

Somerset Middle School Physical Education

PICKLEBALL STUDY GUIDE

History

Pickleball was created during the summer of 1965 in Seattle, WA. The original purpose of the game was to provide a sport for the entire family.

Pickles was the family dog that would chase after the ball and then hide in the bushes, thus, "Pickle's ball" which was later shortened to Pickleball.

Rules

Note: This is an abbreviated form of the rules to give a quick overview of how the game is played. See the official rules at [usapa.org/official rules](https://www.usapa.org/official-rules) for more information. If there is a conflict between this summary and the official rules, the official rules prevail.

The serve must be hit underhand and each team must play their first shot off the bounce (This is known as "the double bounce rule").

After the ball has bounced once on each side then both teams can either volley the ball in the air or play it off the bounce. (To volley a ball means to hit it in the air without first letting it bounce.)

No volleying is permitted within the seven foot non-volley zone, preventing players from executing smashes from a position within the seven foot zone on both sides of the net. This promotes the drop volley or "dink" shot playing strategy, as Pickleball is a game of shot placement and patience, not brute power or strength.

The Serve:

Players must keep one foot behind the back line when serving. The serve is made underhand. The paddle must pass below the waist. T

Only one serve attempt is allowed, except in the event of a let (the ball touches the net on the serve, and lands on the proper service court). Then, the serve may be taken over. At the start of each new game, the 1st serving team is allowed only one fault before giving up the ball to the opponents. Thereafter both members of each team will serve and fault before the ball is turned over to the opposing team. When the receiving team wins the serve, the player in the right hand court will always start play. Both players on the serving team are allowed to serve, and a team shall score points only when serving. A game is played to eleven points and a team must win by two points.

The Volley:

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

Double Bounce Rule:

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