
PICKLEBALL: STROKES AND STRATEGIES

CONTENTS

Introduction	2
History	2
Ready Position.....	3
Grips	4
Groundstrokes - Forehand & Backhand.....	5
Serve & Returns.....	5
Volley.....	6
Dink	8
Lob	8
Overhead Smash	9
Drop Shot	10
Shot Selection.....	11
Strategies – Singles & Doubles.....	12
Glossary of Pickleball Terms	14
Simplified Pickleball Rules	17

INTRODUCTION

Pickleball is a fun, fast-paced sport that is gaining popularity around the world. Pickleball combines elements of tennis, badminton and table tennis. It is an easy to learn sport that can be played either indoors or outdoors. It can develop into a fast paced competitive sport. In addition the sport has developed a passionate following due to its friendly social nature and its multi-generation appeal.

It is played on a badminton size court with a seamless perforated plastic ball (whiffle ball, baseball size). It is hit with a solid smooth paddle either after one bounce or in the air (volley). The object of the sport is to hit the ball over the net which is approximately 3 feet high to the opponent(s) in such a way that it cannot be returned successfully. While singles and doubles are both played, doubles is currently more popular.

The spread of the sport is attributed to its popularity within schools, community centers, YMCA facilities, clubs and retirements communities. Learn a new lifetime sport. Let's play pickleball.

HISTORY

The game of pickleball began in the summer of 1965 on Bainbridge Island, Washington, by Joel Pritchard and Bill Bell as a means of entertaining their families. An old outdoor badminton court provided a place to play.

All kinds of equipment was used and modified in pickleballs beginning. They created simple rules, staying true to the original goal of creating a game that the whole family could play together. They began with the rules of badminton, changing them to deal with the alterations they'd made.

Accounts of how the name Pickleball originate vary. Popular belief as related over the years is that the game was named after the dog "pickles." Pickles would hide in the bushes and chase down errant balls. As soon as the ball came his way, he'd dash out grab the ball and run away.

As more people played the game. The need for consistent rules and equipment standards became more important. The USAPA (United States of America Pickleball Association) was organized in 1984 to oversee the sport. They are the national governing body of the sport.

Now pickleball is played as a competitive sport around the world. New pickleball courts are being built every day. Today it is estimated that over 2 million people play pickleball, with an estimated 8 million players by 2018. From elementary school children to the senior market the sport is exploding. Get on the bandwagon and stay fit for life while having fun. PLAY PICKLEBALL.

READY POSITION

The key to your ability to play Pickleball with any degree of success is to begin in a good ready position. It is a position from which a player is ready to move quickly forward, back, side to side and diagonally forward and back. It is a dynamic, not a static position, with the players constantly alert and prepared to move quickly in any direction.

KEY POINTS TO REMEMBER

1. Maintain a base with your feet about shoulder width apart
2. Knees are slightly bent
3. Weight is on the balls of the feet
4. Focus on the ball on the other side of the net
5. Hand holds paddle chest high in front of the body
6. Hold the paddle firm but not tight
7. Be relaxed and ready to react
8. Eyes are tracking the ball

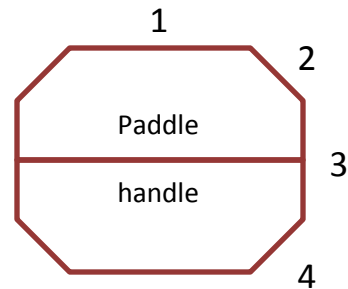
GRIPS

#1 Eastern Backhand

#2 Continental

#3 Eastern Forehand

#4 Semi-western



What grip you hit with is extremely important. Grips influence the angle of your paddle face (flat, open, closed). A good grip is an essential part of a good pickleball stroke. Grips can be confusing “eastern, western, continental, semi-western”. Let’s take a look at the different grips and there effect on the racquet angle, thus the flight of the ball.

The grip should be held firm not tight. For the forehand grip, hold the paddle in your dominant hand with the head of the paddle perpendicular to the ground and the handle facing you.

Shake hands with the paddle, wrapping your fingers around the grip with the base knuckle of your index finger aligned with the #3 position (eastern forehand) above.

