

**OFFICIAL PADDLE RACKETS**

**SINGLE - WALL**

**and**

**FOUR - WALL**

**SINGLES AND DOUBLES**

**PLAYING RULES**

**EQUIPMENT**

**COURT DIMENSIONS**

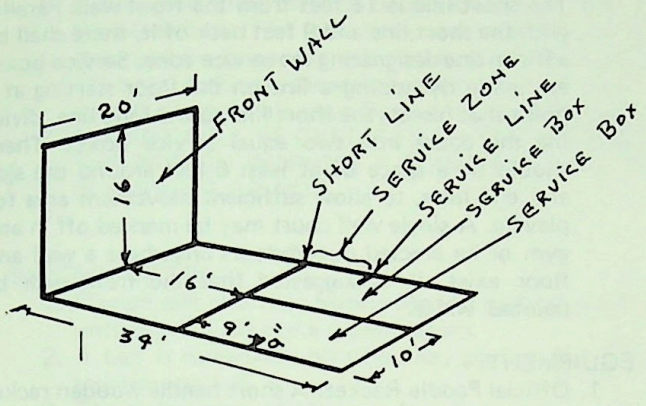


**COURTESY  
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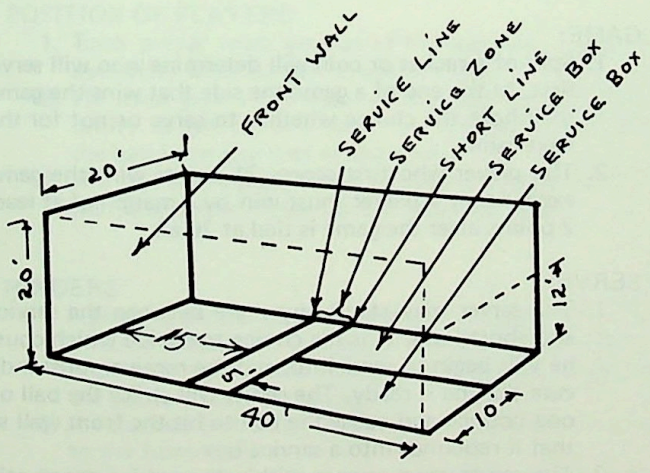
This booklet was compiled and edited by Joe Sobek, President, National Paddle Rackets Association.

The author wishes to acknowledge Magnan Sporting Goods Company's contribution to the development of Paddle Rackets.

OFFICIAL SINGLE WALL  
PADDLE RACKETS COURT  
DIMENSIONS



OFFICIAL FOUR WALL  
PADDLE RACKETS COURT  
DIMENSIONS



## OFFICIAL PADDLE RACKETS SINGLE WALL RULES

### COURT:

1. Singles or Doubles may be played on a one wall handball court. The standard one-wall court is 34 feet long, 20 feet wide and the front wall is 16 feet high. The short line is 16 feet from the front wall. Parallel with the short line and 9 feet back of it, there shall be a 9 inch line designating the service zone. Service boxes are made by adding a line on the floor starting at a point that bisects the short line to the long line, dividing the court into two equal service boxes. There should be a space of at least 6 feet around the side and end lines, to allow sufficient movement area for players. A single wall court may be marked off in any gym or be erected out-of-doors anywhere a wall and floor exist. It is suggested that the front wall be painted white.

### EQUIPMENT:

1. Official Paddle Racket: A short handle wooden racket with strings as the hitting surface. It's length plus width should not exceed 26 inches. Weight between 13-15 ounces. Official Paddle Racket Ball: Is colored blue, air filled, made of rubber, 2¼ inches in diameter, weight 1.39 ounces. At 70 degrees, dropped from 100 inches, should bounce between 65-70 inches.

## SINGLES RULES

### GAME:

1. Spin of a racket or coin will determine who will serve first. At the end of a game the side that wins the game shall have the choice whether to serve or not for the next game.
2. The player who first scores 21 points wins the game except that a player must win by a margin of at least 2 points after the game is tied at 20 all.

