



Rules and Tips for Pickleball

1. Warm up with dynamic stretches before beginning to play and remember to hydrate between games.
2. Play begins with one server at the right-side baseline and their partner at the left baseline. The receiver begins at the opposite court baseline with their partner at the Non-volley Zone (a.k.a. the “kitchen”).
3. At the beginning of the game, you only get one service (score = 0-0-2).
4. The server announces the score as: your score, your opponent’s score, then 1 or 2, depending on if you are the 1st or 2nd server (e.g., 6-4-1).
5. When serving, you can either hit the ball out of your hand (volley serve) or after you drop it (drop serve). For a volley serve, your paddle motion must contact the ball below the waist (not side-arm). Overhead serves are not allowed. (over)

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(continued)

6. A legal serve can touch the middle, back or side lines, but the Non-volley Zone line is “out.”
7. The ball must bounce after the serve and after the return (2-bounce rule). Then, you can hit the ball after one bounce or in the air.
8. You only score a point for your team if your team is serving.
9. After you serve and score a point, you switch places with your partner and continue serving.
10. You cannot be in the Non-volley Zone and hit the ball in the air. However, if the ball bounces in the kitchen, you can step in the NVZ to hit it.
11. A game is played to 11 points, win by 2.
Note: The service and scoring rules stated above apply to traditional scoring and will vary with rally scoring.
12. Always get in a “ready” position with knees slightly bent and paddle up.

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<https://howardcountypickleball.org/>