



WHAT IS

PICKLEBALL



Pickleball is a popular, fast-growing paddle sport that combines elements of tennis, badminton, and table tennis.

The game is played on a badminton-sized court, measuring 6.1m x 13.4m, using a hollow, perforated plastic ball, and a solid paddle (made from wood, fibreglass or composite material).

Common playing surfaces include concrete, asphalt, or gym floors for indoor play. The tennis-like net is hung 91.5cm on the ends and 86.4cm at the center. The Kitchen is the area between the net and the 2.13 m line on the court.





Pickleball was invented in 1965 and conceived as a family-friendly activity, utilising spare equipment from other sports. Its name comes from the concept of a "pickle boat" crew, where oarsmen were chosen from leftover team members.

The sport's design emphasises fairness and inclusivity, with simple rules and equipment making it accessible to people of all ages and skill levels. The smaller court size and slower-paced ball allow for diverse participation, encouraging a sense of community and shared enjoyment among players from varied backgrounds.





The game can be played as singles (two) players or doubles (four) players. The ball is served diagonally, across court, beginning with the player on the right. It must be served underhand. The serving player continues to serve until they or their team faults, and points are only awarded to the team serving.

Faults include, among others, hitting the ball into the net or outside the court. A double bounce rule applies to the first two returns. Both the player receiving the serve and the server's side must allow the ball to bounce before hitting it. The kitchen is a non-volley zone, and volleys are only allowed after the first two returns are played.



Games are usually played to 11 points, with a team needing to win by a margin of at least two points. The sport's simplicity and inclusivity make it accessible to people of all ages and skill levels.



From Beginners to Pros, **EVERYONE'S WELCOME!**

Pickleball can be played at various levels:

- Recreational
- Competitive
- High-Performance
- Development



Each level of play presents its own unique challenges and rewards, contributing to Pickleball's growing popularity and accessibility.



Pickleball can be played at various levels:

Pickleball is a dynamic sport that caters to players across a wide range of skill levels, from beginners to seasoned professionals. At the beginner level, players are typically new to the game and focus on understanding basic rules, developing fundamental skills like serving, dinking, and volleying, and getting comfortable with court positioning.



As players gain experience, they advance to the intermediate level, where they refine their techniques, learn strategic play, and work on consistency in shots and serves. Intermediate players often participate in local tournaments and play more regularly to enhance their competitive edge.



Pickleball can be played at various levels:



Advanced players exhibit a high degree of skill and strategic acumen. They are adept at executing a variety of shots, such as spin serves, drop shots, and smashes, and are proficient in both offensive and defensive strategies. These players often compete in regional and national tournaments, showcasing their ability to adapt and perform under pressure.

At the professional level, players have honed their skills to near perfection and possess exceptional agility, precision, and tactical intelligence. Professional pickleball players often participate in prestigious tournaments. They are celebrated for their mastery over the game, often setting new standards for performance and inspiring the next generation of players.



OPPORTUNITY

Introducing pickleball as a mainstream sport can offer numerous economic advantages by stimulating job creation and generating revenue across multiple sectors. These include construction work and supply, property development, retail and merchandising, coaching etc.



Pickleball tournaments and events can attract tourism, driving business for hotels, restaurants, and other local services, thereby contributing to a vibrant economic environment. Overall, the integration of pickleball into communities can serve as a catalyst for economic development, job creation, and increased recreational opportunities.



ACCESSIBILITY

At a recreational or instructional level, Pickleball can be played on virtually any hard surface, inside or outside.



Setting up a basic pickleball court can be fairly simple and inexpensive, making it possible to play this increasingly popular sport in various locations, such as church or school halls, existing tennis, netball and badminton courts, safe parking lots, warehouses, community centers, etc.

NB: Pickleball play at a more advanced level, especially leagues and tournaments, requires a more formal court structure and must adhere to precise dimensions



Pickleball Court Dimensions and Surface Requirements



Court Dimensions

A standard pickleball court is similar in size to a doubles badminton court and measures **6.1 meters wide by 13.4 meters long**. This includes both the playing area and the non-volley zone, commonly referred to as the "kitchen." The net divides the court into two equal 6.1-meter sections.

- **Non-Volley Zone (Kitchen):** Extends 2.13 meters from the net on both sides of the court.
- **Service Courts:** Each side of the court is divided into left and right service courts, which are approximately 3.05 meters wide by 4.57 meters long.

Net Height

The net should be positioned so that it is **91.4 centimeters high at the sidelines** and **86.4 centimeters high at the center**. This slight dip in the middle is essential for a proper pickleball net setup.

