

Pickleball

Official rules for Pickleball can be found from USA Pickleball at <https://www.usapickleball.org>. If Pickleball becomes an official sport of Special Olympics Minnesota, an SOMN handbook will be created. For now, here are some ideas to help your delegation get started.

Equipment

- Paddles – length cannot exceed 17 inches, no limit on thickness/weight
- Balls – approximate sizes are 0.92 ounces and 2.9-inch diameter, one uniform color
- Nets (if not already setup) – 22 feet wide, 36 inches tall at the sidelines, and 34 inches tall in the center.

Setup

- The court is a rectangle measuring 20 feet wide and 44 feet long for both singles and doubles matches.
- All lines should be 2 inches wide and the same color.
- Non-Volley Zone: An area that extends 7 feet from the net on each side, within which a player is not allowed to strike the ball without it first bouncing.
- Any hard surface (concrete or asphalt) will suffice for outdoor gameplay.

How to Play

- Here is a great video from USA Pickleball on [How to Play Pickleball](#).
- The ball is served diagonally across the net to the opponent's receiving court using an approved motion. This includes the server's arm moving in an upward arc and paddle contact not being made above the waist level.
 - Only one serve attempt is allowed per server.
- The ball is struck back and forth across the net until a player fails to return the ball in accordance with the rules.
- If a point is scored, the server switches sides and initiates the next serve.
- When the first server loses the serve the partner then serves from their current side of the court.
- Two-Bounce Rule: After the ball is served, each side must make one groundstroke prior to volleying the ball.

Scoring

- Points are scored only by the serving side when the server or the server's team wins the rally, or the opposing side commits a fault.
- The server continues to serve, alternating service counts, until the serving side loses the rally or commits a fault.
- A ball contacting any line, except the non-volley zone line on a serve, is considered "in."
- Typically, the first side scoring 11 points and leading by at least a 2-point margin wins.

Possible Events

- Singles (not as popular)
- Doubles or Unified Doubles