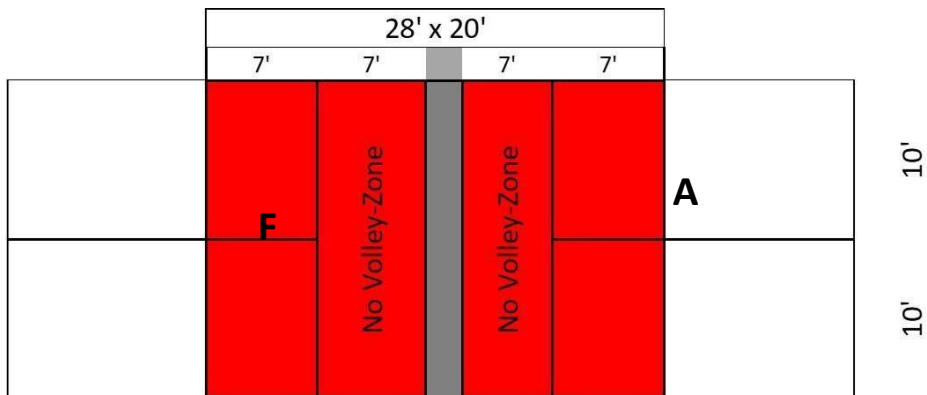


### Court Dimensions

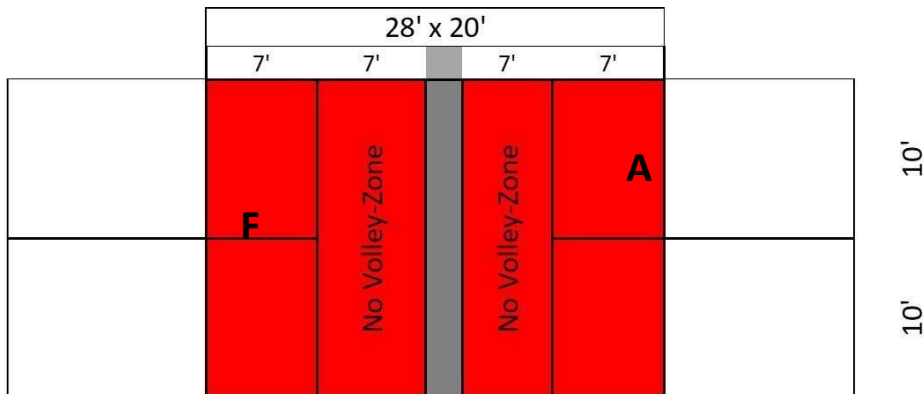


### Serve

### 12 Attempts

- Athlete stands behind the adjusted baseline 14 feet from net and the Feeder (F) stands on the opposite side of the net 1 meter behind the No Volley line on center line.
- 12 underhand service attempts are given 6 **Right Side** and 6 **Left Side** (no bounce serves)
- Athlete receives 1 pt for each serve that lands in the diagonal service box.
- 0 points for stepping on or over the baseline (foot fault)
- 0 points if ball lands in no volley zone (kitchen)
- 0 points for a missed attempt (a swing a miss counts as an attempt)
- Served balls landing on a line shall be considered good except no volley zone line
- Mark each score on the scoresheet before beginning next feed.
- The max amount of points that can be earned is 12 points.

