

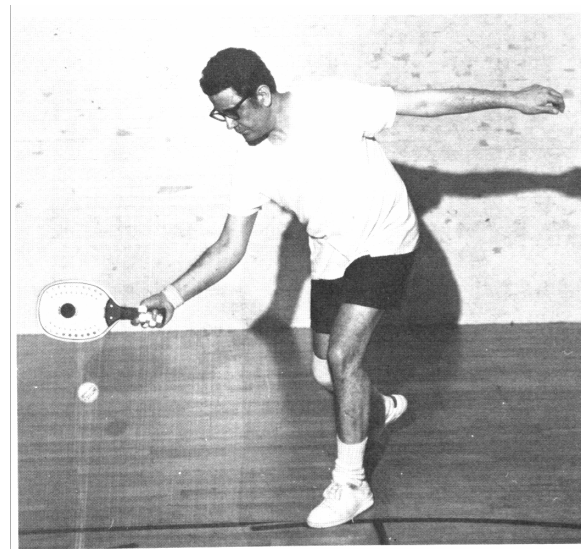


Official Rules

One-Wall Paddleball and Racquetball

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CHRIS LECAKES
President

United States Paddleball Association (U.S.Pb.A.), 1959-1981
The Eastern Racquetball Association (E.R.A.), 1972-1981
National Doubles Champion – 1961, 1962, 1966, 1968
National Doubles Finalist – 1964, 1965, 1967
National Singles Finalist -- 1961
Original Creator of the Black Beauty Paddle

BACKGROUND OF THE GAME

INDEX

Background of the Game 4
Organizations 5
Past Champions 6
Diagram of the Court 7
Official One Wall Paddleball Rules - Doubles Play 8
Official One Wall Paddleball Rules - Singles Play 16
Official One Wall Racquetball Rules17
The Language of Paddleball18
Getting a Grip on the Game by Chris Lecakes19
Hints on Improving Your Game21
Paddleball Quiz – Doubles25
Photos of Past Champions29
Credits29

Paddleball and its near-twin game of Racquetball are among the fastest growing sports in America today. Played by experts, the game presents a dazzling display of speed, maneuverability and techniques that is the equal of any sport in the world. Yet, its relatively simple nature and ready availability of the necessary equipment make it equally attractive and exciting for more casual participants.

For all its growing popularity, the origin of Paddleball is vague. While it is true that hitting a ball with the hand or some form of bat is known to be among the oldest pastimes known to man, the actual beginnings of Paddleball can be traced no further than the early 1900’s.

In the years before World War I, and indeed for some years thereafter, handball was the rage for men in cities and towns throughout the U.S. Among those attracted to the sport was Dr. Frank Peer Beale of Brooklyn, N.Y. However, Dr. Beale soon discovered that his brittle hands could not take the punishment of hitting the hard ball used for the game. So that he might continue his enjoyment of the sport, he devised a paddle stick with which he could strike the ball. He made a number of these crude paddles which he and his friends would use to bat the ball against any expanse of wall that was available to them.

Dr. Beale’s interest and enthusiasm for the game continued as its rules and equipment were developed. When the U.S. Paddleball Association, then known as the Metropolitan Paddleball Association, was formed in 1959, some of its members consulted with Dr. Beale who was then in his seventies. His recollections and reminiscences of the game were both inspiring and helpful to its modern proponents.

While Dr. Beale died in the 1960’s, he is still known to many of those who have played an important part in popularizing the game as the “Father of Paddleball”, a title he would have been honored and delighted to bear.

ONE-WALL PADDLEBALL ORGANIZATIONS

All of the associations listed below are actively concerned with the advancement of Paddleball as an enjoyable and healthful participant sport for men and women of all ages and all levels of skill. Information concerning membership, tournaments, available playing facilities, etc. can be obtained by writing to the address listed for each organization.

The U.S. Paddleball Association (U.S.Pb.A.)

Chris Lecakes, President

243 East 27th Street, New York, N.Y. 10016

Originally known as the Metropolitan Paddleball Association, the U.S. Paddleball Association was formed in 1959. Its membership and activities have grown steadily. Singles and doubles tournaments for men and women have been conducted since 1961.

In addition to its regular membership activities, the U.S.Pb.A. is working to develop an official ball which will be acceptable to the broad spectrum of players who now use a wide variety of balls.

The American Paddleball Association

Attn: Perry Barsky

197 Fulton Street, Farmingdale, N.Y. 11735

Formed in 1970, the American Paddleball Association has kept pace with the increasing popularity of the game. Doubles tournaments which have been enthusiastically supported by “paddleballers” are held annually. An expanded tournament schedule is planned.

The Eastern Racquetball Association (E.R.A.)

Chris Lecakes, President

243 East 27th Street, New York, N.Y. 10016

The Eastern Racquetball Association, founded in 1972, works actively to bring together players interested in the exciting one-wall racquetball game. E.R.A. welcomes “racquetballers” who wish to participate in future tournaments.

