

WHAT IS PADEL?

Padel is a mix between tennis and squash. It is a sport which combines action with fun and social interaction. It's a great sport for players of all ages and skills, as it is both quick and easy to pick up. Most players get the basics within the first half an hour of playing so that they can enjoy the game.

Padel is not as dominated by strength, technique and serve as it happens in Tennis and therefore is an ideal game for everyone regardless of age or ability to compete in together. An important skill is match-craft, as points are won rather by strategy than by sheer strength and power.

EQUIPMENT

All you need to play Padel is a Padel Racquet and a Padel Ball.

- Padel racquets are smaller and easier to handle than tennis racquets. Unlike Tennis Racquets, Padel Racquets do not have strings. Instead they are solid but perforated.
- Padel balls are similar to tennis balls, however they have different internal pressures, making the Padel Ball have less bounce than a tennis ball

PADEL COURT

- Padel courts are 33 feet x 66 feet
- The court is enclosed by glass walls and mesh fencing
- The court is divided in two sides by a net
- The service area is marked by a line 3 metres from the back wall

PADEL SCORING

- The Padel scoring system is the same as Tennis. 15, 30, 40, advantage, deuce.
- Six game wins are needed to win a set
- If a set reached a 6-6 draw, there is a 7th point tie-breaker
- In Padel, you score points by:
 - The ball bounces on the ground twice on the opponent's side
 - The opponent hits the ball into the net
 - The opponent hits the ball outside the play area, such as outside of the cage
 - The opponent hits the ball into their own side
 - An opponent is hit by the ball

HOW TO SERVE

- All serves are done underhand
- The ball must be served diagonally, similar to tennis
- The ball must hit the opposite service box before being hit by returner
- Two service attempts are allowed before a point is awarded to the opposing team
- If the ball hits the net from a serve and bounces in the box, it is a let
- If the ball hits the net from a serve and does not bounce in the box, it is a fault
- If the ball bounces in the box and hits the wire mesh fencing before crossing the service line on the returner's side, it is also a fault

RULES

- Once in play, the ball must first bounce on the ground on the opponent's side before hitting a wall
- The ball must be returned to the opponent's side before a second bounce, similar to tennis
- Players can use their own walls to return the ball
- Players may hit the ball after it has bounced on a wall to send it back to the opponent's side
- 4 players are need for Padel, 2 on each side