



# Pickleball Basics

## Basic Overview

Pickleball is a paddle sport that combines elements of badminton, tennis and table tennis. Pickleball is played inside or outside on a doubles badminton-sized court: 20' x 44'. Pickleball is a game for the whole family and players can either play doubles or singles but doubles is by far the most common.

## The Serve

Serves are made diagonally, starting with the right-hand or even service-court and alternating each serve. The served ball must clear the seven-foot non-volley-zone (NVZ), also called the "kitchen", in front of the net and land in the diagonal service court. If the ball touches the net but still lands within the appropriate service court, the serve is good. The server continues to serve, alternating service courts, until their team faults. Serves are always underhand.

## Double-Bounce Rule

Each team must play their first shot off of the bounce. That is, the receiving team must let the serve bounce and the serving team must let the return of the serve bounce before playing it. Once these two bounces have occurred, the ball can either be volleyed or played off the bounce.

## Scoring

Points are only scored by the serving side. The server calls the score before serving by saying their team's score first, then the opponent team's score and then saying 1 or 2 to indicate if that person is the first or second server for that team. A server that says "3-2-1" indicates that the score is 3-2 for the serving team and that the person serving is the first server for that team.

## Volleys

To volley means to hit a ball in the air without first letting it bounce. In pickleball, this can only be done when the player's feet are behind the "kitchen" line and the person does not enter the "kitchen" after the volley. There is an NVZ, or "kitchen", on each side of the net to prevent "spiking" in close proximity to the net.

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## Faults

A fault is committed when the ball:

- touches any part of the "kitchen" on the serve (including the NVZ line).
- is hit out of bounds
- is volleyed from the "kitchen"
- is volleyed before the first bounce has occurred on each side

## Fredericton Pickleball Club (FPC)

The club was formed in 2015 and offers many benefits. The annual membership fee of \$30 (\$15 to FPC, \$10 to Pickleball Canada and \$5 to Pickleball NB) provides liability and accident insurance from Pickleball Canada, membership in the Pickleball NB, the play schedule, locations, social events, training opportunities, plus recreational and competitive play.

The Fredericton Pickleball Club's website provides links to our play Calendar, Locations, rates, rules, events, etc. Information about how to join the club can be found in the "Frequently Asked Questions" (FAQ's) under the "Documents" tab on the web site. The FPC also has a Facebook page that provides photos, tips, and a monthly calendar.

If you have any questions, please contact one of the FPC Executive Committee.

## Executive Committee

President - Alden Briggs	<a href="mailto:alden.briggs@icloud.com">alden.briggs@icloud.com</a>	phone # 476-9855
1 <sup>st</sup> VP - Ann Marie Wood-Seems	<a href="mailto:annmarie.woodseems@gmail.com">annmarie.woodseems@gmail.com</a>	phone # 897-0997
2 <sup>nd</sup> VP - Mary Jacobs	<a href="mailto:mary.jacobs@td.com">mary.jacobs@td.com</a>	phone # 440-3200
Treasurer - Richard Doucet	<a href="mailto:fton.pickleball@gmail.com">fton.pickleball@gmail.com</a>	phone # 454-0807
Secretary - Ann Flynn	<a href="mailto:annelizabethflynn@gmail.com">annelizabethflynn@gmail.com</a>	phone # 262-2582

## Helpful Links

Fredericton Pickleball Club Website

<http://www.frederictonpickleballclub.com>

Fredericton Pickleball Club (Facebook)

<https://www.facebook.com/search/top/?q=fredericton%20pickleball%20club>

Pickleball Canada

<http://pickleballcanada.org/>

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