Some players adjust the grip on the paddle for hitting a backhand shot, others do not. It is a matter of personal preference. To change your grip for a backhand shot, turn your hand to the left or counterclockwise (for a right handed player) so the base knuckle is now on the #1 position (eastern backhand) above. This will flatten the paddle head out. For those people who use one grip, the #2 position (continental) above is where you want to position your knuckle of your index finger. For more aggressive top spin try the #4 position (semi western) above

Good players will change their grip depending on the kind of shot they are going to take. Most important when determining the best grip to use is to select one that is comfortable and allows for good control of the paddle.

GROUNDSTROKES - FOREHAND & BACKHAND

The forehand and backhand groundstrokes are the basic strokes used whenever a player returns a ball from a position of midcourt to deep in the court. A forehand is from the same side of your body as your dominant hand, and a backhand is hit from the opposite side.

The successes of your groundstrokes are directly related to your ability to move in all directions on the court quickly and smoothly. From the moment the ball leaves the opponents paddle, you should be tracking its flight to aid you in judging the speed and direction of the ball.

KEY POINTS TO REMEMBER

1. The key to a well-executed stroke is early preparation
2. Always start from a ready position
3. Move the paddle back in anticipation of the groundstroke
4. EPP –early paddle preparation
5. Turn your shoulders and hips toward the sideline
6. Continue the backswing of the paddle until it is pointing directly at the back fence or wall
7. Shift your weight from your rear foot to your front foot
8. The knees are flexed for balance
9. Follow through by allowing your swinging arm to continue through toward the target.
10. Your head, eyes, hips and shoulders face the net
11. Practice taking the paddle back high, low and waist high at slow, moderate and fast speeds

SERVE & RETURNS

The serve puts the ball in play; therefore it could be considered the most important skill in the game. You need to be able to hit the ball legally from a position behind your baseline over the net into your opponent's service court, which is diagonally opposite you.

Perhaps the second most important skill to master is the return of serve. Keep those returns in play and don't commit any unforced errors. Don't beat yourself. Remember hit your serve and return of serve smarter not harder. Refer to the simplified rules of serving and the faults for more details.

KEY POINTS TO REMEMBER

1. A legal serve is hit with an underhand motion, not side arm or overhead. Contact must be made below the waist
2. The ball must be contacted before it hits the ground
3. The ball must clear the net and land in your opponent's court diagonally opposite the server
4. Both of the servers feet must be behind the baseline
5. If any part of the ball contacts the non-volley zone line or enters the zone it is a fault and you lose your serve
6. All other lines are considered good
7. Each side must make one groundstroke before the ball can be volleyed
8. Serves can be hard driven low over the net or slow-moving high lobs and half lobs
9. All serves should be deep in the backcourt or just dropped in over the non-volley zone line.
10. The key to serving is consistency and varying the height, speed, angle and depth of the serve.
11. Don't try to ace the service return. Accuracy is more important than a power return. Return the ball deep in the court

VOLLEY

A volley is a shot hit in the air before the ball bounces. It is used as a return of a ball that travels with force usually close to the top of the net. It is executed from a position just behind the non-volley zone, and it can be offensive or defensive in nature. A volley is offensive when the flight of the ball that you hit is downward, allowing you to put more force on the ball. A

volley is defensive if you make contact with the ball below the height of the net. The ball you hit is traveling upward (open face) giving your opponents the opportunity for an aggressive return.

There are a variety of volleys each with different types of spin and paddle angles. The physics of spin on a ball means that topspin, backspin (chop/slice), and a flat shot will travel very differently. A flat volley will bounce higher than a backspin volley, while not as high as a topspin swinging volley. If your opponent hits a topspin swinging volley the ball will drop down faster causing it to bounce higher. By contrast, a backspin slice volley will bounce lower. See the glossary of terms for the different types of volleys.

The closer you get to the non-volley zone line the more angles you have at your disposal. Think smarter not harder. Volleys are usually made at the net. Your entire demeanor at the net should be confident and strong. You should be in the ready position focused on the ball to make solid contact.

KEY POINTS TO REMEMBER

1. Ready position, face the net, flexed knees, balanced
2. Keep the paddle chest high between you and the net
3. Keep backswing and follow through short
4. Go to the ball – keep the action in front of you
5. Be patient – don't rush your shot
6. Be light on your feet – ready to attack
7. Grip the paddle firmly – not tightly
8. Adjust the paddle angle. If the ball is coming in to you high, slightly close the face of the paddle. If the ball is closer to the top of the net, square the face up. If the ball drops below the net you will have to open the paddle face and bend your knees to make a good shot.
9. Keep your arm movements short , quick and from the shoulder
10. Try to place the volley down the middle
11. Keep your movements simple and controlled

DINK

To be a good pickleball player you must learn and perfect several skills, none more important than the dink shot. A dink is a soft shot, made with the face of the paddle open, and hit so that it just clears the net and drops into the non-volley zone. It is hit after the ball bounces. Remember you can step into the non-volley zone any time except when you are hitting a volley. After the ball bounces you can go all the way to the net to hit the ball, providing you do not touch the net with any part of your body, clothing or paddle. Your entire soft net game depends on your ability to execute consecutive dink shots with success.

