

We receive numerous questions about Pickleball rules, we will be answering the most frequently asked over a couple of weeks.

The “two bounce” rule

When a ball is served, it must bounce before the receiver returns it. When the ball is hit back to the receiver's side, they must allow it to bounce as well. If either side does not allow the ball to bounce, they either lose the point or the service. After the first two hits, balls may be hit without bouncing first, unless it is in the Kitchen.

Non-Volley Zone (commonly called “The Kitchen”)

- The non-volley zone is the court area within 7 feet on both sides of the net.
- Volleying is prohibited within the non-volley zone. This rule prevents players from executing smashes from a position within the zone.
- It is a fault if, when volleying a ball, the player steps on the non-volley zone, including the line and/or when the player's momentum causes them or anything they are wearing or carrying to touch the non-volley zone including the associated lines.
- It is a fault if, after volleying, a player is carried by momentum into or touches the non-volley zone, even if the volleyed ball is declared dead before this happens.
- A player may legally be in the non-volley zone any time other than when volleying a ball.