

Pickleball in St. Marys Ontario

Pickleball 101

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What is Pickleball

Very simply it is a paddleball sport that combines elements of tennis, badminton, and table tennis. Two or four players use solid



paddles made of wood or composite materials to hit a perforated polymer ball, with 26-40 round holes, over a net. The sport shares features of

other racquet sports: the dimensions and layout of a badminton court, and a net and rules somewhat like tennis, with several modifications.

Its also time to bust a myth about pickleball, its not just for the older generation, its for any age, most tournaments have age categories starting at 12.

Take a quick look at this short video, it will give you good basic information on the sport.

<https://youtu.be/kqLRRNOpe8U>



Like any sport, there are rules on how to play the game, way too many to mention all here, but there is indeed a rule book from the United States of America

Pickleball Association (USAPA).

Some (not all) of the basic rules are: -

- Pickleball serve must be hit underhanded from behind the baseline cross court into the opposing team's service court.
- The serve must clear the net and not land in the kitchen.
- The player returning the serve must let the ball bounce before returning it to the opposing team's side in either service court
- The ball must bounce once on each side before either team may start volleying the ball in the air.

There is one area of the Pickleball court that differs from all other racquet sports, it's an area affectionally referred to as the *kitchen*. It's a unique aspect of Pickleball officially named the non-volley zone, otherwise known as the kitchen. Players may not hit the ball while standing in the kitchen unless the ball has already bounced on their side. Players may not step into the kitchen to volley the Pickleball. Players may not enter the kitchen on a volley even if their momentum carries them into the zone.

In Pickleball mistakes are called faults. There are several major faults that can be made in the middle of a rally.

- If the serve or service return does not bounce before the ball is struck.
- The ball can bounce one time on a side before being hit. If the ball bounces more than once, it is a fault.

- Hitting the ball out of bounds is a fault. Where the center of the ball touches the ground determines whether a ball is in or out on a line.
- If the ball is hit into the net, it is a fault.
- Any plays involving stepping into the kitchen to hit a volley is a fault.

Clear as mud, well take a quick look at this video it provides details on the game and the size of court and the basic rules for play.

<https://youtu.be/fTvPYdKZqO0>

What's the scoring method in Pickleball.



First and foremost, you can only score points when you are the serving team. The first side scoring 11 points leading by at least two points wins the game. If the two sides are tied at 10 points apiece, the side that goes ahead

by two points wins the game.

Tournament games may be played to 11, 15 or 21 points with players rotating sides at 6, 8 or 11 total points respectively.

The server or server and partner usually stay at the baseline until the first return has been hit back and bounced once.

At the beginning of a doubles game before any serving, the score is 0–0. Then the side serving first gets only one fault before their side is *out*, meaning that their opponents serve next. After the first fault each side gets 2 faults (one for each team member serving) before their side is "out".

Here's a couple of short videos on serving and scoring <https://youtu.be/ox3YIsvewMA> & <https://youtu.be/rVFB97Hvlxs>

Has this tweaked your interest in playing, want to know more about the sport, want to know the

levels of play, if so, stayed tuned for more articles.

Steve Lawton is a member of the St. Marys Pickleball Association (SMPA) and the Friendship Center. He has been playing the game seriously for just over a year and is currently rated as a 3.5 level player within the USAPA.

During this COVID Crisis we invite you to look at other great information by popping over to the SMPA Facebook page by following the link below

<https://www.facebook.com/groups/637440130028897/>

See you on the courts and remember paddles.