally cross-court and must pass the non-volley zone.
 - E. Only one serve attempt is allowed unless serve strikes the net and lands in the proper court. Then the serve is taken over.
 - F. In doubles play, the first serving team is allowed to only make one fault before losing the service to the opponent. Then both members of each team will serve and fault before the ball is turned over to the opposing team.
 - G. When a receiving team wins the serve, the player in the right court serves first.
4. **Double Bounce Rule** – Each team must play their first shot off of the bounce after the serve. After these two bounces have occurred, the ball can be either volleyed or played off of the bounce.
5. **Volleying** – To volley a ball means to hit the ball in the air without first letting the ball bounce. All volleying must be done with the player's feet behind the non-volley zone. It is a fault if the player steps over the line to hit the ball before it bounces or on the follow-through of a volley shot.
6. **Rallying** – Players may step into "Non-Volley Zone" to play ball if ball bounces in "Non-Volley Zone" after the Double Bounce Rule has been played.
7. **Singles Play** – All rules apply with the following exception: When serving in singles, each player serves from the **RIGHT HAND COURT** when the score is 0 or an even number, and from the **LEFT HAND COURT** when the score is an odd number.

FAULTS

1. Hitting the ball out of bounds.
2. Ball not clearing the net.
3. Stepping into the "Non-Volley Zone" to volley the ball.
4. Volleying the ball before ball has bounced once on each side of net after a serve.

GRIPS

1. **Eastern** – Position your hand on paddle handle as if shaking hands with someone.
2. **Western** – Pick the paddle up off of the floor by the handle. The hand is approximately an eighth turn to the right of the eastern grip. This grip is used to achieve top-spin on the ball on a forehand drive.

PLAYER SKILLS

1. **Ready Position** – Allows you to move in any direction for a return. The feet are

shoulder width apart and knees slightly flexed with weight on balls of feet. The back is inclined slightly forward, head up, and eyes on opponent. Paddle should be in front of body about waist level and pointed at the opponent.

2. **Forehand Drive** – Ball is played from paddle side of body. From the ready position, pivot to the sideline and draw the paddle back waist level. Feet, hips, shoulders should all be facing the sideline. Shift weight forward from back to front foot as paddle moves forward and upward. Paddle face remains flat. Arm swings across body toward target reaching as far as possible.
3. **Backhand Drive** – The mechanics are the same as a forehand drive except the shoulders should rotate more than the forehand position. Look over the shoulder facing the ball as it approaches you. Follow through so paddle is shoulder level or higher.
4. **Lob** – Lobs can be offensive or defensive. The offensive lob is hit over the opponent's head to the baseline. The defensive lob is hit towards the baseline to provide offensive player time to get back into position
5. **Serves**
 - A. **Drive Serve** – Hit hard and deep to keep opponent at baseline.
 - B. **Lob Serve** – Hit softer and higher to drive opponent at baseline.
6. **Volley** – Used to play the ball before it bounces from just beyond the “Non-Volley Zone”. To be effective the volley should be hit from above the net downward for a winner. The volley is more of a stop than a slam. There is very little or no backswing. A player may not step into “Non-Volley Zone” before or after a volley attempt or a fault is committed.
7. **Smash** – The smash is used to hit the ball downward with authority and placement from mid-court or closer to the net, prior to the bounce.
8. **Drop shot** – Drop shots are hit after a bounce gently with underspin and barely clear the net and land in the “Non-Volley Zone”.