

Pickleball Basics For New Players

PROVIDED BY:

**PICKLEBALL LEAGUES AND TRAINING
(PLEAT)**

In Corporation With

- **Kingsport Parks and Recreation**
- **Johnson City Memorial Park Community Center**
- **Bristol Sportsplex**
- **The Virginian Country Club**

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Introduction

The information contained in this document is intended to provide the beginning Pickleball player a foundation for playing.

Pickleball Playing and Learning Opportunities

KINGSFORT

Kingsport has a fairly active group led by Kingsport Parks and Recreation, that plays at V.O. Dobbins indoor courts (2 +3 as needed), Renaissance Center indoor court (1 T 1-4, F 4-7), Lynn View indoor courts (2 MWF 10-2), YMCA indoor court (1) and Riverview Park outdoor courts (8). In the warmer months there are regularly scheduled open play times. In the winter most of the play is ad-hoc when someone suggests a time and place and others join in. The play in Kingsport is mixed with players from beginners to 4.0 with open play 830-1030 and 530-730 each day. Key contacts are Renee Ensor, Program Administrator, ReneeEnsor@KingsportTN.gov, 423-224- 2489 and Kenny Lawson, Program Coordinator, KennyLawson@KingsportTN.gov, 423-224- 2428. Additional indoor play can also be found at the YMCA.

BRISTOL

The play in Bristol is concentrated at Bristol Sportsplex (4 indoor courts with a tennis type base) and Patterson Park (outdoors 6 courts). Bristol Sportsplex is for profit business. You can be a member for no charge and pay a court fee of about \$12 for 2 hours of play plus tax. They have fairly organized activities and mixers. For example, Sundays 12-2 is the advanced players 3.5-4.5, 2-4 3.0-3.5, 4-6 , 3.0 and below. All other times you can schedule courts with your group. The outdoor play is generally coordinated by Ambassador Pete Lauzon, pelauzon@bvu.net. In the winter most of the play is at Sportsplex. There is also indoor play at the Slater Center in Bristol TN (50 and older, free to Bristol TN residents and \$120 annually for non-residents).

JOHNSON CITY

Johnson City play is around the Memorial Park Community Center. There are 6 indoor courts on a basketball surface that are open MWF 9-12 and 3 courts are open TT 9-12. Outdoor play is on their pickleball courts. Most of the play inside with 6 courts and it is mainly seniors in the range of 3.0-3.5. There are a few 4.0 and above players who play as a group. Outdoor courts are open play most of the time with M-F 7-12 being reserved for MPCC Members.

Key contact is the director of the center Deb Fogle DFogle@johnsoncitytn.org

ABINGDON

Abingdon has 3 outdoor courts and indoor courts located at the Coomes Community Center. \

PICKLEBALL LEAGUES AND TRAINING (PLEAT)

The Tri-Cities Pickleball league is for intermediate and advanced players in men and women doubles, mixed doubles and singles. Each season lasts about 3 months and at the end there are tournaments to end the season. PLEAT also works with the various area pickleball communities to provide information on learning and training opportunities. Contact Henry Gonzalez, ghenry35@aol.com (423) 967-5332.

KINGSPORTS PARK AND RECREATION

Offers Skills Training for Beginners and Advance Beginners Mondays at VO Dobbins, led by PPR Certified Instructor Melinda Tate mtdt2006@yahoo.com

BRISTOL SPORTSPLEX

Offers private and group lessons taught by PPR Certified Instructor Carol Huie, carollhuie@gmail.com

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Rules In A Nutshell

The Serve

- Serves must be hit underhand, and contact with the ball must be made below the waist with the paddle head below the wrist
- If you serve off a bounce and the underhand, waist restriction and wrist restrictions not apply
- The serve is initiated with at least one foot behind the baseline; neither foot may contact the baseline or court until after the ball is struck.
- The server must call the score before making contact with the ball. The score is called in three numbers: Server score, receiver score, server #1 or #2
- The serve is made diagonally cross-court and must land within the confines of the opposite diagonal court
- Only one serve attempt is permitted.
- Let serves are played

