

Your Pickleball Guide and Rules

Presented by AllAboutPickleball.com

Welcome to the wonderful world of pickleball.

- It's the fastest growing sport for people over the age of 50.
- But wait, it's also the fastest growing high school physical education sport. Teens love it too!
- And by the way, it's the easiest sport to do for maintaining good health and fitness.
- And it's definitely the sport with the strangest name on earth! Right up there with Squash.

MESSAGE FROM ROCKET:

Yes, Rocket is my real name. It was hung on me many, many years ago by a favorite math teacher of mine, and sadly has absolutely nothing to do with my pickleball strokes or speed on the court.

I am having a blast being the Player Services representative for All About Pickleball and its sister blogging site, Pickleball Rocks.

My job is to make sure you have the answers to any pickleball related question or concern you could possibly come up with.

Everything from “Where did this sport come from” to

“How can I make my backhand stroke better” to

“What is the [best paddle to use](#)” to

“Where can I buy those cool “[Pickleball Rocks](#)” dri-fit tshirts.

If we don't answer your question in this guide, then hop on over to AllAboutPickleball.com and use the “ASK ANY QUESTION” form right there on the homepage.

I generally will get an answer back to you the same day. If I don't, then know I am working on it and will get back to you as soon as humanly possible. (ok maybe not that fast, but I will get it.)

I hope you enjoy this great sport as much as we do and please let me know if I can do anything to make it better for you.

All the best,

“Rocket”

WHAT IS IN THIS GUIDE?

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- WHERE CAN I BUY PICKLEBALL PADDLES
- WHAT ARE THE BEST PADDLES (this is only my, "Rocket's" opinion, but it is the two paddles the majority of the pickleball playing population and the vast majority of tournament players use.)
- WHERE DO I GET THE COOL "[PICKLEBALL ROCKS](#)" SHIRTS (we get this question a lot)
- WHAT ARE THE DIMENSIONS OF A PICKLEBALL COURT
- WHAT ARE THE SIMPLE RULES SO I CAN GET STARTED
- WHAT ARE THE OFFICIAL PICKLEBALL RULES (according to the International Federation of Pickleball)
- SHOULD I JOIN and HOW DO I JOIN THE USAPA (USA PICKLEBALL ASSOCIATION)
- WHAT IS [HelpingPickleballGrow.com](#) ? (it's fun for everyone)
- WHAT TO DO IF YOU STILL HAVE A QUESTION
- A FREE \$5 Discount Coupon for great, tournament level pickleball paddles.**

WHAT IS PICKLEBALL?

- We like to call it ping pong on steroids. Pickleball is a paddle/court sport that combines the features of Tennis, Ping Pong and Badminton, with a few unique twists of its own. It is played indoors or outdoors on a court about half the size of a tennis court. It can be played as a singles game or doubles. And any age can play and have fun with pickleball.

WHERE DID PICKLEBALL GET ITS NAME?

Might as well get this out of the way now, since it is the number one question we get. And be prepared to have your bubble burst.

- Pickleball was created in 1966 on the Bainbridge Island, Washington backyard badminton court of congressman Joel Pritchard. Looking for a way to keep the family busy, Pritchard and friends, Bill Bell and Barney McCallum formalized the rules. As they and their families played the game, errant balls would be scooped up by the Pritchard's family dog, Pickles. Thus Pickle's ball, became Pickleball. **FALSE**

Actually that is all true except for the game being named after the family dog. According to Joel Pritchard's wife Joan, the family pup did not even come on the scene until two years after the game was hatched in their driveway. By then the game already had its name.

The name of the game became Pickle Ball, after Joan Pritchard said it reminded her of the Pickle Boat in crew where oarsmen were chosen from the leftovers of other boats. Yes, the dog was named for the game, but it appears historic stories about the name's origin sounded better thinking the game was named for the dog. The dog story has been passed down through the years by TV, radio, newspapers and even the USAPA themselves.

WHAT MAKES PICKLEBALL UNIQUE FROM OTHER SPORTS?

Two Things:

- The Double Bounce Rule – This will be covered in the rules, but essentially the double bounce rule means that people on both sides of the net must let the ball bounce one time before you can hit a ball out of the air. This unique rule goes a long ways towards keeping the game very close and competitive.
- The Non-Volley Zone – This too will be covered in detail in the rules, but the non-volley zone is the second feature of Pickleball that helps keep the game competitive. The non-volley zone is an area close to the net where you are not permitted to smash or volley the ball.

WHERE DO I GET [PICKLEBALL PADDLES](#)?