## Court Dimensions

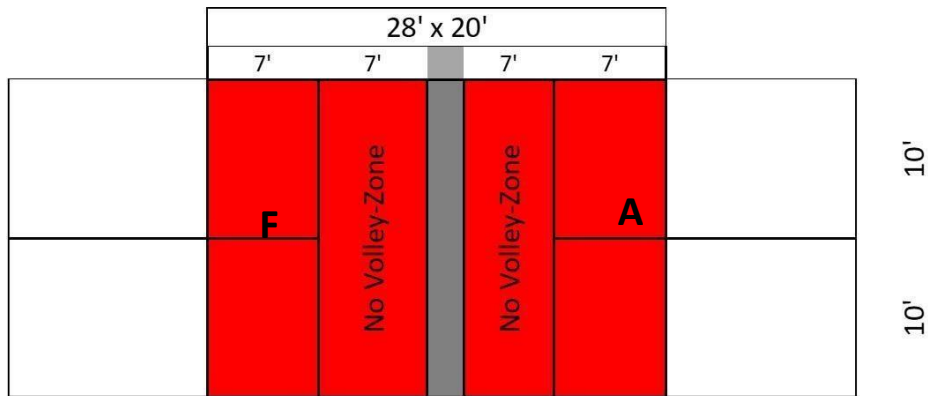


## Return of Serve

## 12 Attempts

- Athlete stands in the right service box and the Feeder (F) stands on the opposite side of the net 1 meter behind the No Volley line on center line.
- The feeder will serve 6 balls to the right side service box (3 balls to the **Forehand side** and 3 balls to the **Backhand side**)
- Repeat for the left service box.
- 1 point for each return that lands over the net in the court.
  - Note: any ball landing on a line is considered good.
- 0 points if it lands outside the court lines.
- 0 points for a missed attempt (a swing a miss counts as an attempt)
- Mark each score on the scoresheet before beginning next feed.
- The max amount of points that can be earned is 12 points.

## Court Dimensions

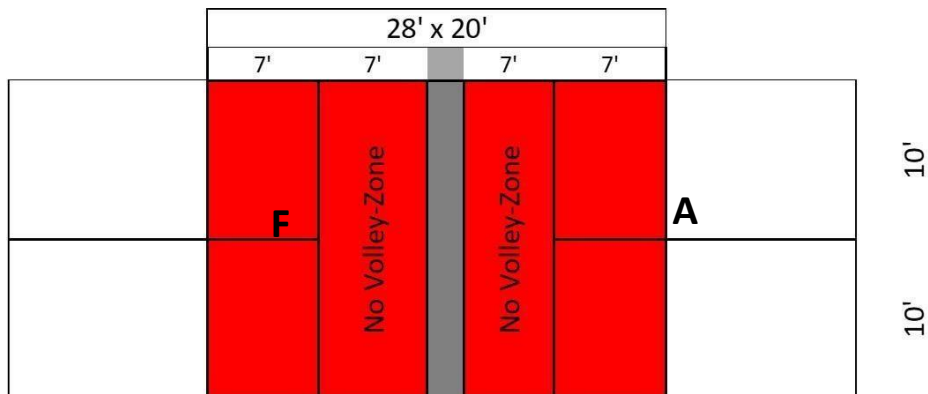


**Volleys – Must be hit out of the air, no bounce hit.**

**6 Attempts**

- Balls are hand fed alternating 3 Forehand/3 Backhand creating 6 attempts. Target is the diagonal service box.
- Athlete stands 1 meter behind the No Volley Line and the Feeder (F) stands on the opposite side of the net 1 meter behind the No Volley line on center line.
- Athlete receives 1 pt for any ball landing in bounds.
  - Note: any ball landing on a line is considered good.
- A swing and a miss counts as an attempt and receives 0 points. No score is recorded if the Athlete steps into the Non Volley Zone.
- Mark each score on the scoresheet before beginning next feed
- The max amount of points that can be earned is 6 points.