Service Sequence

- Both players on the serving team have the opportunity to serve and score points until they commit a fault (except for the first serve sequence of each new game)
- The first serve of each side-out is made from the right/even court
- If a point is scored, the server switches sides and the server initiates the next serve from the left/odd court.
- As subsequent points are scored, the server continues switching back and forth until a fault is committed and the first server loses the serve
- After the first server loses the serve, the partner then serves from his/her correct side of the court (except for the first service sequence of a game)
- The second server continues serving until their team commits fault and loses the serve to the opposing team.
- Once the service goes to the opposition (at side out), the first serve is from the right/even court and both players on that team have the opportunity to serve and score points until their team commits two faults.
- When playing singles, the server serves from the right/even court when his/her score is even and from the left/odd when the score is odd.
- At the beginning of each new game, only one partner on the serving team has the opportunity to serve before faulting, after which the service passes to the receiving team (side out)

Scoring

- The first team to score 11 points, with a two-point lead, wins the game.
- Points are scored only by the serving team
- When the serving team's score is even the player who was the first server in the game for that team will be in the right/even court when serving or receiving; when odd that player will be in the left/odd court when serving or receiving.

Two-Bounce Rule

- When the ball is served, the receiving team must let it bounce before returning, and then the serving team must let it bounce before returning-two bounces.

Non-Volley Zone (NVZ/Kitchen)

The court area that extends 7 feet from each of the net.

- Volleying is prohibited within the NVZ.
- You may enter the NVZ anytime except when hitting a volley
- It is a fault if, when hitting a volley, you step onto the NVZ line and/or your momentum causes you to touch the NVZ, including anything you wear or carry even if ball is dead
- A ball that lands on any line, except the NVZ line during a serve is in. NVZ line is out on a serve

Warm Up

A warm up is the act of preparing for an athletic event or workout by exercising or practicing for a short time beforehand. Warming up helps reduce your risk of injury and the aches and pains that come with exercise. The physiological reason to warm up is to assist your circulatory system in pumping oxygen-rich blood to your working muscles. The idea is to increase circulation throughout the body in a gradual manner. A proper warm up safely prepares the body for the increased demands of exercise. Cold muscles do not absorb shock or impact as well, and are more susceptible to injury. A warm-up helps you prepare both mentally and physically for exercise and reduces the chance of injury. During a warm up, any injury you have can often be recognized, and further injury prevented.

Terminology

Baseline — The line at the back of the pickleball 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

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.

Let serve — A serve that touches the top of the net and lands in the proper service court (it is replayed without penalty).

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 play a 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. This number is appended to the score when it is called. As in, the score is now 4 – 2 – second server.

Sideline — The line at the side of the court denoting in- and out-of-bounds

Volley — To hit the ball before it bounces.

Players – 2 or 4

Non-Volley Zone

When you move forward from the baseline, keep your body facing forward. When you reach the desired position close to the non-volley zone, assume the ready position. All of this needs to be done *before* your opponent hits the ball. Any time you can move close to the non-volley zone safely, do it. In doubles, it's best if both partners move in tandem, so if you can both move up safely, do so. If not, wait until both of you can. But what constitutes “safely”? When you are sure you'll have enough time to get to the non-volley line and not be caught in midcourt with a ball aimed at your feet.

Court Position

In doubles play with right-handed partners, **the stronger partner should start in the odd (left-hand) court to maximize use of his forehand** (which is covering the middle). If the stronger partner is left-handed, have him start in the even (right-hand) court and agree that he will take the center-court shots.

Get to the non-volley zone and try to stay there. Why? From the NVZ, you can hit drives more deeply, you can volley, dink, and lob, and all of this requires far fewer steps to reach the ball, no matter how it's hit to you. The team that stays at the non-volley zone the most will usually win

more points. Try a drop shot into the non-volley zone or a lob over your opponent's head that will give you time to safely move up from the baseline to the non-volley zone.

