

Pickleball Basics Manual

INTRODUCTION

Pickleball is a racket sport that combines elements of tennis, badminton and ping-pong. It is played on a court similar to that of badminton, with a low net, a perforated plastic ball and paddles made of different materials.

OBJECTIVE OF THE GAME

The main objective of pickleball is to hit the ball over the net and make it bounce on the opponent's side, trying to prevent him from returning it or making mistakes. It can be played individually (one on one) or in doubles (two on two).

BASIC EQUIPMENT

1. Paddle



Reference images.

2. Balls



Reference images.

3. Net



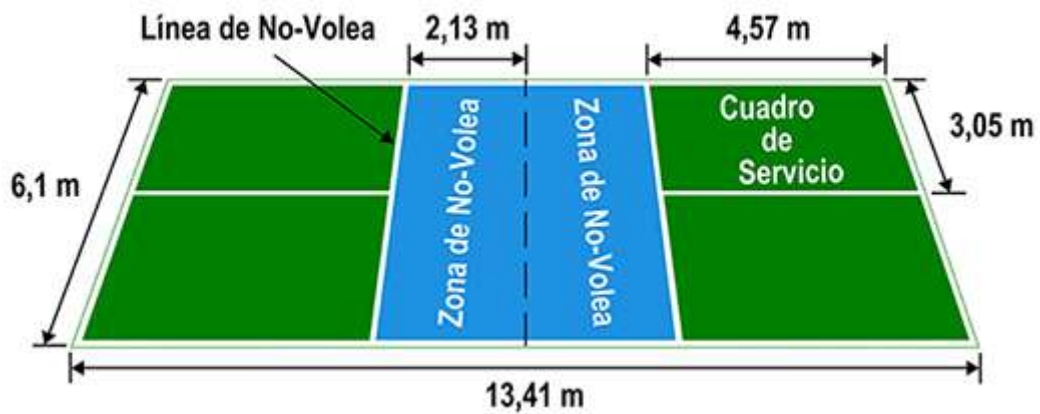
Reference images. *Vila Pickleball Sabadell*

4. Court

Court areas

Service Zones: The two areas behind the non-volley line.

Non-volley (kitchen) zone: An area 2.13 m from the net on each side where volleying (hitting the ball before it bounces) is not allowed.



Reference images.



Reference images. *Vila Pickleball Sabadell*

BASIC RULES

1. Start of the match

- A match begins with a **serve**. The player must serve from the baseline, hitting the ball with a low motion towards the opposite service area (diagonally).
- The serve must be below the waist, and the ball must bounce within the opponent's service area.
- **Serves above the waist are not allowed.**

2. Double bounce rule

- After the serve, the ball must bounce first on the receiver's side and then, when returning it, on the server's side. Only after there has been one bounce on each side, players may hit the ball without it touching the ground (volley).
- If the ball is volleyed before the two bounces, the point is lost.

3. Scoring

- A point can only be won by the team that is **servicing**.
- Matches are normally played to **11 points** and it is necessary to win by a margin of 2 points (i.e. 11-9 is not valid, but 11-8 is).
- In competitive matches, there may also be games with **15 or 21 points**.

4. Change of Serve

- In **singles**, the serve is always taken from the **right** when the server's score is **even** and from the left when it is **odd**.
- In **doubles**, each team has two service opportunities (except at the start of the match, when there is only one). Each player serves until he or she makes a mistake (**loses the serve**), and then his or her partner takes the serve.
- When both players on a team have lost the serve, the serve passes to the other team.

5. No-volley zone (Kitchen)

- **Volleying is not allowed within the no-volley zone.** That is, players cannot hit the ball before it bounces while they are in or on the no-volley zone line.
- You can be in the no-volley zone whenever you want, but you cannot volley into it. Therefore, **it is not mandatory to leave the zone** after returning the ball.

6. Common mistakes

- Hitting the ball out of bounds.
- Not allowing the ball to bounce after the serve or before returning it after the first bounce.
- Hitting the ball towards the net.
- Volleying within the forbidden zone.

SINGLE GAME (SINGLES)

Singles play follows the same rules as doubles, with some minor differences:

- **Serving position:** The server serves from the right when the score is even and from the left when the score is odd.
- **Serving rotation:** The player continues serving as long as he or she wins points. If he or she loses the point, the serve passes to the opponent.



Reference images. Vila Pickleball Sabadell

DOUBLES GAME

Doubles play is the most common format in pickleball. It follows the same general rules as singles play, but there are some additional specifications:

- **Serving alternation:** Both teammates have the opportunity to serve before the serve is passed to the opposing team, except at the start of the match (when there is only one serve).
- **Switching ends:** Players switch ends with their partner after each point won, but only during the service turn.



Reference images. Vila Pickleball Sabadell

Strategic Tips

- **Non-volley zone control:** Stay close to the non-volley line (without stepping on it) to have control of the net and be able to react quickly to your opponent's shots.
- **Strategic volleys:** Use volleys only after the ball has gone through the initial two bounces. Volleying gives you the opportunity to put pressure on your opponent with quick shots.
- **Play as a team (doubles):** Coordinate with your partner and cover the court well. Teamwork is key in doubles to avoid leaving open spaces.

***COME, LEARN, PLAY AND HAVE FUN WITH THIS NEW SPORT THAT
EVERYONE IS TALKING ABOUT... PICKLEBALL!***