

PULSE - BREAKING NEWS

THREE NEW RACKET SPORTS ARE NOW AVAILABLE AT THE SPORTS HALL

Friday, 29 November 2024



PE Section is thrilled to announce that the Sports Hall has expanded its offerings with three exciting new racket sports and these sports are now available for booking through our online reservation system, just as you

READ MORE →



Exclusive live reports by
PE Buddy

PE Section is thrilled to announce that the Sports Hall has expanded its offerings with three exciting new racket sports – PICKLEBALL, SOFT TENNIS and PADEL TENNIS! The versatility of these sports accommodates users of diverse ages, skill levels, and abilities, supporting the university's aim to promote equality, diversity, and inclusion through enriching physical education experiences for all.

Racket sports are generally accessible to a broad audience, regardless of age, gender, or skill level that provide both recreational play and competitive engagement.

We hope to attract a wider range of users with varied interests and skill levels to engage in and experience different sports, promoting inclusivity with a vibrant sports culture on campus.



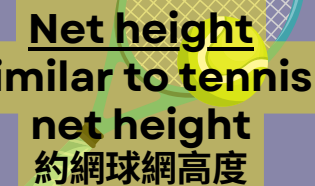
PICKLEBALL 匹克球

Pickleball is a fast-growing racket sport that combines elements of tennis, badminton and table tennis. It is a fun and addictive game that can be played both indoors and outdoors, either as doubles or singles, making it accessible to players of all ages and skill levels. The rules are straightforward that it is easy to learn yet the game can develop into a quick, fast-paced and competitive game to challenge experienced players.

匹克球是一項發展迅速的球拍運動，融合了網球、羽毛球和乒乓球的元素。匹克球有趣且容易上手，是個令人上癮的運動，無論是雙打還是單打、在室內和室外也可以玩。而且規則簡單易學，同時亦可以發展成為快速、快節奏的競技遊戲，充滿挑戰性，適合所有年齡和技能水平的玩家，



Court size
similar to a
badminton court
如同羽毛球場大小



Net height
similar to tennis
net height
約網球網高度



Paddle
a larger version of
table tennis
paddles
加大版的乒乓球拍



EQUIPMENT 裝備

All you need is pickleball paddles and a pickleball – a lightweight plastic ball with holes.

你只需一塊球拍和一個匹克球 – 一個有洞孔的輕塑膠球。

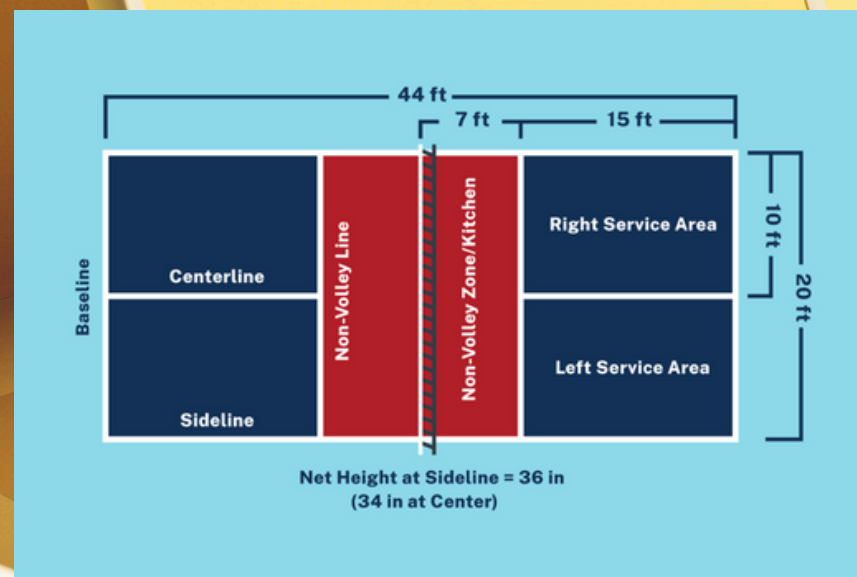
How many holes are there on a pickleball and why?

Usually, outdoor balls have 40 closely packed holes while indoor feature 26 wider holes.

The holes in a pickleball serve a crucial purpose in the game. They help reduce air resistance, making them slower and easier to control. They also create a unique flight pattern, enhancing the strategic challenges of the game.

匹克球上有多少個洞, 為什麼?