When a dink or drop shot lands very close to the net, try to **step into the non-volley zone using only one foot**, keeping the other foot outside the zone behind the line. As soon as you hit the ball, step back out of the zone behind the line. This may not be possible if you are very short or if the ball barely makes it over the net, but otherwise should become second nature. Stepping back out immediately leaves you ready to return a shot

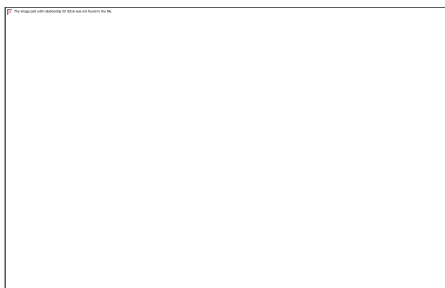
The best way to visualize the court is to divide it into three lanes. One lane down the middle and one on either side giving you three choices, or three lanes, to place the ball. Always know where you want to place the ball BEFORE you hit it.

Lets

Beginning in 2021 all service LETS should be played. If a player calls a LET that stops play that player has committed a fault

Line Calls

Out Ball. A ball that lands outside the court is out. When a ball lands out of bounds, a space exists between the ball and the line.



When your partner is trying to make a difficult shot, it is often hard for that player to concentrate on the line and the shot at the same time. Your partner is counting on you to make the out call if necessary. It is very common to see players looking straight ahead while their partner is playing the ball. You should **always watch the ball** so that you can help your partner with the call. Otherwise, you may be giving away points if your partner is unable to make the call.

If your partner calls the ball out and you see that it is clearly in, then you should declare the ball out. When you disagree with your partner about a line call, the benefit of the doubt always goes to the other side. Never play the point over.

Players should not call the ball "out" unless they can clearly see a space between the line and the ball as it hits the ground. Remember, all lines are good during the rally and the serve except for the no-volley line during the serve. A served ball that touches the no-volley line is a fault and results in loss of serve.

Ready Position

Pickleball is a very quick game requiring fast reflexes for those quick exchanges at the no-volley line. The best players give themselves an edge of just a fraction of a second by anticipating the shot. If you wait for your eyes to pick up the flight of the ball after it is struck, it may be too late. It is important to take note of the visual clues that will tell you where the ball is most likely to go. Observe the speed and angle of the paddle as the ball is struck so that you can begin to react and shift your weight before the ball is actually hit. Also take note of the position of the feet for another visual clue of the general direction in which your opponent is aiming. You don't need to look directly at the feet. You can usually see the feet in your peripheral vision as you keep your eyes on the paddle and ball. Watching the paddle will also help you anticipate any spin that is being placed on the ball. If the paddle is moving from high to low, then the ball will likely have backspin. That is especially true if it is hit with an open face (paddle tilted slightly upward). If the paddle is moving from low to high across the top of the ball with a closed face, it will have top spin. If the paddle is swept horizontally across the body, it will probably have some side spin.

The ready position most people are familiar with is with your feet about shoulder width apart, knees bent slightly, your weight on the balls of your feet, and your paddle pointing toward the net so that you are ready to move to your forehand or backhand, depending on how the ball comes to you. This position comes from tennis where the court is large and there is more time between your opponent's hit and your return. Using this ready position is fine when you're at the baseline, but it may not be the best choice when you are up at the non-volley zone.

Get back to the ready position quickly after every ground stroke and especially volleys with your paddle way out in front of your body. A common mistake made while moving forward to net is not having your paddle in proper ready position. Many players have their paddles at their knees or below the net, not up and out in front of the body. At the point when the ball contacts your opponents' paddle, you should be in your ready position: elbows and paddle out in front of your body, feet at shoulder width apart, side by side on your toes, not your heels, ready to move left or right. Never be moving at the point of contact of your opponent's paddle on the ball. No matter where you are on the court, stop and get into your ready position. Never sacrifice being ready, for positioning on the court. If you are not prepared early and properly to hit a ball, it doesn't matter where you are on court. You probably won't hit the ball properly.

