

	<p style="text-align: center;">Congratulations you have completed PB101!</p> <p style="text-align: center;">PB101 Lesson Summary</p>
<p>Safety Rules</p>	<p>Ball on court, no running backward and forward, walking behind courts, hydration, proper shoes, etc</p>
<p>Grip</p>	<p>V on top. Resist temptation to “choke up”.</p>
<p>Ready stance</p>	<p>Feet shoulder width apart, knees slightly bent, weight on balls of feet, paddle up and in front of you.</p>
<p>Tapping the ball at the NVZ line</p>	<p>Stand just behind NVZ line. No back-swing; paddle straight to ball, push forward, follow through. Balls goes where paddle face is pointed. Dink: drop ball over net and into opposite NVZ. Volley: ball is hit in the air.</p>
<p>NVZ Rules</p>	<p>Don't volley while in the NVZ. Don't step into NVZ after volley. Don't let equipment fall into NVZ when volleying. PB 102 will review the NVZ Rules and show you proper footwork for handling dinks.</p>
<p>Serve.</p>	<p>Face opposite court. Underhand. Bend knees; ball held near front knee; paddle straight back, straight through; follow through with low swing, like bowling. If you take step[s] finish just behind baseline in Ready position.</p>
<p>Ground strokes [Forehand, Backhand]</p>	<p>Ready > turn, shoulder in direction ball is to go > paddle back; smooth stroke, slightly low to high; paddle parallel to ground > hit the ball opposite front knee > follow through > Ready. Played from near the baseline.</p>
<p>Rules and the game</p>	<p>– see notes on following pages.</p>
<p>Improving your skills...</p>	
<p>Practice... practice... practice</p>	<p>You can work on Serves by yourself. Other strokes need at least one person, but can also be done with 3 others. Whether you're working with 1 or 3 practice partners, remember to switch sides [and partners] and to use both forehands and backhands for all the strokes.</p>
	<p>Work at the NVZ on short / soft shots then move back and serve to each other and return the serves with ground strokes. 4 players can do the same – NVZ and baseline. In addition, they can work on getting Receiver to the NVZ then the Servers to the NVZ, and all 4 committing to playing soft NVZ shots instead of trying to “put the ball away” and win the exchange right away.</p>
<p>Having Problems?</p>	
<p>Take PB101 again.</p>	<p>Sign up at appropriate Rec Center.</p>
<p>PB101 Practice session</p>	<p>Sign up, see schedule. Instructors will help improve your game. Extra tome here to get the basics right will help build confidence in your game. Instructors will advise when you are ready for PB102.</p>
<p>When will you be ready to move on to PB102?</p>	
<p>Beginner Play</p>	<p>Know the basic rules. 70% correct scoring calls. 70% serves in. 70% return of slower paced serves are in. Some rally success with slower hit balls. Schedules at Rec. Centers or www.pickleballcommunity.com</p>

1 Basic Rules

- 1 . 1 Line Calling - All lines are good, except the NVZ line on the serve.
- 1 . 2 Players can only call lines on their side of the court.
- 1 . 3 Line calling is based on the honor system and good sportsmanship. Be a model player.
- 1 . 4 Do not question another player's call unless asked; when an opponent's opinion is requested, that opinion must be accepted.
- 1 . 5 All questionable calls (line calls and other fault calls) are made in favor of your opponents.
- 1 . 6 If you and your partner cannot agree on if the ball was in or out the call is always "in" because that is resolving the line call in favor of your opponents.
- 1 . 7 Make sure that the call is made immediately if the ball is out.
- 1 . 8 The ball is not out until it bounces on the court. Never let the ball hit you or catch the ball in the air.
- 1 . 9 Players should help each other to make line calls by turning their heads to watch the ball including the serve to see if it lands in or out
- 1 . 10 A player can call the ball "out" as their partner is hitting the ball as long as the call is made immediately. If you want to tell your partner to not hit the ball, yell "bounce it", "let it go", "no", or "out". Saying "out" before the ball touches the court is deemed communication between the players . Saying out after the ball touches the court is deemed an "out" call which stops play.

2 Faults

- 2 . 1 All Faults, including foot faults, touching the net or post, double bounce, ball touching player or clothing, violations of any rule, can be called by either team.
- 2 . 2 It is difficult to watch the ball and watch the feet for Foot Faults. Watching the ball will help one become a better player.
- 2 . 3 If the ball hits them or their partner on the serve prior to bouncing on the court it is a fault on the person hit by the ball.
- 2 . 4 If the ball touches you prior to bouncing, even though you are out of bounds, it is a fault on your team.
- 2 . 5 If your serve hits either of the opponents, it is a point for your team.
- 2 . 6 If a let serve hits the partner of the person receiving the serve it is a let serve and the server gets to replay the serve.

