



# Special Olympics Pickleball Individual Skills Competition (ISC)



Name: \_\_\_\_\_ Gender: \_\_\_\_\_ DOB: \_\_\_\_\_ Age: \_\_\_\_\_

Delegation: \_\_\_\_\_ Coach: \_\_\_\_\_

Volley (12 attempts)			Groundstroke (12 attempts)			Serve (12 attempts)			Return of Serve (4 attempts)		
A /UP stand center 10' from net			A /UP stand center 10' from net			14' from net					
Forehand CC	1		Forehand CC	1		Right Service Area Wide	1		Attempt -RSA	1	
Backhand CC	2		Backhand CC	2		Right Service Area Wide	2		Attempt -RSA	2	
Forehand CC	3		Forehand CC	3		Right Service Area Wide	3		Attempt -LSA	3	
Backhand CC	4		Backhand CC	4		Right Service Area Middle	4		Attempt -LSA	4	
Forehand CC	5		Forehand CC	5		Right Service Area Middle	5		<b>Sub Total</b>		
Backhand CC	6		Backhand CC	6		Right Service Area Middle	6		<b>Consistency</b>		
Forehand DL	7		Forehand DL	7		Left Service Area Wide	7		<b>4. Total</b>		
Backhand DL	8		Backhand DL	8		Left Service Area Wide	8		<b>Dink Rally - 9' from net # of rallies completed</b>		
Forehand DL	9		Forehand DL	9		Left Service Area Wide	9		A-Serve Right Area	1	
Backhand DL	10		Backhand DL	10		Left Service Area Middle	10		F-Serve Right Area	2	
Forehand DL	11		Forehand DL	11		Left Service Area Middle	11		A-Serve Left Area	3	
Backhand DL	12		Backhand DL	12		Left Service Area Middle	12		F-Serve Left Area	4	
<b>Sub Total</b>			<b>Sub Total</b>			<b>Sub Total</b>			<b>Sub Total</b>		
<b>Consistency</b>			<b>Consistency</b>			<b>Consistency</b>			<b>Consistency</b>		
<b>1. Total</b>			<b>2. Total</b>			<b>3. Total</b>			<b>5. Total</b>		

### Mobility Table

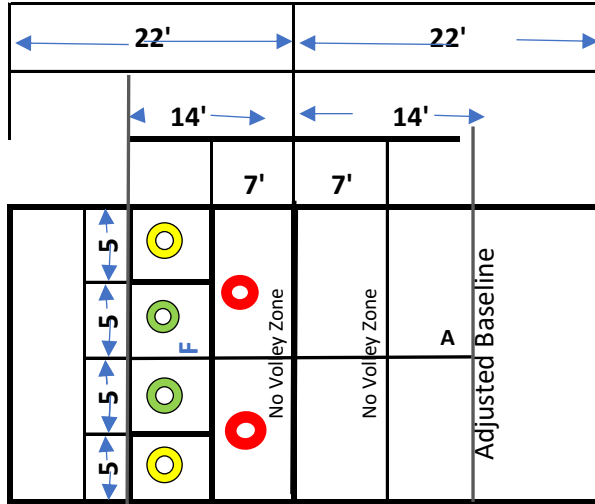
Time	30	29	28	27	26	25	24	23	22	20	19	18	17	16	15
Score (Circle one)	1	2	3	4	5	6	7	8	9	12	16	21	27	34	42

Add Totals and Mobility = Grand Total

1. Total	2. Total	3. Total	4. Total	5. Total	6. Mobility	Grand Total

# Special Olympics Pickleball ISC Diagram and Directions

Court Dimensions



## ISC Volunteers Needed

**Need: Feeder, Scorer, Indoor Pickleballs and Ball Person**

### Set up

36" hula hoop		4pt	Place 1' in from Sideline and
36" hula hoop		4 pt	Place 1' in from Center Line and 2'
36" hula hoop		2 pt	Place 3.5' in from Center Line

F=  
Feeder

**Equipment:** 1 hula hoop, 5 pickleballs, pickleball holders, 1 stop watch, 2 clip boards, Individual score sheets, pencils

