

# YOUR GUIDE TO pickleball



**craighelen** 

# What is Pickleball?

Pickleball might just be one of the hottest games in the world right now! It's huge in the United States & Canada and it's growing in popularity all over the world (especially here in the UK).

And no wonder: This paddle-and-plastic-ball game is fun, fast-moving and easy to learn.

Since its invention almost 60 years ago, pickleball has proven to be a sport for all kinds of people—from casual hobbyists to serious athletes and everyone in between.

Thanks to its rapidly increasing popularity, it's easier than ever for new and experienced picklers to find opportunities to play the game.

Interested in giving it a try? Here's everything you need to know about the game of pickleball

# How Do You Play Pickleball?

Pickleball is played with paddles that are larger than ping-pong paddles but smaller than tennis rackets, and they can be made from wood, plastic, carbon fibre or other materials. Players use a plastic, hole-covered ball that's similar in size to a baseball.

The game can be played as singles (one-on-one) or doubles (two-on-two), and it takes place on a court that's about half the size of a standard tennis court. Across the middle of the court, the pickleball net is 34 inches (86.5cm approx.) tall.

To get started, make sure you read the must-know rules below:

- The ball must go over the net and land within the court's lines. This is the case in almost all racquet sports, and pickleball is no different. The ball must go over the net and land inside the lines surrounding the court. If a team or player hits the ball outside these lines, their opponent wins the point.

- **Players can't stand in the non-volley zone when hitting the ball.** On each side of the net, there's a 7-foot-long area (2m approx.) that's marked by a line parallel to the net. This is the non-volley zone, which the game's inventors devised to keep taller players from having an advantage. Players aren't allowed to have their feet inside this area when they hit the ball.
- **Serves must be hit underhand from the baseline and land beyond the non-volley zone.** When serving to start a point, players stand at the baseline, the end line of the court that's parallel to the net. The ball must be hit underhand from this point and land past the non-volley line on the opposite side of the net.
- **On each team's first hit, the ball needs to bounce off the court once before being returned.** When one player or team serves the ball, the opposing team has to let the ball bounce before hitting it back over the net. When the ball comes back to the serving team on the return shot, the serving team has to let the ball bounce once before hitting it back to the other side.

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- Then, the teams can hit the ball back to the other side without letting it bounce first. This type of shot, where the ball is hit in mid-air instead of off a bounce, is called a "volley".
- If the ball bounces twice on the same side, the point is over. As in tennis, if one team hits the ball over the net and it bounces on the opposing side twice before the returning team can hit it back, the team that hit the shot wins the point.

- Only the serving team can score. If the serving team wins a point, they score. If the team that didn't serve wins the point, the score does not change. The team that wins the point then becomes the serving team for the next point.
- Games are played to 11 points and must be won with a 2-point lead.



# Pickleball at Craighelen

**Our Pickleball Lessons take place on Mondays at 6pm and can be booked by emailing [craighelencoaching@gmail.com](mailto:craighelencoaching@gmail.com)**

**Pickleball Club Sessions take place on a Monday evening from 7pm onwards. These sessions are a great chance for club members of all levels to turn up and play with fellow members.**

**Interested in becoming a Craighelen member?**

**You can join Craighelen for just £30 per month and have access to Pickleball as well as Tennis, Squash & Racketball. You'll get discounted coaching sessions as well as having full access to club sessions, tournaments, Social events and you'll be able to book a court to play anytime. [Click here](#) to check out the Craighelen website for further details.**

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