### SERVE:

1. The server may stand anywhere between the service and short lines. It is his choice to decide which court he will begin to serve into, and the receiver must indicate that he is ready. The server will strike the ball on one bounce and cause the ball to hit the front wall so that it rebounds into a service box.
2. The server must remain within the service zone until service is complete. (the moment racket meets the ball)

3. If the server makes two consecutive faults, he loses the point.
4. To make a good return of service, the ball must be struck on the fly, or before it touches the floor twice, and reach the front wall on the fly, Its rebound must fall into the playing zone.
5. Receiver must stand back of the service line until the served ball passes the short line.
6. If the server wins the first point he will then serve to the other box. If he loses the point he also loses the serve and his opponent will decide to which court he will serve. As long as the server continues to win points he will alternate his serve from one box to the other.
7. A POINT WILL BE CREDITED TO THE SCORE OF THE PERSON WINNING A POINT WHETHER HE IS SERVING OR NOT.

#### SUBSEQUENT PLAY:

1. Players will alternate hitting the ball to the front wall until one fails to make a good return.
2. A ball is considered hit when any part of the racket touches the ball.
3. The outer edge of all boundary lines is within the court area. When a ball hits a line it is a good shot.
4. Play must be continuous unless there is an injury. An injured player must resume play after 15 minutes or forfeit the match. The Referee may suspend play for any reason.
5. When a ball is volleyed (played on the fly) it is considered a fair ball regardless of where the striker is standing at the time.

#### POSITION OF PLAYERS:

1. Each player must get out of his opponent's way immediately after he has struck the ball.
2. He must give a fair view of the ball and an opportunity to get to, and strike at, the ball and to play the ball from any part of the court.
3. If a ball hits a player after its rebound from the front wall, the player hit by the ball loses the point.

#### HINDERS:

1. A player's unintentional interference with an opponent in such a way as to prevent him from having a fair chance to return the ball is considered a hinder and the point is played over again.
2. A returned ball which strikes an opponent on its way to the front wall.
3. When the striker refrains from striking at the ball because of reasonable fear of injuring his opponent.
4. When, in the act of striking, he is touched by his opponent.
5. When a ball breaks.
6. Interference purely with an opponent's vision in following the flight of the ball is not a hinder.

7. A hinder will not be honored if the striker, after being touched or interfered with, makes no effort to stop play and fails to call a hinder immediately.
8. When, in the opinion of the referee, a player is hindered INTENTIONALLY the referee shall decide a point against the offending player.

PLEASE NOTE:

1. A ball that strikes the front wall and the floor simultaneously is "NOT UP".
  2. A ball is considered in play unless it hits an out-of-bound boundary.
  3. The referee's decision is final on all questions pertaining to the rules and play.
  4. Until the ball has been touched or has hit the floor twice it may be struck at any number of times. Racket may be switched one hand to another.
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## SINGLE-WALL OFFICIAL PADDLE RACKETS DOUBLES RULES

TEAM:

1. Each side or team shall consist of 2 players.

GAME:

1. A spin of a racket or coin will determine who will serve first. At the end of a game the side that won the game shall have the choice to serve starting the next game.
2. The order of serving within a side shall not be changed during a game.
3. The two partners of a side shall serve in succession, the first retaining his serve until his side has lost a point. On the loss of the next point, the side shall be out and the serve revert to the opponents. On the first serve of every game, however, the "in" side shall be declared "out" after it has lost one point only.
4. The team that first scores 21 points wins the game except that a team must win by a margin of at least 2 points after the game is tied 20 all.

## SERVE:

1. The server can stand anywhere between the service and short line (service zone). It is his choice to decide which court he will serve to, and the receiver must indicate that he is ready. The server will strike the ball on one bounce and cause the ball to hit the front wall, so that it rebounds and falls into the service box.
2. The server must remain with the service zone until the serve is complete (the moment racket strikes the ball).
3. Server's partner must stand outside the side lines astraddle the imaginary service line and not enter playing zone before the served ball passes him.
4. Receiver's partner must stand anywhere back of the service line.
5. If the server makes two consecutive faults, he loses the point.
6. To make a good return of service, the ball must be struck on the fly or before it touches the floor twice and reach the front wall on the fly and its rebound must fall into the playing zone.
7. Receiver must stand back of the service line until the served ball passes the short line.
8. If the server wins the first point he will then serve to the other box. If he loses the point he also loses the serve and his opponent will decide to which court he will serve to. As long as the server continues to win points he will alternate his serve to each service box.
9. An illegal serve may not be played.
10. A POINT WILL BE CREDITED TO THE SCORE OF THE PERSON WINNING A POINT WHETHER HE IS SERVING OR NOT.

