

The page contains a large, faint watermark reading "Pickleball Central LLC". The text is a detailed introduction to the book "The Official Rules of Pickleball" by the International Federation of Pickleball (IFPB). It covers the history of the sport, its popularity, and the purpose of the book. The text is organized into several sections, each starting with a heading in all caps. The headings are: "THE HISTORY OF PICKLEBALL", "THE PURPOSE OF THIS BOOK", "THE OFFICIAL RULES OF PICKLEBALL", "THE EQUIPMENT", "THE COURT", "THE GAME", "THE SERVICE", "THE RETURN OF PLAY", "THE SCORE", "THE FITNESS PROGRAM", "THE SAFETY", "THE CONCLUSION", and "THE APPENDIX". Each section provides a comprehensive overview of the topic, including historical context, current trends, and practical advice for players. The text is written in a clear, concise, and engaging style, making it accessible to both newcomers and experienced players alike.

**THE HISTORY OF PICKLEBALL**

Pickleball is a fast-paced game that is hugely popular around the world. Easy to learn, it can be played by people of all ages in a relatively short period of time, and the small size of the court allows it to be played anywhere. While learning to play pickleball in 2004, I searched for books that would explain how to become a better player. The sport was still relatively new, and only a couple of books were available. After reading Bill Booth's tips on the Sun City Grand Pickleball Club website, I began taking notes as better players shared their expertise. Those notes formed the basis of this book—the result of examining what excellent players do that novice players do not. I searched out information about other racket sports, watched videos, read online sources, and included the notes I took as I learned the sport and became a better player. Also included is the distillation of interviews with many pickleball players, professional and aspiring. The people I interviewed didn't always agree about the best way to make a shot or the strategies that should be employed in certain situations. Because of that, you'll find contradictory information in these pages. Ask five pickleball players what they do in a given situation or how they do it, and you'll get five different answers. As with any sport, pickleball seems to have many "right" ways to play. Because of that, I've included differing methods when significant disagreement occurred, or when it seemed that multiple options might help you discover what would work best for you. It will be up to you to decide what you like. Few of you will read this book from cover to cover. Books of this sort generally contain too much information for that kind of reading to be useful. Only the information you're ready for—that takes you from where you are today to a step above—will make sense and be helpful. I hope you will read the sections of this book that interest you and browse the rest from time to time. Perhaps you'll leave this book sitting on your coffee table and pick it up periodically. Books like this can be read again as you learn more about the game and your skills improve. Perhaps later you'll discover new things upon rereading a passage that you missed the first time, or you'll find new interest in something you weren't ready for earlier. That's the best reason to come back and read this book: as your game improves, you will need to change your techniques and strategies, and you'll be seeking new information. Here's a general plan for learning and improving your pickleball game. Learn how to play and practice. New players should read the rules and learn the basics of how to hit the ball and move on the court. Then study new ways to hone your skills as you improve. Watch and talk with players who play better than you do. Analyze what they're doing and why, and ask to play games with them. Have someone videotape your play and watch it to see what you're doing—not what you think you do. Make sure you do things correctly from the beginning, so you don't have to unlearn bad habits later. Practice against a wall or with a partner, so you get intensive training on specific strokes. Once you do that, your game will improve. Learn to warm up and stretch properly, and do it every time you play. Pickleball is easy to pick up quickly, but that doesn't mean you shouldn't treat it as seriously as any other sport. Sadly, injuries in pickleball are common and fall into two main categories: not warming up enough before play and going past your limits during play. Only you know your limits, and sometimes you'll go harder than you should. Don't overlook warming up so your body will be as ready to play as you are. Practice the skills you know until you can do them without thinking. Then learn new ones. You won't get better without practice, but pickleball practice is fun and easy. People have told me they enjoy going out to practice even more than they enjoy competitive games. Remember—you learn from mistakes as well as from the greatest shots. Get out and practice! Become a better partner. Having good communication on the court is essential, but there are other ways to play better together, too. Talk with your partner about things you can do to improve your communication and rhythm