- There are a number of websites where you can buy paddles and balls. **Beware**, there are a lot of paddle knockoff companies popping up. **Do your homework before you buy your first good paddle.** Happy to help you through it.
- To make getting high level paddles easy for you, we have developed a convenient, secure, online shopping cart at [PickleballShopping.com](#) . Lots of other cool pickleball stuff there too.

WHAT PADDLE SHOULD I BUY?

- Once again there are many choices at various websites. It can get quite confusing.
- We chose to endorse only one brand of pickleball paddle. We love the Pro-Lite paddles and have used them from the beginning. (we have tried others, but won't name them so as not to harm their sales.)
- Pro-Lite Sports makes the best selling tournament paddle, the "[MAGNUM GRAPHITE](#)" and the new wider graphite paddle called "[THE BLASTER](#)".
- We know and trust the people at Pro-Lite Sports. Their former owner, Mark Friedenber is a legendary player in the pickleball world.
- And when you look around at tournaments, you will see the medal stands full of players using a Pro-Lite brand paddle. That was good enough for us.

[Click here to shop for Pro-Lite paddles](#)



CAN I BUY PICKLEBALL SHIRTS AND STUFF ONLINE?

- We are very proud to sell the “Pickleball Rocks” trademarked brand of dri-fit shirts and hats for both men and women. Take a look at www.PickleballShopping.com .



Helping Pickleball Grow Thanks To You

We donate a portion of every sale to help the growth of pickleball.



PICKLEBALL
ROCKS
and so do our customers

ALL ABOUT PICKLEBALL
Box 357
Brookville, IN 47012

1001

DATE: Nov. 11, 2013

PAY TO THE ORDER OF USA Pickleball Association \$ 700.00

Seven Hundred and ^{no} /100 ----- DOLLARS



USAPA
PICKLEBALL

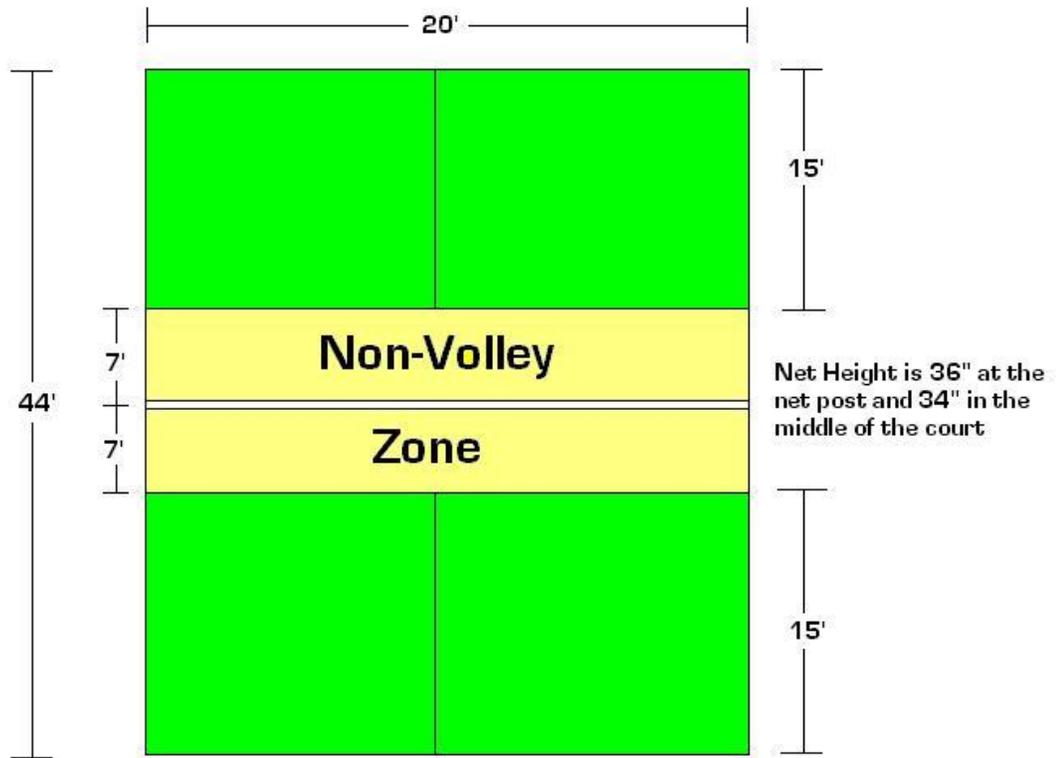
Rodney "ROCKET" Smith
AUTHORIZED SIGNATURE

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Many thanks to our great customers!!!!

Pickleball is growing because of you.

Official Pickleball Court Dimensions



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Court Specifications. The dimensions and measurements for the standard pickleball court are:

The court shall be a rectangle 20 feet (6.10 m) wide and 44 feet (13.41 m) long for both singles and doubles matches. See Figure 2-1.