Serves

SECTION 4 – SERVICE RULES

4.A. Serve Motion. The serve must be made with an underhand stroke so that contact with the ball is made below waist level.

4.A.1. Underhand Defined. The arm must be moving in an upward arc and the paddle head shall be below the wrist when it strikes the ball.

Drop Serve. In addition to the standard serve sequence described in Rules 4.A.1 to 4.A.7, players may opt to use an alternate "drop serve" method. The rules for the underhand serve do not apply to a DROP SERVE.

Return of Serve.

Very often, the best return of serve is a soft floating return that keeps your opponent in the back court. You will be taking advantage of the 2-bounce rule that prohibits the serving team from volleying the return of serve. The soft floater gives you and your partner plenty of time to establish your positions at the no-volley line. When you control the no-volley line, you have assumed the offense and put the serving team on defense. The other advantage of using this type of return is that it is one of the easiest returns to make and greatly cuts down on errors.

There are times when a hard driving return is appropriate. It can be especially effective if one of your opponents has a tendency to move up too quickly after the serve. If he has moved up too quickly, the hard drive forces him to backpedal quickly and forces an off-balance shot. But, keep in mind that your chances for error increase with that type of return. An attempt at a drive return means that it is much more likely that you will hit the net or hit the ball long. The other risk of the drive return is that it may be returned to you before you have had time to establish your position at the line. Use the hard drive return every now and then for a change of pace and to keep your opponent off balance. But, most of the time, it would be wise to play the winning percentages and return a deep soft floater.

Dink Shot

A dink shot is a soft shot that is intended to arc over the net and land within the non-volley zone. The dink is one of the most effective shots in pickleball. The main purpose of the dink is to keep your opponents from gaining or keeping an offensive advantage. The dink is a soft shot that is hit just hard enough to clear the net, but not so hard as to allow your opponent to aggressively volley the ball (volley means to hit the ball before it bounces). If you don't have a chance at a strong offensive shot, then chances are good that the best shot selection is the dink. That is especially true if both of your opponents are at the net (at the no-volley line, which is the strongest position in pickleball). If one of your opponents is back at the baseline, don't use a dink in that situation unless you are pretty sure that he won't be able to get to the ball. A dink in that situation will just bring your opponent up to the net, which is where he wants to be. If he is at the baseline, keep him on the defense with a deep shot hit with pace. The keys to effective

dink play are patience and precision. It takes patience to keep dinking and to resist the urge to try to create an offensive shot when none is available. Move your opponents around with a variety of shot placements including a cross-court shot at an angle. You want to maneuver the opponents enough to where they make the first mistake, either by hitting the net or hitting it high enough to give you an offensive shot. It takes precision on your part to not make that first mistake. That takes practice to hit the ball with just the right amount of touch. Practice the dink while you are warming up.

Master the dink. It is likely that your opponent has not.

Tips

Non-Volley Zone

Attack the Net!

Never go in the kitchen with two feet. Step in with one foot, tap the ball softly, then get out and into your ready position

When you are at the kitchen line, your paddle should ALWAYS be up

The team that dominates the non-volley line WINS

Position

Find the Right Ready Position

Never sacrifice being in the ready position for a better position on the court. Always stop and be in the ready position at the point of contact of the ball touching your opponent's paddle.

Move with the ball, if you are standing still you are probably losing the rally!

Maintain good form while striking the ball.

Stay light on your feet and move around.

Be ready and always face the direction the ball is coming from.

