



PCYC Pickleball Welcome Pack

Pickleball at PCYC

PCYC NSW pickleball activities are for our community members who are looking for a fun and easy way to stay active while enjoying the thrill of friendly competition.

Pickleball an ideal activity for people of all fitness levels, including seniors and is an easy way to incorporate exercise into your day, in a way that's easy-going and relaxed.

At the same time, pickleball is also a very social game. At PCYC, many groups gather at our clubs on a regular basis to compete against one another for fun. Whether you're playing solo or as a pair, you can enjoy the perks of this great game.

At most PCYC clubs, Pickleball is played indoors and can thus be played year-round regardless weather conditions.

Pickleball Safety and Warm-up

While pickleball can be an easy-going activity, it is important to warm-up before playing for optimal flexibility, movement, improved performance and injury prevention. See below for a brief warm-up guide from USA Pickleball.

Prior to playing

Getting ready to play also includes wearing proper shoes, not playing beyond your abilities and giving existing injuries time to heal and rest before you resume pickleball. As well as checking with your doctor regarding any exercise and physical conditions that may exist and knowing your exercise limits. You can refer to your **Club Membership Form** for our full Terms & Conditions regarding participation and risk.

Cardio warm-up

General warm up of all major muscles! This might include jogging in place or a fast walk around the courts for 5 minutes.

Stretching

Begin with your ankles and work up towards the shoulder and neck area. For each muscle group, hold for 10-15 seconds – relax and repeat 3-5 times.

- Ankles
- Achilles tendon
- Calf muscle
- Quadriceps (front of upper leg)
- Hamstrings (back of upper leg)
- Lower back
- Shoulders and arms

Rules Summary and Rulebook

Basic Rules Summary from USA Pickleball:

- Pickleball is played either as doubles (two players per team) or singles; doubles is most common
- The same size playing area and rules are used for both singles and doubles
- Both players on the serving doubles team have the opportunity to serve and score points until they commit a fault *(except for the first service sequence of each new game).
- Any fair method can be used to determine which player or team has first choice of side, service, or receive. (Example: Coin Flip)
- The first serve of each side-out is made from the right-hand court.
- If a point is scored, the server switches sides and the server initiates the next serve from the left-hand court
- Games are normally played to 11 points, win by 2.
- Tournament games may be to 15 or 21, win by 2.
- A ball contacting any line, except the non-volley zone line on a serve, is considered “in.”
- A serve contacting the non-volley zone line is short and a fault.

For a more detailed Rules Summary please visit Pickleball NSW’s website.