Listed below, are some of the past champions in both singles and doubles in Open Tournaments.

U.S. Paddleball Association (U.S.Pb.A.)

Men's Singles

Year	Name
1961	Howard Eisenberg
1962	Howard Eisenberg
1963	Howard Eisenberg
1964	Howard Eisenberg
1965	Victor Niederhoffer
1966	Victor Niederhoffer
1967	Howard Hammer
1968	Howard Hammer

Men's Doubles

1961	Chris Lecakes -- Barky Boodakian
1962	Chris Lecakes -- Barky Boodakian
1963	Howard Hammer -- Hy Kaplowitz
1964	Howard Eisenberg -- Victor Niederhoffer
1965	Howard Eisenberg -- Victor Niederhoffer
1966	Chris Lecakes -- Barky Boodakian
1967	Howard Hammer -- Morty Wolkoff
1968	Chris Lecakes -- John Bruschi

Women's Singles

1963	Blanche Schacter
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Women's Doubles

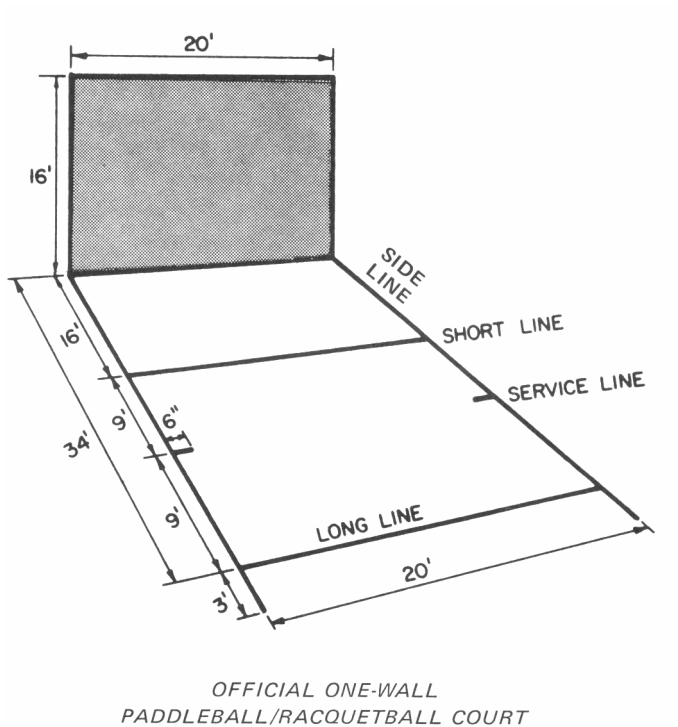
1963	Blanche Schacter – Hilda Yablok
1971	Dorothy Wasser – Dinah Stoller

The American Paddleball Association (A.P.A.)

Open Tournament – Men’s Doubles

1970	Howard Hammer – Howard Pierson (matched)
1971	Howard Hammer – John Bruschi (open)
1971	Howard Hammer – John Bruschi (invitational)
1972	Howard Hammer – John Bruschi (open)
1973	Robert Schwarz – Andrew Krosnick
1974	Robert Schwarz – Andrew Krosnick

Official Court Dimensions



OFFICIAL ONE WALL PADDLEBALL RULES

DOUBLES PLAY

1. THE COURT AND EQUIPMENT

A. The standard one-wall court is 34 feet long, 20 feet wide, and the wall is 16 feet high. The short line is 16 feet from the front wall. 9 feet behind the short line are markers designating the service line. The long line is 34 feet from the front wall. All lines are 1-1/2 inches wide.

B. EQUIPMENT: The paddle can be no longer than 17-1/2 inches. The paddle cannot have any stringing such as that of a tennis racket. Any paddle having a metal or exposed wood edge, must be covered with enough tape to fully cover the edge of the paddle. A paddle found unfit for play by a referee will not be permitted for use in any tournament game.

C. *U.S.Pb.A.*: The *U.S.Pb.A.* will hold tournaments with various types of balls.

D. *A.P.A.*: The black ball (rubber) shall be 1-7/8” in diameter with a 1/32” variance. The weight should be 2-3/10 ounces with a 2/10 ounce variance. Rebound from 70” drop, 42” to 48”.

E. In tournament games, players are requested to wear white socks, shirt and shorts; sneakers must be worn.

2. SCORING THE GAME

A. It is necessary for a side to be serving in order to score a point. Both partners of a side shall serve in succession. The first server shall retain his serve until his team loses the play; his partner shall then serve until his team loses the play. The opposing team shall then serve.

B. All games will consist of 21 points. All elimination games shall consist of one 21 point game until quarter-finals, semi-finals and finals where the best two out of three 21 point games shall decide the championship. All games must be won by a 2 point margin, i.e. 21-19, 22-20, etc.

C. During a service, any combination of two faults, shorts or longs, shall retire the server.

3. THE SERVE

A. To decide who serves, a coin is tossed. The winners have the option of starting with one serve in the first and/or the third game, or receiving, by allowing the opponents one serve in the first and/or third game. In the second game, the opponents have the same option of receiving or serving. During regular course of play, the serving side receives two serves.

