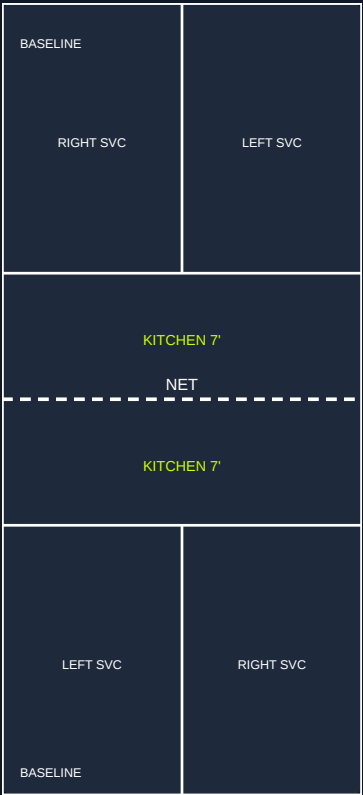




Pickleball Rules Cheat Sheet (2026)

Print or save – the essential rules every player must know.



Court 20×44 ft | Kitchen 7 ft | Net 34" center



Top 5 Must-Know Rules

- ✓ **Two-bounce rule:** After serve, ball must bounce once on each side before volleys.
- ✓ **Kitchen rule:**No volleying while touching the kitchen or its line.
- ✓ **Underhand serve:**Paddle contact below waist. One serve attempt only.
- ✓ **Only server scores:**You earn points only when serving.
- ✓ **Line calls:**Ball touching any part of the line is “in.”



Scoring in 10 Seconds

- ✓ Games to 11 points, win by 2.
- ✓ Doubles: call three numbers (your score – opponent – server 1 or 2).
- ✓ Singles: call two numbers only.
- ✓ Start at “0-0-2” (first team only gets one serve).
- ✓ **Rally scoring option in 2026:** Only the serving team can score the game-winning point (Freeze Rule).



Common Faults & Kitchen

- ✓ Stepping into kitchen while volleying = fault.
- ✓ Momentum into kitchen after a volley = fault.
- ✓ Serve lands out, net fails, ball bounces twice, or you touch net = fault.
- ✓ Second ball falling from pocket during rally = fault (new 2026).



2026 Rule Changes You Must Know

- ✓ No finger-spinning ball on serve.
- ✓ Immediate “out” call required (hesitation = “in”).
- ✓ No spectator help for line calls.
- ✓ Adaptive Standing Division allows two bounces.
- ✓ Pre-match referee authority extended.