

# WHAT IS PADEL ?



Padel is a racquet sport that combines elements of tennis, squash, and racquetball. It's played on a smaller court with walls around it, and the ball can be played off the walls in a similar way to squash. The game is typically played in doubles, and the scoring system is the same as tennis. It's a fun and social sport that can be enjoyed by people of all ages and abilities.

Padel originated in Mexico in 1969 and quickly spread to other Spanish-speaking countries, particularly Spain and Argentina. Today, it is played in over 50 countries around the world and is recognized by the International Padel Federation. With over 10 million people playing regularly, padel is the fastest-growing racquet sport in the world. It's a sport that's known for its social and friendly atmosphere, with players socializing both on and off the court.



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## DYNAMICS OF THE GAME

1. Padel uses the same scoring system as tennis. The game follows the score of 15, 30, 40, Advantages and/or Equals. Matches are played to the best of 3 sets.
2. As in tennis, you change sides in the odd games. So players will need to change sides with 1-0, 2-1, 3-2, 4-3, and 5-4... if you want to be particular.
3. The ball can be hit indistinctly by any player in any zone of the court.
4. For the ball to be considered good, it must touch the ground ONCE before hitting the walls or fences. The player may return the ball as a volley i.e. without a bounce, or off the wall or fence with ONE bounce. There can never be a double bounce.  
The only exception is when someone serves - the ball can only be hit off the WALL after the bounce, NEVER the fence.



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# RULES FOR SERVES IN PADEL

## How to perform a correct padel serve?

Like tennis, the serve is considered good if the ball bounces inside the corresponding cross-quadrant i.e. the player serving from the right half of his court must direct the serve towards the square to his left in the opponent's court. The serve can go to any area of the opponent's square but can never hit the side fence after the bounce.

Unlike tennis, the ball is not thrown over the head to serve. In Padel, the player must bounce the ball and can't hit it above the waist.

On each service, you have two opportunities - if you miss the first service on the net or the ball bounces out, you still have another chance! In almost all scenarios...



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# RULES FOR SERVES IN PADEL

When the ball touches the net after the service and goes to the other side of the court...

- If the ball does not bounce in the corresponding square, it is a no serve and the player has the right to repeat the service.
- If the ball bounces twice and touches the side fence, it is considered no serve and the player has the right to repeat that service.
- If the ball bounces once and touches the side fence - it is considered **FAULT** and the player is **NOT** entitled to repeat that service - watch out!



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## SOME MORE RULES BEFORE YOU PLAY!

- Hitting the ball twice in the same shot is not allowed.
- If the opponent hits the ball hard and the ball bounces and goes out of the court, the point is considered won by the player who hit it.
- When the ball bounces, touches the wall or fence and returns to the opponent's court, the point is considered won by the player who hit it although there's an option to "save" the point and hit the ball again, even when it has crossed the net line into the opponent side of the court. This is a really skilful thing to do and is not easy, so be careful.
- If one touches the net with the racket, clothes or any part of the body while playing at any point, the point is won by the opponent.



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# PLAY YOUR PART



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