B. The server must stand in the service area, within the short line and service markers. The ball must be bounced and struck on the first bounce, (failure to do either is a fault), and must rebound over the short line and land within or on the sidelines or long line.

C. Bouncing the ball more than three times in the service area before a serve is a fault.

D. A served ball landing in front of or on the short line is a short, and cannot be played.

E. If a served ball passes, or is in the process of passing over the long line or sideline and is struck on the fly by a receiver before it bounces, the ball is in play, regardless of where the receiver is standing, (except as in rule 3Q1).

F. A Fault will be called, if while serving, the server steps on or over the short line or sideline, before the ball rebounds over the short line. However, while serving, should the server's paddle ONLY, extend beyond the short or sideline or service marker, a fault *will not* be called.

G. A served ball landing outside of the sidelines is an out even if a fault is called on that service, (except as in rule 3M).

H. If during the serve, the server or his partner moves out of the way of a fairly served ball, a hinder may be called. Should the ball go long or out, the severest point shall rule.

I. The ball cannot be struck at more than once during the serve. Missing the ball while serving is an "out" and retires the server.

J. The server's partner must stand outside the sideline, between the short line and service marker, and must not enter the court until the served ball has passed him, (to do so, shall be a fault, and two such faults, during that service shall count as an out, and retires the server).

K. 1. If a fairly served ball, before being returned by an opponent, touches the server or his partner, it counts as an out, (except as in rule 4F, G).

2. A fairly served ball, while being returned by an opponent, and before it strikes the wall or floor, touches the server or his partner standing completely off the fair playing area of the court, will be played over so long as the angle and flight of the ball is toward the wall, and in the judgment of the referee would have reached the wall. Should any question arise after such a play, the referee's decision shall rule.

L. A fairly served ball passing between (but not touching) the legs of the server or his partner is a hinder, and shall be played over. This does not cancel any short, long or fault preceding the hinder during that service.

M. The receiving team may stand anywhere behind the service markers until a fair service is made, and must play a fair ball before it bounces twice, or while on the fly. A receiver may not cross the service markers until a legally served ball has passed the service markers. To do so will result in a point award to the serving side. A fault or out committed by the server as a direct result of a receiver passing the service markers will be cancelled. At all times the paddle is a part of the player, and will be considered as such when any judgment on a rule concerning it arises. The serving team cannot step backward, beyond the service markers, until the return of service. To do so will result in a loss of service to the server.

N. During service, deliberate delay exceeding ten seconds by the server or receiver(s), shall result in a penalty against the offender, (except as in rule 4N, Q).

O. During service and play, only the outs, faults, shorts, longs, and hinders shall be called by the referee and linesmen. The ball is in play at all times, unless the referee or a linesman stops play.

P. Every effort should be made by the server to keep the ball dry. Deliberate violation of this rule shall result in a penalty against the offender.

Q. 1. During service, should the ball while on the fly, touch a receiver standing behind the long line, or outside the sideline, and who is not attempting to play the ball, is ruled a long or out ball.

2. However, if a receiver on or in the fair playing area, is struck by a ball on the fly, the point shall go to the serving side, unless a fault or hinder is called against the server.

R. A legally served ball that is played by the opponents voids any previous fault, (except as in rule 3S).

S. Should the serving team after committing a short, long or fault, serve a fair ball, and the serving team creates a hinder or block situation before completion of that play, the serving team shall retain the short, long or fault on the next service. Should play stop for any other reason, i.e. stray ball on court, etc., the fault shall prevail.

T. At all times, the ball can only be struck at with the paddle. Any part of the hand or body touching the ball while in the act of striking at it with the paddle is an out.

4. PROCESS OF PLAY

It is the duty of the striker to alter his swing at all times possible, to avoid hitting an opponent, and the duty of all players to give the opponents as fair a chance at playing the ball whenever possible.

A. Players are allowed to switch the paddle from one hand to the other during play.

B. 1. A returned ball touching an opponent before striking the wall or floor is a dead ball, and must be played over, so long as its flight is ahead and in front of the striker regardless of its angle or velocity and in the judgment of the referee would have reached the wall, and the player being touched by the ball is on the fair playing area of the court.

2. However, should the ball travel in a backward direction toward the rear of the court, and then touch an opponent before bouncing, the play shall go against the striker. The referee shall rule as to the ball's direction of flight at the time it touches an opponent. The only exception to rule 4B(1) above, is 3K(2).

C. When a player deliberately moves into the way of, and is struck by a ball hit by an opponent, a penalty against the player being struck will result.

D. Until the ball has been struck or has bounced twice, it may be struck at any number of times, (except as in rule 3D).

E. A "down" ball is one which strikes the floor first, then the wall and rebounds with a looping and spinning effect, and is an out. It is also an out if the ball hits the point at the top of the front wall and rebounds with a high looping effect.

