



THE LENSBURY

Pickleball

RULES

The serve must be hit underhand and each team must play their first shot off the bounce. After the ball has bounced once on each side, then both teams can either volley the ball in the air or play it off the bounce. This is called the “double bounce rule” because the ball must hit twice (once on each side) before it can be volleyed. This eliminates the serve and volley advantage and prolongs the rallies. To volley a ball means to hit it in the air without first letting it bounce.

The non-volley zone is the 7-foot zone on both sides of the net. No volleying is permitted within the non-volley zone. This rule prevents players from executing smashes from a position within the zone. When volleying the ball, the player may not step on or over the line. It is a fault if the player’s momentum causes the player or anything the player is wearing or carrying to touch the non-volley zone. It is a fault even if the ball is declared dead before the player touches the zone. A player may be in the non-volley zone at any other time. The non-volley zone is sometimes referred to as the kitchen.



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Both players on the serving team are allowed to serve, and a team shall score points only when serving. A game is played to eleven points and a team must win by two points. Rallies are lost by failing to return the ball in-bounds to the opponent's court before the second bounce, stepping into the non-volley zone and volleying the ball, or by violating the double-bounce rule. The hand is considered an extension of the paddle. The player loses the rally if the ball hits any other part of his body or clothing.

