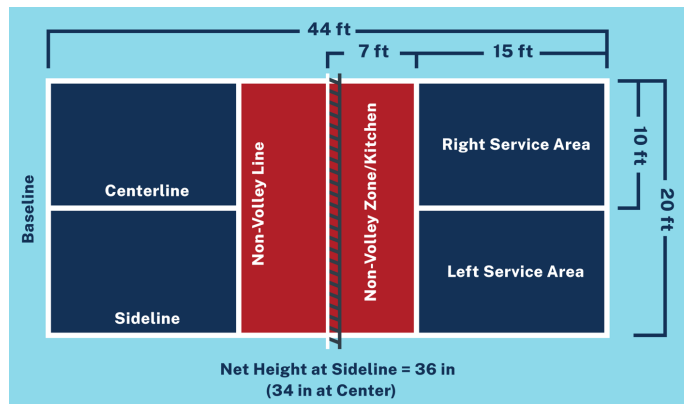


Pickleball Rules Simplified

THE COURT



- A pickleball court is less than one-third of a tennis court.
- The net height is 36 inches at the ends and 34 inches in the middle.
- The court is striped similar to a tennis court with right and left service courts.
- The 7-foot non-volley zone in front of the net is referred to as the “kitchen.”
- Some tennis courts have painted pickleball lines.

GAME PLAY & RULES

Pickleball is a game to eleven points, win by two points.

- The serve must be hit underhand and bounce into the opposite diagonal court.
- The return of serve must bounce before the ball can be hit by the receiving team.
- After the first two hits, the ball can be hit in the air or after the ball bounces once.
- The goal is to rally the ball back and forth until a team mishits the ball.
- A point is scored only with the serving team.

Mishits include:

- Hitting the ball out of bounds.
- Hitting the ball into the net.
- Hitting the ball before it bounces while standing in the non-volley zone.

The Non-Volley Zone (“The Kitchen”):

- The non-volley zone is the 7-foot zone on both sides of the net.
- You cannot volley the ball in the air while standing inside the non-volley zone.
- You can only hit the ball when standing inside the non-volley zone AFTER the ball has bounced.

Serving:

- The team that serves first to start a game, only one player serves (“zero-zero-start”).
- Afterwards, both players on each team serve.

Scoring:

- You call the score in the following order: server's score, receiver's score, then the server number. (“Me – You – Who”)
- For example, if the score of the serving team is 3 and the score of the receiving team is 6, and the second server on the side is serving, the score is 3-6-2.

More Guidance for Beginners

Buying a Pickleball Paddle

Expect to spend between \$75 and \$125 for a good paddle. There is no need to purchase an expensive paddle (over \$175) when you are just starting out. However, do not buy a cheap wooden paddle or any other paddle that's less than \$40. (When choosing a paddle, look for "USAPA" or "USA Pickleball" seal/listing on the paddle. This will give you confidence in the quality of the paddle.)

Paddle brand names you can fully trust are: Engage, Selkirk, Paddletek, Gamma, Franklin, Electrum, Diadem, Gearbox, and Onix.

Academy and Dick's usually have an adequate selection of paddles. [PickleballCentral.com](https://www.PickleballCentral.com) is one of the best places online to buy a paddle and you get 5% OFF your order using this discount code: CRUpstate. You also get responsive customer service with Pickleball Central.

Upstate Pickleball has a 25% OFF club discount for buying Engage and GAMMA paddles online. [EngagePickleball.com](https://www.EngagePickleball.com) (code: UP101). [GammaSports.com](https://www.GammaSports.com) (code: Jayden25).

To get a feeling for which paddle you may like best, ask another player if you can play a game with their paddle. Feeling how the ball reacts to your stroke from the baseline and at the non-volley zone will help you to understand which paddle suits your style best.

When buying a paddle keep the following in mind:

- Higher-quality paddles are made using a Nomex or Polymer core with a Fiberglass, Graphite or Carbon Fiber surface.
- Carbon Fiber paddles are more expensive and give you more spin and control.
- Lighter-weight paddles (under 8.0 oz) are easier to swing and give you more control.
- Heavier paddles (8.0+ oz) will give you more power on your shots.

Places to Play Pickleball

Upstate Pickleball maintains a "Current Playing Calendar" that lists the venues, days and times people are playing pickleball in the area. www.UpstatePickleball.com/calendar

Timmons Park has 8 outdoor pickleball courts with play happening mornings and evenings. Southside Park in Simpsonville has 12 courts. Tryon Park in Greer has 10 courts. Northside Park in Taylors has 6 courts. Victor Gym in Greer has 3 indoor courts and regularly hosts "open play" sessions for people of all ages/skill levels (including beginners).

The Ray Hopkins Senior Center in Mauldin is a popular place to play during the week for people 55+ in age. The Simpsonville Activity & Senior Center is another place to play for people 50+ in age.

Other outdoor pickleball courts include: Pope Field (Easley) 8 courts ... Hurricane Springs Park (Piedmont) 8 courts ... Anderson Sports Center (Anderson) 8 courts.