## SUBSEQUENT PLAY:

1. Once a game is started and each receiver decides upon the receiver box he will make his return from, he must make his return of service from that box throughout that game. After a serve is returned, a player may go anywhere in the court to make a return of a ball in play.
2. After a legal serve is returned to the front wall, each team will alternate hitting the ball to the front wall until one fails to make a good return.
3. A player hit by his partner's ball, loses the point.
4. A ball is considered hit when any part of the racket touches the ball.
5. The outer edge of all boundary lines is within the court area. When a ball hits a line it is a good shot.
6. When a ball is volleyed (played on the fly) it is considered a fair ball regardless of where the striker is standing at the time.
7. Play must be continuous unless there is an injury. An injured player must resume play after 15 minutes or forfeit the match. The referee may suspend play for any reason.
8. Between games play may be suspended for 5 minutes after the second game and 10 minutes after the fourth game.

### POSITION OF PLAYERS:

1. Each player must get out of his opponent's way immediately after he has struck the ball.
2. He must give a fair view of the ball and an opportunity to get to, and strike at, the ball and to play the ball from any part of the court.
3. If a ball hits a player after its rebound from the front wall, the player hit by the ball loses the point.
- 4.

### HINDERS:

1. A player's unintentional interference with an opponent in such a way as to prevent him from having a fair chance to return the ball is considered a hinder and the point is played over again.
2. A returned ball which strikes an opponent on its way to the front wall.
3. When the striker refrains from striking at the ball because of reasonable fear of injuring his opponent.
4. When, in the act of striking, he is touched by his opponent.
5. When a ball breaks.
6. Interference purely with an opponent's vision in following the flight of the ball is not a hinder.
7. A hinder will not be honored if the striker, after being touched or interfered with, makes no effort to stop play and fails to call a hinder immediately.
8. When, in the opinion of the referee, a player is hindered **INTENTIONALLY** the referee shall decide a point against the offending players.

### PLEASE NOTE:

1. A ball that strikes the front wall and the floor simultaneously is "NOT UP".
2. A ball is considered in play unless it hits an out-of-bound boundary.
3. Referee's decision is final on all questions pertaining to rules and play.
4. Until the ball has been touched or has hit the floor twice it may be struck at any number of times. Racket may be switched from one hand to another.

Paddle Rackets Doubles is the finest game ever and usually most heatedly contested. In some areas there is fine line between what is within the rules or what is a violation. It is strongly urged that a gentlemanly attitude be used in questionable situations. Players should always call their own misses. Hinders should be requested fairly and rarely questioned. It is against the rules and the spirit of the game to prevent a player from making a point by getting in his way and causing a hinder to be called.

## PADDLE RACKETS FOUR WALL PLAYING RULES

### COURT:

1. Singles and Doubles may be played on the standard 4 wall hand-ball court. The court shall be 20 feet wide: 20 feet high: 40 feet long: Back wall 12 feet high.
2. **SHORT LINE:** The court shall be divided into a front and back court of equal dimensions by a line called short line running parallel with the front wall.
3. **SERVICE LINE:** Five feet in front of the short line there shall be another parallel line called the service line. The space between the short line and the service line shall be known as the service zone.
4. **SERVICE BOXES:** Service boxes are made by adding a line on the floor starting at a point that bisects the short line to the back wall, dividing the court into two equal service boxes.

## SINGLE RULES

### GAME:

1. Spin of a racket or coin will determine who will serve first. At the end of a game the winning side shall choose whether he will serve first or not in the next game.
2. The player who first scores 21 points wins the game except that a player must win by a margin of at least 2 points after the game is tied at 20 all.

### SERVE:

1. The server may stand anywhere between the service and short lines. He will decide which court he will begin to serve into and the receiver must indicate that he is ready. The server will strike the ball either on the fly or bounce, and cause the ball to hit the front wall directly, so that it rebounds and falls into the service box. After hitting the front wall the ball may hit one side wall only or side wall and back wall, either combination, before falling into the service box. A served ball that hits both side walls is a fault. A ball that hits the ceiling is a fault.
2. The server must remain within the service zone until service is complete. (the moment racket touches the ball).
3. If the server makes two consecutive faults, he loses the point.
4. To make a good return of service, the ball must be struck on the volley or before it touches the floor twice, and reaches the front wall on the fly. It may touch any walls or ceiling within the court before touching the front wall.

