

1: Basic Rules for Playing Tennis

The International Table Tennis Federation (ITTF) is the sport's main regulatory body and sets the rules for the game. Your Equipment While there are fewer restrictions in a friendly match, the ITTF carefully regulates the equipment used during a tournament.

History Parker Brothers Ping-Pong game The sport originated in Victorian England, where it was played among the upper-class as an after-dinner parlour game. A similar situation arose in the United States, where Jaques sold the rights to the "ping-pong" name to Parker Brothers. Parker Brothers then enforced its trademark for the term in the s making the various associations change their names to "table tennis" instead of the more common, but trademarked, term. Gibb, a British enthusiast of table tennis, who discovered novelty celluloid balls on a trip to the US in and found them to be ideal for the game. This was followed by E. Goode who, in , invented the modern version of the racket by fixing a sheet of pimples, or stippled, rubber to the wooden blade. Table tennis was growing in popularity by to the extent that tournaments were being organized, books being written on the subject, [7] and an unofficial world championship was held in The use of speed glue increased the spin and speed even further, resulting in changes to the equipment to "slow the game down". Table tennis was introduced as an Olympic sport at the Olympics in By that time, players had begun increasing the thickness of the fast sponge layer on their paddles, which made the game excessively fast and difficult to watch on television. A few months later, the ITTF changed from a point to an point scoring system and the serve rotation was reduced from five points to two , effective in September The choice of ball color is made according to the table color and its surroundings. For example, a white ball is easier to see on a green or blue table than it is on a grey table. Manufacturers often indicate the quality of the ball with a star rating system, usually from one to three, three being the highest grade. As this system is not standard across manufacturers, the only way a ball may be used in official competition is upon ITTF approval [23] the ITTF approval can be seen printed on the ball. The ITTF approves only wooden tables or their derivatives. Concrete tables with a steel net or a solid concrete partition are sometimes available in outside public spaces, such as parks. Table tennis racket Players are equipped with a laminated wooden racket covered with rubber on one or two sides depending on the grip of the player. The wooden portion of the racket, often referred to as the "blade", commonly features anywhere between one and seven plies of wood, though cork, glass fiber, carbon fiber, aluminum fiber, and Kevlar are sometimes used. The average size of the blade is about 17 centimetres 6. Table tennis regulations allow different surfaces on each side of the racket. For example, a player may have a rubber that provides much spin on one side of their racket, and one that provides no spin on the other. By flipping the racket in play, different types of returns are possible. To help a player distinguish between the rubber used by his opposing player, international rules specify that one side must be red while the other side must be black. Despite high speed play and rapid exchanges, a player can see clearly what side of the racket was used to hit the ball. Current rules state that, unless damaged in play, the racket cannot be exchanged for another racket at any time during a match. The correct or incorrect guess gives the "winner" the option to choose to serve, receive, or to choose which side of the table to use. A common but non-sanctioned method is for the players to play the ball back and forth three times and then play out the point. This is commonly referred to as "serve to play", "rally to serve", "play for serve", or "volley for serve". Service and return Service by Alexander Shibaev In game play, the player serving the ball commences a play. In casual games, many players do not toss the ball upward; however, this is technically illegal and can give the serving player an unfair advantage. The ball must remain behind the endline and above the upper surface of the table, known as the playing surface, at all times during the service. If the umpire is doubtful of the legality of a service they may first interrupt play and give a warning to the server. If the serve is a clear failure or is doubted again by the umpire after the warning, the receiver scores a point. Let A Let is a rally of which the result is not scored, and is called in the following circumstances: When the player on the receiving side is not ready and the service is delivered. Play is interrupted by the umpire or assistant umpire. Scoring Table tennis umpire A point is scored by the player for any of several results of the rally: After making a service or a return, the ball touches

