

# 13MM VS 16MM PADDLE CORE SELECTION MATRIX

The Essential 1-Page Diagnostic Guide to Core Physics, Sweet Spot Stability & DUPR Fit • [PickleballScope.com](#)

| 13MM / 14MM CORE<br>Power & Fast Pop (Stiff Lattice) | 16MM CORE<br>Control & Touch (Shock Absorbing) | DWELL TIME<br>16mm Holds Ball ~20% Longer | SWEET SPOT<br>16mm Has Higher Twistweight |
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## 1. THE 4-QUESTION CORE SELECTION DIAGNOSTIC

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| <b>Q1: Do you struggle with popping balls up high at the kitchen line?</b><br><b>Answer: YES → Choose 16mm.</b> A thicker 16mm core absorbs incoming pace, deadening hot drives and keeping your resets low and unattackable.              | <b>Q2: Do you suffer from tennis elbow, wrist fatigue, or joint pain?</b><br><b>Answer: YES → Choose 16mm.</b> The deeper honeycomb chamber dissipates impact shock before vibrations travel up your arm into your elbow tendon. |
| <b>Q3: Can you hit 3rd shot drops consistently, but struggle to finish points?</b><br><b>Answer: YES → Choose 13mm/14mm.</b> Thinner cores act like a stiff trampoline, launching fast counter-attacks and explosive put-aways at the net. | <b>Q4: Do your off-center hits twist the paddle in your hand?</b><br><b>Answer: YES → Choose 16mm.</b> A 16mm paddle possesses inherently higher twistweight (torsional stability), resisting twist on perimeter mishits.        |

## 2. TECHNICAL LAB BENCHMARK COMPARISON TABLE

| Performance Metric  | 13mm / 14mm Power Core                     | 16mm Control & Touch Core                           | Mechanical Advantage Winner |
|---------------------|--------------------------------------------|-----------------------------------------------------|-----------------------------|
| Drive Power & Pop   | High / Stiff Trampoline Rebound (9/10)     | Moderate / Plush Absorption (7/10)                  | 13MM / 14MM                 |
| Dwell Time (Touch)  | Short (Quick reactive ball exit) (6/10)    | Long (~20% longer ball compression) (9.5/10)        | 16MM                        |
| Sweet Spot Area     | Moderate (Less off-center margin) (6.5/10) | Large (High torsional twistweight) (9/10)           | 16MM                        |
| Hand Speed / Drag   | Fast (Aerodynamic cut through air) (9/10)  | Moderate (Slightly thicker air resistance) (7.5/10) | 13MM / 14MM                 |
| Arm Shock Dampening | Lower (Transmits more vibration to arm)    | Maximum (Deep honeycomb dissipates shock)           | 16MM                        |

## 3. MATCHING CORE THICKNESS TO YOUR DUPR RATING & COURT ROLE

|                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                         |
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| <b>DUPR 2.0 – 3.5 (Beginner to Intermediate)</b><br><b>Recommendation: 16MM Core (100% Advised)</b><br>Newer players naturally generate uncontrolled pop-ups due to unsteady grip pressure. A 16mm core provides the soft touch and forgiveness needed to establish consistent dinks and third-shot drops. | <b>DUPR 4.0 – 5.5+ (Advanced &amp; Tournament Pros)</b><br><b>Recommendation: Role-Dependent (13mm or 16mm)</b><br>Right-side players specializing in dink construction prefer 16mm control. Left-side aggressive finishers and singles specialists often choose 13mm/14mm for lightning hand speed and put-away punch. |
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## 4. COACH'S HACK: LEAD TAPE COMPENSATOR MATRIX

|                                                                                                                                                                                                       |                                                                                                                                                                                         |
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| <b>If your 16mm lacks drive power:</b> Add 2g of high-density lead tape at 10 and 2 o'clock on the paddle edge. This increases swingweight and plow-through without sacrificing the plush core touch. | <b>If your 13mm lacks sweet spot stability:</b> Add 3g of lead tape at 3 and 9 o'clock. This boosts twistweight, eliminating flutter and expanding the sweet spot on off-center blocks. |
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