KEY POINTS TO REMEMBER

1. Stand just behind the non-volley zone in a good ready position
2. Hold the paddle in front of your chest
3. The head of the paddle is perpendicular to the ground. This allows a quick smooth movement to either side
4. Move to the ball using short quick steps
5. Bend low and keep your balance
6. Reach for the ball with an open paddle face
7. Step forward with your right foot (for a righty)
8. Contact the ball low to the ground with a lifting action
9. Dinking can continue for quite a long time. Don't be impatient. The dink requires a soft, delicate touch

LOB

This shot is used when you need to drive your opponent away from the net and back to the baseline (offensive lob) or when you need time to recover from a shot that has forced you out of position (defensive lob). The lob should travel over your opponents head and land just inside the baseline. A well-executed lob requires a feel for knowing how hard to hit the ball and how much loft to apply. Think of it as being a soft lift of the ball, not a brisk hit.

KEY POINTS TO REMEMBER

1. When executing a lob, approach the ball as if you were going to hit a groundstroke from the ready position
2. Hit with an open paddle face, less power and a higher follow through
3. Keep your head steady and your eyes on the ball
4. Swing the paddle arm forward and contact the ball with a lifting motion
5. Shift your weight from your rear foot to your forward foot
6. Follow through quite high, with your paddle following the trajectory of the ball
7. Hit with enough loft over opponents outstretched arms and paddle
8. The more deceptive you are as you execute the offensive lob, the more effective it will be
9. Hit a defensive lob as high in the air as possible

OVERHEAD SMASH

The overhead smash is the most aggressive offensive shot in pickleball. The smash is a forceful hit executed as high in the air as the player can reach and directed downward at a sharp angle into your opponent's court. A well-executed smash is almost impossible to defend.

The overhead smash is used as a return of a high lofted ball hit by the opponents. It's important to keep the paddle angle closed, with the top of the paddle angled downward. If you don't close the face, this shot will most likely travel too high and head out of bounds. Don't close the face too much, however, as this will put the ball into the net.

The closer you are to the non-volley zone line the sharper the downward angle you can put on your smash. The smash can only be executed with high balls, either from a bounce or volley, or with lobs, especially those that aren't executed well and fall short.

KEY POINTS TO REMEMBER

1. Move to a position behind the ball
2. Track the flight of the ball with your eyes. As you move into position turn sideways and point your non paddle hand at the ball
3. Bring the paddle up behind your head (answer the phone)
4. Swing the paddle arm up and forward so that you contact the ball high in the air (high five the giant)
5. Shift your body weight from the rear foot to the forward foot
6. After ball contact follow through letting your arm continue in a downward arc across your body and toward the ground (put the sword away)
7. Know where you are on the court at all times

DROP SHOT

A drop shot is a very important shot because many players feel it should be used almost automatically as the third shot in every doubles game. A typical rally in a well-played pickleball game will include the first shot of a serve that lands deep in the court diagonally across from the server; the second shot of a return of serve that is high and deep giving the serve receiver time to get to the non-volley zone line to join his partner; and the third shot of a drop shot hit by a player on the serving team. That shot then, is followed up with both partners hustling to the non-volley zone line.

A drop shot is hit off a bounce from deep in the court. While the body position of the player hitting the drop shot resembles that of a player hitting a ground stroke, the forward swing of the paddle arm is slower. The object of hitting a drop shot is to give the team deep in their court (usually the serving team) the opportunity to follow up the shot to the non-volley zone line. You don't want to angle the ball too high or your opponents will smash it back at you; don't send the shot too low or the ball won't make it over the net. When hit correctly, the ball will just drop over the net and land in the opponents non-volley zone.