anything other than the net assembly before being struck by the opponent. The opponent obstructs the ball. The opponent strikes the ball twice successively. The opponent strikes the ball with a side of the racket blade whose surface is not covered with rubber. The opponent moves the playing surface or touches the net assembly. As a receiver under the expedite system, completing 13 returns in a rally. If the third offence happens, 2 points will be given to the player. A match shall consist of the best of any odd number of games. Alternation of services and ends Service alternates between opponents every two points regardless of winner of the rally until the end of the game, unless both players score ten points or the expedite system is operated, when the sequences of serving and receiving stay the same but each player serves for only one point in turn Deuce. After each game, players switch sides of the table. In the last possible game of a match, for example the seventh game in a best of seven matches, players change ends when the first player scores five points, regardless of whose turn it is to serve. Service is subject to change on game point of the match. Upon the possible last point of the match, the player with the lesser score serves. If the sequence of serving and receiving is out of turn or the ends are not changed, points scored in the wrong situation are still calculated and the game shall be resumed with the order at the score that has been reached. Doubles game Service zone in doubles game In addition to games between individual players, pairs may also play table tennis. Singles and doubles are both played in international competition, including the Olympic Games since and the Commonwealth Games since In doubles, all the rules of single play are applied except for the following. Service A line painted along the long axis of the table to create doubles courts bisects the table. The rally proceeds this way until one side fails to make a legal return and the other side scores. That means the first receiver of the game is the player who served to the first server of the game in the preceding game. In each game of a doubles match, the pair having the right to serve first shall choose which of them will do so. The receiving pair, however, can only choose in the first game of the match. When a pair reaches 5 points in the final game, the pairs must switch ends of the table and change the receiver to reverse the order of play.

2: Table Tennis Basic Techniques

The basic rules of table tennis, or to give them their correct title - The Laws of Table Tennis - are the same for both amateurs and professionals, BUT for higher levels of play there are many additional Regulations which supplement these basic rules.

The playing surface shall not include the vertical sides of the tabletop. The playing surface may be of any material and shall yield a uniform bounce of about 23cm when a standard ball is dropped on to it from a height of 30cm. The playing surface shall be uniformly dark coloured and matte, but with a white side line, 2cm wide, along each 2. The playing surface shall be divided into 2 equal courts by a vertical net running parallel with the end lines, and shall be continuous over the whole area of each court. For doubles, each court shall be divided into 2 equal half-courts by a white centre line, 3mm wide, running parallel with the side lines; the centre line shall be regarded as part of each right half-court. The Net Assembly The net assembly shall consist of the net, its suspension and the supporting posts, including the clamps attaching them to the table. The net shall be suspended by a cord attached at each end to an upright post The top of the net, along its whole length, shall be The bottom of the net, along its whole length, shall be as close as possible to the playing surface and the ends of the net shall be attached to the supporting posts from top to bottom. The Ball The ball shall be spherical, with a diameter of 40mm. The ball shall weigh 2. The ball shall be made of celluloid or similar plastics material and shall be white or orange, and matt. The Racket - The racket can be any size, shape or weight but the blade shall be flat and rigid. Definitions - A rally is the period which the ball is in play. The server shall then project the ball near vertically upwards, without imparting spin, so that it rises at least 16cm after leaving the palm of the free hand and then falls without touching anything before being struck. The space between the ball and the net is defined by the ball, the net and its indefinite upward extension. It is the responsibility of the player to serve so that the umpire or the assistant umpire can be satisfied that he or she complies with the requirements of the Laws, and either may decide that a service is incorrect. If either the umpire or the assistant umpire is not sure about the legality of a service he or she may, on the first occasion in a match, interrupt play and warn the server; but any subsequent service by that player or his or her doubles partner which is not clearly legal shall be considered incorrect. Exceptionally, the umpire may relax the requirements for a correct service where he or she is satisfied that compliance is prevented by physical disability. The Return The ball, having been served or returned shall be struck so that it passes over or around the net assembly and touches the opponents court, either directly or after touching the net assembly. The Order of Play In singles the server shall make a first service and the receiver shall make a return and thereafter alternately shall each make a return. In doubles, the server shall first make a service, the receiver shall then make a return, the partner of the server shall then make a return, the partner of the receiver shall then make a return and thereafter each player in turn in that sequence shall make a return. A Game A game shall be won by a player or pair first scoring 11 points unless both players or pairs score 10 points, when the game shall be won by the first player or pair subsequently gaining a lead of 2 points. A Match A match shall consist of the best of any odd number of games. The complete version of the Laws of Table Tennis are available here.