一般室外球有 40 個緊密排列的洞, 而室內球則有 26 個較寬的洞, 室內球較軟較輕, 洞徑較大, 飛行速度較慢。不要少看這些洞, 他們在比賽中有十分重要的作用。這些洞有助於減少空氣阻力, 使球的速度更容易控制; 也創造了獨特的飛行軌跡, 增強了賽事的策略挑戰。



Pickleball Rules

FIRST TEAM TO 11 WINS

A PLAYER OR TEAM CAN ONLY SCORE POINTS WHEN SERVING

SERVING

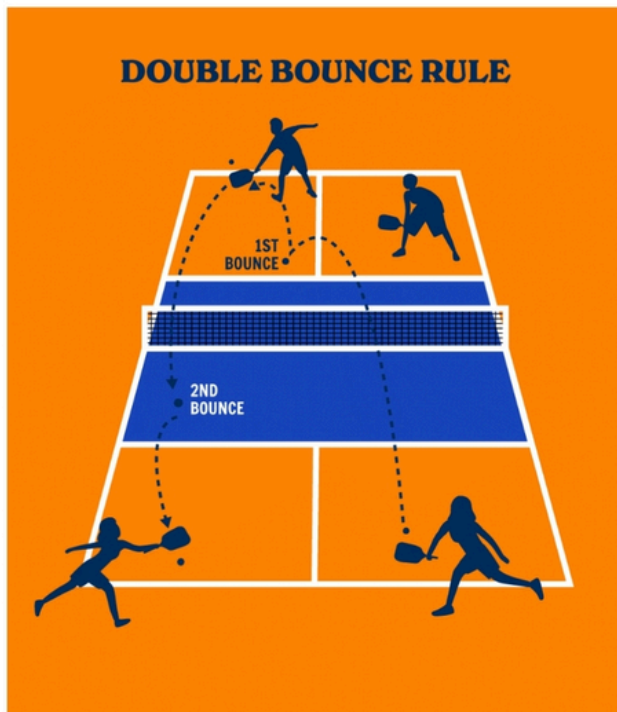
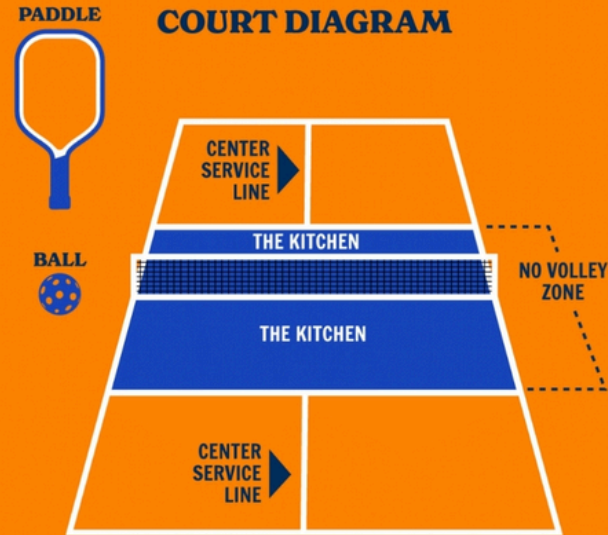
- SERVER MUST KEEP BOTH FEET BEHIND BASE LINE
- SERVE UNDERHAND
- SERVICE MUST BE MADE DIAGONALLY
- SERVE AND RETURN MUST BOUNCE

DOUBLE BOUNCE

- THE BALL MUST BE ALLOWED TO BOUNCE ONCE ON THE SERVE AND THE RETURN AFTER THE SERVE.
- AFTER COMPLETING THESE 2 BOUNCES, THE BALL CAN EITHER BE VOLLEYED OR PLAYED OFF THE SHOT

FAULTS

- BALL FAILS TO CLEAR NET
- BALL FALLS OUTSIDE COURT BOUNDARIES
- BALL VOLLEYED FROM KITCHEN BEFORE ONE BOUNCE
- BALL VOLLEYED BEFORE SECOND BOUNCE FOLLOWING SERVE
- BALL TOUCHES ANY PART OF THE NON-VOLLEY ZONE WHILE SERVING (LINE ALSO INCLUDED)



MUST WIN BY 2 POINTS

我都好鍾意打匹克球，
你都學下啦！

LEARN HOW TO PLAY



Reference: USA Pickleball (<https://usapickleball.org/>)