KEY POINTS TO REMEMBER

1. Move like you are hitting a groundstroke
2. As you take the paddle back, open the face of the paddle slightly
3. As you move forward with your paddle arm, focus on a soft, controlled contact with the ball
4. Your weight should shift from your rear foot to the forward foot
5. After contact, follow through toward your target
6. The flight of the ball should be somewhat lofted
7. Most important when executing a drop shot is that it be soft and controlled

SHOT SELECTION

As in any other racquet or paddle sport that includes a net, a game of pickleball involves players' selecting a type of shot based on the type and direction of the hit coming to them from the other side of the net. There is an initial pattern or sequence of shots that produce exciting exchanges between teams. You must become familiar with the sequence. You must practice each shot in the total game over and over until you are confident that, when called on to use that shot you can execute it with good control.

The following sequence of shots is ideal because it provides a means for all four players to get to the net. Rallies are won and points are scored from the net, not from the baseline or midcourt (no man's land). First work on serving the ball deep 100 percent of the time. Then return the serve slow, deep, and down the middle. Finally make the third shot, which ideally is the drop shot. The third shot will determine whether the serving team can get to the net and consequently has a chance at winning the rally. If you haven't mastered the drop shot, hit a groundstroke down the middle or down the right sideline as a passing shot or hit a lob. You have to put the serve receive team on the defense to enable you and your partner to get to the net. Master the four shot sequence below.

FIRST SHOT – SERVE

1. Serve the ball deep, into the proper court
2. After the serve you and your partner stay back

SECOND SHOT – RETURN OF SERVE

1. Hit a return that is down the middle slow and deep
2. Hitting it slow gives you time to follow up your shot to the non-volley zone line so you are side by side with your partner

THIRD SHOT – DROP SHOT, GROUNDSTROKE, LOB

1. A drop shot that you and your partner follows up to the non-volley zone line
2. A hard groundstroke down the middle causes confusion
3. A lob that forces the serve receive team deep

FOURTH SHOT – DEPENDS ON THIRD SHOT

1. If the third shot is a drop shot, the fourth shot most likely will be a dink return. All four players are now at the non-volley zone line and dink back and forth
2. If the third shot is a groundstroke down the middle, the fourth shot would most likely be a volley
3. If the third shot is a lob, the fourth shot would most likely be either a groundstroke or another lob off the bounce

Once all four players are at the net, what happens is dependent on which player commits the first error.

STRATEGIES – SINGLES & DOUBLES

As you learn and perfect the skills of pickleball and play more competitive games, you begin to realize that there's more to it than hitting the ball back and forth across the net. Pickleball players vary in terms of their

objectives for playing the game – from the recreational player whose goal is to get exercise in a fun way to the competitive tournament player. The process of learning the game and then being able to play as well as you can is the same. You must be able to control the ball coming off your paddle, and you must be able to execute each skill and know when to use it in a game situation. Then you can start thinking about strategy.

Not enough can be said about keeping the ball in play. Give your opponents an opportunity to beat themselves. Three out of four rallies are won or lost because of errors. Below are some suggestions for your doubles strategy.

1. Strive for 100 percent accuracy on serves
2. Don't let anything down the middle. The forehand player has the primary responsibility for balls down the middle
3. Communicate, communicate, and communicate
4. Anticipate what the return shot will be and move into a position to cover the angle of the return shot
5. Move up to and back from the net together as a team
6. Move left and right together, both at the baseline and at the net
7. Always know where you are on the court and where the boundary lines are
8. Once you are at the kitchen, stay there
9. Always strive for placement and control rather than speed when you hit the ball
10. Unforced errors happen. Forget it and move on
11. Have fun! Pickleball is the best. Enjoy being on the court, being social, and getting exercise all at once. There are definitely worse places you can be than on a pickleball court, so while you are there, get your game on and have fun!

Singles play is much more demanding physically. The obvious difference between singles and doubles is that only one player is competing against one opposing player in a singles game. When the server's score is even, he serves from behind the right service court, when his score is odd, he serves from

behind the left service court. The skills are the same, although in singles soft shots at the net (dinks) are not as prevalent as in doubles. The server stands right next to the center line so that he can easily move either to the right or left to get to the return shot. Playing pickleball singles requires a player not only to be in good physical condition but also to be able to anticipate the next shot from the opponent. There's no partner to help cover the court.

In any game, you must be able to execute the required skills with some degree of consistency before you can hope to use strategy effectively during competition.