F. A ball breaking during play immediately stops play, and the point is played over. A broken ball during service does not cancel any fault preceding the ball breaking. No claim can be made about the last play once the next service is made. Therefore, the ball must be ruled broken by the referee before the next service.

G. Should the ball hit a foreign object on the court, or should any foreign object enter onto the playing area of the court so as to distract from proper play of the ball, play will stop immediately, and the point played over.

H. A player while striking at a ball on the fly, before it bounces, misses it entirely, and the ball lands outside the playing area before bouncing, is an out ball.

I. Any part of the hand or body touching the ball while in the act of striking at it with the paddle, is an out.

J. If any player catches, stops or is touched by a ball rebounding from the wall while it is in play, and/or before it bounces once or twice will result in a penalty against the offender, (loss of point or service, except as in rules 3Q, 4L, 5B, D, F).

K. A player hitting his partner with the ball during play is an out. (except as in rules 4L, 5B, 5F).

L. If during play, a player hits a ball, and after striking the wall, passes one or both opponents in such a way as to make it impossible to return, and then in turn touches the striker or his partner, the play shall go to the side hitting the ball. If there is any doubt by the referee as to whether or not the ball could possibly have been returned, the point shall be played over. Should the ball pass one or both opponents on the fly, and then touch the striker or his partner, the referee shall rule whether or not the ball would have landed fair or out, or if the point should be played over.

M. Play will never be suspended to allow a player to recover his strength or wind. In a case of intentional delay, the referee after giving due warning shall penalize the offender, (see rule 4N).

N. A player or side is entitled to two separate one-minute time outs in any one game. Time outs cannot be taken consecutively by the same side. A player may request a ten-second time out for wiping glasses, tying laces or the like, and only upon the referee's permission may such a time out be had. Flagrant abuse of requesting such time outs will result in a penalty. Intentional delay when play is called to resume, will result in a penalty.

O. A game postponed due to the elements shall resume where play ended.

P. Substitution of partners after the start of a tournament is not permitted.

Q. In case of a purely accidental injury, one fifteen-minute rest period shall be allotted the injured player. Should the injured resume play by or before this period, and the injury recurs, or if another injury is suffered, no additional delay other than normal time out will be allowed, (if any is available). If the player is unable to continue, the game shall be awarded to the opponents. However, should a player cause an injury through wild and/or reckless play to either opponent, and that opponent is unable to resume play after the allotted 15 minute rest period, the referee may award the game to the injured side. Should play resume, and before the end of the game, the same injury incurred by the same opponent recurs, thereby preventing him from finishing the game, the referee shall decide the outcome of the game.

R. A five-minute period is allowed between the first and second game. Ten minutes is allowed between the second and third game. Delay by any participant(s) will result in a penalty. The winning team upon completion of the semi-finals match has the option of resting up to one hour before playing the final match.

S. Unnecessary or excessive talking during play will result in a penalty. At no time should play cease when a player is loudly calling an order to his partner, ("leave, long, out, etc."). The ONLY call which enables a player to stop play of his own accord is a "Safety Call" (see rule 5C).

T. 1. During service or play, any player losing possession of his paddle shall result in an out (loss of point or service).

2. However, should a player have his paddle dislodged from his hand by an opponent, play shall stop immediately, and the point played over.

U. A player strikes the ball, and after rebounding from the wall and while still on the fly, before bouncing, touches an opponent who is COMPLETELY

outside of the fair playing area of the court, shall be ruled an OUT ball so long as the opponent makes no attempt to play the ball.

V. If a ball passes between the legs of the striker or his partner during play, the ball shall be in play, unless a hinder or safety is called under rules 3L, 5C, D, E, F.

5. HINDERS

Any intentional infraction or flagrant abuse of the rules as described in the following section (5) shall result in penalties as shown in section 6.

A. The referee may call hinders, blocks, and safeties, and rule on all questions which may arise during a game. His decision is final, and has the authority to hand out any number of penalties, including forfeiture of a game.

B. When the referee calls a hinder, fault, etc., as the case may be, play stops immediately, and cancels any play that may follow.

C. A player in the process of playing a ball may call a safety wherein he refrains from swinging for reasonable fear of injuring an opponent with the ball, or the paddle, should an opponent be too near as to allow the striker a clear swing. Upon a safety call from a player, all action will cease at once, and the referee shall rule on the validity of the call. Needless safety calls will result in a penalty against the offender(s).

D. Play will stop immediately and the point played over, if while in the act of swinging at a ball, a player touches an opponent or his paddle, (with his paddle) *before* striking the ball, so long as the striker is in a position to have returned the ball. At all times, the paddle is a part of the player, and will be considered as such when any judgment on a rule concerning it arises, (except as in rules 3T, 41, 4T1).

E. A player who interferes with either opponent in such a way as to prevent either opponent from having a fair chance at returning the ball is a hinder. The opponent pursuing the ball and moving in a backward direction, must be given full freedom by the opposing team to play the ball. Intentional crossing in front of, or backing into an opponent who is returning a ball in play, will result in a penalty against the offender. Interference purely with an opponent's vision is not a hinder as explained. in rule 5G.