3: The basic rules of Table Tennis - the aim of the game is simple

Table Tennis Rules. Sometimes all you want to know are the basic rules to play a friendly match of ping pong. The edges of the table are part of the legal.

The official rules of table tennis The official rules of table tennis are known as The Laws of Table Tennis Table tennis table dimensions What size is a table tennis table? Do you know what the official rules say about the size dimensions of a table tennis table? What do the rules say about your racket? Do you know what the rules say about your racket? What size can it be? Which colours are allowed? When can you change your racket? What do the rules say about the serve? The table tennis serve is one of the most controversial aspects of the game. Make sure you know the service rules. What is a good return? What do the rules say about a good return? Can you use your hand to play a shot? What happens if you touch or move the table? When is the ball in or out? What do the table tennis rules say about the ball hitting the white lines, net or edges of the table? Is the ball in or out? What do the rules say about playing doubles? However, for doubles play there are a few subtle variations. What do the rules say about volleying the ball? Do the table tennis rules allow you to volley the ball? Let me explain Expedite system How long can a game of table tennis last? If both players keep the ball in play, can they continue playing forever? What do the rules say about this? Regulations for higher level play Table tennis room size What table tennis room size do you need? You can read them here Are players allowed to take breaks during matches? What time limits are specified in the regulations? What happens if a player is time-wasting? Yellow Cards and Red Cards Yellow and red cards are a recent addition to table tennis. But what do they mean? General Table tennis terminology Do you know your table tennis terminology or are you confused by your chops, pimples and twiddles? Someone else has probably asked it before you.

4: How to Play Ping Pong (Table Tennis) (with Pictures) - wikiHow

The Basic Rules of Table Tennis The aim of the game is simple; hit the ball over the net onto your opponent's side. A point is won by you if your opponent is unable to return the ball to your side of the table (e.g. they miss the ball, they hit the ball but it misses your side of the table, or the ball hits the net), or if they hit the ball.

In this post, I will clearly explain the most important rules of table tennis and in doing so, put an end to the countless arguments occur each day across the globe. If you are a casual player or a beginner, this post will attempt to expose any and all of the mythical, made-up table tennis rules that crop up on tables the world over. I will also provide a brief bullet point summary of the basic rules of table tennis. I recently attempted an umpiring exam paper and despite having been playing table tennis for over 10 years I failed. Here are a few you might hear and why they are nonsense. In tennis, squash and badminton you must serve diagonally but in table tennis singles you can serve wherever you like. Yes, that includes off the sides of the table, if you can get enough sidespin. In table tennis doubles, you do have to serve diagonally and always from your right-hand half to your opponents right-hand half. If you play competitively the game will be up to 11, so you might as well get used to it! And it can be a pretty hard shot to get back. If you put a ball out really wide, your opponent is well within the rules to return it around the net. This even means that in some cases the ball can just roll on your side of the table and not even bounce! There are numerous videos on YouTube. In a competitive game, the server is usually decided by a coin toss or picking which hand you think the ball is in. These should be all you need to start playing a game. Service Rules The service must start with the ball in an open palm. This stops you from throwing it up with spin. The ball must be thrown vertically, at least 16 cm. This stops you from serving straight out of your hand and surprising your opponent. The ball must be above and behind the table throughout the serve. This stops you getting any silly angles and gives your opponent a fair chance at returning. After throwing the ball, the server must get their free arm and hand out of the way. This is to allow the receiver to see the ball. A doubles pair must strike the ball alternately. This makes doubles challenging. At the change of service, the previous receiver becomes the new server and the partner of the previous server becomes the receiver. This makes sure everybody does everything. You get one serve each and must win by two clear points. If you are playing a best of 3, 5 or 7 as opposed to just one set you have to change ends after each game. This makes sure both players experience conditions on both sides of the table. You also change ends when the first player reaches five points in the final game of a match. A let is called if a good serve touches the net. This ensures your opponent has a chance at making a return. This is just common sense really! This allows you to replay the point if your cat jumps onto the table, etc. A point is lost if the service is missed. The service is not returned. A shot goes into the net. A shot goes off the table without touching the court. A player moves the table, touches the net or touches the table with their free hand during play. Odd Table Tennis Rules Here are a few table tennis rules and regulations that surprised me. The rules state that you lose a point if you deliberately strike the ball twice in succession. Did you know this? What do you think of it? You are allowed a maximum of two advertisements on the back of your shirt, in international competitions. I wonder if they ever check to see if players have three? Let me know if you ever see a video with someone wearing three in an international competition. The playing surface of the table can be made of any material. All it has to do is give a uniform bounce of about 23cm when a ball is dropped from 30cm. The racket can be any size, shape or weight. One was made of balsa wood and about an inch thick! Well, apparently they would! I came into contact with this rule coaching at Junior British League Qualifiers last summer. I was ensured by the tournament umpires and referees that this was the case and I myself had no idea, so I had to go with it. If you would like to have a look at the official table tennis rules and regulations, in depth, then you can do so on the ITTF regulations page. You can even download a PDF document full of all the table tennis rules you can possibly consume. Did I miss anything important? Either serious or funny. So, now you know the rules! What next? It really is a fantastic introduction to mastering the sport of table tennis, featuring approximately two hours of footage.