Suitable Surfaces

- **Concrete or Asphalt:** These are the most common surfaces for outdoor courts due to their durability and smoothness.
- **Indoor Gym Floors:** Wooden or synthetic flooring is suitable for indoor play.
- **Tennis Courts:** Existing tennis courts can be easily adapted for pickleball by adding additional lines.

Surface Considerations

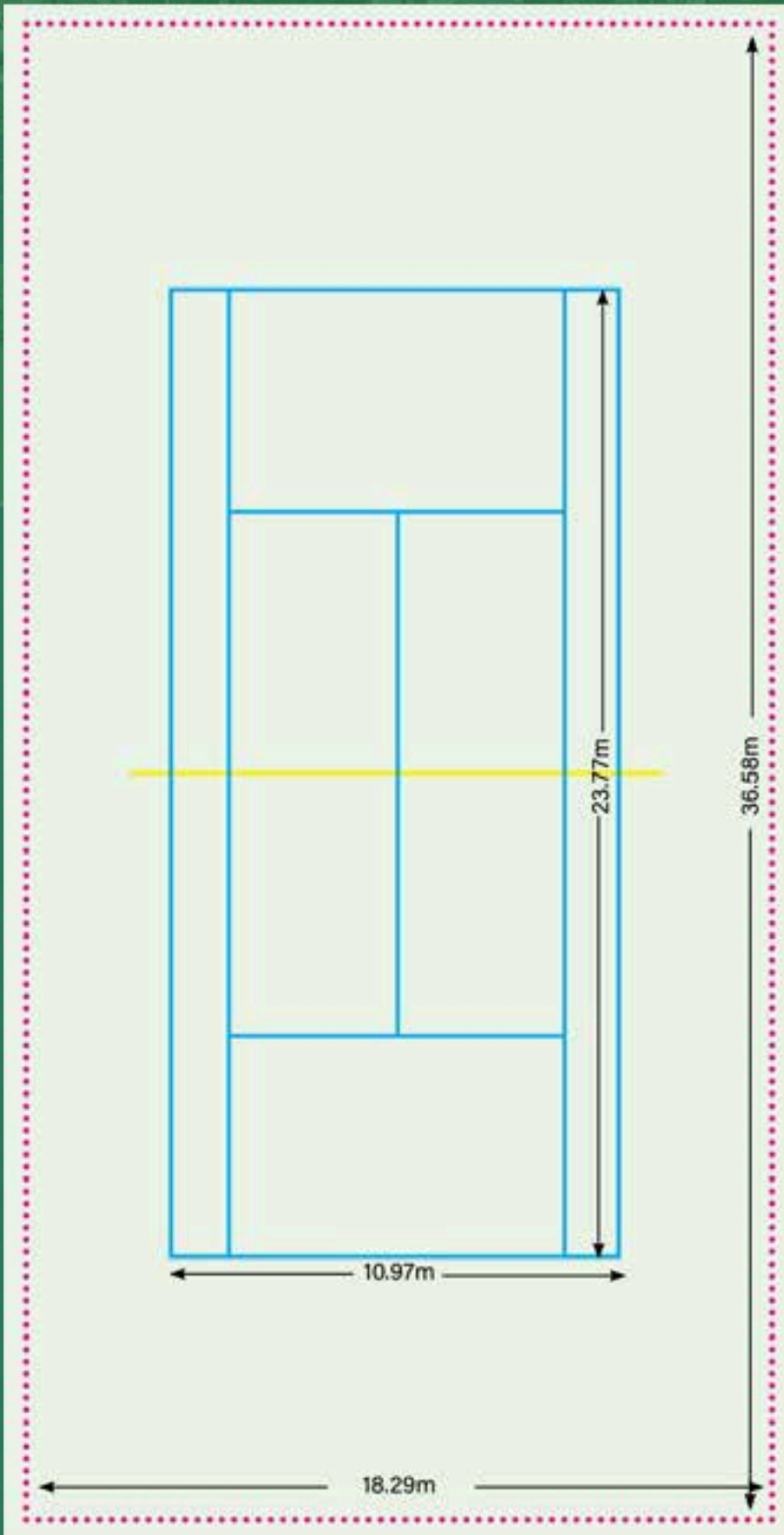
- **Smoothness:** Ensure the surface is smooth and free of debris for safe play.
- **Traction:** The surface should provide enough grip to allow players to move quickly without slipping.
- **Level Ground:** The court should be on level ground to prevent uneven play and reduce the risk of injury.

