

# PADEL RULES: QUICK REFERENCE GUIDE

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*For Beginners in the UK*

## 1. SCORING & FORMAT

- **Format:** Always Doubles (2 vs 2).
- **Points:** 15, 30, 40, Game (Same as Tennis).
- **Golden Point:** At Deuce (40-40), play one decisive point. Receivers choose the side.
- **Matches:** Usually Best of 3 Sets (First to 6 games).

## 2. THE SERVE (Checklist)

- **Position:** Both feet behind the service line.
- **Bounce:** Ball must bounce on the ground before hitting.
- **Impact:** Must be at or below **WAIST HEIGHT**.
- **Direction:** Diagonal into the opponent's service box.
- **The Fence Rule:** If the serve bounces in the box then hits the WIRE FENCE, it is a **FAULT**. (If it hits glass, it's IN).

## 3. WALLS vs. FENCE (During Rally)

- **Your Glass:** You **CAN** hit the ball against your own glass to get it over the net.
- **Your Fence:** You **CANNOT** hit the ball against your own fence. Point lost.
- **Opponent's Side:** The ball must bounce on the ground *before* hitting their fence or glass.

## 4. UK SPECIFIC TIPS

- **Rain:** Wet glass = No bounce (ball slides). Play safely.

- **Shoes:** Use Herringbone sole (zig-zag) for sand-filled grass courts.

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