5: Table Tennis Official Rules and Quick Guide

Learn the basic table tennis rules. Commonly known as ping pong, this fun indoor sport can be fast-paced and challenging or the equipment and rules can be modified to slow the game down. See more about the ping pong table, equipment, order of play, length of game, serving, and change of service.

Or do you wish to have yourself got familiar with the laws of table tennis including the official table tennis rules for professional and international players? If so, you have come to the right place in which you are going to get all the required information in this site. The international official table tennis rules are controlled by the worldwide organization, which is known as International Table Tennis Federation ITTF. The organization was founded and established in ITTF preserves a global position ranking system plus organizes several international table tennis events including the World Table Tennis Championship. In today, the organization already have got members. If you would want to know more, you may get the official table tennis rules which are indicating in the ITTF laws of table tennis handbook. The first category is the fundamental table tennis rules which is aiming for recreational players and beginners; the other category is the official table tennis rules or ping pong laws which tend to be reviewed by ITTF every year. For serious amateur players who really want to improve on their game, it is very important to know the current official table tennis rules. For a beginner or recreational player, the knowledge of some basic rules of the sport is sufficient enough to play and enjoy the game at that level. Some of you might also be wondering about what is the difference between ping pong rules and table tennis rules and want to know which of these terms is officially correct according to the rules and regulation governing the sport. **Basic Table Tennis Rules for Beginners** As a beginner you can relax, take your time to learn the game, all you need is to know some basic skills like how to start a game-knowing who to start or receive the first service of the game, you also need to know how to choose and use the table tennis racket, paddle or bat. As a beginner or recreational you only need a cheap table tennis racket and as your game improves you can upgrade to a more high quality but expensive racket. I will give you some of the important basic table tennis rules for beginners to enable you to develop your skill and have a fundamental knowledge on how to play the game according to the rules. **Official Table Tennis Rules** In the case of serious amateur players who are really determined about improving their standard of game or taking their game to the championship level, there is the need for them to know the correct official rules and regulations of table tennis because the rules are reviewed every year. As a serious player you must know about any changes made in the rules of the sport so that you will know what to do and what not to do when you are playing a game in a tournament or in your table tennis club. The official table tennis rules are a complete lay down rules and regulations intended to cover any possible occurrence that may arise when a professional game of table tennis is played. The official rules of table tennis can applied for both amateurs and professionals, but on some occasions the official rules and regulations of table tennis is used depending of the level and standard of a the competition. For the more serious or amateur players who want to improve on their game and play in official table tennis club tournament or professional championships games, I will give you the most recently reviewed and updated official rules and regulations of table tennis as specify in the ITTF official laws of table tennis handbook that reviewed and updated annually in their office site. Read for more on table tennis rules:

6: Table Tennis Official Rules

In any game, whether you own one of the best table tennis tables at home or are playing at a club sometimes all you need is a little knowledge on the basic rules so you can enjoy either playing a friendly match or watching a game.