The most important thing in pickleball is to split-step every single time your opponent touches that ball-every, single time. That could be 200 times a game. If you do that, you'll be in a good, balanced, ready position and you'll be a much better player

You always want to be facing your opponent and square to the ball – the best way to guarantee both is to side-step

Get ready for each shot by split stepping

The key to split-stepping is to stop just BEFORE your opponent makes contact with the ball-and err on the side stopping WELL before

Cover the line when the ball is being hit by the opponent opposite you; cover the middle when the ball is being hit by the opponent opposite your partner

Your best position on the court should be either one foot behind the baseline or one inch behind nvz line. Stay out of no man's land.

When playing during a windy day keep track of the wind speed and direction constantly because it does change at times. If you play the wind properly then it will build confidence in yourself, in that, the wind is bothering your opponent more than yourself.

Bounce up onto the balls of your feet, in the ready position, at the point of contact of the ball on your opponent's paddle. A moving body reacts quicker than a stationary body.

Keep Your Head Still Throughout the Shot

Hold your paddle in the backhand position up in front of your chest. This way, you can return most shots by simply rotating the paddle. If the ball comes to your forehand side, just rotate your body toward the ball and you'll be able to reach the forehand volley.

After you hit a shot, you don't get a little mini break before the ball comes back at you. There is work to do! You should be training to anticipate how the opponent will be sending the ball back to you. Watch as their paddle strikes the ball and use that time to anticipate where you need to be.

Once you have anticipated your opponent's next move, it's time for you to physically move into place. This way you will be prepared and in position to have a high-quality return.

Once you've moved yourself into position, you will now be ready to make a good solid hit on the ball. To do that you will want to make contact in front of your body. That's the sweet spot for getting good control and power out of your swing.

Shots

Utilize the baseline dink to the middle as your “Third” shot.

Exploit your opponent’s backhand.

Aim for the left person’s left foot-low to the backhand. For 95% of people, it’s their weakest shot

If you feel you’ve been beaten in a diagonal dink contest, try to go to the nearest point of relief.

Don’t try to go cross-court-just get the ball over, low, and back in play

Serve a deep, high floating ball to your opponent-it keeps them back behind the baseline and requires them to supply the pace to return it over the net.

A good volleyer will usually beat a good ground stroker. The ground stroke is just a means to get to the nvz line and win the point.

The team hitting down into the court most of the time will win more points than the team always hitting up, so keep your hits low to the feet. It will probably be the difference in a close game.

Never ever miss your serve or return of serve.

Most of your shots should be down the middle of the court, over the low part of the net, gives you a lot of leeway right and left, and causes confusion between your opponents.

Patience is a virtue when dinking. Do not try for a winner unless ball is more than 12” above the net.

When you are learning to play pickleball, never avoid hitting your backhand ground strokes or volleys. If you avoid hitting your backhand you will never master the stroke.

If both backhands of your opponents are at the middle of the court, hit down the middle of the court.

Don’t back up to play a dink off the bounce, when you can hit the ball in the air. Always try and hit the ball with your weight going towards the net.

Make contact with the ball at the highest possible point in the air when volleying and waist high on the bounce for your ground stroke. It will be a higher percentage shot and open up more angles with less chance of putting balls into the net.

Keep the ball as low as possible for every hit, unless you must make a defensive lob.

Place the ball at the opponent’s feet or bounce the ball right beside your opponent. He must hit the ball up, which quickly puts him on the defensive and you on the offensive. The team which must hit the ball up most of the time will lose. Keep the ball at your opponent’s feet.

Strategy

Don’t go for too much — stick with the basics and get the ball in play.

Placement is more important than power.

Never sacrifice placement for power. A slow ball at your opponent’s feet is better than a very fast hit to the waist.

The team with the least unforced errors usually wins, not the team with the most winners.

Try to keep the ball deep but don’t panic if it’s not.

Don’t try to win the point for anywhere but the NVZ line

Third shot drop is what you should be using 80% of the time, against a good team that is at the net

Communicate with you Partner. Use terms like “yours” or “mine”.

Never be predictable — mix up your shots between power and finesse.