A total playing area 30 feet (9.14 m) wide and 60 feet (18.28 m) long is the minimum size that is recommended. A total size of 34 feet (10.36 m) by 64 feet (19.5 m) is preferred.

Court measurements shall be made to the outside of the lines. The lines should be 2 inches (5.1 cm) wide and the same color, clearly contrasting with the color of the court surface.

Lines and Areas. The lines and areas of the standard pickleball court are:

Baselines. The baselines are the lines parallel to the net at each end of the court.

Sidelines. The sidelines are the lines perpendicular to the net on each side of the court.

Non-Volley Line. The non-volley line is the line on each side of the net between the sidelines and parallel to the net. These lines are located 7 feet (2.13 m) from the net.

Non-Volley Zone. The non-volley zone is the area on each side of the net between the non-volley line and the net.

Centerline. The centerline is the line on each side of the net bisecting the area between the non-volley line and the baseline.

Service Courts. The service courts are the areas on either side of the centerline, bounded by the non-volley line and the baseline.

SOURCE: <http://usapa.org>

THE SIMPLE RULES: The goal of the game is to have fun, exercise and socialize.

Scoring and Winning: A team gets a point when they win a rally **that they served**. When the serving team wins a point, the server moves to the other side of the serving team's court. The first team to score 11 points wins (must win by two points).

* A team shall score points only when serving. Each time the serving team wins a rally they score a point. .
* Rallies are lost by failing to return the ball in bounds (the lines are in bounds) to the opponent's court before the second bounce, stepping into the non-volley zone and volleying the ball, or by violating the double-bounce rule. The hand is considered an extension of the paddle. The player loses the rally if the ball hits any other part of his

body or clothing. A ball hitting a line is considered in.

* The serve is diagonal from one side of the court to the other where it must bounce inside the diagonal court and outside the no-volley zone before it is returned.

* The return must again bounce on the serving team's court before it is returned over the net.

* **The Serve:** The player on the right always serves first. The ball must contact the paddle below the waist using an underhand motion and must land in the diagonally opposite court, beyond the non-volley line. The server must hit the ball without bouncing it first. The server must start with both feet behind the baseline during the serve with at least one foot on the court surface at the time the ball is struck. Both players on a team will serve before the service passes to the other team. When the serving team wins a point, the server moves to the other side of the serving team's court. This first servers continues to alternate sides and continues to serve until the team loses a rally. In doubles, one team member will serve and continue to serve until the team loses the rally. Then the other team member serves until he/she loses their serve. Then the serves goes over to the other team. From this point on each player from both teams will serve before losing the serve to the other side. To keep the first service of a game fair, only the first player serves during the first service of the game.

Double Bounce Rule: Each team must play their first shot off the bounce. This is called the "double bounce rule" because the ball must hit twice (once on each side) before it can be volleyed. After the first two bounces, each side can choose to hit the ball in the air (volley) or let it bounce once.

NON-Volley Rule: On each side of the net there is a 7' non-volley zone (sometimes referred to as the kitchen) and players cannot be inside the no-volley zone and hit the ball in the air (volley) unless the ball first bounces. When volleying the ball, the player may not step on or over the line. Any other time, a player may be in the non-volley zone without penalty. A player who continues into the non-volley zone after a volley creates a fault and loses the rally no matter whether the ball was dead or not.

Keeping Track of Scoring: Because players switch sides with each point, a simple scoring system was devised to keep track of who is serving. Before each serve, the server calls out his team's score, the other team's score, and then whether he is the first or second server for his team. For example, if his team has 5 points, the other team has 3, and his partner has already served and lost the point, he would call out, "5, 3, Server 2."

The Return: The receiving team must let the ball bounce before returning the serve. Also, the serving team MUST let the returned ball bounce once more before hitting it back. This means that there will be two bounces during the first two hits of the rally (known as the **double-bounce** rule).

Singles Play: The server serves from the right side of the court when his or her score is even and from the left side when his/ her score is odd.

Self-Referee: The ball is called in or out by the team on the court where the ball bounces. If the ball is too close to call by that team, it is in. Fairness is a virtue!

Click Here For → [USA Pickleball Association \(USAPA\) Official Tournament Rules](#)

The USA Pickleball Association (USAPA) was organized to perpetuate the growth and advancement of pickleball on a national level. It also includes goals for worldwide play and recognition. The USAPA is chartered to promote pickleball for the enjoyment of its members, to encourage sponsors to contribute goods, services, advertisements and financial support so that this sport can grow to its potential.