5. If the server wins the first point he will then serve to to the other box. If he loses the point he also loses the serve and his opponent will decide which court he will serve to. As long as the server continues to win points he will alternate his serve from one box to the other.
6. A POINT WILL BE CREDITED TO THE SCORE OF THE PERSON WINNING A POINT WHETHER HE IS SERVING OR NOT.

#### SUBSEQUENT PLAY:

1. After a legal serve is returned to the front wall, each player will alternate hitting the ball to the front wall until one fails to make a good return.
2. A ball is considered hit when any part of the racket touches the ball.
3. The outer edge of all boundary lines is within the court area. When a ball hits a line it is a good shot.
4. Play must be continuous unless there is an injury. An injured player must resume play after 15 minutes or forfeit the match. Referee may suspend play for any reason.
5. Between games play may be suspended for 5 minutes after the second game and 10 minutes after the fourth game.

#### POSITION OF PLAYERS:

1. Each player must get out of his opponent's way immediately after he has struck the ball.
2. He must give a fair view of the ball and an opportunity to get to, and strike at, the ball and to play the ball from any part of the court.
3. If a ball hits a player after its rebound from the front wall, the player hit by the ball loses the point.

#### HINDERS:

1. A player's unintentional interference with an opponent in such a way as to prevent him from having a fair chance to return the ball, is considered a hinder and the point is played over again.
2. A returned ball which strikes an opponent on its way to the frontwall.
3. When the striker refrains from striking at the ball because of reasonable fear of injuring his opponent.
4. When, in the act of striking, he is touched by his opponent.
5. When a ball breaks.
6. Interference purely with an opponent's vision in following the flight of the ball is not a hinder.
7. A hinder will not be honored if the striker, after being touched or interfered with, makes no effort to stop play and fails to call a hinder immediately.
8. When, in the opinion of the referee, a player is hindered **INTENTIONALLY** the referee shall decide a point against the offending player.

9. A hinder shall be called if a fair ball rebounds off the floor and hits outside of the playing area. House rules should be made regarding ventilators, obstructions or openings in the court or any unusual situations.

**PLEASE NOTE:**

1. A ball is considered in play unless it hits an out-of-bounds boundary.
  2. A ball that strikes the front wall and the floor simultaneously is "NOT UP".
  3. Until the ball has been touched or has hit the floor twice it may be struck at any number of times. Racket may be switched from one hand to another.
  4. On all questions pertaining to the rules and play, the referee's decision is final.
  5. Tournament Committee will decide the number of games in a Match.
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## OFFICIAL PADDLE RACKETS FOUR WALL DOUBLES RULES

**TEAM:**

1. Each side or team shall consist of 2 players.

**GAME:**

1. A spin of a racket or coin will determine who will serve first. At the end of a game the side that won the game shall have the choice to serve starting the next game.
2. The order of serving within a side shall not be changed during the game.
3. The two partners of a side shall serve in succession, the first retaining his serve until his side has lost a point. On the loss of the next point, the side shall be out and the serve revert to the opponents. On the first serve of every game however, the "in" side shall be declared "out" after it has lost one point only.
4. The team that first scores 21 points wins the game except that a team must win by a margin of at least 2 points after the game is tied 20 all.

**SERVE:**

1. The server may stand anywhere between the service and short lines. He will decide which court he will begin to serve into and the receiver must indicate that he is ready. The server will strike the ball either on the fly or bounce, and cause the ball to hit the front wall directly, so that it rebounds and falls into the service box. After hitting the front wall the ball may hit one side wall only or side wall and back wall, either combination before falling into the service box. A served ball that hits both side walls is a fault. A served ball that hits the ceiling is a fault.

2. No player, other than the receiver, may stand in or on the boundary lines of the receiver's service box.
3. The server's partner must stand within the service zone with his back against the wall until the ball passes the service line on each serve. If the server's partner is hit by the ball, the serve shall be replayed.
4. The server must remain within the service zone until service is complete. (moment racket touches the ball).
5. If the server makes two consecutive faults, he loses the point.
6. To make a good return of service, the ball must be struck on the volley or before it touches the floor twice and reaches the front wall on the fly. It may touch any walls or ceiling within the court before touching the front wall.
7. If the server wins the first point he will then serve to the other box. If he loses the point he also loses the serve and his opponent will decide to which court he will serve into. As long as the server continues to win points he will alternate his serve from one box to the other.
8. A POINT WILL BE CREDITED TO THE SCORE OF THE PERSON WINNING A POINT WHETHER HE IS SERVING OR NOT.

