

# PICKLEBALL KITCHEN RULES

## 10 TIPS CHEAT SHEET



KNOW THE KITCHEN. PLAY SMART. STAY OUT!



### 1. THE KITCHEN IS 7 FEET

The kitchen (non-volley zone) is the 7-foot area on each side of the net, measured from the net.



### 2. NO VOLLEYS IN THE KITCHEN

You cannot volley (hit the ball in the air) while standing in the kitchen. Let the ball bounce before hitting if you are in the zone.



### 3. KEEP YOUR FEET OUT

You cannot have any part of your body touching the kitchen (including the lines) when you volley the ball.



### 4. YOU CAN HIT GROUNDSTROKES

You can be in the kitchen to hit the ball after it has bounced. Groundstrokes are allowed in the kitchen.



### 5. STEP IN AFTER THE BOUNCE

You can step into the kitchen after the ball has bounced, even if the bounce happened outside the kitchen.



### 6. MOMENTUM CARRIES INTO THE KITCHEN

If you are moving and your momentum carries you into the kitchen after a volley, it is a fault. Stop outside the kitchen before volleying.



### 7. THE LINES ARE PART OF THE KITCHEN

The kitchen lines are included in the non-volley zone. You cannot touch the lines when volleying.



### 8. THE RULE APPLIES ON BOTH SIDES

The kitchen rule applies to both teams. Everyone must follow the non-volley zone rule.



### 9. COMMON EXAMPLE

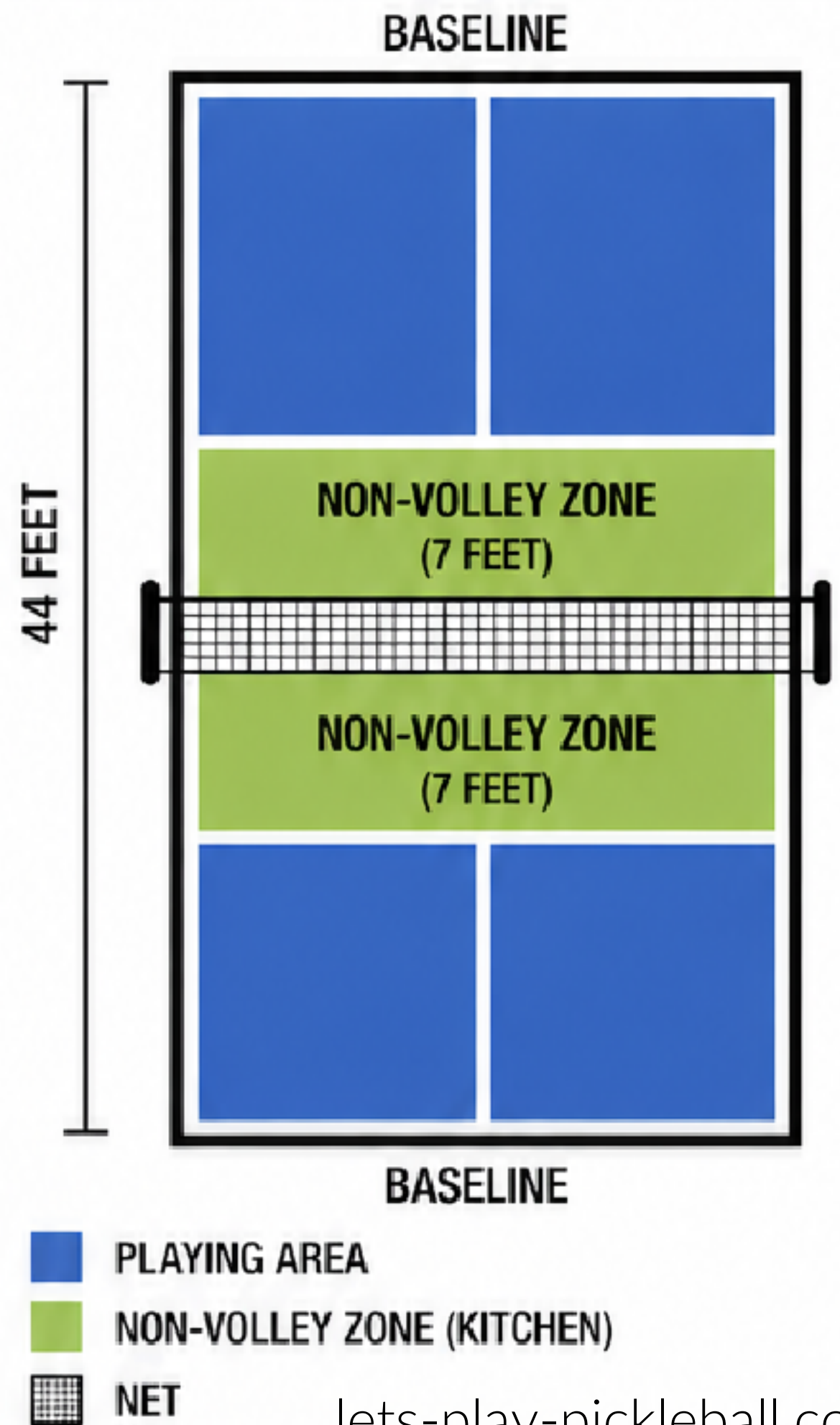
It is legal to stand in the kitchen and dink (hit a soft shot) after the ball bounces, but not to volley.



