

PADEL RULES

1. Be respectful with everyone.
2. Wear adequate shoes and clothing.
3. Secure your racquet by using your wrist strap at all times.
4. Chewing gum and drinking alcohol is prohibited on courts.
5. Do not hit, climb or jump over the net or glass walls.
6. Padel is played in doubles. Scoring and changing sides in the same as tennis.
7. Serve is underarmed; hit the ball standing behind the service line; bounce the ball and hit below your waist line. The serve needs to land inside the opponent's diagonal square; the ball is out if it hits the glass/mesh on the full or the mesh after one bounce.
8. A let occurs when a serve hits the net and lands on the other side and is not otherwise a fault. For example, if a serve touches the net and bounces twice before hitting the glass/mesh it is a let. If a serve touches the net and bounces once before hitting the glass it is a let. If a serve touches the net and hits the wall/mesh on the full it is out.
9. During play you have to put ball on the opposite side of the net. If you hit the ball onto the opponent's glass or mesh on the full it is out.
10. If your opponent returns the ball on your side and bounces back to their side or out of court before you touch it they win the point. You are allowed to leave the court to return the ball without touching the net.
11. Once on your side of the court, you may return the ball by hitting it against one or more of your own walls.



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