

## PICKLEBALL

### One of America's Fastest Growing Sports!

A paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.

#### The Basics

1. A fun sport that combines many elements of tennis, badminton and ping-pong.
2. Played both indoors and outdoors.
3. Played with a paddle and a plastic ball.

#### The Court

A pickleball court is the same size as a doubles badminton court and measures 20×44 feet. In pickleball, the same court is used for both singles and doubles play. The net height is 36 inches at the sidelines and 34 inches in the middle. The court is striped similar to a tennis court with right and left service courts and a 7-foot non-volley zone in front of the net (referred to as the "kitchen"). Courts can be constructed specifically for pickleball or they can be converted using existing tennis or badminton courts.

#### Equipment

When playing pickleball, each player will need a pickleball paddle, which is smaller than a tennis racquet but larger than a ping-pong paddle. Originally, paddles were made only from wood, however today's paddles have evolved dramatically and are primarily made of lightweight composite materials, including aluminum and graphite. Players will also need a net and a pickleball. The ball itself is unique, with holes through it like a wiffleball and there are different ball models intended for indoor and outdoor play. The ball travels at 1/3 the speed of a tennis ball and is usually white or yellow in color. New bright color balls are also gaining in popularity.

#### Apparel

Players wear just about anything comfortable... athletic shorts, sweatpants, polo shirts, t-shirts, etc. Tennis-style dresses and skirts for females are also common. Comfortable tennis shoes are also important. As for accessories, players may wear hats, visors, safety glasses, sweatbands and light jackets or sweatshirts for cold, outdoor play.

#### 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.

#### Let's Play

- The serve must be made underhand from the right-hand side of the court and is served diagonally to the opponent's service zone.
- The service return must bounce first.
- Points are scored by the serving side only and occur when the opponent faults (fails to return the ball, hits the ball out of bounds or steps into the non-volley zone while in the act of volleying the ball).
- A player may enter the non-volley zone to play a ball that has bounced.
- The player must exit the non-volley zone before playing a volley.
- The return of service must be allowed to bounce by the server (and partner in doubles play); i.e. cannot be volleyed.
- Consequently, the server or server and partner usually stay at the baseline until the first return has been hit back and bounced once.
- The first side scoring eleven points and is leading by at least two points wins,

Holland Pickleball Club plays in Holland at Strawberry Acres Park and the Toledo Pickleball Club plays in Rossford on Glenwood Rd. Anyone interested in learning please contact Karen Friemark as [kfrie1348@yahoo.com](mailto:kfrie1348@yahoo.com)