History of the Game
1965 – After playing golf one Saturday during the summer, Joel Pritchard, congressman from Washington State and Bill Bell, successful businessman, returned to Pritchard’s home on Bainbridge Island, WA (near Seattle) to find their families sitting around with nothing to do. The property had an old badminton court so Pritchard and Bell looked for some badminton equipment and could not find a full set of rackets. They improvised and started playing with ping-pong paddles and a perforated plastic ball. They were focused on creating a game the whole family could play, and that is what pickle ball became. Fun fact pickle ball is named after Pritchard’s family dog that would steal the ball and runaway when they were first developing the game. 1976 – During the spring of 1976, the first known pickle ball tournament in the world was held in Tukwila, Washington 1984 – The first composite paddle was made by Arlen Paranto, a Boeing Industrial Engineer. 1990 – By 1990, pickle ball was being played in all 50 states through the USAPA (USA Pickle Ball Association)

Object of the Game
Pickle ball has some similarities to tennis, ping pong and badminton. The object of the game is to win each rally by hitting the ball over the net so that your opponent cannot return it. The game is played with a composite or wooden paddle and a wiffle ball. You can only score when you are serving, and the other team commits a fault. Each score is worth 1 point and regulation games are played to 11.

Modified Physical Education Rules
• Timed doubles games will be played
• When the serve is lost, the serve will always go to the other team; alternate serve. You cannot serve again until your partner has served.
• Although serves are supposed to be diagonal, across court (like in tennis) serves will be considered good as long as they are over the net and past the non-volley zone.
• The ball must go over the rope (we don’t have a net)
• If a game ends tied, the winner is the team who score that number first. Rock-Paper-Scissor if its tied 0-0.

Faults
• Hitting the ball out of bounds. If the ball hits the line it is in.
• Letting the ball bounce more than once on your side before hitting it.
• Volleing the ball (not letting it hit the ground) before it has bounced once on each side – double bounce rule.
• Hitting the ball into the net or hitting the net/rope with your paddle or body.
• Hitting the ball while in the non-volley zone before it is allowed to bounce.
• Touching the non-volley zone with your paddle or clothes while attempting to hit a volley.
• Stepping on or over the non-volley zone line on a follow through.
• Missing the ball when you try to hit it.
• Incorrect serve

Serving
• All serves must be from behind the baseline, underhand and bounce past the non-volley zone over the net.
• If you have the serve you keep serving until your team faults, when that happens you lose the serve.
• The serve is underhand and hit below the waist
• Repeat the score before serving. State your own teams score first.
**Safety Rules**

- Communicate with your teammate. Do not swing the racquet near your teammate.
- Do not step near your teammate.
- Grip your racquet firmly; put your hand through the rope to keep hold of the racquet.
- Do not walk on another court while a point is in progress.
- Stay on your feet – no diving!

**Etiquette**

- Pickle ball etiquette is essential for the sport to be fun and fair.
- Players should call their own illegal shots and return the wiffle ball in a gentle manner for the next serve.
- Do not hit paddles together.
- Each server should state the score before serving, their own score first.
- Don't do anything to disrupt or distract another player.
- Set the paddles down gently at the end of the game.
- After the match is over, the opponents should meet at the net and shake hands.

**Strategy**

- Stand toward the back of the court on the first return since it has to bounce anyway.
- Come forward after first return, but not so close that you go into the non-volley zone.
- Know what half of the court you are defending and what half your teammate is defending.
- Be in a ready position.
- Hit to the open space.
- Don't be predictable.
- The best strategy for beginners is to keep the ball in play....rally.

**Vocabulary**

- **Baseline** - The line at the back of the pickle ball court (22 feet from the net).
- **Centerline** - The line bisecting the service courts that extends from the non-volley line to the baseline.
- **Crosscourt** - The opponent's court diagonally opposite yours.
- **Dink** - A dink is a soft shot, made with the paddle face open, and hit so that it just clears the net and drops into the non-volley zone.
- **Doubles Match** - A game between four people, two on each team.
- **Fault** - An infringement of the rules that ends the rally.
- **Foot fault** - Stepping on or into the non-volley zone while volleying a ball or, while serving, failure to keep both feet behind the baseline with at least one foot in contact with the ground or floor when the paddle contacts the ball.
- **Half-volley** - A type of hit where the player hits the ball immediately after it has bounced in an almost scoop-like fashion.
- **Kitchen** - The non-volley zone which is 7' from the net on both sides is commonly referred to as “the kitchen.” Players may not enter the kitchen to return a ball unless the ball first bounces in the kitchen.
- **Let serve** - A serve that touches the top of the net and lands in the proper service court (it is replayed without penalty).
- **Lob** - Hitting the ball in a high arc to the back of the opponent's court. Ideally designed to clear an opponent who has advanced toward the net.
- **Non-volley zone** - A seven-foot area adjacent to the net within which you may not volley the ball. The non-volley zone includes all lines around it. Also called the "kitchen".
- **Poach** - In doubles, to cross over into your partner's area to make a play on the ball.
- **Rally** - Hitting the ball back and forth between opposite teams.
- **Serve (Service)** - An underhand lob or drive stroke used to put a ball into play at the beginning of a point.
- **Server number** - When playing doubles, either “1” or “2,” depending on whether you are the first or second server for your side.
- **Sideline** - The line at the side of the court denoting in- and out-of-bounds. The line is considered in.
- **Volley** - To hit the ball before it touches the ground and bounces.