F. Deliberate moving of a player into the path of a ball in play, by an opponent will result in a penalty against the offender. A hinder shall be called, should the above occur accidentally.

G. A VISION BLOCK IS DESCRIBED AS FOLLOWS:

During play, if a player hits a ball, and after hitting the wall, the ball falls in front of him or his partner, or passes him or his partner to the right or left, and in the process, the opponent does not see and/or know where the ball is and therefore cannot play it, a hinder will *not* be called.

H. Any player who persists in wild or reckless play, after due warning by the referee, will be penalized.

I. During play, should a player call for a block, (not a safety block), play *must* continue until the referee honors the call by stopping the action. Should the call NOT be honored, the referee shall loudly proclaim "PLAY" and play *must* continue. Should the call BE honored, the referee shall proclaim "STOP" or "BLOCK" and play will cease immediately. ANY appeal concerning a "BLOCK" call, and/or the referee's decision on that call, may be made ONLY after the immediate play has ceased completely.

J. While in the act of striking the ball, the striker's partner moves in front of or alongside of either opponent, thereby blocking the opponent, a hinder will be called. A hinder will not be called if a player interferes with his own partner.

K. Intentional contact of ANY type by a player against an opponent during play will result in a penalty. The referee shall rule as to the intent of contact.

6. PENALTIES

The referee makes the final decision on any questions that may arise concerning plays, hinders, faults, safeties, infractions, etc. Refusing to abide by the referee's decision will result in a penalty as described in this section. Intentional hinders or infractions of the rules in any manner whatsoever shall result in penalty, forfeiture of the game, or expulsion from the tournament.

A. Unsportsmanlike conduct, foul language, deliberate stalling, intentional blocking, refusing to abide by the referee's decision, etc., will result in penalty, forfeiture of a game, or expulsion from the tournament.

B. Any number of penalties, point or serve-losses-awards can be handed out by the referee in a game as follows:

1. Loss of 1 point and/or serve against the offender(s).
2. Award of 1 point and/or 1 serve for the opponents.
3. Loss of game through disqualification.
4. Expulsion from tournament.

SINGLES PLAY

All doubles rules apply as well to singles, in the singular rather than the plural sense. The following are the only exceptions,

1. THE SERVE

A. The server may serve from *any* part of the court within the service area, (between the short line and service markers), and MUST serve to the major area of the court. See drawings X, Y, Z, (except as in rule 1G).

B. Where the server begins his service establishes the major area on the court, not necessarily when where contact is made with the ball and paddle. However, should the server while striking the ball, move onto the major area of the court, a fault will not be called, so long as a legally served ball lands on the remaining major area of the court, and a hinder or fault has not been committed by either side.

C. It is the duty of one of the side linesmen to observe the server's position, and to call a fault or out should a served ball land anywhere else other than the major area of the court.

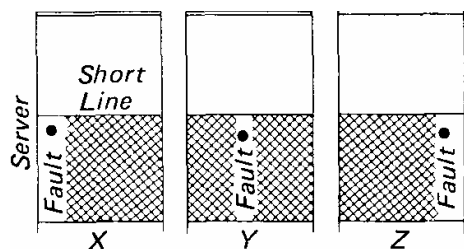
D. Should the serve land anywhere other than the major area of the court, it should be a hinder, fault, short, long or out.

E. Once the server elects to serve from a particular area of the court within the service zone, should he commit a hinder, fault, short or long, he must complete his serve from the area he has chosen.

F. Should the server elect to stand in the center of the court (Y), he must point out to his opponent which side of the court his serve shall go. Neglect by the server to notify his opponent of this is a fault.

G. Should the server elect to serve to the minor or lesser area of the Court, he must so indicate to his opponent (neglect to do so is a fault).

Shaded Area Signifies Major Area of the Court Wall



OFFICIAL ONE WALL RACQUETBALL RULES

The preceding Official One Wall Paddleball Rules apply for One-Wall Racquetball. Where the word “paddle” appears, the word “racquet” should be substituted. The following are the only other changes for the One-Wall Racquetball game.

Rule

1B - Equipment: The racquet will have a maximum head length of 11 inches and width of 9 inches. These measurements are computed from the outer edge of the racquet head rims. The handle may not exceed a total of 7 inches. Total length and width of the racquet will not exceed 27 inches. The racquet frame may be made of any material. The strings of the racquet must be gut, monofilament or nylon strand, but cannot be of steel or metal. A racquet found unfit for play by a referee will not be permitted for use in any tournament game.

1C - E.R.A.: The ball shall be rubber, and shall be 2-1/4 inches in diameter: weight approximately 1.60 ounces with a bounce at 46-54 inches from a 72 inch drop at a temperature of 76 degrees F.

1D - Eliminate rule 1D for racquetball.