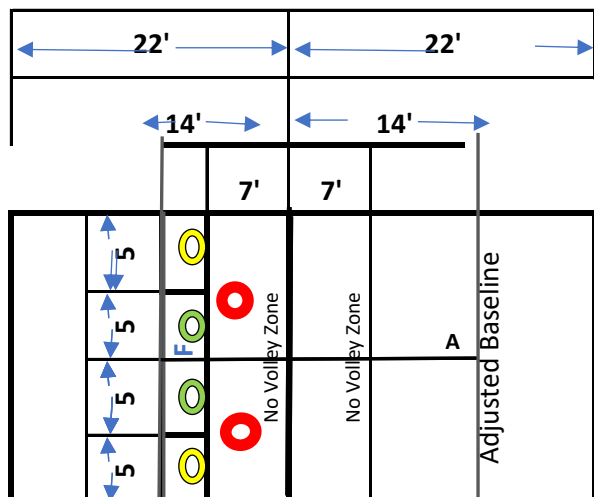
## Groundstrokes

### 12 Attempts with 2 practice

- Balls are paddle fed or hand fed, as long as it remains constant for every player. Feeder (F) positioned at the center line and No Volley Zone Line
- Athlete stands behind the adjusted baseline and receives 2 practice balls.
- Balls are paddle fed or hand fed, as long as it remains constant for every player. Target is Cross Court (CC)
- Athlete receives 1 pt for ball going over the net and additional pts for landing in target area. See above Pt value.
- Athlete receives 6 paddle fed groundstrokes alternating Forehand and Backhand Target is Down the Line (DL)
- Athlete receives 1 pt for ball going over the net and additional pts for landing in target area. See above Pt value.
- Mark each score on the scoresheet before beginning next feed
- No score is recorded if Athlete steps into the Non Volley Zone and the ball has not bounced in that area.
- One consistency point is recorded for each box that has a score filled in.
- A swing and a miss counts as an attempt and receives 0 points.

## Special Olympics Pickleball ISC Diagram and Directions

Court Dimensions



Set up

36" hula hoop		4pt	Place 1' in from Sideline and 2' from No Volley Line	F = Feeder
36" hula hoop		4 pt	Place 1' in from Center Line and 2' from No Volley Line	
36" hula hoop		2 pt	Place 3.5' in from Center Line and 2' from net.	

### Volleys - Must be hit out of the air, no bounce hit.

### 12 Attempts with 2 practice

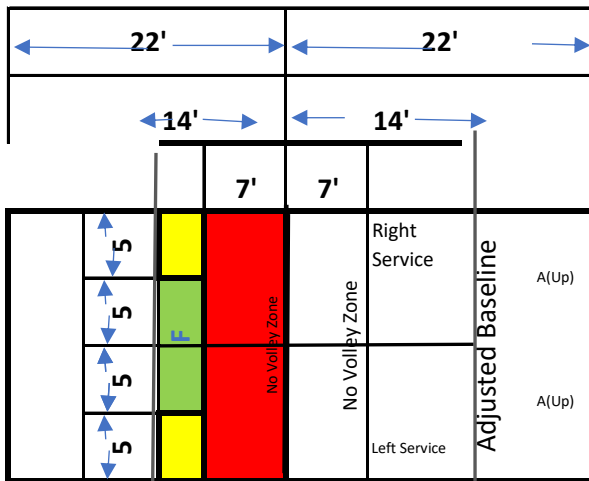
- a. Balls are paddle fed or hand fed, as long as it remains consistent for every player. Feeder (F) positioned at the center line and No Volley Zone Line
- b. Athlete (A) start 3' behind Non Volley Line
- c. Athlete receive 2 practice balls
- d. Balls are paddle fed or hand fed, as long as it remains consistent for every player, alternating 3 Forehand / 3 Backhand. Target is crosscourt (CC)
- e. Athlete receives 1 pt for ball going over the net and additional pts for landing in target area. See above Pt value.
- f. Balls are paddle fed or hand fed, as long as it remains consistent for every player, alternating 3 Forehand/3 Backhand. Target is down the line (DL)
- g. Athlete receives 1 pt for ball going over the net and additional pts for landing in target area. See above Pt value.
- h. A swing and a miss counts as an attempt and receives 0 points.
- i. Mark each score on the scoresheet before beginning next feed
- j. No score is recorded if Athlete steps into the No Volley Zone and the ball has not bounced in that area.
- k. One consistency point is recorded for each box that has a score filled in.

# Special Olympics Pickleball ISC Diagram and Directions

## Serves

12 Attempts with 2 practice

Court Dimensions



Points

2pt	Target Area	F = Feeder
2pt	Target Area	
0 pt	No Volley Zone	
or 1 pt	Correct Service Area	

