



# PADEL RULES AND GUIDE FOR BEGINNERS



## Starting the Game: The Serve

- **Underhand Serve:** The ball must be hit underhand (below waist height) and must bounce once behind the service line before being hit.
- **Diagonal Serve:** The server must hit the ball diagonally to the opponent's service box, much like tennis.
- **One Bounce Rule:** The ball must bounce once in the service box before hitting the glass walls. If it hits the glass or wire fence before bouncing, it's a fault.
- **Walls:** If the serve hits the glass or fence without bouncing in the opponent's service box, it is considered out. Even if the ball bounces first but then hits the fence, it is still out.
- Players get two attempts to serve. If the first serve results in a fault (by hitting the glass or fence incorrectly), they get a second attempt. If the player faults twice in a row, the point is awarded to the opposing team.
- The person serving, serves for the whole game. They would start serving from the right side and then rotate to the left and continue so until the game is done.

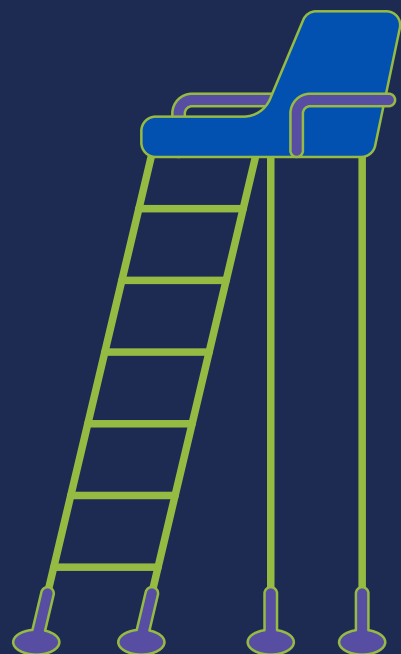
## Scoring System

Scoring System Padel uses the same scoring system as tennis:

- 0 points = "Love"
- 1 point = 15
- 2 points = 30
- 3 points = 40
- 4 points = Game (must win by two points)

If both teams are tied at 40 points, then one team must win two points in a row to win the game.

Matches are played in sets. A set is won by the first team to win 6 games (with a 2-game difference). A tiebreaker may be used if both teams win 6 games each.



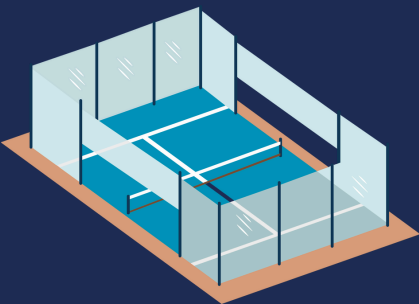


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## How to Play a Rally

- After the serve, the ball must land on the opponent's side. It can bounce once on the floor before the opponent must return it.
- Players can hit the ball before or after it bounces off the walls.
- Ball in Play: The ball can hit the walls after it bounces, but it can't hit any of the walls before bouncing.
- Winning the Point: You win a point if:
  - The ball bounces twice on the opponent's side.
  - The opponent hits the ball into the net or into the walls before bouncing.
  - The opponent doesn't return the ball before it bounces twice.



## Using the Walls

- One unique feature of Padel is the use of the walls.
- After the ball bounces on your side, you can allow it to hit the walls and then return it.
- You can also hit the ball directly off the glass to send it back to your opponent's side.



## Playing with a partner

- Side-by-Side Positioning: Partners typically stand side by side, one covering the forehand (right) side and the other the backhand (left) side.
- When serving, all players should typically stand behind the service line. However, if your partner is serving, you are allowed to stand in your own service box, close to the net.
- Communication is key—decide who will go for each ball, especially when playing close to the net or retrieving a ball off the walls



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## Game Etiquette

- Sportsmanship: Padel is fun and social—players are expected to be respectful, play fair, and have good sportsmanship



## Tips for Beginners

- Practice the Serve: Mastering the underhand serve is key to getting the game started smoothly.
- Use the Walls: Don't be afraid of the walls—learn how the ball bounces and use them to your advantage.
- Stay Active: Padel is a fast-paced game. Be ready to move and cover the court!
- Communicate: If playing doubles, talk to your partner about who should go for each ball.

# RULES FOR THE PADEL COURT AREA

## 1. Footwear and Clothing:

Players must wear appropriate footwear and comfortable sportswear is recommended for flexibility and safety during play.

## 2. No Food or Drinks on the Court:

Eating or drinking on the court is not allowed to avoid spills and messes. Food and drinks should remain in the designated spectator or waiting areas.

## 3. Spectator and Waiting Areas:

Spectators must stay in designated areas outside the court, keeping a safe distance to avoid interfering with play.

## 4. Respect the Playing Space:

The court and its surrounding area should be kept clean and free of litter. No running or rough play outside the court to ensure the safety of all players and spectators.

## 5. Equipment Handling:

Do not lean or hang on the net or any court equipment. Nets, posts, and walls should be treated with care to avoid damage.

## 6. Returning of Equipment:

Return any rackets borrowed to the office after playing

## 7. Court Access:

Enter and exit the court only through the designated gates or openings, and wait for a break in play before entering to avoid disrupting ongoing games

## 8. Time Limits and Scheduling:

Adhere to time limits if the court is booked in advance. Be respectful of others waiting to play by vacating the court promptly when your scheduled time ends.