

# Pickleball

Pickleball is a unique blend of tennis, badminton, and ping-pong, played with a paddle and a perforated plastic ball. It is easy to learn, making it accessible for beginners while still offering plenty of challenge for seasoned players.

## Playing at The Centre Dural

- Create an account and book into your chosen session on the website or app.
- Play with others who book at the same time.
- Bookings are opened 28 days beforehand.
- Bring your own paddle, or hire at the kiosk for \$10 per session. Nets and balls provided.
- If session is booked, you can join the waitlist using the "Spaces by Wix" app.
- If you cannot make your session, please cancel as soon as possible to allow someone else to take your place.
- Cancellations or no-show within 1 hour of start time will still be charged for the booking.

[thecentredural.org.au/pickleball](https://thecentredural.org.au/pickleball)



Download the  
"Spaces by Wix" App  
to manage bookings  
and utilise Waitlist

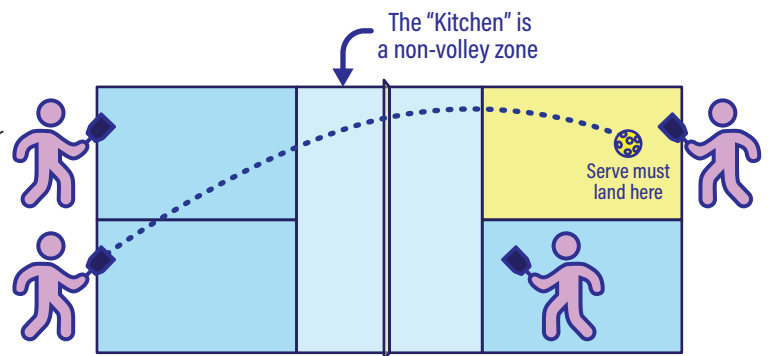


# How to Play Pickleball

Pickleball is played either as doubles (two players per team) or singles. The same size playing area and rules are used for both singles and doubles.

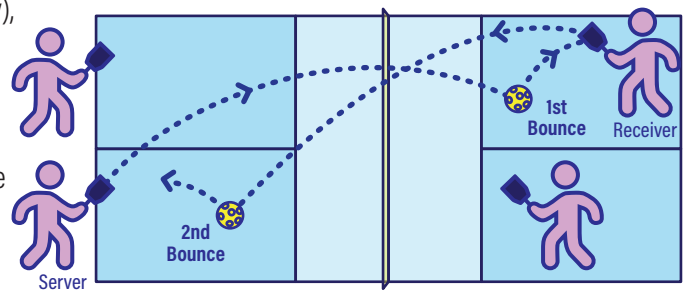
## 1. Each rally begins with a serve

- Each game (and each rally) starts with a **serve**. The player on the right side of their court always starts the serve. You **serve diagonally** to your opponent.
- The person serving can either hit the ball after it bounces **or** out of the air (a "volley serve") and their serve must clear the kitchen (including the line).
- When hitting a volley serve, it must be hit with an **underhand forehand or backhand** stroke with the ball contacting the paddle below the waist. Your paddle must also move in an **upward arc** when you strike the ball.
- Only one serve attempt is allowed per server.



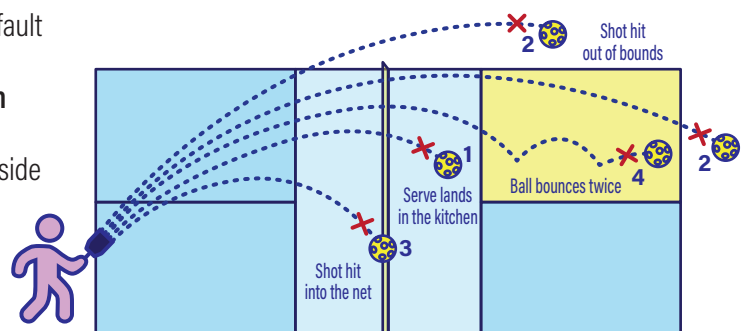
## 2. The ball must bounce once on each side before either team can volley (two-bounce rule)

- Before any player can hit a shot out of the air (called a **volley**), the ball must bounce once on each side.
- So, if your partner is serving and you start up at the kitchen, you're in a dangerous position. Why? This is because the returning team can hit a shot right at you. If you react with a volley, it's considered a fault and you'll lose the point because you didn't let the ball bounce first on your side.
- The two-bounce rule eliminates the serve and volley advantage and extends rallies.



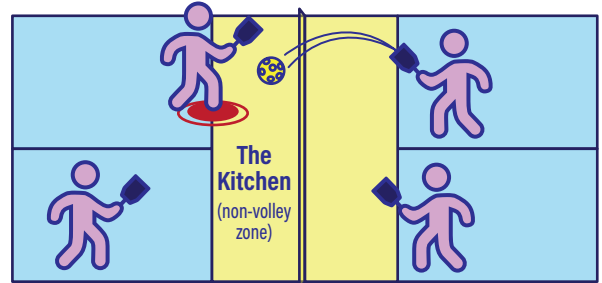
## 3. Each point continues until a fault

- After the serve, play continues until a rally is won either by someone hitting a winning shot or a "fault" is committed. A fault ends the rally. In pickleball, there are four basic fault types:
  1. The serve lands **outside** of the required service area or **in the kitchen** (including the line).
  2. The ball lands **out of bounds** (behind the baseline or outside the sideline).
  3. The ball **hits the net** and falls on your side.
  4. The ball **bounces twice** on one side before the player can return it.