### 10. PLAY SMART & RESPECT THE RULES

The kitchen rule keeps the game fair, promotes longer rallies, and makes pickleball more enjoyable for everyone!

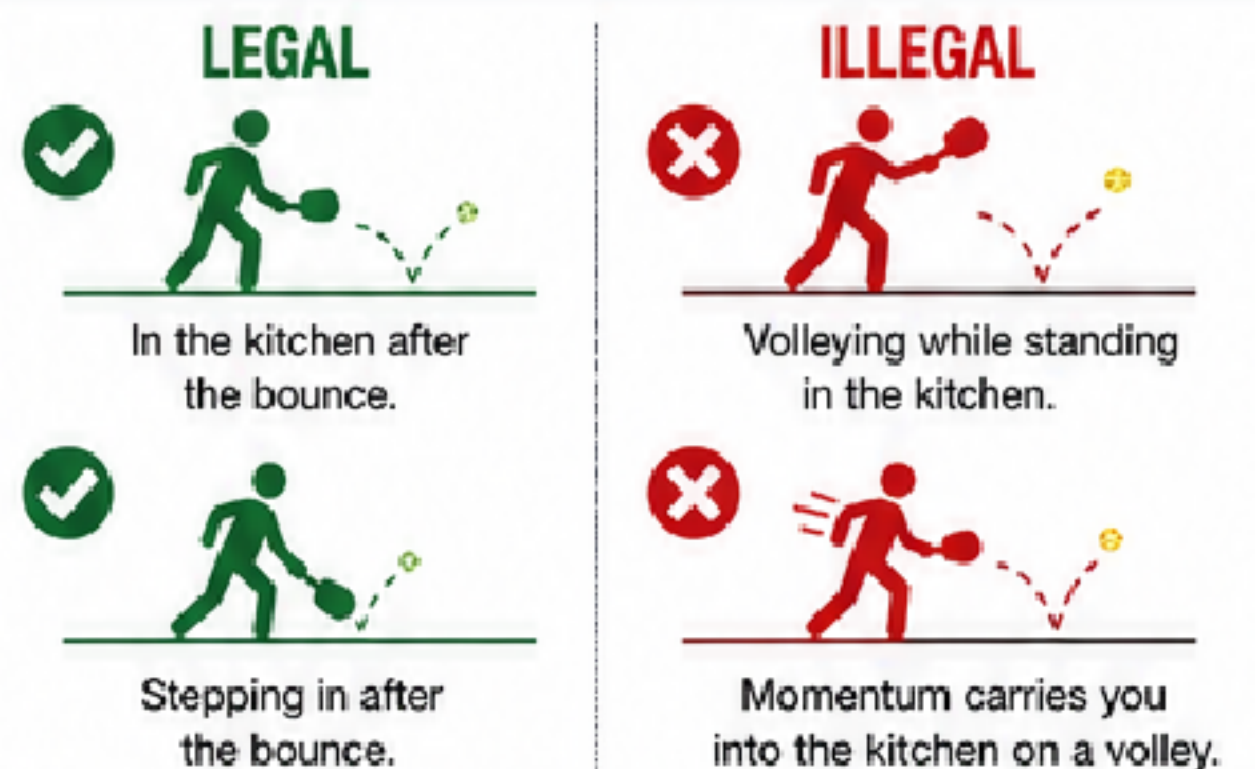
### PICKLEBALL COURT OVERVIEW



### KEY REMINDERS

- ✓ No volleys while standing in the kitchen.
- ✓ You may hit the ball after it bounces.
- ✓ Keep your feet and body out of the zone when volleying.
- ✓ The lines are part of the kitchen.
- ✓ Make smart shots and enjoy the rally!

### LEGAL vs ILLEGAL



FOLLOW THE KITCHEN RULES. RESPECT THE GAME. LOVE PICKLEBALL!