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2 . 7 Serve Reminders: **feet** must be on or inside imaginary side-line extension, behind baseline, one foot on ground at impact; **paddle** head below wrist; below waist; upward motion [These were covered in PB 101 – Serve].

3 Non-Volley Zone [NVZ] [Cover when Volleys are introduced]

3 . 1 The NVZ is the rectangular court surface bounded by the side lines, NVZ line and the net. The air space above the surface of the court is not part of the NVZ.

3 . 2 Can not hit the ball in the air [volley] when standing in the NVZ.

3 . 3 Momentum caused by the act of volleying the ball can not carry you into the NVZ after a volley. There is no time limit regarding this momentum, it only ends when the player has regained control over the momentum. A player can reach over the NVZ line and hit a volley as long as neither the player nor anything the player is wearing or carrying touches or falls into the NVZ.

3 . 4 There is no rule against standing in the NVZ, but since you can not hit the ball in the air while in the NVZ, it is best to stand outside the NVZ.

3 . 5 Can go into the NVZ to hit a ball that bounces in the NVZ. If you see that a ball is going to land in the NVZ you can go into the NVZ and wait for it to bounce and then hit it.

3 . 6 It is not a fault if any ball has bounced elsewhere on the court and your momentum causes you to enter the NVZ.

3 . 7 The NVZ does not extend outside of the side lines of the court. Lines are part of the NVZ.

3 . 8

4 Score Keeping

4 . 1 Games are normally played to 11 points.

4 . 2 Must win by two points 11-9, 12-10, 13-11 etc.

4 . 3 Only the serving team can score points.

4 . 4 You must always call the score before serving for two reasons: First, you are letting the other team know you are ready to serve and they need to be ready; Second, it helps everyone remember what the score is and thereby avoids arguments.

4 . 5 If the server fails to call the score before serving, the receiver of the serve has three options: they can let the serve go past without playing the ball; can catch the ball and return it to the server; or can play the ball as if the score was called. In the first two examples there is no fault and the serve is considered a let serve and the server gets to serve again after properly calling the score.

4 . 6 For the team that starts the game, only one person serves, and the team gets to make only one fault. The person who starts serving serves until their team fails to make a point. (Then the other team serves.) Thereafter each team gets two faults (that is, each person serves until their team makes a fault/fails to score a point.)

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4 . 7 To help in keeping track of the score, think of each time your team gets the ball to serve as a sequence.

4 . 8 Calling the score consists of three numbers: first number is the score of your team; the second number is the score of your opponents; the third number is what server you are (either server one or server two) during that sequence.

5 Serving Sequence

5 . 1 The first person to serve is always the person standing on the right hand side of the court.

5 . 2 After scoring a point, the server always re-positions to serve to the other court (changes places with their partner) for the next serve. You never serve to the same person or serving box twice in a row.

5 . 3 The person to start the game calls the score as “zero, zero, two or Start”. This means their team has no points, the other team has no points, and they are the only server for this first sequence [See 4.6 above].

5 . 4 After losing the Start serve the serve transfers to the other team [side out] and they begin their service sequence. The person standing on the right hand side of the court is designated as the first server and calls the following score in this example “zero, zero, one” Reminder: the partner who is not serving is responsible for calling any foot or serving faults on the server.

5 . 5 The Two bounce rule (USAPA Double Bounce Rule ref para. 4.H) The serve and the service return must be allowed to bounce before striking the ball. That is, each side must play a groundstroke on the first shot following the serve. After the initial ground strokes have been made, play may include volleys.

6 Basic Player/Court Positioning

6 . 1 Because of the two-bounce rule, both serving partners are positioned near the baseline. Remember the serve and the return of serve have to bounce before the ball can be volleyed.

6 . 2 The person receiving the serve should position themselves deep in the service area the serve must bounce before it is returned. Receiver's partner should be positioned forward at the NVZ line. Reminder: Receiver's partner, who is forward at the NVZ, should assist their team by turning to watch if the serve is outside of the service area.

6 . 3 After returning the served ball Receiver should immediately move forward to the NVZ line.

6 . 4 The serving team members, once the second bounce and return shot has occurred, should also both move right up to the NVZ line. Reminder: avoid staying in the mid-court area [“no man’s land”] – this is where the ball usually is hit at your feet and is extremely difficult to return.