GLOSSARY OF PICKLEBALL TERMS

<i>Ace</i>	A serve that is not returned by the opponent.
<i>Approach Shot</i>	Any shot which allows you to approach the net. A forehand or backhand that is driven deep in your opponent's court.
<i>Backcourt</i>	The area of the court within a few feet of the baseline.
<i>Backspin</i>	Spin imparted to the ball by stroking it from high to low, causing it to spin back to the net once it bounces.
<i>Baseline</i>	The back line of the court (22 feet from the net).
<i>Centerline</i>	The line bisecting the service court that extends from the non-volley zone line to the baseline.
<i>Cross-Court</i>	The opponents court diagonally opposite yours.
<i>Dink Shot</i>	A soft shot that is intended to arc over the net and land within the non-volley zone.
<i>Double Bounce Rule</i>	After a serve, each team must play their first shot off the bounce, after which the ball can be played off the bounce or volleyed.
<i>Doubles</i>	A game played with teams of 2 players on each side of the net.

<i>Drive Shot</i>	A powerful stroke hit low and fast.
<i>Down the Line</i>	A shot hit near a sideline that travels close and parallel to the same line.
<i>Drop Shot</i>	A soft shot, usually initiated from mid to back-court, that arcs just over the net and lands within the opponent's non-volley zone. This allows you and your partner to get to the net.
<i>Drop Volley</i>	A soft volley that is designed to slow the speed of the ball and return it short, just over the net. This shot is especially effective when initiated close to the non-volley line.
<i>Fault</i>	A fault is any action that stops play because of a rule violation.
<i>Follow Through</i>	A continuation of the motion of your swing that follows the direction you wish the ball to travel.
<i>Groundstrokes</i>	Hitting the ball after one bounce. <i>Forehand Stroke</i> , made from the same side of your body as the hand holding the paddle. <i>Backhand Stroke</i> , made from the side of the body opposite from the hand holding the paddle. <i>Half Volley</i> , is a groundstroke made just after the ball has bounced. Usually hit just a few inches from the ground.
<i>Half Volley</i>	A groundstroke in which the paddle contacts the ball after it bounces but before it rises to its potential height. Usually hit just a few inches from the ground
<i>Kitchen</i>	An affectionate name for the non-volley zone.
<i>Let</i>	A serve that touches the top of the net and lands in the proper service court (it is replayed without penalty). A let may also refer to rally that must be replayed.
<i>Lob Shot</i>	A very high and soft shot that is intended to land near the baseline. It forces the opponent back to the baseline.

<i>Midcourt</i>	The area between the non-volley zone and the backcourt.
<i>Non-Volley Zone</i>	A seven-foot area adjacent to the net within which you may not volley the ball.
<i>Overhead Shot</i>	A shot made with the paddle over head height. Often synonymous with a smash or slam. Usually resulting from an opponent's lob, high return, or high bounce.
<i>Passing Shot</i>	A shot that gets by the reach of your opponent
<i>Placement Volley</i>	Hitting the ball while it is in the air, before it bounces. This shot is placed beyond the reach of the player and lands inbounds.
<i>Poach</i>	In doubles, to cross over into your partner's area to play a ball. An aggressive shot that puts a lot of pressure on your opponents.
<i>Rally</i>	Hitting the ball back and forth between opponents.
<i>Serve/Service</i>	An underhand lob or drive stroke used to put a ball into play at the beginning of a point.
<i>Server Number</i>	When playing doubles, either "1" or "2," depending on whether you are the first or second server for your side.
<i>Slice</i>	Another name for backspin or underspin. Hitting the bottom half of the ball with a chopping motion (High to Low).
<i>Spin</i>	When you hit the ball off center the ball will spin.
<i>Swinging Power Volley</i>	A ball hit out of the air with an aggressive swing usually hit with topspin for a winner.
<i>Topsin</i>	Spin applied to the ball by stroking it from low to high.
<i>USAPA</i>	United States of America Pickleball Association. The national governing body of pickleball in the USA.
<i>Volley</i>	Hitting the ball in the air, during a rally, before the ball has a

chance to bounce onto the court.

SIMPLIFIED PICKLEBALL RULES

A complete set of rules may be obtained from the United States of America Pickleball Association on their web site (www.usapa.org).

GAME AND MATCH

In tournaments, a match will usually consist of the best 2 out of 3 games to 11. A game is over when one player or team reaches 11 points and is leading by at least two points. If the score is tied at 10-10, then the game continues until one player or team wins by two points. Players switch sides after the first game. If a third game is needed, the players will switch sides after the first player or team gets to 6 points, and the game will then continue to its conclusion.

