

Pickle Ball

Requirements:

- Wiffleball
- Hard paddle'
- Court (See below for layout and dimensions)

Instructions:

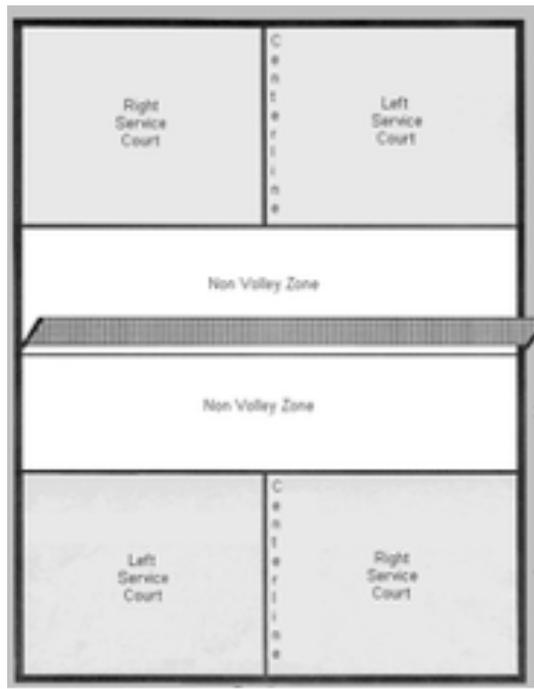
When playing Pickle-ball the serve must be hit underhand and each team must play their first shot off the bounce. After the ball has bounced once on each side then both teams can either volley the ball in the air or play it off the bounce. This eliminates the serve and volley advantage and prolongs the rallies. 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 strategies, as Pickle-ball is a game of shot placement and patience, not brute power or strength.

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. Points are lost by hitting the ball out of bounds, hitting the net, stepping into the non-volley zone and volleying the ball, or by volleying the ball before the ball has bounced once on each side of the net.

The Court:

The court dimensions are identical to a doubles badminton court. The court dimensions are 20' x 44' for both doubles and singles. The net is hung 36" on each end of the net and 34" in the middle. A non-volley zone extends 7' on each side of the net. There remains 15' on each side of the court. On each side, these 20' x 15' rectangles are further divided onto two equal rectangles measuring 10' x 15'. When laying out the court, allow adequate space at each end and sides of the court boundary lines for player movement. (Three to five feet on each end and one to two feet on the sides).



The Serve:

Players must keep both feet must be behind the back line, and at least on foot on the floor when serving. The serve is made underhand. The paddle must be below the wrist and below the waist in an upward motion when serving. The serve is made diagonally cross court and must clear the non-volley zone. 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.

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.

(Source: Nova Scotia 55+ Games)