SOFT TENNIS 軟式網球

Soft tennis, originating in Japan, has been steadily gaining global attention for its unique characteristics and accessibility. While it shares similarities with regular tennis, soft tennis offers its own set of distinctive features that making it accessible and appealing to players of all ages and skill levels. Soft tennis was first introduced as a demonstration sport at the 1990 Asian Games in Beijing and **had been part of Asiad as a medal event since the 1994 edition in Hiroshima.**

軟式網球起源於日本，是從網球衍生而來，其獨特的特徵和便利性逐漸受到全球關注。雖然軟式網球與普通網球有相似之處，但它具有自己的一套獨特功能，吸引所有年齡和技能水平的運動員。軟式網球在 1990 北京亞運列為示範項目，並從 1994 廣島亞運起已列為正比賽項目。



SOFT TENNIS 軟式網球

56-59.4 grams



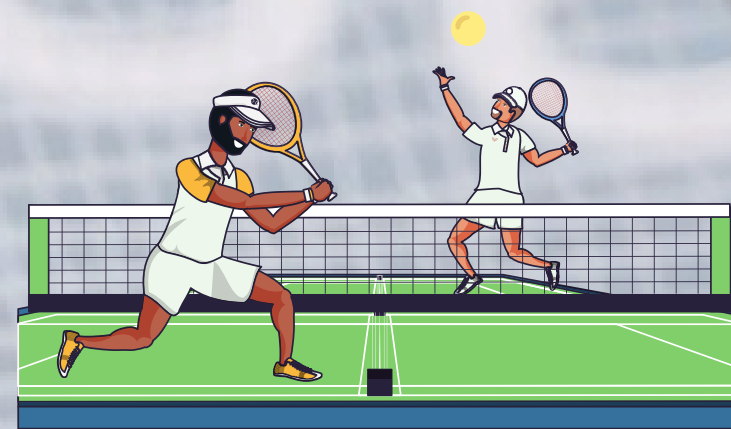
30-31 grams

This lighter weight contributes to a slower flight trajectory, offering players more time to strategise and execute their shots.

更輕的重量有助於減慢飛行軌跡，為球員提供更多時間來制定策略和擊球。

The lighter ball and a flexible racket with a lower string compression reduce the shock and torsion experienced during gameplay, making it a preferred choice for those prone to tennis-related injuries. Additionally, the option to **adjust the ball's inflation level** allow players to tailor the game to their comfort and playing style, further reducing the risk of strain or injury.

輕的軟橡膠球和球拍網線張力較低，能減少打球的過程中所經歷的衝擊和扭轉。此外，軟式網球有空孔可注入空氣，球員可根據自己的舒適度和比賽風格調整球內空氣，自訂比賽挑戰性，進一步降低拉傷或受傷的風險。



LEARN HOW TO PLAY



PADEL TENNIS 板式網球

Padel tennis is a mix between tennis and squash that originated in Mexico. The court is about one-third of the size of a tennis court, and is enclosed by walls of glass and metallic mesh. The ball can bounce off any walls but can only hit the turf once before being returned.

Padel tennis is always play in doubles so you can team up with your partners and take on the challenge together. Unlike tennis, it's not solely about strength, technique, and serving. It emphasises teamwork and developing strategies together that fosters camaraderie, making it a social and engaging activity. Padel tennis is easy for anyone to dive into, regardless of age or skill level.



Photo from: <https://www.redbull.com/int-en/what-is-padel-tennis-guide>



板式網球起源於墨西哥，混合了網球和壁球的元素，板式網球球場的大小約為網球場的三分之一（二十米長十米寬），由玻璃和鐵絲網圍起來。球可以從任何牆壁上彈起，但只可彈地一次。這種小球場使比賽更加緊湊，球員之間的互動更加頻繁。板式網球通常以雙打形式進行，與網球不同，它並不全依賴力量、技術和發球，它強調團隊合作，制定策略以共同應對挑戰，是一項運動同時也是社交活動。不論任何年齡或技能水平，所有人都可以輕鬆投入其中。

EQUIPMENT 裝備

Padel rackets are shorter and lighter than tennis and pickleball rackets. They are usually made of carbon fibre or fibreglass, a softer material and are solid, perforated. This design makes the racket easier to control and manoeuvre for beginners. The balls are similar to tennis balls but are slightly smaller and lighter.

