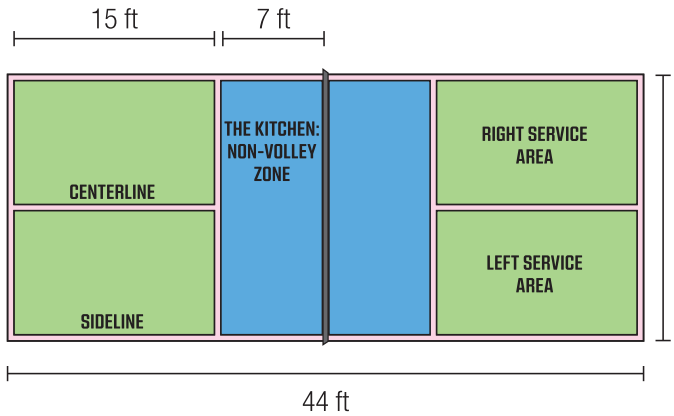
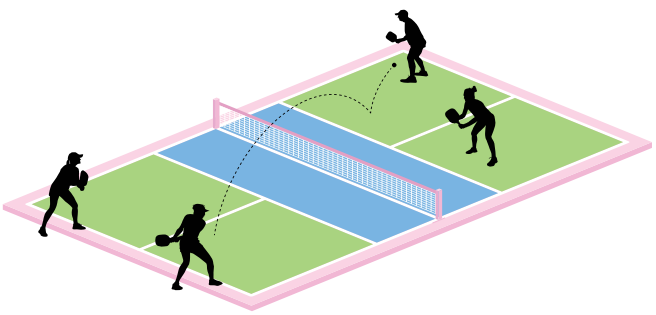
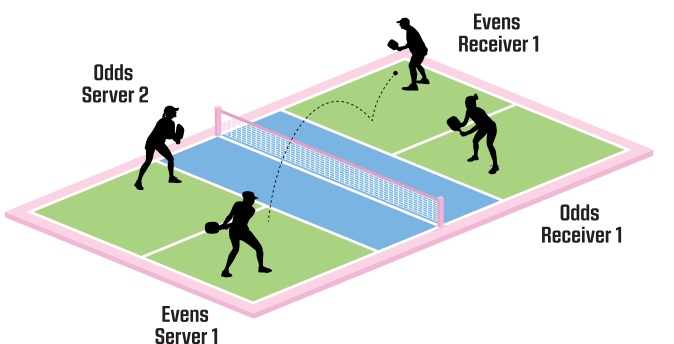
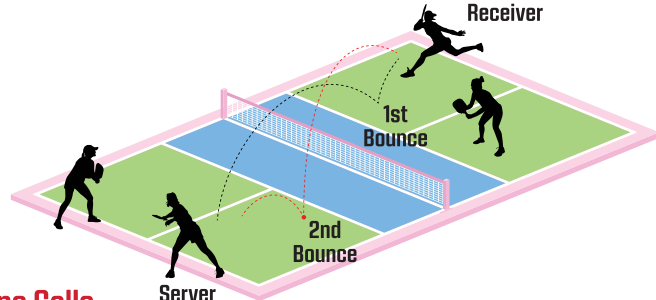
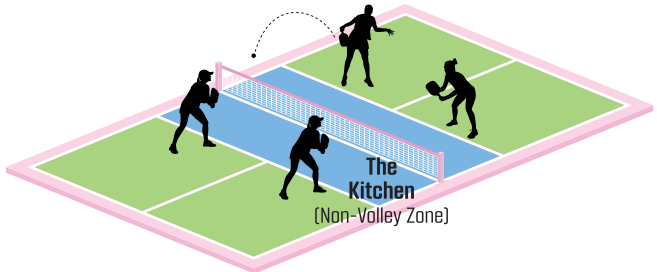


Player's Guide 	Official Pickleball Court Measurements The court is framed by four sidelines and divided by a net into two equal sides, each with its own non-volley zone, known as the kitchen, and service areas, where the players serve from. The service zones on each side are separated by a centerline. According to the official rulebook, the regulation size of a pickleball court is 20' by 44', while the height of the net is 36" at the sidelines and 34" in the middle.  Net height at the sidelines = 36"; at the centerline = 34"	Basic Rules Overview Here's a quick overview of the rules and how the game is played. If there is a conflict between this summary and the official rules, the official rules prevail. Pickleball is usually played as doubles (two players per team), though you can also play as singles. Each player stands to the right or left of the centerline. You can hit two types of shots: Groundstrokes: hit the ball off the bounce, often from the baseline. Volleys: hit the ball in the air before it bounces, from a position closer to the net. Each side has a 7' area called the non-volley zone, or 'kitchen', where no player can hit volleys from. Not even a toe can touch the kitchen line during a volley (more on that later). Now that we have the court set up, let's play! The Serve • Each rally starts with a serve. • All serves are underhand. • Paddle contact with the ball must not be made above the waist. • The head of the paddle must not be above the highest part of the wrist at contact.	• A 'drop serve' is also permitted, in which case none of the elements above apply. • At the time the ball is struck, the server's feet cannot touch the court or be outside of the imaginary extension of the sideline or the centerline, and at least one foot must be behind the baseline on the playing surface or on the ground behind the baseline. • The serve is made cross court and must land within the confines of the diagonally opposite court. • Unlike tennis, only one serve attempt is allowed per server. 	