

5 RULES OF PICKLEBALL

When it comes to pickleball basics, there are a handful of rules to keep in mind when you are starting out.

RULE 1

The Ball Must Stay Inbounds.

For most sports, play occurs inbounds and between the lines that outline the court or field. Pickleball is no different. During a match, the pickleball must remain inbounds. If it goes out, the opponent gets a point and it becomes their turn to serve.

RULE 2

There Must Be One Bounce Per Side.

One of pickleball's unique rules is the "Two Bounce Rule". The ball must bounce at least once on each side of the court, for both the serve and the return of the serve. Once this has happened, either side can play the ball in the air or let it bounce.

RULE 3

You Must Serve At The Baseline.

When serving the ball, you must serve it from the baseline, the back line of the court. Serve underhand and below the waistline, hitting the ball diagonally over the net and across the court.

RULE 4

Serves Cannot Land In The No-Volley Zone.

The no-volley zone, also known as the kitchen, is the lined box located seven feet off the net. When serving, the pickleball cannot land in the no-volley zone. After the serve, the ball can land in the kitchen.

RULE 5

The Game Ends at 11, 15, or 21 Points.

A traditional pickleball game ends when one person or team reaches 11 points. However, the winner(s) has to win by at least two points. For example, if one person has 11 points but their opponent has 10, the game continues. Game scoring can also be extended to 15 or 21. When playing singles, 11 and 15 are the most common point totals. When playing doubles, 15 and 21 are the most common.