on the court, as well as how to minimize your weaknesses and maximize your strengths. Practice communicating along with bettering your strokes. Have fun. In your zeal to become a better player, don't become frustrated or angry if you have a bad day or lose a match. Remember, you will become better with practice, and you'll always play better if you relax. Be kind to yourself. Enjoy the game and have fun. Look to the glossary of terms in Appendix A when a term isn't clear, and check my website ([www.galeleach.com](http://www.galeleach.com)) for resources regarding pickleball equipment, useful videos, and information that came about after this edition was finished. I hope you enjoy this book. I enjoyed writing it, and I learned a tremendous amount from the other players who shared their expertise and stories. Please contact me with comments, questions, or suggestions. I'd love to hear from you. [gale@galeleach.com](mailto:gale@galeleach.com) [www.galeleach.com](http://www.galeleach.com) A Short History of the Sport [1] One summer day in 1965, Joel Pritchard, then a U.S. Congressman, and his friend, Bill Bell, returned to Pritchard's Seattle-area home following a game of golf. They found their children complaining about being bored. Pritchard suggested the kids invent a game to play, and the young ones disappeared. When the children had been gone for some time, the fathers headed out to search for them. They found the kids playing on an unused badminton court with some old racquets, a net, and a ball, since a birdie was nowhere to be found. The volleying continued happily for the rest of the afternoon. T the next morning, Pritchard and Bell found that, instead of cooking breakfast, the moms had joined the kids on the court. They were having a great time, using table tennis paddles instead of the old badminton racquets. When they accidentally discovered that the ball bounced well on the pavement, Pritchard lowered the net to tennis height. The paddles broke quickly, so the dads cut some new ones from scrap plywood and began searching for a different ball. The WIFFLE ball they found was close, but it didn't last long and was designed to curve. Eventually, t they found the Cosom Fun Ball which worked perfectly. They knew they had a great game. Two weekends later, friend and neighbor Barney McCallum joined in the play and became the third founder of the sport. As time went by, others discovered pickleball. McCallum wrote a one-p age list of rules. He began by altering the rules of badminton to deal with the different equipment and the change of net height. As in badminton, each person had only one serve, although McCallum allowed the server to put one foot over the line (to accommodate a large tree that w as in the way). He also made play between the adults and kids fairer by insisting that serves be made underhand (no overhead smash serves allowed). But the player at the net still had a distinct advantage, so they made it illegal to volley the ball while standing in the area between t he net and the badminton service area line. This area was eventually extended to seven feet from the net and was renamed the "non-volley zone," or, as it's affectionately known to players, "the kitchen." The origin of the name "kitchen" is unknown. More rules were added as time w ent by. In 1967, Pritchard built the first, permanent pickleball court in the backyard of his home in the Magnolia Bluff neighborhood in Seattle, WA. Other players built more courts in that area and on Bainbridge Island soon after. Jump forward fifty-plus years, and pickleball is played as a competitive sport worldwide. Pr players travel full-time to national and international tournaments. Coaches offer at-home and traveling pickleball instruction. Communities are building more and more courts to accommodate the growing demand from local residents.[2] Pickle ball is part of the curriculum in schools from elementary to university. And four years ago, a Pickleball Hall of Fame was created to recognize individuals who have achieved exceptional results in pickleball play and/or made exceptional contributions to the game. Not bad for some thing that began as an afternoon diversion to conquer boredom. Why "Pickleball"? People have always questioned where the name pickleball originated. In their book, History of Pickleball: More Than Fifty Years of Fun!, Jennifer Lucore and Beverly Youngren (daughter/mother) write: "Given that no pickles are used in pickleball, the game obviously has a very interesting and unique name." Some said the name came from Pritchard's wife, Joan, who reported that "the combination of different sports reminded me of the pickle boat in row, where oarsmen were ch osen from the leftovers of other boats." Two of the three founders and all of their families said the game was named after the Pritchards' dog, Pickles. This dog lik ed to hide in the bushes, dash out when a ball came his way, grab it, and run—thus "Pickles' Ball." Whatever eball ([usapickleball.org](http://usapickleball.org)) and the IFPB (the International Federation of Pickleball, [www.ifpickleball.org](http://www.ifpickleball.org)) ds. You can also find a basic rules summary and a list of the most recent revisions. Revision of t