THE LANGUAGE OF PADDLEBALL

ACE -- A legal serve, completely eluding the receiver.

ANGLE -- A ball hitting the wall in such a way as to rebound toward a sideline.

BACK SWING -- Bringing the paddle back before starting the forward swing.

BLOCK -- Preventing an opponent from playing the ball by moving between the opponent and the ball.

DEAD BALL -- A ball which is no longer in play.

DOUBLES -- Two players vs. two other players.

DOWN BALL -- A ball hitting at the juncture of the floor and the wall, which is an out, and not playable.

DRIVE SHOT -- Hitting the ball hard to the wall so it rebounds in a relatively straight line.

FAULT -- Infraction of the service rule.

FOLLOW THROUGH -- Continuing swing of the paddle after hitting the ball.

HINDER -- Accidental interference with an opponent resulting in the replay of the point.

KILL SHOT -- A ball rebounding from the wall, so close to the floor as to make it practically impossible to return.

LOB SHOT -- A ball hit high and softly to the wall, which rebounds in a high arc to a deep part of the court.

LONG BALL -- A serve rebounding over the long line before the first bounce.

PASS SHOT -- (Relative to the Drive Shot) A hard hit ball to the side of, and out of the reach of an opponent.

PLACEMENT -- A ball hit to the spot where it was intended, and which is practically impossible to return.

SCREEN -- Interference with an opponent's vision during the flight of the ball.

SHORT BALL -- A serve failing to rebound over the short line before the first bounce.

SINGLES -- One player vs. one other player.

STRIKER -- Any player attempting a swing and making contact with the ball.

GETTING A GRIP ON THE GAME

by Chris Lecakes

For the beginner, learning to play paddleball starts when you take a paddle in your hand.

It is most important to have a paddle suited to the player and to the type of game played. The U.S. Paddleball Association officially recognizes the Marcraft line of paddles as being the best made for the sport of paddleball. In any case, whichever paddle you do choose, be certain you choose it for its balance, weight, grip feel and construction, not only for its beauty or price.

Many starting out in paddleball ask, "Where shall I grip the paddle", however, there's more to it than that. Figs. 1, 2, and 3 show the grips most frequently used by players, (these may vary to some degree). Much has to do with the type of inherent swing a player has as to what type of grip he uses. There are players who can use any of the three grip positions at one time or another and play well, even to the point of shifting the hand up and down the paddle during a single rally. However, most players will fall into one of the three grip position categories and use that position on the paddle most of the time.

FIG. 1 -- "Choking up" on the paddle is indicative of the arm swinger, where the arm is swung in a flat semicircular arc, underhand, sidearm or overhand. The elbow is bent to some degree, and mostly muscular effort is used to swing the paddle. The more muscle, the harder the ball is hit. There is very little wrist action when gripping the paddle in this manner. The arrow shown in Fig. 1 indicates a variation of this grip with the index finger being extended in that direction.

FIG. 2 -- Shows the center grip. This position allows the wrist slightly more flexibility than the choke grip. Not quite as much muscle is needed to hit the ball harder using the center grip. Usually, the arm is swung in a somewhat shorter arc, with some bend in the elbow. Power comes from the coordination of muscle and arm with some wrist whip.

FIG. 3 -- Shows the low or power grip most commonly used by the wrist player. This grip needs the least amount of muscle, with a large amount of coordination due to the arm and wrist being bent and snapped very much like the snapping of a whip, to a greater or lesser degree according to the individual player. In most cases, the wrist player is considered the "power" hitter.

To sum up, each grip has advantages and disadvantages:

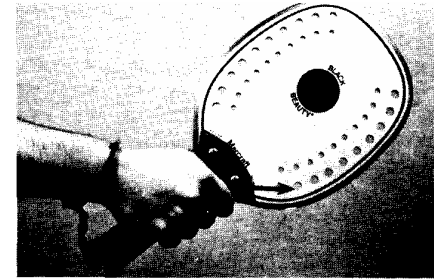


FIG. 1 -- The high or choking grip allows the greatest control of the paddle, and usually the least amount of power.

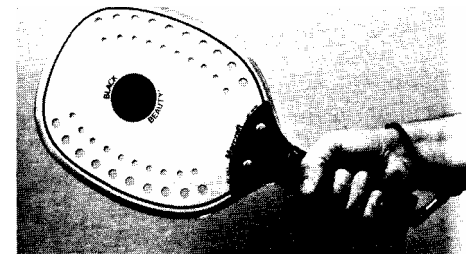


FIG. 2 -- The center grip travels the "middle of the road", where a good degree of control and a good amount of power is usually the case.

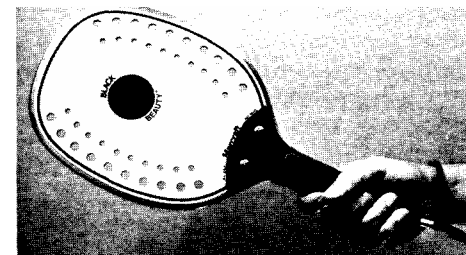


FIG. 3 -- The low grip affords the greatest amount of power in striking the ball when combined with a whip like wrist action.

