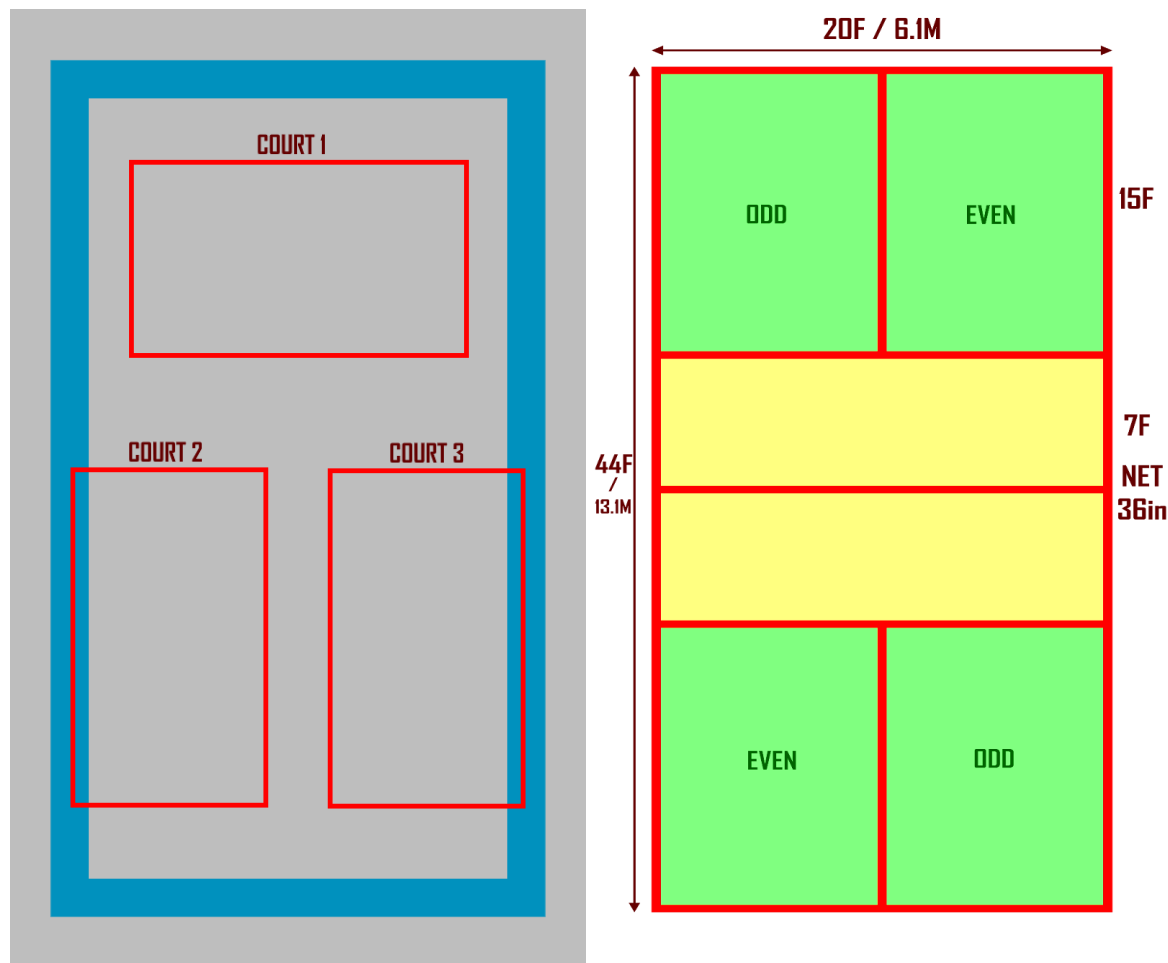


# CC PICKLEBALL RULESET & GUIDE

## Courts



- 📖 **Playable Area** - The **red borders** indicate the three Pickleball courts in the gym. The outside lines are called the sidelines (long) and baseline (short). Players may step outside the area to keep the ball in play, but the ball must land within the lines.
- 📖 **Service Area** - The **green** represents the service areas on each side of a court. They are split into left and right halves, or “odd,” and, “even,” halves respectively, by the centerline.
  - Except for the first serve of a game, the odd-even designations will match the score, e.g. 2-2 server 1 adds up to 5, which will be in the “odd” service areas.
- 📖 **Kitchen** - The **yellow** in the center is the non-volley zone, also called the kitchen. It spans across the sidelines seven feet from the net on both sides. Players may only step on the line or into the kitchen if a ball has bounced prior to contact.

