



## **Youth Pickleball League Rules**

### **Double Bounce Rule**

After the serve, each team must let the ball bounce once before hitting it. This means the receiving team must let the serve bounce, and the serving team must let the return bounce before volleying.

### **Non-Volley Zone (Kitchen) Rule**

Players cannot volley (hit the ball before it bounces) while standing in the 7-foot "kitchen" area. They also cannot step into the kitchen after hitting a volley.

### **Serving Rules**

The serve must be hit underhand, below the waist, and served diagonally into the opponent's service court. Only one serve attempt is allowed (unless there's a "let" where the ball clips the net and lands in the correct service area). A coin flip will determine who serves first. Home Team will call the flip.

### **Scoring System**

Only the serving team can score points. Games are typically played to 11 points, and a team must win by 2 points. The person serving will call the score before serving.

### **Out of Bounds**

A fault occurs if the ball is hit out of bounds, does not clear the net, is volleyed before the double bounce rule is followed, or if a player volleys while standing in the kitchen.