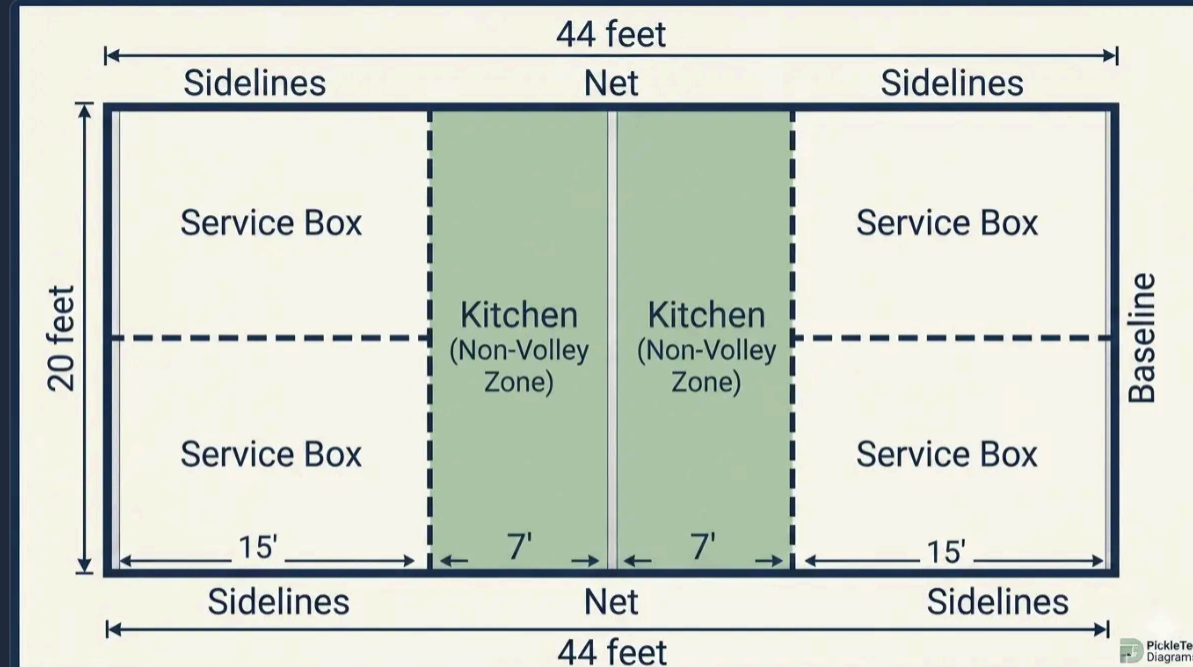


🏓 WHAT IS PICKLEBALL? – FREE CHEAT SHEET (2026)

Perfect for absolute beginners. Print it, keep it in your bag, and walk onto any court ready to play.

📐 COURT DIAGRAM

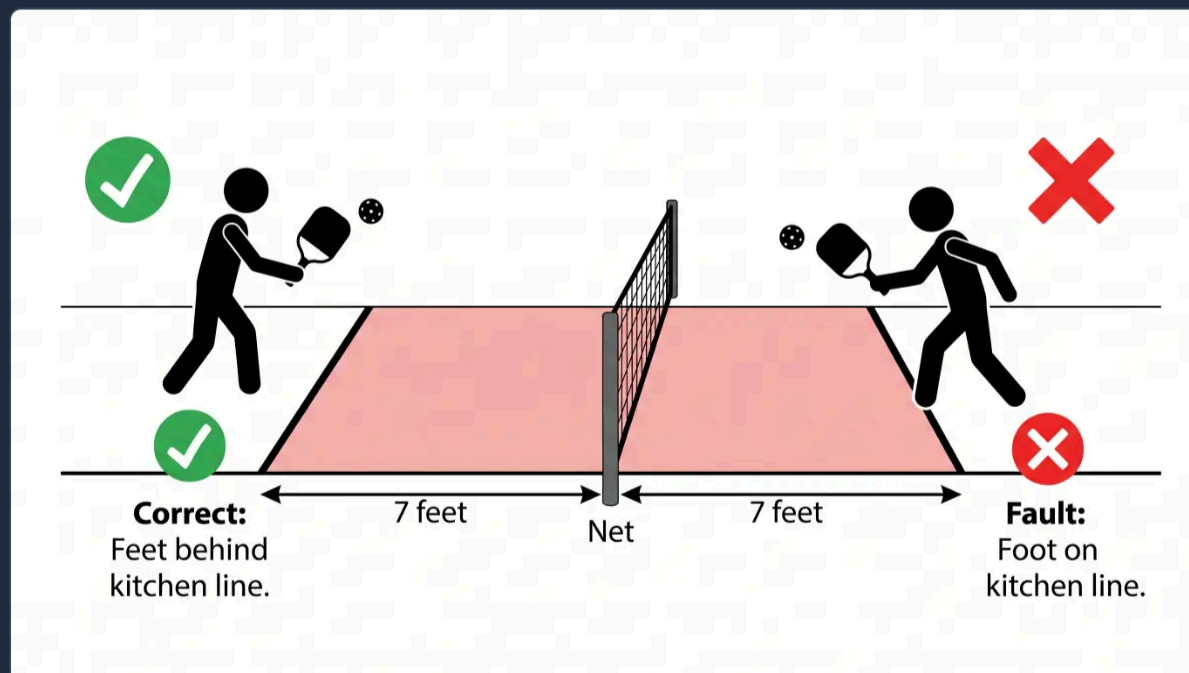


The court is 20x44 feet. The 7-foot non-volley zone (kitchen) is shaded. Service boxes are left and right.

✅ 5 MUST-KNOW RULES FOR BEGINNERS

1. **Two-bounce rule** – After the serve, the ball must bounce once on each side before anyone can volley (hit out of the air).
2. **Kitchen rule** – You cannot volley while touching the kitchen or its line. You may enter the kitchen only after the ball bounces.
3. **Serve underhand** – Paddle contact must be below your waist. Only one serve attempt (no second serve).
4. **Only the serving team scores** – You earn points only when you are serving. The receiver cannot win the point directly.
5. **Line calls** – A ball touching any part of the line is “in.” Call it immediately and honestly.

🚫 KITCHEN RULE – VISUAL GUIDE



Left: Correct – volleying with both feet behind the kitchen line. Right: Fault – foot touching the line while volleying. Momentum into the kitchen after a volley is also a fault.

📢 SCORING CALL EXAMPLES (DOUBLES)

Situation	You Call
Start of game	“0 – 0 – 2”
Your team 3, opponent 1, first server	“3 – 1 – 1”
Your team 4, opponent 4, second server	“4 – 4 – 2”
Your team 6, opponent 5, first server	“6 – 5 – 1”

🔊 Always call the score loudly before each serve. Singles uses only two numbers (e.g., “3-2”).