

Pickleball Study Guide

History

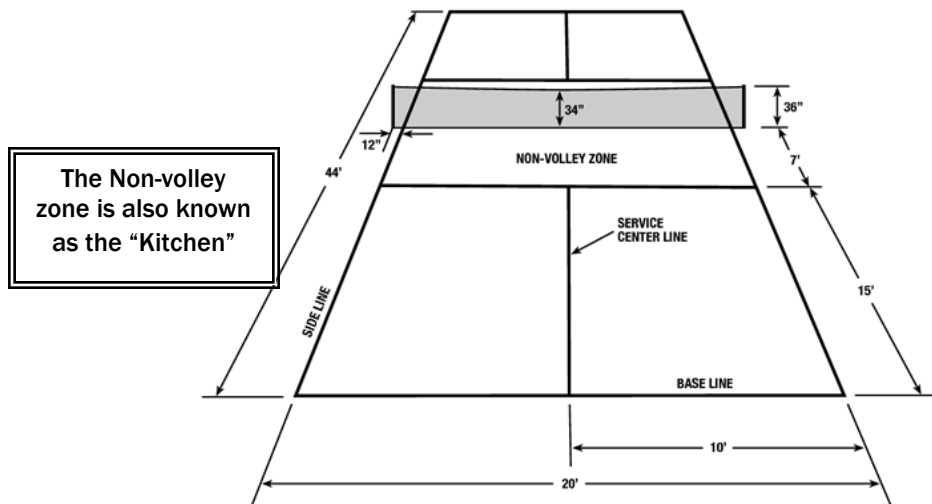
Pickleball was invented on Bainbridge Island (Washington) by two desperate fathers, Bill Bell and Joel Pritchard, to occupy their bored children. It was developed on a badminton court because the shuttlecock could not be found. The net was lowered to make the game more athletic. The badminton rackets weren't suitable with the whiffleball, so paddles were cut from plywood. The name Pickleball is said to be a reference to the family dog, but the inventors refuse to verify where the name came from. Prior to 2007, players were allowed to step over the baseline with one foot when serving. This was due to a tree in the Pritchard's yard. This rule has been changed by the National Pickleball Association so that now both feet must remain behind the baseline until after the ball is struck.

Objective of the Activity (Scoring system)

A point is awarded if the serving team is successful in getting the opponent to commit a fault. It is a net game similar to tennis. The game is played to 11, win by two. That means if the score is tied at 10, play continues until one side wins by 2.

Equipment/Playing surface

Pickleball is played on a badminton court. The court is usually asphalt/wood so that the ball bounces. Perforated balls made of plastic are hit with wooden/plastic paddles with short handles.



Players/Positions/Skills

Play can be singles or doubles. Positioning on the court depends on skill level.

Most of the shots are the same as other racket sports. When the arm crosses the body and the back of the hand is facing the net it is referred to as a **backhand**. The stroke with the palm facing the net is called a **forehand**. The **serve** is the stroke that starts each point. A **volley** is any stroke that doesn't let the ball bounce. **Rally** is a term used to describe the ball being hit back and forth.

Rules/Faults

The ball must be served underhand (below the waist and paddle head below the wrist) from a toss in the air. The serve may not be bounced off the court first. The serve must be diagonal. Only one attempt per service. If the ball hits the top of the net on a serve and lands in the correct court it is replayed. The game starts with a serve from the right side of the court. The same server continues to serve, alternating right and left service courts, until they lose a rally. When a server loses the rally, a side-out is awarded. The serve then progresses to the next player. If team AB plays team XY, the serving order would be A-X-Y-B repeat. Therefore, the first server's partner wouldn't serve until both opponents have served.

Each team must play their first shot off a bounce. The receiving team must let the ball bounce once before returning the serve. The serving team must also let the ball bounce once before returning the ball. After the two bounces have occurred, the ball can either be volleyed or played off the bounce. This is called the Double-Bounce Rule because the ball has bounced once on each side. This rule was invented because the serving team has an advantage if they are allowed to volley the return of serve.

The ball can touch the net during a rally as long as it goes over to the other side.

FAULTS:

- Hitting the ball so that it doesn't go over the net.
- Letting the ball bounce twice.
- Hitting the ball out-of-bounds.
- Volleying the ball before it has bounced once on each side.
- Touching the net/post with the body, clothing, or any part of the paddle.
- The ball strikes a player or anything they are wearing or carrying even if they are out-of-bounds.
- The wrong receiving team partner contacts the ball first.
- Volleying the ball while in the non-volley zone (also known as the kitchen) or stepping into the kitchen after a volley.

Etiquette

Call out the score before serving. When calling out the score, always say the serving team's score first. This reduces scoring disagreements and alerts the receiver's that the ball is about to be served. When playing in a gym setting, try not to effect the other courts. Yell "Ball on!" if safety is important. If the ball isn't going to interfere, wait until the rally is over. When the rally is over you may enter the court or ask for help. Hand balls or gently toss them back to the classmate. Disagreements on faults should be settled by replaying the point.

Components of Fitness

Pickleball requires cardio-respiratory endurance when both players are skilled. The small court makes for a very fast game using short bursts of energy to get to the ball. Muscular endurance comes into play if multiple games are played.