SERVING

In Pickleball a player or team can only score points when serving

- Players must announce the score prior to serving. Always call the server's score first!
- The serve must be made with an underhand stroke so that contact with the ball is made below waist level.
- **Underhand Defined:** The arm must be moving in an upward arc and the paddle head shall be below the wrist when it strikes the ball. Both feet must remain behind the baseline, and at least one of your feet must be in contact with the ground when the paddle contacts the ball. You must also serve from within the confines of the serving area. These confines lie behind the serving court baseline and on or behind imaginary lines that extend from the court centerline and sideline.
- Serves must land in the diagonal backcourt behind the opponent's non-volley zone line. Each player is allowed only one serving attempt unless it is a "let" serve. A let serve occurs when the serve hits the net and still

lands in the correct service court. If this occurs, the serve is played over. Each player will continue to serve until he does not win a point.

SERVING IN DOUBLES

- **At the start of each new game**, only one player on the first serving team is allowed a service turn before giving up the ball to the opponents. Thereafter both members of each team will have a service turn before the ball is turned over to the opposing team.
- In doubles, the player on the right at the start of a service turn, will be the first person to serve for their team and will continue to serve until he or she does not win a point. Then his or her partner will serve until he or she also does not win a point. Then it is the other team's turn to serve.
- When the serving team scores a point, the server moves to the other side of the serving team's court. The receiving team should never switch sides.
- If the serve rotation is done properly in doubles, the serving team's score will always be even when the player that started the game on the right side is on the right side and odd when that player is on the left side. In doubles the player in the right-handed court always starts service for the team.

SERVING IN SINGLES

- In singles, the server will serve from the right when he has an even number of points (0, 2, 6, 10). The server should serve from the left when he has an odd number of points (1, 3, 7, 9). The receiver should adjust their position according to where the server stands.

NON-VOLLEY ZONE (THE KITCHEN)

To volley a ball means to hit it in the air without letting it bounce. All volleying must be done with the player's feet behind the non-volley zone. You may step or stand in the non-volley zone at any time, but if your feet are in the zone, you must play the ball off the bounce. It is not a fault if your paddle moves in the air over the non-volley zone.

- If a player's momentum causes them to step on or over the non-volley line after hitting a volley they have committed a fault.
- If a player's paddle, clothing, hat, or any part of their body touches any part of the non-volley zone while hitting a volley or because of their forward momentum after hitting the ball it is a fault.
- A player may jump across the no-volley line after hitting a volley if they don't touch any part of the non-volley zone including the lines while doing so.

DOUBLE BOUNCE RULE

Each team must play their first shot off the bounce. That is, the receiving team must let the serve bounce and the serving team must let the return of the serve bounce before playing it. After the two bounces have occurred, the ball can either be volleyed (behind the non-volley zone) or played off the bounce.

FAULTS

The ball may only bounce once per side. After the ball is hit by a player, it must travel to the other side of the net. You (or your team) are responsible for line calling on your side of the court.

If the ball hits one of the sidelines or the baseline, it is a playable ball. When a player or team fails to win the rally they are said to have made a **fault**. Some, but not all of the things that cause a fault is listed below:

- Serving the ball into an incorrect area.
- Hitting the ball out of bounds.
- Volleying the ball before it has bounced once on each side.
- Hitting the ball into the net or hitting the net with your paddle or body.
- Hitting the ball while in the non-volley zone before it is allowed to bounce.
- Touching the non-volley zone with your paddle or clothes while attempting to hit a volley.
- Stepping on or over the non-volley zone line on a follow through.
- Missing the ball when you try to hit it.
- Server swings the paddle with the intent of hitting the ball but misses.

- Only the designated receiver may return the serve. If the other player touches (or is touched) by the ball first, it is a fault.
- You lose the rally if you are hit by a ball in play. It doesn't matter where you are standing when the ball hits you (even out of bounds). It's your fault if you are in the way of the ball.
- Your paddle hand (from the wrist down) is considered part of the paddle, so shots made off the hand or fingers are legal. If you hit the ball with any part of your arm or body, It's a fault.
- The net posts are out of bounds, so any ball touching a net post creates a fault.
- If you hit a ball that goes over the net, bounces, and then comes back over to your side without your opponents having touched it, it's a fault for them.
- The partner not receiving the serve may stand anywhere on his side of the net, even out of bounds or within the receiving player's box.