Padel is now the world's fastest growing racket sport and the game’s success is partly down to how easy it is to pick up and play. A tennis and squash hybrid it's mainly a doubles game played on a Padel court (essentially a tennis court without tramlines) where the ball can be played off the walls if it has bounced on court first.

The familiarity of scoring and lack of overarm serve makes Padel more appealing to those intimidated by tennis - it instantly takes enormous pressure off people who have never played tennis before, and you get a lot of rallies!

**Rules of Padel**

**Scoring -** Same scoring as tennis

**Serving -** Stand behind the service line and serve diagonally. The returner may stand wherever they like. Two serves as in tennis.

The server must first bounce the ball, then hit it below waist level. Server must keep at least one foot on the ground when hitting the serve and feet may not touch/cross the service line while serving.

The ball must bounce in the service box diagonally opposite before being hit by the returner.

If it bounces in the box and hits the wire mesh fencing before crossing the service line on the returner’s side, it’s a fault.

If the ball touches the net and bounces in the box it’s a let unless it touches the wire mesh fencing before the 2nd bounce.

**Play -** Ball must first bounce on the ground on the opponent’s side before hitting a wall.

Players may volley instead of letting it bounce, except on the service return.

Players may hit the ball after it has bounced on mesh or glass on their side to send it back over the net.

Players may hit the ball against glass side or back wall on their side, in order to return the ball but not against mesh.

As in tennis, the ball may bounce only once on your side and it may be hit only once.