**THE PURPOSE OF THIS BOOK**

Two people playing singles or four people playing doubles use hard paddles to hit a perfora court. The area on either side of the net is divided into left and right service areas and a no nly the court.[3] Each pickleball game begins with a serve, after which players hit the ball back and forth s a match. When tournament games are played to 15 points, one game wins the mat s a point. Any player or team can score a point. The first side to reach 11 points with at least a 2-p motion win the match. The ball must travel over the net and land in the diagonally opposite service are site court. Following the serve, a "two-bounce rule" requires that players on d the non-volley zone line, while the server's partner remains behind or near the b the bounce. Figure 3. The two-bounce rule states that the ball must bounce f the bounce. After winning a point in a singles game, the serving player moves beh asses to his opponent (called a side-out). In a doubles game, both team ll. Pla y resumes normally after that, with both team players serving before er ser ves from behind the baseline of the other service area. This repe e-out. After a side-out, the server hits the ball from behind the hit a ball that may bounce deep in their territory (because of starts at the non-volley zone line. The distance the ball m seline body, s the urt. Y other nd ser ves that don't make it into the correct service eal to the referee, but he will rule on the line nes go od. An exception to this rule is dur y zon e or on its line, or if the ball lands out B show that part of the ball is o elled out (as in Panel C). Many faults c ds, or players commit line viola hen a player or referee calls it Regi na hits a hard drive that gra e ball was dead immediately af preh ensive, but it provides a you swing your paddle and no fa ult as long as you don't and volley a ball. Note: yo e yo u volley a ball while th e an d the momentum from rd. T his fault occurs even i occur s if you volley the ball zone (whether now attache l in play. It doesn't matte bee n hit by your opponent our c lothing and this rule ap e in t he way of the ball. The e h paddle). It is a fault if h the net or any part of the net addle . It is also a fault if a player ut of bounds. Lesser-Known Rule e to hit as a forehand ball th e othe r to hit a ball. This is often done and a s long as the stroke travels in an cult.) Before, during, and after a serve, no n the r side of the net, and they may switch ve ma y stand anywhere on his side of the net s bou ermanent object" (such as a pole or even nced on the court, the player who hit the bal s a "p fault. If you hit a ball that goes over the net, bo it, it's a fault for them. This happens occasio uch net post creates a fault. The cords running betwe ing a outside the boundaries of the court) that then lands t land s within the court boundaries. There is no restriction her th an the top of the net). Scoring When you're first learning u and calling the score when serving in doubles. It's not th gene ral, each player on a doubles team will serve before the other is des ignated as Server 1 and the other player as Server 2. Server 1 s y. The serve then switches to the other team (called a side-out). This te nated Server 1, and so on. Because of the need to keep track of wh rving. Here's how it works: You call your team's score first, followed by the am has 4 points, and you're the first server on your side, you'd call the curs d uring the first service of each game, when only one player on the startin air op onents would give that starting team a large initial advantage. To counter t e first (and only) server is referred to as "Server 2" and calls the opening score as "0- ults. T hen, after a side out, the opponents would serve. When the original server gets th en you are serving and your team wins a point, you and your partner switch places o rally, the serve passes to your partner. If your team loses another rally, a side-out occurs a method I be even when the initial server is on the right (the same court where he began) and dd. Note that a score of "0" is even. Figure 5

**THE OFFICIAL RULES OF PICKLEBALL**

CAUTION: The fitness/exercise info provided in this chapter is inte intended to address specific m s an exercise and fitness program to your in mically. Your pickleball game will improve if you work on three things: strength, aerobic endurance, and flexibility. Y s part of what makes it so enjoyable and allows everyone to play." You're right. However, a certain amount of muscul Joint injury in pickleball is common but can be avoided through proper conditioning. Start a regimen of weight train mes per week—preferably not on consecutive days because your muscles need time to recover. Good aerobic endura on opponent makes you run. Sometimes, you may have to play many points before a winner is declared. If you're in g t before the match ends. The best way to increase your endurance is to engage in a rhythmic aerobic activity, such as w amount of aerobic exercise, talk out loud. You should be able to carry on a breathy conversation while working out. If yo about ten words at a time without needing a breath, increase your workout. Depending on the number of times per week t ilor the number of times a week that you engage in other aerobic fitness training. General fitness guidelines for all people su training for a tournament, you'll want to increase that and work up to your best fitness level by game time. It's been said that b keball games. Becoming fit certainly can't hurt. Flexibility: Warm Up and Then Stretch Flexibility helps prevent injury and allows layers think flexibility means getting to the court, doing a few stretches, and then starting a game. Taking time to warm up properly in the game and not on the sideline. Warming up does more than just loosen stiff muscles: done properly, it improves performance. k of injury. The goals of a warm-up are improved coordination, improved elasticity and contractility of muscles, and greater efficiency orm a complete warm up and stretch at home and do a quick refresh once they reach the courts. Others do warm-up exercises and stretch nd stick to it. Warm Up a good, general warm up activity consists of joint rotations followed by aerobic activity. Spend at least ten minutes wa up or your neck down. Such rotations facilitate joint motion by lubricating the joint with fluid, permitting it to function more easily. Perform slow ckwise. After joint rotations, begin aerobic activity such as fast walking, jogging, or riding a bike for about five minutes or until you begin to sweat. pumping. Increased blood flow in the muscles improves muscle performance and flexibility and reduces the possibility of injury. After you are warme er and more elastic, start slow, relaxed, static stretching. Begin with your back, followed by your upper body, and then your lower body. Static stretching in feel resistance. Don't bounce. Instead, stretch until you feel resistance, hold there for 10 to 15 seconds, then release. If you don't have time to stretch all of the sed th e most when you play: Achilles' tendons, calf muscles, quadriceps and hamstrings (front and back of upper leg), groin, triceps (back of upper arm), and shoulders rules that help to equalize play for all ages and sexes have made it possible for people who could not play other court sports to become good at pickleball. To avoid injury, th here are important and shouldn't be ignored, so I've listed them before everything else. Being safe means avoiding injuries and having more fun. Stepping on a pickleball ca comes into your court from another game, hold your paddle or your hand in the air and call "ball!" loudly enough that all players can hear you and stop play. Don't leave extra pickleballs