板式網球球拍相比網球和匹克球拍更短且較輕。它們通常由較軟身，碳纖維或玻璃纖維製成，並且是實心的、穿孔的。這種設計使得球拍於初學者來說更容易上手。而板式網球比網球較小、更輕。



The game begins with an underhand serve, executed diagonally across the court. The ball must bounce once on the ground before hitting. The scoring follows traditional tennis rules, and it is usually a best-of-three set, calculated as 0, 15, 30 and 40. The players who win one more point after 40 win the set.

板式網球比賽發球時必須低於腰部水平，必須在地面反彈一次後才能擊球。其計分方式和網球相同，通常是三局兩勝，以 0、15、30、40 來計算分數，40 分再贏得一分那方可獲得一局。比賽時若果球落地兩次後還擊即為擊球失誤。

TIPS FOR PLAYING PADEL TENNIS 板式網球玩法小貼士

- **Utilisation of walls** – The walls of the court can be used to rebound incoming shots, players can utilise the walls to create more tactical and strategic returns, making it more unpredictable for opponents. This is a key feature of the game.
- **Teamwork is the key** – Padel Tennis emphasises teamwork and communication for effective tactical coordination.
- **Control the speed of your shots** – Due to the small court of padel, players have to control the speed and power of their shots to avoid hitting out of bounds or giving opportunity for opponents to counterattack.
- **牆壁利用** – 板式網球球場的牆壁可以用於反彈來球，球員可以利用牆壁創造更具戰術性和讓對手難以應對的回球，讓擊球充滿變化性，這是板式網球的特色。
- **溝通和合作** – 板式網球強調團隊合作和溝通。球員需要緊密溝通，以確保球的控制和適當的戰術安排。
- **控制球速** – 板式網球球場相對較小，球員需要注意控制球的速度和力量，以避免出界或讓對手有機會進行反擊。

LEARN HOW TO PLAY



Pickleball



A mix of badminton, tennis and table tennis

Play on badminton Court
(typically 13.5m x 6m)

Racket

Solid paddle usually made of wood or composite materials

Ball

A perforated plastic ball

Singles or doubles

Soft Tennis



Derived from traditional tennis

Play on tennis court
(typically 23.5m x 8m)

Racket

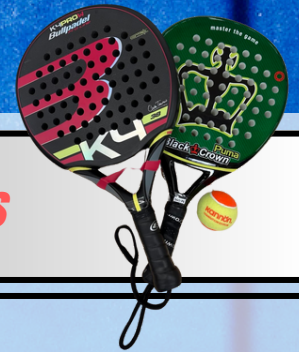
Similar to tennis racket strung at a lower compression

Ball

Soft, hollow and light, made of rubber and are filled with air

Singles or doubles

Padel Tennis



A mix of tennis and squash

Play on a enclosed court with glass wall and wire mesh
(typically 20m x 10m)

Racket

Solid paddle with small holes on the surface

Ball

Similar to tennis ball but lighter and less pressurised

Usually doubles

EQUIPMENT IS AVAILABLE TO BORROW AT PE SECTION!

Easy to learn and perfect for beginners!

- Great workout without physical intensity of tennis that foster social and community interaction

- Improve agility and enhances hand-eye coordination, endurance and strategic thinking



Sports Hall

To reserve sport hall full court (For Basketball and Volleyball)



Badminton Court

To reserve badminton courts



Soft Tennis Court

To reserve soft tennis courts



Half Basketball Court

To reserve half basketball courts



Pickleball Court

To reserve pickleball courts



Padel Tennis Court

To reserve padel tennis courts

ACT NOW! ALL New sports are available for booking through our online reservation system, just as you would for booking courts for badminton! (Equipment is available to borrow at PE Section)

立即透過網上系統預訂! (歡迎到體育部借用球拍和球)

Note to Readers

The court size for our new racket sports is adapted from the badminton court size and does not reflect the official dimensions for soft tennis and padel tennis. Our aim is to introduce users to these rapidly growing sports and allow them to experience the fun and excitement. If you would like to play on an official court, you can borrow the necessary equipment from us. We encourage you to explore these sports and enjoy all they have to offer!

我們的目標是讓使用者認識這些快速發展的運動，體驗當中的樂趣和刺激，其中軟式網球和板式網球會在羽毛球場尺寸的場地進行。如果你想在標準場地體驗運動，我們鼓勵你自行預訂場地，並向體育部借用裝備。請保持好奇，繼續探索和享受運動的樂趣!



INFORMATION FOR USERS OF LSK COMPLEX

李兆基綜合大樓使用者守則

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