## Game Procedure

- i Doubles or singles games can be played, and the rules stay the same for both formats.
- 📖 Scoring - Games are typically played to 11 points with a 2-point margin to win. Points are only scored when the team receiving makes a fault or fails to keep the ball in play.
  - o “Server score - receiver score - server 1 or 2,” is the proper score calling sequence. The score shall be announced before each service of the game.
  - o The number played to can change to fit situations as necessary.
- i A coin toss or other method determines the team serving; the winner may elect to serve or receive the serve and choose the court side they play on.
- i The game starts with the serving team’s second partner serving from the right service area. This is the only time that the score is not represented by the odd-even designation. After the initial serving team makes their first fault, the opposing team’s first partner will serve, matching the service areas’ odd & even.
  - o The first serve will have the score 0-0 server 2, or 0-0-2.
- 📖 Volley Serve - The ball is served below the waist level without bouncing it off the court and with the head of the paddle below the highest part of the wrist on contact.
- 📖 Drop Serve - The ball is dropped and then served. A drop serve does not have to follow the rules of a volley serve, only that the ball is not propelled into the ground.
- i The server must have both feet behind the baseline, only entering the court after the ball is struck. The serve must clear the net and non-volley line, then land diagonally into the opponent’s court.
  - o All lines, other than the non-volley line during service, are considered in play.
- 📖 Two-Bounce Rule - After a serve is made, the receiving team must let it bounce before returning the serve, and the serving team must do the same.
- i When the receiving team fails to keep the ball in play or makes a fault, the serving team wins a point. The server swaps places with their partner for the next serve.
- i When the serving team fails to return a ball into the play area or makes a fault, service is transferred to the second player of the serving team or is given to the opposing team.





## Faults

- 📖 Fault - A play stops due to violation of the rules.
- 📖 Side Out - A fault by the service team results in a loss of serve, either by transferring service to the second player or to the opposing team.
- ⚠️ A player enters the kitchen before the ball has bounced.
- ⚠️ Service Fault - Three items qualify as a service fault:
  - The server is on or over the baseline before the ball is struck.
  - The ball does not clear the net and volley line AND land diagonally into the opponent's court.
  - Whichever serve the server chooses is performed incorrectly.
- ⚠️ The ball bounces twice before struck by the receiver.
- ⚠️ The ball is volleyed before it bounces once on each side after the serve.
- ⚠️ A player or paddle touches the net or net post when the ball is in play.
- ⚠️ The ball strikes any permanent object, e.g. a wall or basketball hoop, before hitting the court.
- ⚠️ The ball is hit out of bounds or into the net.
- ⚠️ The ball strikes a player or anything the player is wearing or carrying.

## Tournament Play and News

- i Any tournaments sanctioned by the Carpenter Center will follow these rules besides specifics about scoring. e.g. to 15 points instead of 11.
- i The Carpenter Center holds tournaments usually within the first trimester of the year.
- i To keep up to date with the Carpenter Center's pickleball schedule and other important news, please consult the Program Director to get on the email list.