Additional Space

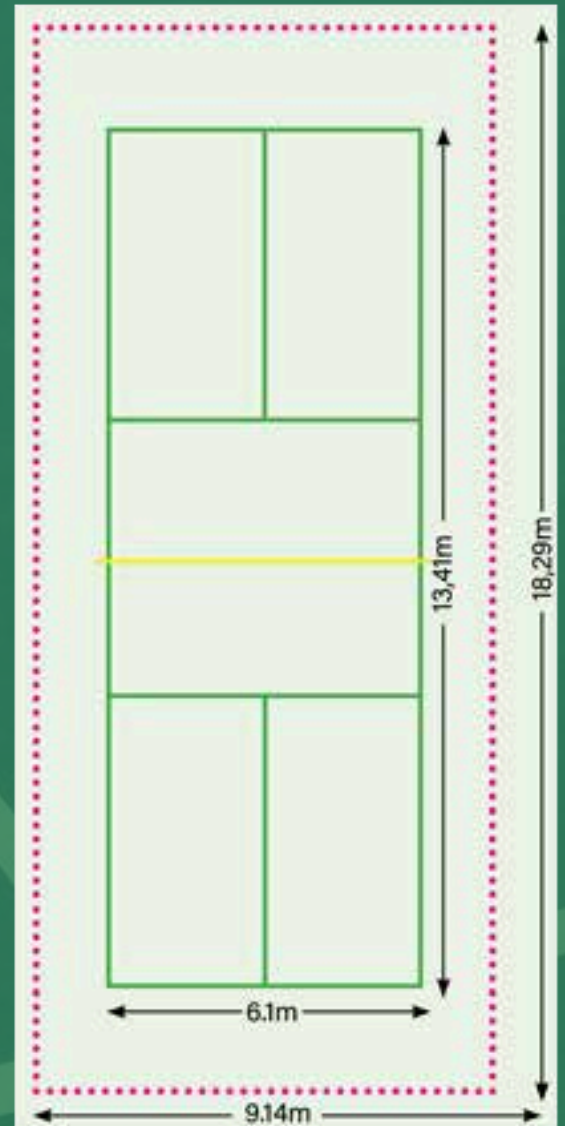
For safety and comfort, it's recommended to have a surrounding area of at least **0.91 to 1.52 meters around the court**. This extra space allows players to move freely and reduces the chance of collisions with nearby obstacles.



Dimensions



Standard tennis court
10.97m x 23.77m

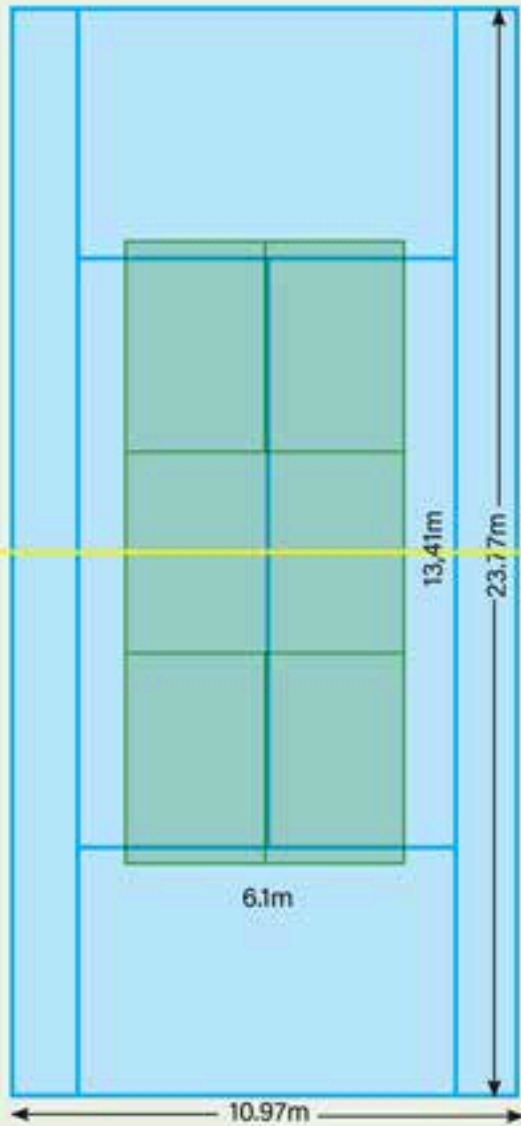


Standard pickleball court
6,1m x 13,4m*

* same size as badminton court



Standard pickleball court
marked on
standard tennis court



36.58m

10.97m

13.41m

23.77m

6.1m

18.29m

Dimensions

Lines may be marked temporarily with tape/chalk or painted permanently on existing court surface

