

# Padel Etiquette Study Guide

Article created by NotebookLM from this [post](#)

## Quiz

Answer the following questions in 2-3 sentences each.

1. What is the "fridge" in padel, and why is it considered bad etiquette?
2. According to the article, what is the difference in acceptability of "fridging" between competitive and friendly padel matches?
3. List three pieces of advice the article offers to players who have been "fridged."
4. What does the article mean by "Smash and Dash," and what is the proper way to handle this situation?
5. Explain what the article refers to by "Lob Overload" and why it's considered poor etiquette.
6. According to the article, what should players avoid doing after a game of padel?
7. Why is using your phone during a padel match considered poor etiquette?
8. Explain "The Fake Rush" and why it is considered poor form in padel.
9. What is "Serve and Swerve," and how should players avoid committing this breach of etiquette?
10. What is the author's bonus pet peeve regarding the behavior of a partner?

## Quiz Answer Key

1. The "fridge" in padel refers to the act of intentionally excluding a player from the game by directing all shots to their partner; it's considered poor etiquette because it's frustrating for the "fridged" player and it undermines the enjoyment of the game.
2. The article states that "fridging" is sometimes acceptable in competitive matches because winning is paramount, but it is considered unacceptable in friendly matches, where the focus should be on enjoyment and inclusion.
3. The article suggests that players who have been "fridged" should consider it a compliment, cheer on their partner, and mentally note to avoid playing with that person in the future.
4. "Smash and Dash" refers to hitting an opponent with the ball without apologizing; the proper way to handle this is to offer a simple "sorry" to the impacted player.
5. "Lob Overload" means using too many high lobs during a game; this is disrespectful because it makes the game slow and less engaging for all participants.
6. The article says that players should not "ghost" after a game. Instead, they should shake hands and engage in eye contact to show respect and good sportsmanship.
7. Using a phone during a padel match is considered bad etiquette because it is a distraction and it undermines the spirit of the game which is to be present and engaged with other players on the court.

8. "The Fake Rush" is when a player declines a post-game social activity but then is seen participating in a similar activity, demonstrating dishonesty and a lack of transparency.
9. "Serve and Swerve" is rushing the serve without giving the opponent time to get ready; players should avoid this by giving the other player a moment before serving.
10. The author's bonus pet peeve is giving a partner the "cold shoulder," suggesting that communication and cooperation is key to a good match.

## Essay Questions

Answer each of the following essay questions in well-structured paragraphs.

1. Analyze the article's use of humor and informal language in its discussion of padel etiquette. How does this approach contribute to the article's overall message and intended audience?
2. The article emphasizes the importance of respecting unwritten rules in padel. Discuss why these unspoken guidelines are crucial for maintaining a positive social environment in sports and recreation.
3. Compare and contrast the acceptable behaviors in competitive vs. friendly matches, drawing on examples from the article. How do these distinctions help preserve the spirit of different types of games?
4. Critically evaluate the "top 10 Padel Don'ts" discussed in the article. Which of these do you think are the most important, and why? Support your opinion with relevant evidence from the article.
5. Drawing upon the information in the article, explain what the author means by asserting that padel is "more than just a game; it's a vibe." How does the author's overall message about etiquette relate to this concept?

## Glossary of Key Terms

**Padel:** A racquet sport typically played in doubles on an enclosed court that is smaller than a tennis court, often using walls as part of the game.

**Fridge (Fridging):** The act of intentionally excluding one player from a padel game by directing all shots to their partner, often to dominate play.

**Smash and Dash:** Hitting an opponent with the ball without offering an apology, a breach of etiquette in padel.

**Lob Overload:** The excessive use of high lobs, which can slow the game and are considered disrespectful and boring.

**Ghosting (After the Game):** Leaving the court immediately after a game without engaging with other players, considered rude and unsportsmanlike.

**The Fake Rush:** Declining to socialize after a game but then participating in similar activities, indicating a lack of authenticity and sincerity.

**Serve and Swerve:** Rushing to serve without giving the opponent adequate time to prepare, seen as a lack of consideration.

**Cold Shoulder:** Ignoring or refusing to communicate with one's padel partner, demonstrating poor teamwork and damaging the vibe of the match.