

Introduction to Pickleball

Pickleball is a fun and addictive game that is played on a badminton-sized court. It combines many elements of tennis, badminton, and ping-pong.

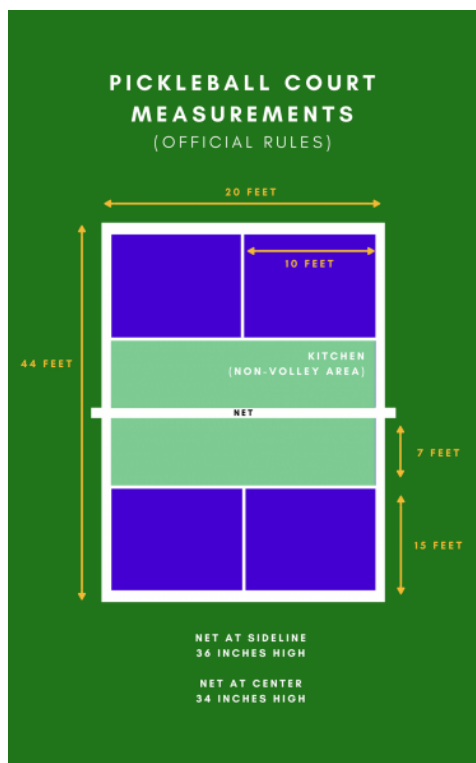
Pickleball can be played both indoors and outdoors and as either doubles or singles. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.

So what is this game and, most importantly, are there pickles involved?

The game does not require brined cucumbers. But there is a whole lot of fun!

Pickleball is played on a badminton-sized court with ping pong-type rectangular paddles, a wiffle-type ball, and tennis-like rules. It can be played as a singles game (with two players) or a doubles game (with four players).

The rules sound complicated but they're actually pretty easy to pick up. Once you play a couple of times, you'll have the game down pat and you'll want to play again and again.



The court

The court is divided into six sections. On each side of the net, there is a section called the non-volley area or the kitchen. At the back of the court on both sides, there are two sections into which serves are made – just like in tennis. The net is 36" high at the ends, and 34" high in the middle. (The diagram here comes from Pickleball Canada's [introduction to the sport.](#))

To begin

The server stands behind the baseline in the bottom right-hand corner facing the net. The serve is made by hitting the ball underhand with the paddle just below the waist without bouncing the ball. The ball must bounce in the opposite corner (diagonally across the court) beyond the opponent's kitchen.

The opposing player must let the ball bounce before hitting the ball back.

After the ball is returned to the server's side, the ball has to bounce one more time before volleys (shots when the ball is returned without bouncing), can be made. This means that players can't run to the net to smash the ball at their opponents. Far friendlier than tennis!

The rules

Once the ball has bounced on each side once, the game continues with the ball being played back and forth across the net. Remember: players can only volley the ball (play it without it bouncing) outside of the kitchen area (you can only go into the kitchen to return a ball once it has bounced, otherwise, you must stay out of the kitchen).

Only the side serving can win a point. How?

Just like in other racket sports, players win points when their opponent(s) commit a fault.

How to avoid a fault:

- Remember to keep both feet behind the baseline and at least one foot on the ground when serving
- Make sure you keep your paddle below your waist when serving
- Ensure your serve bounces into your opponent's area diagonally opposite from you
- Keep the ball in bounds
- Remember to let the ball bounce once your opponent returns it after your serve
- Don't hit the net with the ball
- Stay out of the kitchen unless you are going to hit a ball that bounces into it
- The first side that scores 11 points when they are leading by at least two points wins.

Beginner lessons

If interested in beginner classes contact Dennis Carter at dwcarter@rogers.com

Where can you play pickleball?

We play at the Stouffville Park Arena at 12483 Ninth Line

Days we play are **Monday to Saturday 10:00 to 1:00 and Sunday 2:00 to 5:00 and Evenings Monday and Wednesday 6:00 to 9:00 Monday is a Ladder Event Wednesday is open drop in play**