Advanced Service Techniques Getting Started In order to start playing the real sport of table tennis, one requires the proper equipment and techniques. Remember, even a wanderer had to find out how to walk one time or another. Equipment For a more detailed discussion of table tennis equipment, visit the equipment page. If you are just starting out, take stock of your equipment if any: Does the equipment meet legal requirements in table tennis? Is the equipment in a good enough condition as to not hamper performance very important when starting out? The paddle can be of any size and weight, from a lollipop to a pizza ladle. It must have one side of red and one side of black. The table must be 9 feet long by 5 feet wide, and the surface must be 30 inches from the floor. A white line divides the table lengthwise, and white lines form the border of the top surface. The net used must be 6 inches high, spanning the entire table at the middle. Although not required for most uses as some nets are 5 feet long, regulations stipulate for a net to be legal, it must stretch out 6 inches beyond the table on both sides. Try to buy the best quality balls possible, even for practice. This will pay off in the long run. Three-star balls denote top quality They usually get cheaper in bulk. Good balls last longer and play more consistently for better practice results. Try to wear nonreflective clothing, choosing relatively dark solid colors whenever possible. Wear shoes that allow quick movements of the feet and easy ankle control. Avoid running shoes or any shoes designed mainly for forward movements. If you are buying your first equipment, follow these tips: Try to buy from an established table tennis dealer if possible, although this means you will likely be doing the buying over mail. The advantages include knowledgeable service not always-check and a wider selection of quality equipment. If you must buy from your local sporting goods store many retailers carry table tennis equipment, then the section to look would be most likely "games an unfortunate case in the US" or "racquet sports more often under games. When buying paddles, look for wooden rackets with inverted rubber-that is, rubber with a smooth flat surface, as opposed to the pimples out rubber with little "pips" jutting out of the surface. The modern game leans toward inverted surfaces. Penholders will find their respective rackets usually only in specialized vendors. When selecting a table, definitely go for quality. Do not store the table outdoors. Keep the table clean and away from heavy traffic i. Try to only buy three star balls, both for practice and games. Orange is the predominant color today, and many people find it easier to track the color in most lighting conditions, especially fluorescent. Pre-Play Preparation Many people have the misconception that table tennis is just a "game", and therefore is to be regarded as such, even to the point of not warming up properly before play! Warming up helps get your body ready for the rapid coordinated moves that make table tennis such an intensive sport. A light jog, jumpropes, and various stretches help loosen your muscles and get you "in gear" for optimum performance. When you are done playing, perform cool-down exercises-essentially the same as warm-ups to gradually improve overall flexibility and fitness. Also remember to before picking up the paddle: Pack water and towels if necessary Take extra balls along in case one breaks or gets lost very easily done in garages! Keep 8 feet of space all around the table clear of traffic or debris Make sure the lighting conditions meet practical standards see if you can reasonably track the ball in play -bad lighting can ruin a practice And finally-be anxious! Get excited about what you will accomplish, set goals and work towards them, do anything to make practicing and playing fun. There are currently 3 "standard" grips existing in table tennis today. The shakehands grip is the prevalent grip of table tennis today as of, used by the majority of recreational and professional players. The paddle is gripped with all fingers, with the thumb resting by itself on the opposite side as the index finger. The grip is analogous to shaking a hand at an approximately degree angle. The pinky, ring, and middle finger wrap around one side of the handle, and the index finger rests on the bottom edge of the rubber. The thumb rests on the top of the handle on the other side, thumbnail perpendicular to the wood. It should point in the same direction as the index finger. The grip should feel natural, with no particularly uncomfortable areas. Too tight a grip can sacrifice control and power. Be sure to grab the handle loosely enough so that another person would