The purpose of the rulebook is to provide pickleball players with the rules necessary for organized league and tournament play. Some sections of these rules are designed to be used only for the conduct of USAPA-sanctioned tournaments. A USAPA-sanctioned tournament allows players to be ranked on a national basis. Non-sanctioned tournaments may also use these sections as guidelines. Tournament directors for non-sanctioned tournaments may be flexible in the use of these guidelines to better fit the skills, ages, and diversity of their players. The USAPA enthusiastically encourages these non-sanctioned tournaments to promote knowledge, growth of the game, skill development, and having fun while playing pickleball.

The USAPA has adopted the rules of the **International Federation of Pickleball (IFP)**. The IFP published its first rulebook in 2010. The 2010 version of the rules was adapted with permission from the rulebook of the USAPA that was first published in March 1984 and included revisions through March 28, 2010. The latest revision date is June 1, 2015.

These rules will not be changed without good cause. Comments and opinions are always welcome. If you have any questions in regards to the rules, please contact:

USA Pickleball Association (USAPA)

PO Box 7354

Surprise, AZ 85374

SOURCE: <http://usapa.org>

HOW DO I JOIN THE USAPA (USA Pickleball Association)

The real question is, should you join the USAPA?

The answer is a resounding DUH!!!

The most important reason to be a USAPA member is that it supports the growth of pickleball. Everyone should be a member!!!!!!

Here Are The Wonderful USAPA Member Benefits

- ✓ Official USAPA T-Shirt for New Members and Multi-Year Renewals
- ✓ Official USAPA Membership Card
- ✓ Ranking points for USAPA sanctioned/sponsored Tournaments
- ✓ *e-pickleball news* Monthly Newsletter
- ✓ Official USAPA Rulebook with 3-year and 5-year memberships.
- ✓ Pickleball static-cling window sticker.
- ✓ Share your passion for growing the game with folks of all ages

On top of all that, some tournaments give entry fee discounts to USAPA members!!!!

The Cost?

Junior (21 & under) 1 Year \$20, 3 Years \$54, 5 Years \$90
Adults - 1 Year \$25, 3 Years \$68, 5 Years \$110
Family (3+ Members) 1 Year \$60, 3 Years \$155, 5 Years \$250

[CLICK HERE TO
JOIN THE USAPA](#)

What is HelpingPickleballGrow.com?



Whether you are an **ambassador, teacher, promoter, advocate or champion** of this great sport, here are 3 programs built just for you.

- 1) The **Pickleball Champions Club** contains **FREE TIPS** and **TOOLS** to help you grow pickleball in your facility, town or community.
- 2) The **Pickleball Mile Club** encourages and rewards people who play pickleball and introduce pickleball to others.
- 3) The **Pickleball Paddle Foundation** provides free or extremely low cost equipment for schools, YMCAs, and Parks and Recreation Departments.

Check out the HelpingPickleballGrow.com **TODAY!**

Welcome to the greatest sport on earth!

Welcome to pickleball.

SO WHAT SHOULD I DO IF I STILL HAVE A QUESTION or JUST PLAIN NEED CONVINCING THAT I SHOULD TRY THIS SPORT? Just talk to Rocket.

Go to the [ASK A QUESTION](#) section on the homepage at [All About Pickleball.com](http://AllAboutPickleball.com)

May your days be happy, healthy, and filled with Pickleball !!!

All the best,

Rocket

Rodney "Rocket" Grubbs

Director of Player Services

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All About Pickleball.com

Your One Stop Source For Everything Pickleball

Pay To: _____ **Redemption Date:** _____

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REBATE CERTIFICATE

MEMO: Good for \$5 Off Your Purchase of **Any Pickleball Paddle** purchased through AllAboutPickleball.com. Only one certificate redeemable per order.

This certificate expires 30 days after the purchase date on your receipt.

Redeem Using The Instructions Below

PBG

Cut Here - Cut Here

Dear Discount Certificate Holder and Pickleball Lover!

Enjoy your pickleball guide and thank you for supporting the great sport of Pickleball.

The attached \$5 Discount Certificate is good for five dollars off the purchase of any pickleball paddle sold at or through <http://www.PickleballShopping.com>.

All purchases must be made online. Only one certificate redeemable per order.

After you have completed your shopping, simply send a copy of your **PAID RECEIPT** and the attached **REBATE CERTIFICATE** to: **All About Pickleball – P.O. Box 357 Brookville, IN 47012**

Both paid receipt and rebate certificate must be included. We will send you a check for \$5.00

If you have any questions, please give us a shout at PlayerServices@AllAboutPickleball.com

I hope to see you on the courts.

All the best from,

Rodney "Rocket" Grubbs
AllAboutPickleball.com

Courtesy of AllAboutPickleBall.com