#### SUBSEQUENT PLAY:

1. Once a game is started and each receiver decides upon the receiver box he will make his return from, he must make his return of service from that box throughout that game. After a serve is returned, a player may go anywhere in the court to make a return of a ball in play.
2. After a legal serve is returned to the front wall, each team will alternate hitting the ball to the front wall until one fails to make a good return.
3. A ball is considered hit when any part of the racket touches the ball.
4. When a ball hits a boundary line it is considered a good shot.
5. A player hit by his partner's ball, loses the point.
6. Play must be continuous unless there is an injury. An injured player must resume play after 15 minutes or forfeit the match. The referee may suspend play for any reason.
7. Between games play may be suspended for 5 minutes after the second game and 10 minutes after the fourth game.

### POSITION OF PLAYERS:

1. Each player must get out of his opponent's way immediately after he has struck the ball.
2. He must give a fair view of the ball and an opportunity to get to and strike at the ball and play the ball from any part of the court.
3. If a ball hits a player after its rebound from the front wall, the player hit by the ball loses the point.

### HINDERS:

1. A player is unintentional interference with an opponent in such a way as to prevent him from having a fair chance to return the ball is considered a hinder and the point is played over again.
2. A returned ball which strikes an opponent on its way to the front wall.
3. When the striker refrains from striking at the ball because of reasonable fear of injuring his opponent.
4. When, in the act of striking, he is touched by his opponent.
5. When a ball breaks.
6. Interference purely with an opponent's vision in following the flight of the ball is not a hinder.
7. A hinder will not be honored if the striker, after being touched or interfered with, makes no effort to stop play and fails to call a hinder immediately at the time of interference.
8. When, in the opinion of the referee, a player is hindered **INTENTIONALLY** the referee shall decide a point against the offending player.
9. A hinder shall be called if a fair ball rebounds off the floor and hits outside of the playing area. House rules should be made regarding ventilators, obstructions or openings in the court or any unusual situations.

### PLEASE NOTE:

1. A ball that strikes the front wall and the floor simultaneously is "NOT UP".
  2. A ball is in play unless it hits an out - of - bound boundary.
  3. Until the ball has been touched or has hit the floor twice it maybe struck at any number of times. Racket may be switched from one hand to another.
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## RULE CHANGES

### SERVE — FOUR-WALL PADDLE RACKETS:

- A. Old serve in part: After hitting the front wall, the ball may hit any wall or walls, back wall included (except the ceiling) is considered a legal serve.
- B. New Serve: Eliminates one side wall. A legal serve may only hit one side wall. A served ball may hit any combination of back wall, side wall, provided it hits one side wall only prior to the ball falling into the service box.

The reason the Rules Committee changed the service rule is to prevent the unfair advantage that a server incurs when a served ball hits two side walls and follows a course that is, a few inches away and parallel to the rear wall making it virtually impossible for a receiver to return such a serve.

### STANDARD HAND-BALL COURT:

- A. The standard single wall and four wall hand-ball court is changed by adding service boxes to make the court an Official Paddle Rackets court. Please note service boxes in diagram.

### PLEASE NOTE: GENERAL:

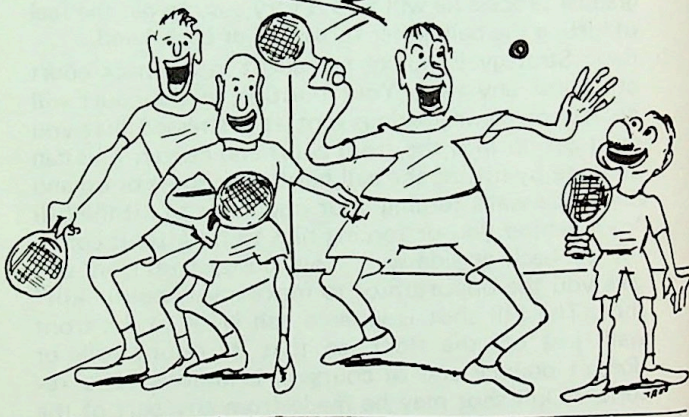
- A. Switch Hitting: The rules do not prevent switch hitting (use of either hand). However it is recommended that non switch hitters use the wrist thong.
- B. Referee: The referee will not permit intentional delay of the game. Player who delays a match in order to rest or any other reason should be warned and if delays continue the referee must disqualify the offender.
- C. All major tournaments should have at least two officials, referee and a scorer, for all matches.
- D. Matches: All major tournaments will be decided by the best three out of five games.
- E. Intentional Hinders. It is suggested that the referee warn a player of an intentional hinder. Further violations should be decided a point against the offender.
- F. Service: If the server serves to the wrong box, there shall be no penalty and the service shall count as if it were served to the correct box, provided however if the receiver does not attempt to return service and demands it be served to the other box. The server will serve again to the correct box with no penalty.
- G. An illegal serve may not be played.
- H. Doubles service order: If the 1st hand had served to the left service box and lost the point, the 2nd hand must start serving to the right service box. When the 2nd hand loses the point, the side loses the serve. The 1st hand of the new team will decide which court he will serve into.

