

PADEL RULES AND DRESS CODE

POINTS:

- Padel uses the same scoring system as tennis.
- Six games are needed to win a set and the team which wins two sets wins the game.
- A game is scored exactly the same as in tennis, i.e. 15/0, 30/0, 40/0, advantage, deuce, etc.
- If a set reaches a 6/6 draw, there is a tie-breaker as in tennis.

SERVE:

- A game is started by serving diagonally as in tennis, with two serve attempts allowed (first and second service).
- The server must be behind the service line.
- The returner may stand wherever they like on the court, diagonally opposite the server.
- The server first bounces the ball, behind the service line, then hits it below waist level.
- The ball must bounce in the service box diagonally opposite before being hit by the returner.
- If the ball does not bounce in the box, it is a fault.
- If it 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.
- If the ball hits the net and bounces in the box it is a let. If it touches the wire mesh fencing before the second bounce, it is a fault.

PLAY:

- Once the ball is in play, all balls which cross the net must first bounce on the ground on the opponent's side before hitting a wall.
- Players may hit a ball as a volley (directly out of the air), except when receiving a serve.
- Players may hit the ball after it has bounced on a wall to send it back to the opponent's side.
- Just as in tennis, the ball may only bounce once in your side, and it may only be hit once.
- You may smash the ball hard so that it goes out after it bounces!
- But the opposing team may run to try and hit it back into play

DRESS CODE:

- Leisure wear
- Court shoes or padel shoes are the best, but cross trainers or running shoes can we worn.
- No barefoot play, or flip flops