“In my many years of travel and playing paddleball, I have seen wrist players with excellent control and only fair power, and arm players with poor control and brute power. What has been written here is meant as a guide, a “rule of thumb” so to speak. There are many variables which could affect the grip/swing combination such as, speed of the ball, paddle weight, natural ability, etc., etc. The next time you are watching paddleball being played, take note as to which grip certain players use, the type of swing and how hard the ball is hit. In fact, check your own grip and swing the next time you play, and experiment somewhat with the different grip positions until you find the one which suits you best.”

HINTS ON IMPROVING YOUR GAME

DO's

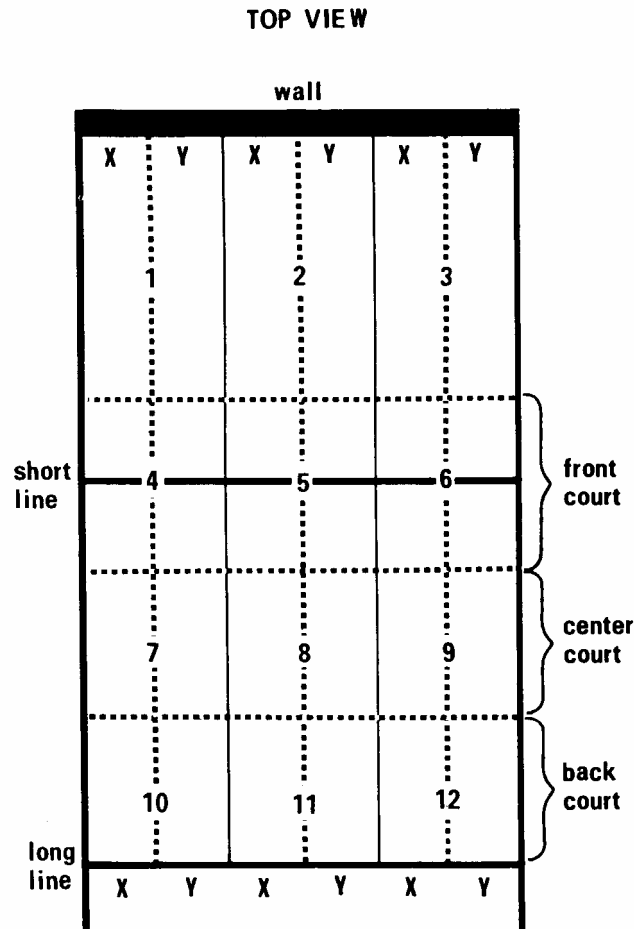
1. Always warm up thoroughly before a game.
2. Concentrate on your game and play to win. To do otherwise would be most unfair to your partner.
3. Never try to change a winning game, and always change a losing one.
4. Attack the ball whenever possible, particularly on a weak return from the opposition.
5. Always try to keep the ball slightly in front of you and at arm's length when striking it.
6. Vary your serve during a game to keep your opponent(s) guessing.
7. When you don't have a strong serve, the high, deep serve can be most effective.
8. When you're out of position to make a strong return, attempt to make your return to the opponent's weaker side, or an unexpected lob shot on your part, might force an opponent to relinquish front position.
9. Observe the better players; how they make shots in certain situations and how they capitalize on opponents' weaknesses.
10. Observe your opponent(s) during the pre-match warm-up. Does he hit hard or soft? Does he practice the lob? Look for a pattern to his style or method of play?
11. You should develop a full repertoire of shots. To attain this, you must practice and experiment as much as possible. Get to the courts early and work on the shots that give you the most trouble.
12. Always play the opposition's weaknesses. Try different shots during a game and establish as quickly as possible what those weaknesses are.
13. Cover for your partner when he is out of position, but not so quickly as to alert the opposition that you too are moving out of position.
14. Use your partner when he is up front, by dropping the ball in front of him, or drive the ball by him, using his body as a screen.
15. Exploit your opponent's power. If a ball is powered at you while you are in front court, meet his power with a soft kill or angle in front of you or your partner.
16. After your serve, your partner should step forward on entering the court. The players UP FRONT on the court CONTROL THE GAME.
17. Utilize a call system between you and your partner, such as, “take it”, “yours”, or “mine”, “leave”,
18. Always consider the SAFETY of all the players involved in a game as the single most important factor.
19. If your hand sweats excessively, wear a glove.
20. If you wear glasses, clean them thoroughly before playing, and make sure they fit snugly. (Safety lenses are best).

