PICKLEBALL
A BALL OF FUN

DAVIS FAMILY YMCA

youngstownymca.org • 330-480-5656
PICKLEBALL ORIGINS

What do you get when you combine Badminton, Tennis, and Ping-Pong? These are the ingredients for the sport known as Pickleball. Pickleball is thought to have evolved around 1965 by two families on Bainbridge Island, Washington. The game became the necessary invention of two dads wanting to practice badminton with their children, but had to improvise since the shuttlecocks kept disappearing. (sportsknowhow.com/pickleball/history/pickleball-history.shtml). Pickleball’s wide appeal is that both young and aged can play.

According to a recent NBC news report, Pickleball is the fastest growing sport in the country. It inspires the active older adult to get off that couch and keep it-movin’.

In February 2015, Member Services Director Juleen Keefer launched Pickleball at the Davis Y. She explains, “We wanted to bring Pickleball to the Davis Y to help increase options for our active older adults to keep them coming through the doors. Pickleball benefits physical activity, coordination, and just plain fun! It can be played with two or four players, so it compliments the relational culture we’re cultivating here at the Y.”

“Pickleball is the fastest growing sport in the country. It will get the aged off the couch and running around.”—Jim Pepperney

“I like Pickle Ball because –first it is good exercise, it is definitely fun – but competitive, the people that are playing are quite nice, and definitely accommodating to new players and it gets me up early for a great way to begin a day by going to the YMCA.”—Jim Ditch

“Pickleball is easier to play than tennis. It’s not just a game. We’ve made some friendships along the way, and we’re even meeting outside of the Y to have fun and socialize.”—Carole Klinger
HOW TO PLAY PICKLEBALL

- Pickle-ball® is played on a badminton-sized court: 20’ x 44’.
- Can be played indoors or outdoors on a lined tennis court.
- Can be played with singles or doubles.
- 7’ no-volley zone on each side of the net (aka “kitchen”), to prevent spiking.

The Serve

- The winner of coin toss will have the option to choose to serve first or not.
- Serves are to be made diagonally, starting with the right-hand service square & alternating each serve. Feet must be behind the baseline.
- Serve always starts in right-hand court and alternates from right to left (doubles). For singles, the server’s score will always be even (0, 2, 4, 6, 8, 10) when serving from right side and odd (1, 3, 5, 7, 9) when serving from left side.
- The server will alternate between right and left service courts upon scoring a point. After the first server’s team faults, the second server will continue to serve from the server’s las side position and then alternate positions as long as the serving team continues to win points.
- Must clear non-volley-zone & land in the diagonal service court.
- Players on each side must let the ball bounce once before volleys are allowed.
- Points can only be scored by the side that serves.
- Serves should always be done underhand with the paddle below the waist, and the server must keep one foot behind the back line when serving.
- The ball should be hit into the air without being bounced.
- The serving side will continue to serve until there is a fault on the serve, at which point the service will be given to the opposing side.
- If the ball touches the net but still lands within appropriate service court, serve may be taken over.

Volleys

- To volley means to hit a ball in the air without first letting it bounce.
- Can only be done when the player’s feet are behind the non-volley zone line.

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.

Fault

- Ball is hit out of bounds
- Does not clear the net
- Is volleyed from the non-volley zone
- Is volleyed before a bounce has occurred on each side
Pickleball Availability (as of 10/13/15)

Scoring—A team shall score a point only when serving. A player who is serving shall continue to do so until a fault is made by his team. The game is played to 11 points; however, a team must win by 2 points.

POSITION OF PLAYERS FOR DOUBLES AT START OF GAME

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Court 1 - Monday through Friday 8:00-11:00 am
Court 2 - Mon/Wed/Fri 8:00-10:00 am

For YMCA of Youngstown (Davis & Central YMCA) members only. No registration required, and is provided at no additional cost for members. All Pickleball equipment is provided (net, ball, and racquets). No court reservation necessary at this time.

Pickleball Resources

For an official rulebook visit ipickleball.org or usapa.org
Pickball equipment - pickleballcentral.com
For video tutorials visit youtube.com - search for Pickleball channel, or ilovepickleball or valleyymca.org/pickleball/

For more information, please feel free to contact Juleen Keefer at:

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