

PICKLEBALL

Social sessions

What are Social sessions?

EnjoyLeisure Social sessions for Pickleball are a chance for you to experience the new craze that is sweeping Scotland. Social sessions are there for both experienced and new players to the sport. They are generally 90 minutes long and depending on the numbers that book there may be some additional players which gives a chance for some rest in-between games and player rotation. These sessions are **not coached** but leisure staff have a good knowledge of the rules and you will normally find one of the more experienced players will keep you right. Below is a "how to" guide if you are new to the Sport.

General rules

- No volleying is permitted within the 7-foot non-volley zone (known as the kitchen line) smashes from a position within this 7-foot zone on both sides of the net.
- To volley a ball means to hit it in the air without letting the ball bounce.
- Both players on the serving team are allowed to serve and a team scores points only when serving.
- A game is played to 11 points and a team must win by at least 2 points.
- Points are lost by hitting the ball out of bounds, hitting the net, stepping into the non-volley zone and volleying the ball, or by volleying the ball before the ball has bounced on each side of the net.

The serve

- Players must keep both feet behind the back line when serving.
- The serve is made underhand.
- The paddle must pass below the waist.
- The server must hit the ball in the air on the serve; he or she is not allowed to bounce it, then hit it.
- The serve is made diagonally cross-court and must clear the non-volley zone.
- At the start of each new game, the first serving team is allowed only one fault before giving up the ball to the opponents.
- Thereafter, both members of each team will serve and fault before the ball is turned over to the opposing team.

Double-Bounce Rule

- Each team must play its first shot off the bounce.
- The receiving team must let the serve bounce, and the serving team must let the return of the serve bounce before playing it.
- After the two bounces have occurred, the ball can be either volleyed or played off the bounce.

Doubles Play

- If the receiving team faults, then a point is scored by the serving team.
- When the serving team makes its first fault, players will stay in the same court and the second partner will then serve.
- When the serving team wins a point, its players will switch courts and the same player will continue to serve.
- When the serving team makes its second fault, it will stay in the same court and turn the ball over to the other team.
- Players switch courts only after scoring.
- A ball landing on any line is considered good (except when on the kitchen line during a serve).