## 4. You can't volley in the kitchen

- The non-volley zone ("**Kitchen**") is the court area within 7 feet on both sides of the net.
- You can never hit a volley while any part of your body is in the kitchen (or even on the kitchen line). You can't let your momentum carry you into the kitchen after a volley either (even if the volleyed ball has been declared dead).
- A player may legally be in the non-volley zone any time other than when volleying a ball.
- You *can* hit the ball if it bounces in the kitchen—just not out of the air. If your opponent hits a short shot landing in the kitchen, you can enter and play it from the kitchen.

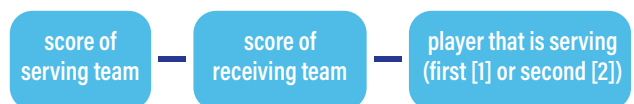


## 5. You only win points on your serve

- You only win points on your serve and you continue serving until you lose a rally. After winning each point on your serve, you **switch sides** (left and right) with your partner and serve to the other opponent.
- When your team loses a point, your teammate begins serving following the sequence described above until another point is lost by your team (the serving team). Once that happens, the serve "**sides out**" (switches) to the other team.
- When the serving team's score is even (0, 2, 4, 6, 8, 10) 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 (1, 3, 5, 7, 9) that player will be in the left/odd court when serving or receiving.

## 6. The correct score must be called before serving

- Pickleball scores are announced as three numbers:



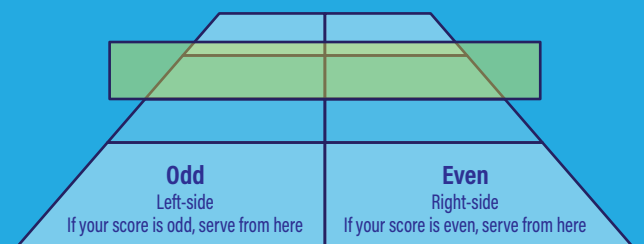
- For example, the game is tied at 3-3, you start the serve, so you announce "3-3-1", so everyone knows you are the first player in rotation serving.
- If you lose the rally, the ball doesn't go to your opponents. It goes to your teammate who will announce "3-3-2".
- If your partner loses their serve, a "side out" occurs. This means that they've lost their two serves and it's now their opponent's turn to serve. Their opponents then call out "3-3-1" before starting their serve.

## 7. First team to 11 points wins - but you must win by 2

- Play will continue until one team is ahead by 2 points, so final score may be higher than 11.

### Playing Singles

- The first serve for each side starts on the right side.
- If the server wins the rally, they move to the left side of the court.
- If the receiver wins the rally, neither player switches sides.
- The server continues serving (switching sides from right to left) until they lose a rally.
- There's only one serve per rotation. If the server loses a rally, it is a side out and the serve goes to their opponent.



# Types of Shots

## Drives

Powerful shots hit off the bounce, often from the baseline. Played using a forehand or backhand swing.

## Drop Shots

Played at the back of the court, shots aim to land in the opponents kitchen to keep them from attacking.

## Dinks

Like a drop shot played closer to the net, hit into your opponent's kitchen and help keep the other team from attacking.

## Volleys

Hit the ball out of the air before it bounces. Can only be played outside the kitchen.

## Lobs

Hit high into the air to move opponents away from the kitchen.

## Overheads

Hit above the head with a tennis serving motion, used to attack lobs before they bounce.

# How to Serve

- Every rally in pickleball begins with the serve to put the ball in play.
- For a volley serve (where the ball is hit before it bounces), the serve must be hit with an underhand stroke so that contact with the ball is made below the waist.
- The arm must be moving in an upward arc and the highest point of the paddle head must be below the wrist when it strikes the ball.
- The highest point of the paddle head cannot be above the wrist. In other words, the pickleball serve is an underhand forehand or backhand stroke that finishes with an upward motion.
- While the pickleball serve is typically hit out of the air, you can choose to drop the ball and hit your serve off the bounce.
- You always serve to the diagonally opposite service court. Your serve must completely clear the kitchen line, and land between the sideline and baseline to count. The serve can land "on the line" for the baseline and sideline, but not on the kitchen line.

## Serve Deep

Short serves cause your opponent to run toward the kitchen line. You want to keep them back as long as possible, so a deep serve is best.

## Hit a Weakness

Serving to your opponent's weaker side (forehand or backhand) may result in more errors or weaker returns by them.

## Add Spin

By changing the angle of your paddle on your serve follow-through, you can introduce spin. Spin can throw your opponents off guard, and cause unforced errors on the return.