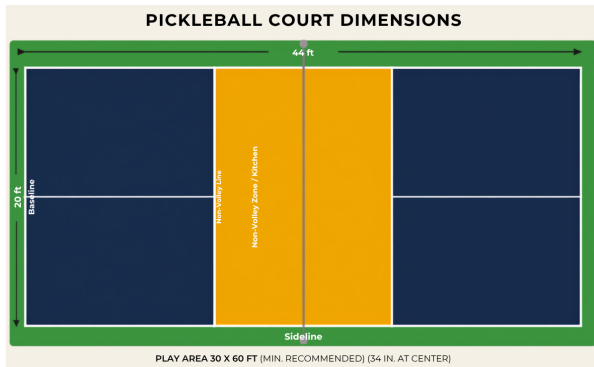




SERVING RULES

- Serve underhand — paddle head below wrist at contact
- Contact the ball below your waist
- Serve diagonally into the opposite service box
- One serve attempt only — no second serve
- > Only the serving team can earn a point

TWO-BOUNCE RULE

- Receiving team **MUST** let the serve bounce first
- Serving team **MUST** also let the return bounce
- > After those 2 bounces, both teams can volley freely

COMMON FAULTS — LOSE THE RALLY

- ✗ Volleying while in or touching the Kitchen line
- ✗ Ball lands out of bounds
- ✗ Ball hits the net
- ✗ Serve lands in the Kitchen
- ✗ Hitting before the two-bounce rule is complete

COURT ETIQUETTE

- Call the score clearly before every serve
- Make honest line calls — doubt goes to opponent
- Wait for a lull to retrieve stray balls
- Introduce yourself — pickleball is a social sport!

THE KITCHEN (NVZ) — MOST IMPORTANT RULE

- NVZ = Non-Volley Zone — 7 ft each side of the net
- ✗ Cannot volley while standing in the Kitchen
- You **CAN** step in to hit a ball that bounced there
- Exit the Kitchen before volleying again
- > Foot on the Kitchen **LINE** while volleying = fault

SCORING

11

pts to win

2

win by

3

numbers called

- First to 11 points, win by 2 (some events: 15 or 21)
- Call the score **BEFORE** you serve — every time
- Doubles: [Your pts] - [Their pts] - [Server #]
- > "4-2-2" = you have 4, they have 2, you are server #2

7 TIPS FOR YOUR FIRST GAME

1. Stay out of the Kitchen until the ball bounces there
2. Keep the ball **LOW** over the net — control beats power
3. Always call the score out loud before you serve
4. Dinks (soft shots near net) are strategy, not weakness
5. In doubles, move with your partner as a single unit
6. When a line call is close — call it out, no argument
7. Have fun — everyone was a beginner once!

EQUIPMENT

- Paddle — wood or composite (\$30-\$150+)
- Ball — outdoor (hard) or indoor (softer) wiffle ball
- Court shoes with lateral support
- > Most open play sessions provide balls — just bring a paddle

KEY TERMS

Dink: Soft shot barely clearing net, dropping into Kitchen

Volley: Hitting ball in the air before it bounces

Rally: Sequence of shots between serve and fault

Side-out: Loss of serve — passes to opponent(s)

Drop shot: High-arc shot landing softly near the Kitchen line

Poach: Crossing to partner's side in doubles to intercept