

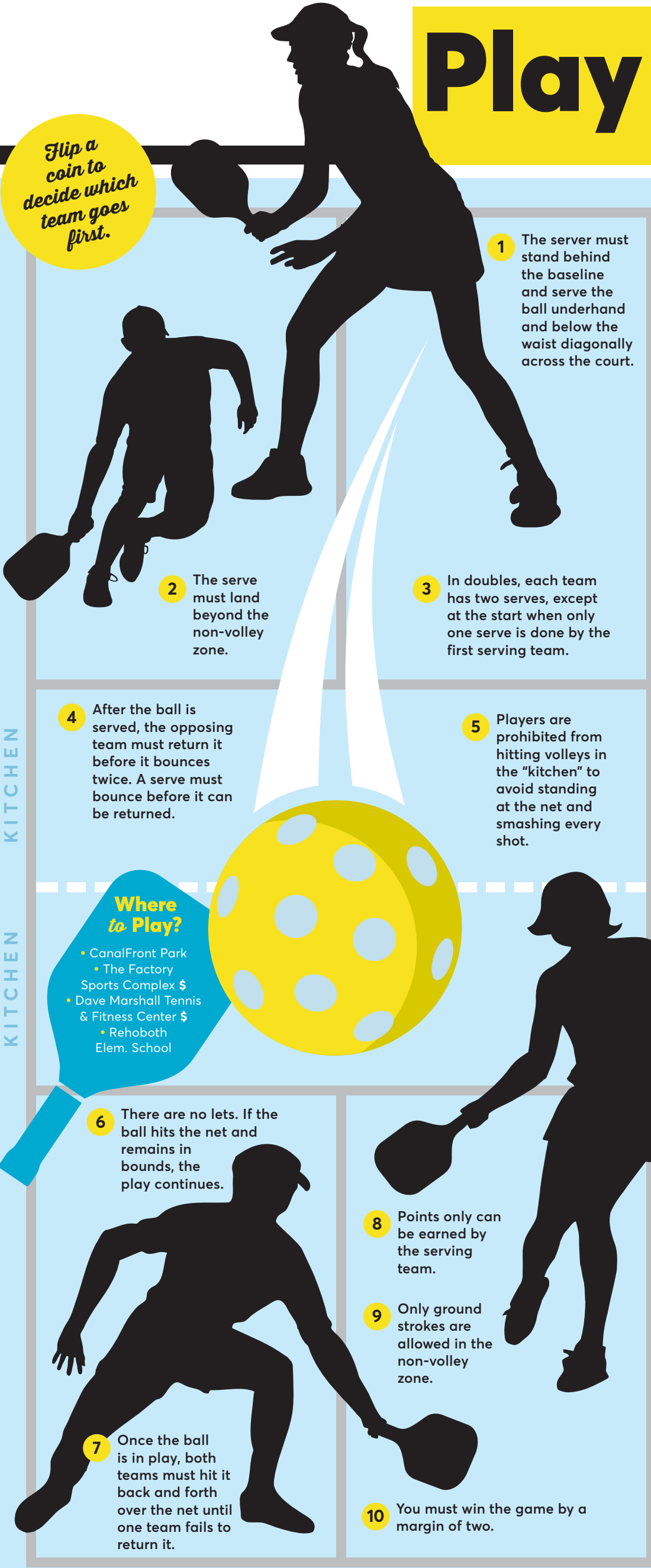
Play



You've got to be able to hit the ball hard. **Nobody plays golf to putt.**

—JOEL PRITCHARD [co-creator of Pickleball]

Flip a coin to decide which team goes first.



1 The server must stand behind the baseline and serve the ball underhand and below the waist diagonally across the court.

2 The serve must land beyond the non-volley zone.

3 In doubles, each team has two serves, except at the start when only one serve is done by the first serving team.

4 After the ball is served, the opposing team must return it before it bounces twice. A serve must bounce before it can be returned.

5 Players are prohibited from hitting volleys in the "kitchen" to avoid standing at the net and smashing every shot.

- Where to Play?**
- CanalFront Park
 - The Factory Sports Complex \$
 - Dave Marshall Tennis & Fitness Center \$
 - Rehoboth Elem. School

6 There are no lets. If the ball hits the net and remains in bounds, the play continues.

8 Points only can be earned by the serving team.

9 Only ground strokes are allowed in the non-volley zone.

7 Once the ball is in play, both teams must hit it back and forth over the net until one team fails to return it.

10 You must win the game by a margin of two.

THE GAME OF *Pickleball*

What is Pickleball?

PICKLEBALL is a unique paddle sport that blends elements from tennis, badminton and ping-pong. Its popularity skyrocketed during the Covid-19 pandemic, partly because of the game's social nature, easy-to-learn rules and portability. Pickleball is played on a court with a net, similar to tennis, but with a smaller court and a lower net. The game is played with a plastic ball with holes, similar to a wiffle ball, and paddles that are similar to oversized ping-pong paddles. Pickleball can be played as singles or doubles, just like tennis.

Objective of Game

The objective of the game is to hit the ball over the net and into the opponent's court without them being able to return it. One unique aspect of pickleball is that there is a non-volley zone, also known as the "kitchen," located near the net. Players are not allowed to hit the ball while standing inside the kitchen, which adds an additional level of strategy to the game. The first team to reach 11 points wins the game.

How to speak Pickleball

- ACE** A serve that is executed so flawlessly that the opponent is unable to return it.
- DINK** A gentle shot that lands in the opponent's kitchen. Always dink responsibly.
- FALAFEL** A shot that lacks power and falls short after hitting the pickleball.
- FLAPJACK** A shot that must bounce once before it can be hit by the player.
- KITCHEN** Slang term for the non-volley zone.
- LOB** A shot that is hit high over the opponent's head, allowing the player to move towards the net while the opponent retrieves the ball.
- PICKLED** When a team fails to score any points in an entire game. You've been pickled.
- PICKLER** A person who is addicted to playing pickleball and can't stop talking about it.
- POACH** When playing doubles, a poach is when you cross over into your partner's side of the court to hit a shot.

KITCHEN KITCHEN