Use existing tennis net if possible



Dimensions

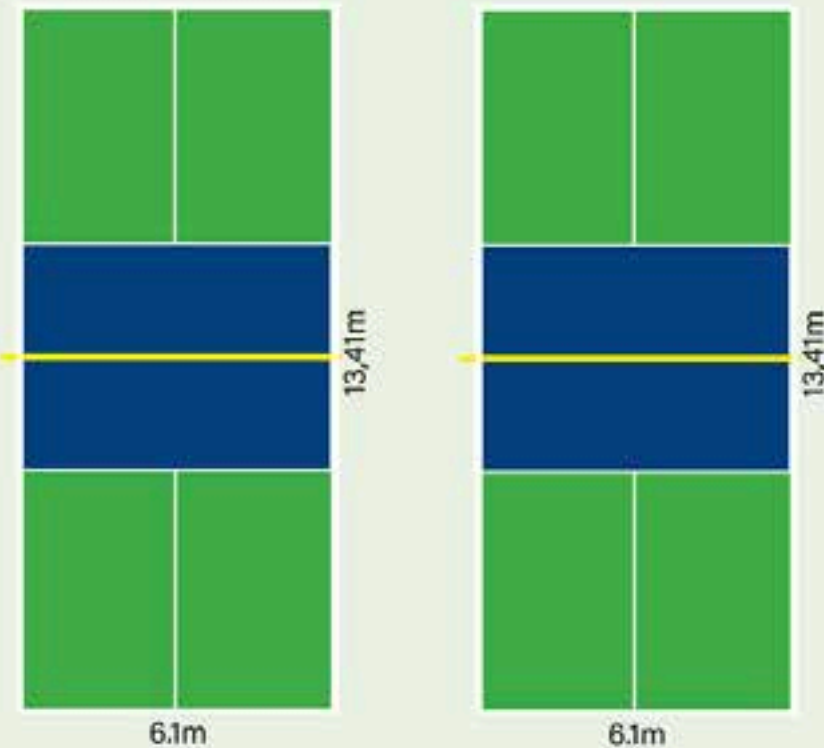
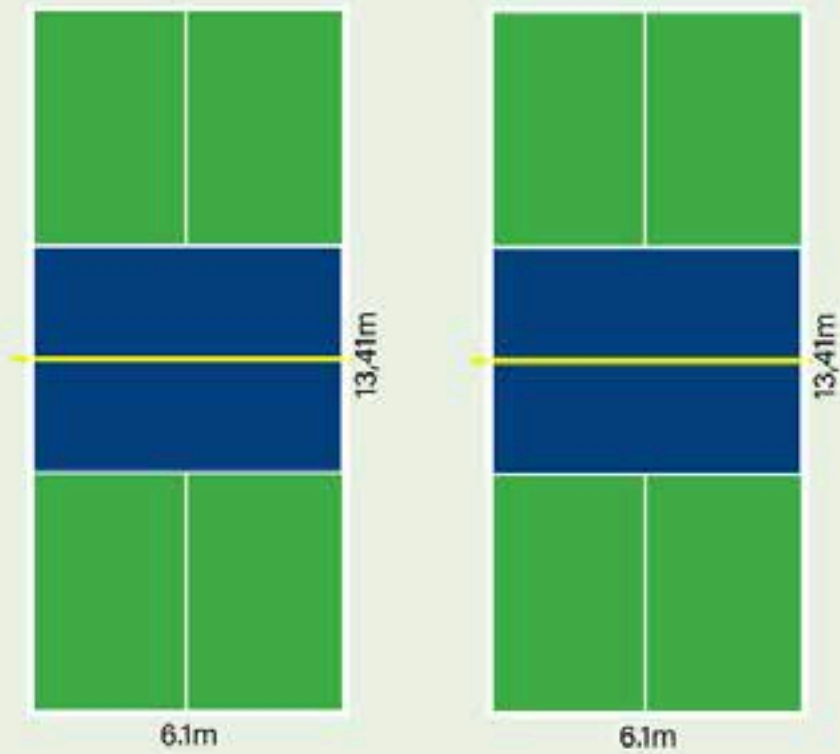
4 x Standard pickleball court marked on standard tennis court
16 people play at once

Lines may be marked temporarily with tape/chalk or painted permanently on existing court surface

4 x portable net sets required



Dimensions



Standard tennis court
converted to 4 x
Standard pickleball court
16 people play at once

Court painted
permanently to
accomodate 4 courts

Permanent posts drilled
for 4 x permanent nets