## Court Dimensions



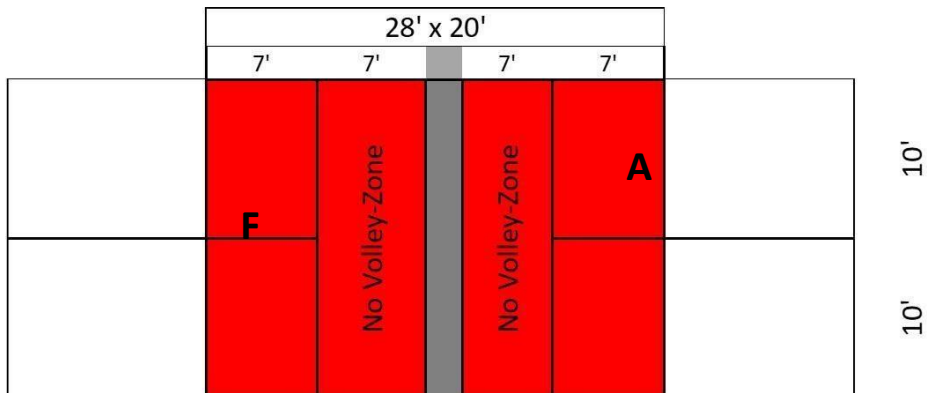
**Equipment:** 5 pickleballs, 1 clipboard, Individual scoresheets, pencils

## Groundstrokes

## 6 Attempts

- Balls are hand fed alternating 3 Forehand/3 Backhand. Target is the diagonal service box.
- Athlete stands behind the adjusted baseline and the feeder (F) stands on the opposite side of the net 1 meter behind the no volley zone line on the center line.
- Athlete receives 1 pt for ball going over the net and landing in the diagonal service box
- 0 points is recorded if the Athlete has a missed attempt or athlete steps into the Non Volley Zone.
- One consistency point is recorded for each box that has a score filled in.
- A swing and a miss counts as an attempt and receives 0 points.
- Mark each score on the scoresheet before beginning next feed.
- The max amount of points that can be earned is 12 points.

### Court Dimensions

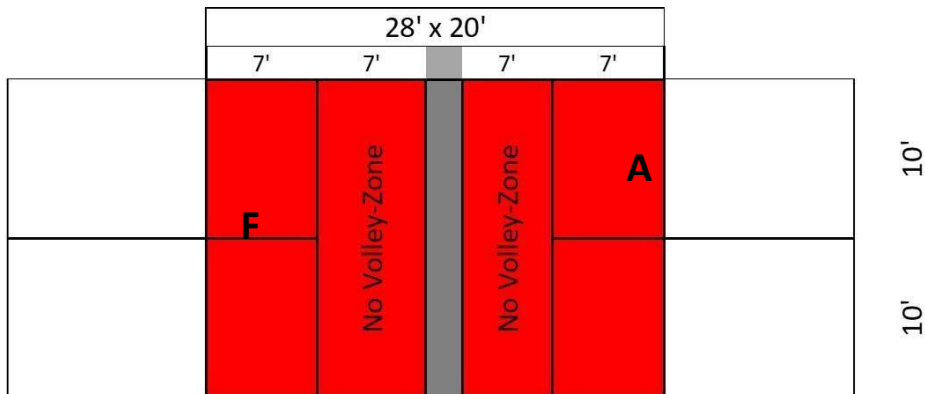


### Rally

### 3 Attempts

- Athlete will serve to an opponent (alternating right and left side)
- 2 bounce rule is in effect (When the ball is served, the receiving team must let the ball bounce before returning, and then serving team must let the ball bounce before returning, thus two bounces)
- After the 2 bounce rule is fulfilled, every hit counts as 1 point until an error ending the rally is made.
- If the 2 bounce rule is not fulfilled that rally attempt shall receive 0 points.
- Mark each score on the scoresheet before beginning next feed.
- To score add up all the points from all 3 attempts.

## Court Dimensions



## Dink Rally

## 3 Attempts

- Athlete will serve to an opponent (alternating right and left side)
- 2 bounce rule is in effect; after the 2 bounce rule is fulfilled each hit **must** be a dink hit
- Dinks must be in consecutive hits to score points, if the hit is not a dink the attempt ends.
- Scoring for each attempt is:
  - 1-2 Dinks = 1 point
  - 3-4 Dinks = 2 points
  - 5+ Dinks = 3 points
- If the 2 bounce rule is not fulfilled that rally attempt shall receive 0 points.
- Mark each score on the scoresheet before beginning next feed.
- The max amount of points that can be earned is 9 points.