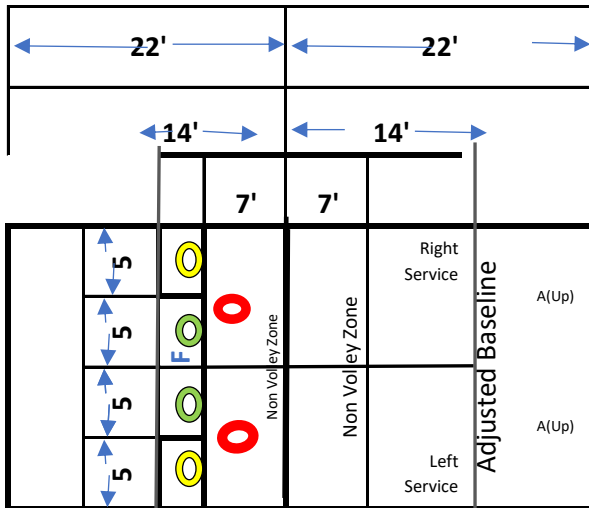
- a. Athlete stands behind the adjusted Baseline, 14' from net.
- b. Athlete receive 2 practice balls from behind adjusted Baseline.
- c. Athlete must serve diagonally.
- d. Serves may be hit out of the server's opposite hand or dropped (not thrown downward) from any height and hit after the ball bounces.
  - \* Athlete (Up) with use of only 1 arm, may hold the ball with the paddle hand.
- e. Athlete (Up) stepping over the baseline prior to contacting the ball will be considered a foot fault and receive 0 pts.
- f. Athlete receives 6 service attempts from the Right Service Area and 6 service attempts from Left Service Area
- g. \* 3 Attempts to wide target area  \* 3 attempts to middle target area
- h. Athlete receives 1 pt for ball landing in the correct Service Area or 2 pts for ball landing in correct target area
- i. Athlete receives 0 pts for served balls that land in the No Volley Zone or on the No Volley Zone Line.
- j. Athlete receives 0 pts for a swing and miss.
- k. Mark each score on the scoresheet after each service attempts.
- l. One consistency point is recorded for each box that has a score filled in.

# Special Olympics Pickleball ISC Diagram and Directions

## Return of Service

4 Attempts with NO practice

Court Dimensions



Set up

36" hula hoop		4pt	Place 1' in from Sideline and 2' from No Volley Line	F = Feeder
36" hula hoop		4 pt	Place 1' in from Center Line and 2' from No Volley Line	
36" hula hoop		2 pt	Place 3.5' in from Center Line and 2' from net.	

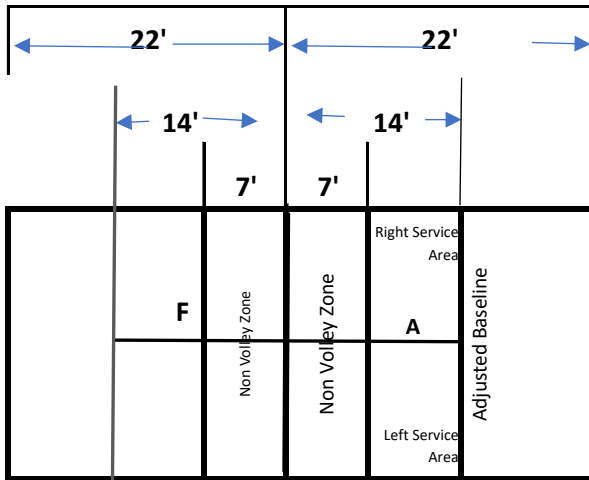
- Athlete receives 2 serves in the Right Service Area and 2 Serves in the Left Service Area.
- Feeder underhand serves 2 balls to the diagonal Right Service Area (one at a time)
- Athlete attempts to return each serve over the net.
- Athlete receives 1 pt for ball going over the net and additional pts for landing in target area. See above Pt value.
- After the Athlete returns the ball, play stops.
- Feeder underhand serves 2 balls to the diagonal Left Service Area (one at a time)
- Athlete attempts to return each serve over the net.
- Athlete receives 1 pt for ball going over the net and additional pts for landing in target area. See above Pt value.
- After the Athlete returns the ball, play stops.
- Mark scoresheet after each return.

# Special Olympics Pickleball ISC Diagram and Directions

## Dink Rally

4 Attempts with no practice

Court Dimensions



- Athlete and Feeder each start 2 Dink Rallies. One each from the Right Service Area and one each from the Left Service Area. ( See scoresheet for details)
- Athlete and Feeder each start 2 Dink Rallies. One each from the Right Service Area and one each from the Left Service Area. ( See scoresheet for details)
  - Play begins with all players behind NVL.
  - Each rally begins with a drop hit ball over the net (ball is dropped, the ball bounces and then hit with underhand motion).
  - Drop hit must be made behind Non-Volley Zone line.
  - After dropped hit ball crosses net, ball must bounce within the Non-Volley Zone.
  - Any error ends rally.
  - Errors
    - Ball bounces in NVZ on drop hit.
    - Any player steps on or over the NVL before rally is begun or when not hitting the ball.
    - Ball bounces in NVZ on drop hit.
    - Any player volleys the ball, instead of letting the ball bounce.
  - Scoring: 1 point for each hit over the net with a limit of 36 dinks.