

# Pickleball Rules Simplified

## GAME PLAY & RULES

### **Pickleball is a game to eleven points, win by two points.**

- The serve must be hit underhand and bounce into the opposite diagonal court.
- The return of serve must bounce before the ball can be hit by the receiving team.
- After the first two hits, the ball can be hit in the air or after the ball bounces.
- The goal is to rally the ball back and forth until a team mishits the ball.
- A point can only be scored by the serving team.

### **Mishits include:**

- Hitting the ball out of bounds.
- Hitting the ball into the net.
- Hitting the ball before it bounces while standing in the non-volley zone.

### **The Non-Volley Zone (“The Kitchen”):**

- The non-volley zone is the 7-foot zone on both sides of the net.
- You cannot volley the ball while standing inside the non-volley zone.
- You can only hit the ball when standing inside the non-volley zone AFTER the ball has bounced.

### **Serving:**

- The team that serves first to start a game, only one player serves (“zero-zero-start”).
- Afterwards, both players on each team serve.

### **Scoring:**

- You call the score in the following order: server’s score, receiver’s score, then the server number. (“Me – You – Who”)
- For example, if the score of the serving team is 3 and the score of the receiving team is 6, and the second server on the side is serving, the score is 3-6-2.

**Sign up to play Adaptive Pickleball with The Whole Person.**

RSVP to [adaptivesports@thewholeperson.org](mailto:adaptivesports@thewholeperson.org)