DON'Ts

1. Poor sportsmanship (foul language, dirty playing, etc.) on the court only establishes that you are a bad loser, creates friction and solves nothing.
2. Never use a paddle with a loose or cracked handle. Tape all rough edges.
3. Never take a second swing at the ball after the play is over ... a player may be facing you.
4. Never push an opponent in your attempt to get to a ball.
5. Don't give up on an opponent's low kill shot, sometimes it "stays up".
6. Don't double fault on a serve. If you're uncertain about your second fault serve, play it safe.
7. Never turn around fully to observe an opponent's position. Take a quick look over your shoulder.
8. Never play a patterned game, the opposition will take advantage of it.
9. Never use a backhand or opposite hand, when there's time for you to move into position for a strong forehand.
10. Backing up after serving, enables your opponent to gain a controlling front court position.
11. Never make a defensive shot when an offensive one is possible.
12. Avoid making soft shots from a back court position. This allows the opposition to attack the ball.
13. Don't try for low angle kills from a deep back court position unless you have sufficient room to make the shot.
14. Don't try for the "impossible get" when you're far ahead on points. It doesn't pay in the long run.
15. Avoid wearing tight clothing (shorts, shirts, sneakers). It will only hinder your play.

16. Avoid gripping the paddle too tightly until you are ready to make contact with the ball.
17. Don't take for granted that your angle or kill shot won't be returned. Stay alert.
18. Don't underestimate the opposition. This may be the day when they do everything right.
19. Try not to play in a game where there is hostility between two opposing players.
20. Never play that "last" game when you are overly fatigued and out of condition.

PADDLEBALL QUIZ - DOUBLES



To better visualize the position of the players, break the heads off some paper matches and use them as players on the above diagram. Darken two of the match heads to distinguish one team from another.

In answering the following questions, be sure to take into consideration your own position on the court as well as those of your opponents and partner.

1. 4Y and 6X hold front court positions. The opponents are positioned at 10Y and 9X. A soft return is made by 9X to 4Y. Mark the *least* effective return by 4Y.

- A - A soft kill to 1X
- B - A hard kill to 1X
- C - A hard angle to 3Y
- D - A hard driving shot to 2X or 2Y

2. Same situation as above, except that 10Y hits a low 2. power drive at 6X. Mark the *least* effective return by 6X.

- A - A soft kill to 3Y
- B - A high lob to 11Y
- C - A soft kill to 1X
- D - A soft angle to 1X

3. Two partners are positioned at 7Y and 6X. The opponents are positioned at 4Y and 9X. 4Y is striking the ball and wishes to get his partner (9X) into the front court position. Mark the most effective return by 4Y.

- A - A lob shot deep to area 10X or 10Y
- B - A lob shot deep to area 12X or 12Y
- C - A drive shot at opponent 6X
- D - A kill attempt to area 2X

4. Player serving from 4Y makes a weak serve to area 7X. Server's partner moves into area 9Y behind opponent. Receiver moves into area 10X for a strong forehand return.

Mark the most effective return by receiver.

- ___ A - A high power drive down area 1X.
- ___ B - A low power drive toward area 3X.
- ___ C - A kill attempt to area 2X
- ___ D - A high power drive to area 2Y

5. Two partners are caught out of position in area 8X and 8Y. The opponents occupy area positions 4Y and 9X. A low power drive is being returned by the player in area 8X toward area 2X. Mark the least effective return by player at 4Y.

- ___ A - A high power drive toward area 3X.
- ___ B - A soft angle to area 3Y
- ___ C - A high lob to area 10Y
- ___ D - A high lob to area 9X

6. A player has attacked the ball and in attempting to kill the ball into area 2X, fails, and finds himself halfway to the wall in area 1Y. His partner attempts to "Cover" him and moves toward area 5X. The opponent playing the left side moves in to make a strong offensive shot. His partner is positioned at area 6X.

Mark the least effective return by the opponent about to strike the ball.

- ___ A - A hard angle to area 1X
- ___ B - A hard power drive to area 3X-Y
- ___ C - A hard kill to area 3X-Y
- ___ D - A hard power drive to area 2Y
- ___ E - A high lob to area 12X-Y

In singles, player in area 4Y serves to receiver at the rear of 11Y. Receiver makes a strong power return to area 3X-Y and moves into area 8X-Y. The server speeds cross court to retrieve the ball . . . and in so doing, cannot make a strong return, but can get enough paddle on the ball for a soft return.

Mark the *least* effective return by the retriever.

- ___ A - A high return toward area 1Y
- ___ B - A low return to area 3Y
- ___ C - A low return to area 2Y
- ___ D - A high return to area 4Y

In singles, the player positioned behind the short line at 5Y has just made a deep lob to area 10Y. The opponent moves into position to make a strong return.

Mark the *least* effective return by the retriever.

- ___ A - A high power drive toward area 1X
- ___ B - A high lob to area 12X or 12Y
- ___ C - A kill attempt to area 2Y
- ___ D - A high lob to area 10X or 10Y

Scoring

- 8 correct — Excellent
- 7 correct — Very Good
- 6 correct — Good
- 3 correct — Just Passing
- 1-4 correct — Failing

Answers to quiz questions:

1-D, 2-B, 3-B, 4-A, 5-D, 6-D, 7-C, 8-C



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Credits

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