have no trouble plucking it from your hand. Some of the advantages of using the shakehands grip are: Equally strong forehand and backhand advantage provided you pay equal attention to both. Wide selection of paddles to choose from. Once a dominant grip in its heyday, the penhold grip still has its supporters, world class players included. The racket is gripped as one would grip a pen, with the thumb and index finger, with the rest of the fingers being tucked away on the other side. There are several variations to this grip, and two types of paddles to reflect this. The "chinese" paddles are basically shakehands paddles with a shortened handle. The remaining fingers rest against the other side. Which one you use depends on personal preferences. Penhold paddles typically only have one side covered with a rubber sheet. This makes them lighter than most shakehands paddles. The other side must still comply with the paddles rule, so it is usually painted red or black, or covered with a sheet of colored paper. Some of the advantages of using the penhold grip are: A dominant forehand game while backhands are possible with this grip, the vast majority of penhold players rely on their forehand game - quick feet are required to sustain this! The actual table width only occupies 5 feet of the table. This means in tough matches, the ball will come in at a variety of angles, some very sharp. But table tennis footwork also requires precision. The smaller steps that get you in perfect position for that forehand loop are just as important as the veritable leaps one may make while traversing the table edge in pursuit of a corner smash. Before attempting anything at the table, however, the correct stance must be performed. A ready stance must be kept at all available times during play to ensure maximum control, power, and consistency. The typical table tennis stance is a slight crouch forward, feet shoulder-width apart. Make sure you bend your knees and ankles. Most of the weight should be on the balls of the feet, because this makes quick sudden movements and pivots necessary for good shots much easier. The upper arm should be close, but not flush, to your body. The forearm and racket should point forward, which requires that the elbow be bent. A relaxed posture is important, adjust the stance until most of the tension is gone. For right-handers, the place to stand is on the backhand half of the table. The right foot should be slightly to the left of the center line. Try to have the left foot slightly forward. Stand at an enough distance away from the table so that the tip of your paddle barely touches the edge of the table. This should mean standing fairly close to the table; the arm should be close to the body, not outstretched. Also, the body should face the table at a slight angle, with the right foot and shoulder slightly farther away from the endline than the left. This allows good positioning for both forehands and backhands. When the ready position is mastered, the necessary footwork can follow. Therefore any unnecessary movement is a waste of time and energy, besides allowing your opponent to catch you unawares with a shot opposite your direction of movement. Most players use a side to side shuffle when moving across the table. Doing so allows one to face the table at all times, important when the ball is coming in very quickly. The same principles are used whether moving left or right. The foot in the direction of movement takes a short step in that direction, and at the same time the weight of the body shifts to that foot. At the end of the shuffle, the other foot slides to take its place alongside the foot that moved first. The timing of the footwork is as important as the actual execution. Catch it too late and you will find yourself reaching for the ball, or worse. Follow the ball with your eyes and use the feet to move to the best shotmaking area relative to where the ball lands. After hitting the ball, get back into the ready stance immediately, in anticipation for a return that could go anywhere. When the action gets fast, all of these movements and decisions must be made in split seconds. Training will help you get there. Basic Strokes For all of the strokes described below, the arm should be very relaxed. Power should be concentrated on the waist, forearm, and wrist acting together like a whip, with the upper arm moving very little. And always remember to return to the ready position following each shot. The Drive Drives, a light topspin stroke that produces a low ball trajectory, are the primary offensive strokes in table tennis. One employs drives to force errors and to set up winners.

7: The Rules - Table Tennis Ireland

Table tennis -- a sport that became an Olympic event in -- has more than million players worldwide; and it's easy to see why: the basic rules to table tennis are simple. Play by the Rules Before you are ready to learn the rules of play, you will need a few items of equipment.

All countries in the world abide to these rules. The rules of table tennis are essential to know if you want to start playing proper matches. Here are some of the basic table tennis rules below

Table Table tennis is played on a table with a flat surface that is rectangular cm by Any material can be used for the plane and which can yield a bounce of approximately 23 cm. The playing surface is dark with a white line 2cm wide along each edge. The playing surface is divided into two courts of equal size a parallel net. The Net The net is considered to be made up of the net, the net posts which are clamped to the table. The is suspended by a cord attached at each end to a post which is

The Ball The Ball shall be made of celluloid plastic material, 40mm diameters, it shall weigh 2. The ball can be white or orange.

