

This is not a complete list nor detailed reporting of any specific rule.
Checkout the full [USA PB rulebook](#) for that.

The Serve

- **Volley Serve (Underhand):** It must be an underhand stroke with upward arc and contact must be from below the server's waist. The head of the paddle must not be above highest part of the wrist at contact. It can be made with either forehand or backhand,
- **Drop Serve:** Drop (bounce) serve is also permitted in which case none of the underhand elements apply. The ball must be dropped without any force/propulsion and can bounce more than once before contact. It can be either forehand or backhand.
- **Diagonal:** The serve is hit diagonally across the court, into the opponent's opposite service box.
- **The Kitchen:** The serve must land in the opponent's court, but not in the kitchen or on the kitchen line.
- **One Foot Behind Baseline:** At least one foot must be behind the baseline when serving.

The Double-Bounce Rule

- **First Serve:** After the serve, the receiving team must let the ball bounce once on their side.
- **First Return:** The serving team must then also let the return shot bounce once in their court before hitting it.
- **After the Bounce:** After these two initial bounces, players can then volley the ball or hit it off the bounce.

The Non-Volley Zone (The Kitchen)

- **No Volleys in the Kitchen:** You cannot hit the ball out of the air (volley) while standing in the non-volley zone.
- **Playing a Bounced Ball:** You can enter the kitchen to hit a ball that has already bounced within it.
- **Fault:** Stepping into the kitchen to hit a ball out of the air is a fault.

Scoring

- **Serve-Only Scoring:** Only the serving team can score points.
- **Winning a Rally:** A rally is won when the opponent commits a fault, hits the ball out of bounds, or allows the ball to bounce twice on their side.
- **Game Goal:** Games are typically played to 11 points, but a team must win by at least two points.

Faults

- **Kitchen Violation:** Violating the non-volley zone rules is a fault.
- **Net Fault:** Touching the net with your paddle or body is a fault.
- **Out of Bounds:** Hitting the ball outside the boundaries of the court is a fault.