Never try and hit a winner off a very difficult shot. Just play defensive and try to return the ball low into the court.

When you are feeling a little tight during a match, don’t hit tentatively or too slow. Hit at your normal steady pace, but give yourself more leeway to hit your target until your confidence returns.

Make a mental book on your own attributes and deficits. Only hit shots that you feel are a high percentage for your own ability. Know what shots you can make more than 50% of the time. Do what you do well and practice the things that you don’t do well then use them when you can make them 50% of the time.

If your shot makes your opponent take two steps or more your chance for winning the point increases immensely.

3.5 PLAYERS

David Poole

At the 3.5 level the style is more neutralizing / defensive thus using more drops & resets which is the hardest style to execute. At this level players can all get away with being aggressive / over aggressive early and often because their offensive skills are higher than their defensive skills thus rewarded as such. Players need to recognize better opportunities to go ahead and be more aggressive. Some players put more pressure on themselves to perform than others which can cause inconsistent results. Human nature, for most of these players you'll see them trend up and down for short periods of time. Another consideration is Pickleball is about matchups (partner & opponent). Mixer Pickleball (switching partners & opponents) is the hardest style of play where players are trying to play a high end feel based game. More successful are players with the factory setting of just being aggressive. Pickleball is a game with a lot of variables and a small paddle and a plastic ball. As long as players are enjoying these opportunities, they will stay in it. They need to find enjoyment in it with the right opportunities otherwise sooner than later the sport might lose them.

LOB SHOTS

David Poole

The evolution of the lob coming into play makes sense for players that have progressed their game to be very competitive with players of similar ability in the 3.5 range. These players have improved their abilities to be effective at the NVZ along with the players they are playing against, making it harder to win points as the serving team. The 3rd shot drop for many of them is an inconsistent option that loses them a lot of points whereas a decent lob for the time being can be effective because many of them don't:

1. Move back well
2. Communicate & switch well
3. Have efficient overhead technique

So, the lob works for now at that level. What will naturally happen is that they will all start practicing against the lob and how to both hit it and cover it better so it will become less effective over time. It's a great shot to have in the tool bag and mix in but it should not be a player's primary third shot option. It's better suited out of dink exchanges but since that phase of play happens frequently at this level, players haven't needed it / developed it.

It is useful for players to learn how to better defend against the lob and when to best use it like any other shot. If you're preparing for competition then the more variables they are exposed to the better. Players need to learn to be rock, paper, & scissors as opposed to just one style of player so that they have the tools to win vs all styles of opponent. Many players at this level are pretty one dimensional which is normal. It is important that they learn other options to win. An example being using an occasional lob should make the 3rd shot drop more effective and less need to be less perfect because their opponents might not hold the line as tight or play on their heels more anticipating the lob threat. Often players feel like when they are losing then need to play "better" when what they really need to do is just play a little "different" based on the opponent's style. Anything that makes players more versatile as a player are great. At the end of the day players have to decide for themselves what is more important. Winning in that moment in time of their development or developing shots and habits that will help them moving forward. New thoughts and skills come with new mistakes before they come with success usually. The goal of competition is to find a way to drop your opponent's level of play and give them shots they are uncomfortable with and for at this level the lob might do that... (until it doesn't)

DOUBLES STRATEGY

Joe Baker, Doubles Pickleball Strategy 205: Go From Attacking to Being Unattackable

MOST RECREATIONAL PLAYERS
COULD IMPROVE THEIR GAME ENORMOUSLY
BY SHIFTING FROM RELENTLESS ATTACKING
TO INSTEAD
**RELENTLESSLY ISSUING
UNATTACKABLE SHOTS.**

NO MATTER WHETHER IT IS A 3.0 SKILL LEVEL TOURNAMENT
OR A PRO GOLD MEDAL MATCH,
THE TEAM THAT MOST RELENTLESSLY AND
RELIABLY
ISSUES THE GREATEST NUMBER
**OF UNATTACKABLE SHOTS
WILL ALMOST ALWAYS WIN THE GAME.**

