**Pickle Ball Study Guide**

**History**

* Pickle ball was founded in 1965 near Seattle, Washington.
* It is a combination of tennis, badminton, and ping-pong.
* The game was originally played in driveways, and residential areas.
* The game is played with paddles and wiffle balls.
* It was named after the inventors dog "Pickles" who would chase the ball.
* The pickle ball and badminton court are the same size. (20ft. long and 44ft. wide)

**How to play:**

**Serving**

* One serve is allowed.
* The serve must be underhand and contact the ball below the waist. NO BOUNCING
* If the serve hits the net and goes over it is called “Let” and they can serve again.
* The serve must be diagonal (crosscourt) and clear the 7ft non-volley zone.
* The server must alternate sides of the court after each point scored. (right to left side)

**Receiving (Double bounce rule)**

* Each side must play their first hit off the bounce so;
1. The person receiving the serve must allow the ball to bounce before hitting it back.
2. The side who serves has to let the ball bounce once on their side before they volley it.
* After the double bounce rule, the ball can either be volleyed or played off the bounce.

**Volley**

* To volley a ball means to hit it in the air without first letting it bounce.
* Both feet must be behind the non-volley zone when volleying the ball.
* In the non-volley zone (area 7ft away from the net) the ball must bounce before you can hit it.

**Double Play**

* At the beginning of the game, the team serving is only allowed one fault.
* Throughout the rest of the game both team members serve, alternating court sides until the receiving team has won two faults.
* When the serve is won by the receiving team, the player positioned on the right side of the court always serves first.
* You cannot charge the net because the ball needs to bounce first.

**Scoring**

* The game is played to 11 points. (Must win by 2 points)
* Only the serving side can score a point.
* The ball can only bounce once on each side before being hit.
* In doubles the player who is serving continues to serve until a fault is made. Then it will be the partners turn to serve.

**Common Faults**

* Hitting the ball out of bounds
* Not clearing the net
* Stepping into the non-volley zone and volleying the ball.
* Volleying the ball before it has bounced once on each side of the net.

**Terms**

1. **Double bounce:** A ball that bounces more than once on the court before it is returned
2. **Fault:** Any action that stops play because of a rule violation.
3. **Let:** A serve that hits the net and lands in the service court.
4. **Lob:** A high, arching shot over the reach of the player that lands near the baseline.
5. **Non-volley zone:** The section of the court where you cannot volley the ball.
6. **Rally:** Continuous play that occurs after the serve and before a fault.
7. **Volley:** Hitting the ball in the air before it has a chance to bounce.
8. **Forehand**: A stroke used to play the ball on the paddle side of the body.
9. **Backhand** : A stroke used to play the ball on the non-paddle side of the body.