## Tips, Tricks, & Tact

- i Rule the game!** Both players should move near the kitchen line as soon as the first bounce on their court side occurs. This lets your team control the rally and create more offensive opportunities.
  - i Posture is key!** Keeping your feet mobile and your paddle in front of you lets you get to where the ball is coming early and set up properly.
  - i Keep a short memory!** Stay in the present so you see what comes next. The more you think about past shots, the less focus you have on the game at hand.
  - i Balance your playstyle!** Focus on limiting your unforced errors and keeping the ball in play first. Then practice mixing up your shots and aiming the ball in precise spots. If you build your foundation first, it makes combining power, finesse, and control much easier.
  - i Exploit your opponents' weaknesses!** Challenge them by hitting the ball where they have to move or adjust in ways that are uncomfortable for them. You can hit it at their feet or at their body as well. Take care to not aim at the head or neck.
  - i Stay fully engaged!** The play isn't over until it's over. Always assume that, no matter what shot you made, that it's coming right back at you.
  - i Patience!** Set up an opportunity to hit a good shot. Rushing the play takes the ball out of your control and sets you up for a fault.
  - i Return the serve deep!** Before the opponents have a chance to start a volley, hit it deep to give your team ample time to line up behind the kitchen line and take control.
  - i The court's not split in half!** It depends on you and your partner's forehand. Around 75% of the court should be for your forehand and 25% for your backhand. If your backhand shot and your partner's forehand shot overlap, let them know to take the shot.
  - i Power comes from the legs!** Making powerful shots is a full-body motion driven first from the legs and up through the arms. Don't throw out your arms swinging wildly, and don't strain your wrist doing hard flicks.
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-  **Player Skill Ratings** - This is based on the DUPR (Dynamic Universal Pickleball Rating) system, going from 1.0 to 5.5+. There is a "Yes or No" printout available in the Carpenter Center gym. Beginners are below 3.0, intermediate is below 4.0, and experts 4.5 and above.
  -  **Dominant Hand** - Left- and right-handedness plays a big part of the strategy you'll use. Be aware of your partner's and opponents' dominant side so you can strategize accordingly.
  -  **Dink Shot** - Hit the ball softly close to or in the kitchen area so the ball does not go far past the net. Not to be confused with a drop shot, a soft hit around the back or middle court. Both help prevent the opponent from attacking, but a dink shot is for rallies while a drop shot is to let you move forward from a rally or a volley.
  -  **Lob** - Hit the ball high and deep, forcing the opponents to return to the baseline.

- 📖 **Grip Pressure** - How you grip the paddle dictates what shots you can make. A harder grip lets you do more powerful shots while a softer grip has give, absorbing some impact of the ball before it bounces.
- 📖 **Poaching** - Cross over to your partner's side of the court and take a shot that would normally be their responsibility. While controversial due to disrupting team synergy/chemistry if done wrong, the reward of catching the opponent offguard or getting the perfect shot can be worth the risk. It also helps patch up the hole between you and your partner.
- 📖 **Split Stepping** - To stop your momentum while positioning, place your feet wide apart and bend down slightly. This stance gives you a chance to reset and react to where the ball is going so you don't find yourself stuck in the middle of moving when a ball comes at you.
  
- ⚠️ **Communicate** - As in all other aspects of life, communication is key. Keep it short, though; making short calls as to whose ball it is, whether it should bounce, etc. will let you and your partner maintain focus on the game rather than trying to parse what they're saying.
- ⚠️ **Show Sportsmanship** - Like in any sport, it is paramount to remember that your opponents and your partner are human just as you are. Tap paddles at the end of a game, inform correctly about score, and respect other games going on.
- ⚠️ **Benefit of the Doubt** - If you cannot call a ball out for certain, call it in. Give the benefit of the doubt to your opponent, especially if you and your partner cannot agree on a call.
- ⚠️ **Avoiding Out Balls** - You and your partner must call out if you believe a ball will go out. Alternatively, instructing your partner to let it bounce allows you to be ready in case the ball is just barely in.
- ⚠️ **Calling Out Balls** - If an errant ball will bounce into another court, announce, "Ball!" or, "Ball on!" Those on that court will restart their play after the ball is cleared from the court.
- ⚠️ **Paddle Queue** - You and three others can stack paddles to queue a game. Make sure to be ready when it is your turn, pick up your paddle only, and move to the nearest available court. Refrain from touching other paddles unless someone requests that you hand them theirs.