

Introduction to Padel

What is Padel? Padel is a **racket sport** that combines elements of **tennis and squash**. It is always played in **doubles (four players)** and is played on an enclosed court **surrounded by glass and mesh walls**. The game is fast-paced, strategic, and designed to encourage longer rallies.

Padel Court & Equipment

- **Court Size:** The padel court measures **10m x 20m** and is enclosed with **glass walls and metal mesh**.
- **Net Height:** The net is **88 cm** at the center and **92 cm** at the sides.
- **Rackets:** Players use **solid, stringless padel rackets** with perforated holes for better aerodynamics.
- **Balls:** Padel balls are similar to tennis balls but have **slightly lower pressure**, making them bounce differently.

Scoring System Padel follows the **same scoring system as tennis**:

- **Game:** 15, 30, 40, and game point.
- **Set:** The first team to win **six games** with a **two-game advantage** wins the set.
- **Match:** Matches are typically played as **best of three sets (2 out of 3)**.
- If the set reaches **6-6**, a **tie-break** is played to **7 points with a 2-point lead**.

Basic Rules of Play

1. Serve:

- The serve is underhand and must be **hit below waist level**.
- The ball must **bounce once behind the service line** before being hit.
- The serve must land **diagonally** in the opponent's service box.
- If the ball hits the **net and lands correctly**, it's a let serve and replayed.

2. Ball in Play:

- The ball **must bounce once** before hitting the glass or fence.
- Players can **use the walls (glass) to return shots** after the ball bounces on the ground.

- A player **cannot return the ball if it has bounced twice** on the ground.

3. Out of Play:

- If the ball **hits the fence before bouncing**, it is out.
- If the ball bounces **twice before a return**, the point is lost.
- If a player **hits the ball directly against the glass or fence** (without bouncing first), the point is lost.

4. Volleying:

- Players **can volley (hit before bounce)** but not on **returns of serve**.

5. Winning a Point:

- If the ball **bounces twice** before the opponent can return it.
- If the ball is hit **out of bounds**.
- If the ball **fails to clear the net**.
- If the ball **hits the fence before bouncing on the ground**.

Strategies & Unique Aspects

- **Glass Wall Use:** Players can **bounce the ball off the glass walls** to extend rallies.
- **Lobs & Smashes:** Lobbing is a common defensive shot, and smashing is a key attacking strategy.
- **Teamwork:** Doubles play requires strong **communication** and **court positioning**.

Padel is a dynamic and engaging sport that blends elements from **tennis and squash**. It is **easy to learn**, fun to play, and highly **social**, making it a rapidly growing sport worldwide. The **use of walls**, unique **serving rules**, and strategic gameplay create a **fast-paced yet accessible game** for all levels of players.