The Racket The racket can be of any shape, weight or size but has to be flat and also rigid. If both players are at 10 points each, then you have to win by 2 clear points in order to win the game.

Service Service starts when the ball is placed on the palm of your hand. The player has to be a server so as to show the umpire that he plays in accordance with the requirements of good service. The order of play In singles, a server should make a good service and a receiver should make a good return. Each of them then makes a good return. In doubles, the server should make a good service and then receiver makes a good return, the partner of the server then makes a good return and the partner of the receiver, makes a good return and then each player makes a good return in sequence. A let It is considered a let if the server hits the net when serving the ball. This occurs if the ball touches the net as it is passing over the net assembly. Service is delivered when the player is not ready as long as the receiver or the partner does not try to hit the ball. Failure of a player to make a good service or a good return is in compliance with the rules. Unless the service is not scored, the player or the pair shall score a point when and if the opponent does not make a good service or good return. A player makes a good service or good return and the ball touches anything except the net before it is struck by the opponent. The opponent hits the ball out of sequence or strikes it twice successively. If the opponent or if anything the player carries touches the net assembly or the playing surface is moved. The umpire assesses a penalty against the opponent. Call for a time-out of up to a minute during a match The referee can allow a suspension of the play of up to 10 minutes if a player is temporarily incapacitated by an accident. A suspension of the game cannot be allowed for a disability that was expected at the beginning of the game. But if a player or anyone in the playing area is bleeding the play shall be suspended until the said person has received medical attention. The choice of ends and services The choice of ends and the right to be the first to serve or receive is decided by a lottery where the winner can choose whether to serve or receive first. After each two points are scored the receiver player becomes the serving player unless each player scores 10 points and then each player then serves one point each in turn. The pair who serves first shall decide who will serve first while the pair receiving will decide which player will receive first. The pair serving the first game shall receive in the next match.

Equipment Players shall not choose the ball playing area, but whenever possible the players shall be given the opportunity to choose one or more balls before coming to the playing area and if a ball is not chosen before they come to the playing area the players shall use the ball that is picked at random and unless advised by the umpire the players will leave their rackets on the playing table during intervals.

Practice Players are entitled to practice on the playing table for up to 2 minutes before they start a match and the practice period can be extended only with permission from the referee. During a suspension of the game the referee can allow players to practice on a table of their choice including the playing table. Players may be given reasonable time to familiarize themselves with the equipment which they will use during the game but this shall only entitle them to a few minutes especially if the equipment was damaged and had to be replaced, before the game resumes.

Advice Table tennis players can receive advice from anyone, but in an individual event a play or a player can only receive advice from only one person. This advice can only be received during the intervals of each game during a time out or during any other suspension of the game.

BASIC RULES OF TABLE TENNIS pdf

When advice is given at any other time than that is an offence and will result in a warning. After a warning has been given if the same player receives advice illegally, it will lead to the dismissal of the player from the playing area and the advisor shall not be allowed back to the playing area unless they are to play. OK, so these are rules, I have stripped them down slightly so you can get the idea of the game. I hope these rules are ok for you and you start to progress with the game.

8: The Rules of Table Tennis Explained

The following video, taken from Table Tennis University's Service Mastery training course, is another great summary of the basic table tennis service rules. Doubles Rules: The service must go diagonally, from the server's right-hand side to the receiver's right-hand side.