GAMES

GAME	SKILL	DESCRIPTION	SCORING	ACTIONS
1D	Serve <u>Depth</u>	Serve in back half of service box as defined by court markers. Fault if outside	All courts stop when first court reaches 7. High number wins in other courts. One more point for ties in other courts	Winners up a court and split. Losers down a court and split. First court winners split. Last court losers split. Repeat for enough rotations to allow last court to progress to first court
2D	Return <u>Depth</u>	+Return in back half of service court. Fault if outside		
3D	3 rd Shot <u>Drop</u>	+3 rd Shot In NVZ. Fault if outside		
4D	<u>Dinks</u>	+Dinks in NVZ. No offensive shots. Fault if outside		
5D	<u>Dink</u> Lobs	+Offensive Lob from dink rally in back 1/3 of service court. Lob returned as a reset. Fault if outside either		

Court Rules and Etiquette

The courts are only to be used for their intended purpose. Skateboarding, rollerblading, basketball or other activities are not allowed.

Appropriate attire must be worn at all times when playing on the courts. Rubber-soled footwear is required. Flip flops, hiking shoes, street shoes, golf shoes, hard-heeled or black-soled shoes are not allowed. For safety reasons, running shoes are not recommended. Glass bottles are not permitted on the courts or in the seating area within the court fencing. Smoking is not permitted on the courts or in the seating area within the court fencing. If you smoke anywhere around the courts, please properly dispose of your cigarette butts – do not leave them lying around the landscaped area, pathway, or parking lot in an unsightly manner. Dogs are not permitted on the courts or in the seating area within the court fencing.

During the hours of open play, players are invited to play in the next available game. Except as otherwise set forth in these specific rules and policies, the rules and code of conduct of the USA Pickleball shall apply.

When entering or leaving the court through a gate shared with an adjacent court, wait until any ongoing rally is finished on that adjacent court before going through the gate. If a ball comes onto your court from an adjacent court, stop play by calling “ball” and pick up the loose ball. Ask the people on the adjacent court who gets the ball, and then hit or throw it back to that person as best you can.

Conversely, if you are the person on the adjacent court who wants the ball back, please raise your hand or your paddle so they know to whom to return the ball. Before serving the ball to your opponents, make sure the receiver is ready.

Call out the score, and identify your server number, so they know you are ready to serve. Pause a moment before serving to allow time to deal with any disagreement as to the proper score.

Line calls are the responsibility of the receiving side. You should not call faults or other line calls on the other side of the net unless asked to do so. If you are on the receiving team and your

partner calls a ball out that you think may have been in, tell your partner you disagree and attempt to resolve the disagreement between you. If your team cannot agree on the line call, then the call goes in favor of your opponents. If an erroneous line call interferes with a player's play, then the point should be replayed.

Control Your Temper: Foul or abusive language, or unsportsmanlike gloating or laughing at an opponent's mistake, is not allowed and may result in disciplinary action. Likewise, paddle or ball abuse is not permitted. If abusive behavior is observed and not corrected acceptably, please notify any member of the San Carlos Pickleball Association Board of the identity of the offender and the circumstances of the offense. The Board has the authority to conduct disciplinary proceedings including

If you arrive early, please assist with the set-up of the nets, signage, balls and if playing late (or last), please assist with the take down and storage of the City's equipment.

Walk near the fence so you do not interfere with games in progress.

Play stops when a ball from another court comes on to your court (Safety first).
Let players know: Say, "BALL OR BALL ON COURT"

Everyone should assist with gathering up the balls so that baskets are full for each game.

Everyone was (or is) a beginner at one time and playing with people that are better than you or that are just learning will help all players, at all skill levels and keep the sport of Pickleball growing. Everyone appreciates the time given to "assist" all levels of players with rules, set up, specific plays etc.

PLAYER NOTES