

## PickleBall At-A-Glance

The court is 20' wide and 44' long. The net is 36" high at the ends and 34" at the center. There is a 7' Non-Volley-Zone (NVZ) on either side of the net. NVZ means you cannot hit the ball on a fly while standing in the NVZ this includes the lines. The lines surrounding the NVZ are considered part of the NVZ.

## The Serve

The serve must be underhand and hit on a fly, striking the ball below the waist. The person on the right always serves first. The serve must be hit cross court on the diagonal. The back line and the side line are considered good serves. If the ball hits the NVZ line or lands in the NVZ box the serve is bad and the serve is lost. There are no double faults; you only get one chance to make a good serve. The serving team has both players at the base line. The receiving team has one player at the baseline (the serve receiver) and the other at the NVZ line (the kitchen line).

## Double Bounce Rule

The receiver of the serve cannot hit the ball on a fly; the ball must bounce before returning the serve. The best position to return the serve is behind the back line (called the baseline). It is easier to move forward for a short serve than trying to move back to get a deep serve. When the ball is returned to the serving team, they also must let the ball bounce. After the 2 bounces, the ball can be hit on either the fly or the bounce.

## Scoring

The serve always starts from the right side to the court. The serving team calls their score first, the opposing teams' score second, and your server number third, which would be one or two. There are 2 players on each team. The first call of score would be "0 - 0 – start". The score must be called before the ball is served and may be called by either player on the serving team. Points can only be earned while serving. When you earn a point the serving team switches places. One error on the starting side loses the serve. From then on, 2 errors before "side out" and the serve goes to the other team. The team that serves first only gets one error before losing the serve.

## Ready position

Your feet should be shoulder width apart, knees bent with your weight on your toes. The paddle should be held at chest level with the handle pointed to your body. The blade of the paddle should be perpendicular to the ground.

For more information visit: [pickleballnaplesfl.com](http://pickleballnaplesfl.com)

Pickleball lessons available email: [info@pickleballnaplesfl.com](mailto:info@pickleballnaplesfl.com)

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