

## APRIL 24 Pickleball Report by Ruth Lapworth



Two of our pickleball sessions this spring have been cancelled due to bank holidays which makes the month long gap between sessions frustrating for those of us addicted to the game. The consensus of the group is that we look at changing the frequency of sessions on our return to Teesdale Leisure Centre.

We are following rules for playing the game issued by the International Federation of Pickleball of which Pickleball England is a member. These rules are designed for playing as a recreational sport, in an organised league or for competitive tournaments.

The rules specify the game is played with special balls and paddles. The plastic balls come in various colours and are designated for either indoor or outdoor use. Each ball must weigh between 22.1g and 26.5 g with 26-40 circular holes. Those used for indoor play have larger size holes (ie are lighter) compared to those used for outdoor play. We have noticed a slight variation in weight of different coloured balls so we hope to purchase a new set of uniform colour later in the year.

The paddle used for playing pickleball is a distinctive rectangular shape. They can be made of wood, graphite or with an inner honeycomb structure of polypropylene sandwiched between 2 fibreglass faces and price varies according to material and manufacturer. The paddle itself is about 15 inches long with an approximately 5 inch handle. A number of players have now bought their own paddles which means we can make good use of 2 courts.

As we become more familiar with the various rules and scoring it makes for better games and more fun (an underlying principle of the game).

If you would like to join our group to learn the game, please contact the group convenor, Ruth Lapworth ([ruth.lapworth@hotmail.co.uk](mailto:ruth.lapworth@hotmail.co.uk) 07787978696). All are welcome, but please note a reasonable level of fitness is required as although pickleball is not as demanding as tennis, it does involve physical movement, good hand - eye coordination and ball skills.