## HINTS FOR BEGINNERS:

1. Watch the ball until it hits your racket. Most beginners are tempted to look at the front wall or in the direction they plan to hit the ball. Failure to hit the ball in the center of your racket will cause the ball to go everywhere but where you want it to go. When you step into a court, your first thought should be that you must watch the ball until it hits the center of your racket. Continue to watch the ball until you feel a solid impact, that will be when you are consistently striking the ball in the center of your racket.
2. Start with a stroke similiar to a tennis stroke. That is a long sweeping swing with the use of your arm and shoulder. As proficiency improves, then add a wrist motion with the arm swing, that will give your stroke a whipping motion. The snap that you will get from your wrist is similiar to that of throwing a ball.
3. Stand facing the side wall and attempt to get your body to move forward (toward the front wall) as you stroke the ball. This motion will give you speed and accuracy.
4. Racket grip: There are many correct grips. Most players will use their tennis grip. The best grip for Paddle Rackets is the Continental tennis grip. This grip is widely used in Squash. The same grip is used for the forehand and back-hand. In other words it is not necessary to change the way you hold your racket for any shot in the game. The advantages are obvious I would suggest to the beginner who has not played squash or tennis that he should go into a court alone on his first attempt. Practice hitting the ball to the front wall using both fore-hand and back-hand. Being alone the beginner will not be hurried and through a gradual process he will find it very easy to get the feel of hitting the ball either fore-hand or back-hand.
5. Basic Strategy is not to be caught in the back court or against any wall. Your position in the court will depend on your previous shot. It is stressed that you must get up into the front court and center. This can be done by hitting the ball hard cross court or up and down the walls forcing your opponent to hit the ball from behind you or forcing him to hit after it comes off the back or side wall. Your position up front will give you the opportunity to make a successful "kill" shot. The kill shot is when a ball is hit to the front wall, just off the floor, so that its return rolls or doesn't bounce and of course it is impossible to return. A kill shot may be made from any part of the court however when it is attempted from the back court the percentages are against you in making this shot. If you control the front court and an attempt by your opponent to make a kill shot fails, you are in position to counter, with your own kill shot or a hard passing shot.

6. The Lob: Keeping your opponent back may be accomplished by hard cross court or down the line shots. Too many players underestimate the value of the "Lob". A high looping shot that ends up in the back court. It is a soft hit ball. Should it be hit too hard it will come off the back wall and end up well in the forward court. This of course would be a bad shot. The lob also is a change of pace and will upset your opponent's timing. Combine the lob with your other shots and you will find winning comes a little easier.
7. Paddle Rackets is a great game and injuries that result from carelessness must be called to the attention of the beginner. The paddle racket is of sturdy construction and weighs approximately 15 ounces. This can be a lethal weapon if the wielder thinks of winning only. It is suggested very strongly that beginners and seasoned players do not take chances of hitting their opponents. Call a hinder, and play the point over again. Even if it turned out that your opponent was not in your way. Never question a hinder. As you become proficient you will find that injuries are rare and only committed by players who take calculated risks of being hit. Winning is not worth hurting a fellow athlete.
8. Play the game hard, be a good sport, call your own misses and enjoy to the fullest this very fine sport of Paddle Rackets.

CAN BE PLAYED WITH 2-3  
OR 4 PLAYERS



#### CUTTHROAT:

Cutthroat is played by three players. The server plays against the other two and only scores while serving. When a point is lost by the server, he loses the serve. Once the order of serve is established, it is followed throughout the game.

**magnan**

**OFFICIAL PADDLE RACKETS  
ASSOCIATION EQUIPMENT**

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