Service Sequence • On a doubles match, both players on the serving team have the opportunity to serve and score points until they commit a fault (except for the first service sequence of each new game). • The first serve of each side out is made from the right-hand court. • If a point is scored, the server switches sides, and the server initiates the next serve from the left-hand court. • The server continues switching sides after each point until a fault is committed, at which point the serve is lost. • When the first server loses the serve, their partner then serves from the correct side of the court (except for the first service sequence of the game). • The second server continues serving until their team commits a fault and loses the serve. • Once the serve goes to the opposition team (at side out), the first serve is made from the right-hand court, and both players on that team have the opportunity to serve and score points until they commit a fault. • In singles, the server serves from the right-hand court when their score is even and from the left when the score is odd. NOTE: At the beginning of each new game, only one partner on the serving team has the opportunity to serve before faulting, after which the serve passes to the receiving team.	Keeping Score In pickleball scoring, three numbers are announced before each serve: • The first number is the serving team's score. • The second number is the receiving team's score. • The third number is used in doubles and it identifies which of the two players on a team has the serve. First Server Exemption: To minimize the advantage of being the first team to serve in a match, the player on the right side serves on the first service turn of the game. The serve goes to the left side when that player loses the serve, which is why that player is designated as the second server. At the start of a game, the score is announced: "0-0-2," with the "2" indicating the second server. When the serve is lost, the serve goes to the other team.	Scoring • Points are scored only by the serving team. • Games are normally played to 11 points, win by 2. • Tournament games may be played to 15 or 21 points, win by 2. • When the serving team's score is even (0, 2, 4, 6, 8, 10), the player who was the first server in the game for that team will be in the right-side court when serving or receiving; when odd (1, 3, 5, 7, 9), that player will be in the left-side court when serving or receiving. 
