

1. The game is named after the inventor's dog, "Pickles", who chased after the ball.
2. Scoring - Games are to 11 points. Points are won by the serving team. The starting score is 0, (serving team), 0 (receiving team), 2- as the starting gets one serve until they "fault". After that, each team gets two serves, and will continue serving, until that team has faulted twice. This results in a "side out", with the serve going over to the other team.
3. The grip – "Shake hands" with the paddle, or the so called continental grip.
4. The athletic (or ready) position. Paddle up, in front of your chest, out from your body. This position is the same at the serving (base) line and at the kitchen (no volley line).
5. The serve is hit with an underhanded motion. The paddle head must be below the wrist and the point of contact with the ball must be below the waist (navel). To serve - pause, relax, aim/focus on the middle of the serving block, then while keeping your eye on the ball, toss it about 12 inches up, and hit a looping serve to your target. You have to call out the score before every serve – remember the opening score is 0 - 0 - 2
6. Return of serve - The ball must bounce once before you hit it. While keeping your eye on the ball, hit a soft looping return to the deep middle part of the court. The reason for this, is that it gives you time to quickly move up the "kitchen" line.
7. The serving team, after allowing the return of serve to bounce once (double bounce rule), should hit a soft dropping shot just over the net in the middle of the court. As you are advancing to the net when the other team makes *contact with the ball*, STOP, get set, HIT keeping your eye on the ball, and MOVE after hitting the ball.
8. Speaking of bounces, you cannot step into and hit the ball in the "kitchen" (area out 7 ft. from the net) unless it bounces first in the kitchen.
9. A volley is hitting the ball in the air. As the ball can move fast, always be ready.
10. Strategies - Aim for the middle. As you progress, aim deeper – in the middle. Communicate with your partner. Say "Mine, Yours, I got it, Out". While at the "kitchen" line, Dink, from side to side, keeping the ball in play, waiting for your opponents to put the ball up in the air, then you put it away. Patience, and shot placement will most often beat power and speed!
11. Safety tips: Don't run/walk backwards to chase after the ball. Don't play on a wet/slippery court. Play at your own risk!

Now, go play a game, and let the fun begin!