Two-Bounce Rule • When the ball is served, the receiving team must let it bounce once on their side of the court before returning it. The serving team must then let it bounce once on their side before returning it, resulting in two bounces total. • After the ball has bounced once in each team's court, both teams may either volley the ball (hit the ball before it bounces) or play it off a bounce (groundstroke). • The two-bounce rule eliminates the serve-and-volley advantage and extends rallies.  Line Calls • If the ball makes contact with any line, except the non-volley zone line on a serve, it is considered "in." • If the ball touches the non-volley zone line on a serve, it is short and considered a fault.	The Kitchen or Non-Volley Zone (NVZ) To avoid net advantage or downward smash returns, these rules apply in the kitchen: • Volleying (hitting the ball in the air) is prohibited within the kitchen. • When volleying a ball, it is a fault if the player steps into the non-volley zone, including stepping on the line, or if the player's momentum causes them or anything they are wearing or carrying to touch the non-volley zone or NVZ line. • It is a fault if, after volleying, a player enters the non-volley zone, even if the volleyed ball is declared dead before this happens. • A player may legally be in the non-volley zone at any time except when volleying a ball. • You can hit groundstrokes in the kitchen (when a ball lands in the kitchen from your opponent. These soft shots are called "dinks"). 	Faults • A fault is any action that pauses the match because of a rule violation. • A fault by the receiving team results in a point for the serving team. • A fault by the serving team results in the server's loss of serve or side out. A fault occurs when: • A serve does not land within the confines of the receiving court. • The ball hits the net on the serve or any return. • The ball is volleyed before it bounces once on each side. • The ball hits out of bounds. • The ball is volleyed from the non-volley zone. • The ball bounces twice before being struck by the receiver. • A player, the player's clothing, or any part of a player's paddle touches the net or the net posts while the ball is in play. • There is a violation of a service rule. • A ball in play hits a player or anything the player is wearing or carrying. • A ball in play strikes any permanent object before bouncing on the court.	Determining the Serving Team Any fair method can be used to determine which player or team has the first choice of side, service, and return (Example: coin flip). Pickleball Strategies for Beginners If you're new to pickleball, here are a few strategies you can focus on: Keep your eye on the ball This may sound simple, but beginners often find themselves looking at the ground as they move or at their opponents' feet. When you stay locked onto the ball, you can better track its path, allowing you to miss fewer shots. Set your feet when hitting Having your feet set in place when you hit a shot increases your control and power. In general, you should always be aware of your body's movement and positioning. Move with control and steadiness to avoid getting off balance and to reach your next position more efficiently. Paddle out front: hit the ball in front Focus on keeping the ball in front of you, your paddle in front of your body, and making contact with the ball in front of your body. Try to avoid reacting by following the ball with your arm and/or flicking your wrist with little control.	Pickleball Glossary ATP (Around-the-Post) – A shot that is hit around the net post and that then lands on the opposite side of the pickleball court. Banger – A person who likes to hit hard pickleball shots. Bert – An Erne executed in front of your partner, occurring when your partner jumps over the kitchen and hits the ball in front of you on your side. Dead Ball – A ball that is "no longer in play." Billball – A shot that is in and has bounced once. Dink Shot – A shot executed from your own kitchen line that lands in your opponent's kitchen. This can be a volley or a hit after the bounce. Double Bounce Rule – In every point, the ball must touch the ground once on both sides of the court before any player is allowed to volley it. Erne – Named after the pickleball player that invented this shot, the Erne is a shot where you either hit the ball in the air as you are jumping around the NVZ, OR after you run around or through the NVZ. Perry – A volley hit while outside of the NVZ, either to the left or the right side of the court area. Falafel – A short shot due to hitting the ball with little or no power. Flapjack – A midair pickleball shot that must bounce once before it can be hit during one of the first two shots of a pickleball point, either the return of serve or the return of the return of the serve. Foot Fault – NVZ foot faults occur when the player's foot touches any part of the non-volley zone during the act of volleying the ball. Serve foot faults occur if the player's foot touches the baseline or inside of the court before the ball is struck by the paddle. Kitchen – A slang term for the non-volley zone.	Kamikaze – A player who runs towards the NVZ line while their opponent strikes the ball. No-Man's Land – The area of the court between the NVZ line and the baseline, also known as the "transition area." Non-Volley Zone (NVZ) – The 7' area at the front of the court. A player cannot hit the ball in the air while standing in this area, also known as the "kitchen." Paddle Tap – Pickleball's version of a handshake after a game. Paddle taps are also used as high fives in between points. Pickled – Losing your game 11-0. Pickler – A pickleball addict. Poach – When you move across to your partner's side of the court to hit the ball at the NVZ line. Side Out – The transfer of the serve from one player or team to the other side. Skinny Singles – Splitting the court in half, either in a straight line or cross-court to play out points. Stacking – A strategic formation where you place the stronger shot of each player in the middle. Often used in mixed doubles or when partners are right and left handed. Tagging – Hitting your opponent with the ball in an aggressive fashion. Tattoo – The imprint left by the ball on your body after getting hit with it. Third Shot Drop – A low, soft shot made by the serving team that lands just over the net in the opposit team's NVZ, making it difficult for the serving team's opponents to volley. Transition Zone – The area of the court between the NVZ line and the baseline. Also known as "no man's land." Volley Llama – Term referring to an illegal move where a player hits a volley in the NVZ.	 For more products and innovations, visit myFitRx.com. 