Now in this article, I will be covering the specific game play mechanics and rules required for playing a national table tennis match. And a table tennis match is composed of a couple of things. The first thing that happens in a table tennis match is the service. A service is when the ball is served to the opponent at the beginning of a rally. A rally is a single game round. Note that a server is the player that first strikes the ball to his opponent in a rally. Of course, the server will have his table tennis racket in his other hand. The next thing that happens is that the server tosses the ball vertically upwards without spinning the ball. After tossing the ball vertically upwards, the server must retract his tossing hand from the area between the ball and the net. Then before the ball hits the table surface, the server strikes the falling ball. The service is a bit different when playing doubles; doubles indicates a 2 versus 2 game match. Although the same steps occur from the service, in doubles the ball is served in the right court of the server to the right court of the receiver. Another table tennis rule to know is that for the duration of the service, the ball cannot fall past the surface of the table. Yet another rule is that the ball cannot be hidden by the server such that the receiver cannot tell from where the ball is being served to him. The Return So what happens after the ball is served? Well the opposing player returns the ball. And of course, that phase of the game is called the return. And from there, the players keep returning the ball to each other in such a manner so as to score a point without breaking the rules. But if the ball is stopped by the net, then the point goes to the opponent. However, it is a bit different during a 2 versus 2 doubles match. As usual, the game starts with the server performing the service. The receiver of then makes the return. So in other words, each player takes a turn to return the ball continuously until one team scores a point. So now you know how a game of table tennis generally proceeds. But the question is, how does someone win a game of table tennis? And what does a match consist of? In table tennis lingo, a match is the best of any number of games. And a game is won when a player and his partner first scores 11 points. If both opposing teams score 10 called deuce. So the next question is what officially counts as a point in table tennis? Scoring the Point In table tennis, there are a couple of ways to score points in the game according to the official ITTF standard. So the point is awarded to the player: If the opponent fails to perform a correct service. If the opponent returns incorrectly If after the opponent performs a service or return, the ball touches anything other than the net before bouncing on your side of the court. If the opponent obstructs the trajectory of the ball If the opponent strikes the ball with his racket more than once before he completes his service or return. For example, if your opponent dribbles the ball once 1st strike on his racket before striking the ball into your court 2nd strike, that would be your point If the opponent strikes the ball with the side of the racket blade. If the opponent ends up moving the table tennis playing surface. If similarly the opponent ends up touching the net. For example, this could happen if the opponent takes a swing with his racket from standing at the side of the table, and hits the net with his racket or with a part of his arm. If in a doubles match, the opponent strikes the ball out of sequence. Player 1 strikes, then player 3 returns, then 2 returns, and then 4 returns. Table tennis rules are the best way to learn to play an effective game. Most of the people find that this game is as intricate as playing tennis on a court. Many players find that there are official rules so we will discuss Basic rule table tennis. The rules govern how you play in a friendly game or in a more sophisticated or professional game.

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Tennis Rules Tennis is a sport that originated in England around the 19th century and is now played in a host of countries around the world. There are four major tournaments known as the 'majors' that include Wimbledon, US Open, French Open and Australian tournament.

Contact Tennis Rules Tennis is a sport that originated in England around the 19th century and is now played in a host of countries around the world. Object of the Game The game of tennis played on a rectangular court with a net running across the centre. The aim is to hit the ball over the net landing the ball within the margins of the court and in a way that results in your opponent being unable to return the ball. You win a point every time your opponent is unable to return the ball within the court. The rectangular shaped court has a base line at the back , service areas two spaces just over the net in which a successful serve must land in and two tram lines down either side. A singles match will mean you use the inner side tram line and a doubles match will mean you use the outer tram line. A court can be played on four main surfaces including grass, clay, hard surface and carpet. Each tournament will choose one surface type and stick with it throughout. All that is required in terms of equipment is a stringed racket each and a tennis ball. Scoring You need to score four points to win a game of tennis. The points are known as 15 1 point , 30 two points , 40 three points and the fourth would result in the winning point and the end of that game. If the scores went to this would be known as deuce. When a game reaches deuce the player must then win by two clear points. Winning a set is simply the first player to reach 6 games but have to be clear by at least 2 games. If your opponent wins 5 games you must win the set Rules of Tennis The game starts with a coin toss to determine which player must serve first and which side they want to serve from. The server must then serve each point from alternative sides on the base line. If the server fails to get their first serve in they may take advantage of a second serve. If they again fail to get their second serve in then a double fault will be called and the point lost. If the server clips the net but the ball goes in the service area still then let is called and they get to take that serve again without penalty. If the ball hits the net and fails to go in the service area then out is called and they lose that serve. The receiver may stand where they wish upon receipt of the serve. If the ball is struck without the serve bouncing then the server will receive the point. Once a serve has been made the amount of shots between the players can be unlimited. The point is won by hitting the ball so the opponent fails to return it in the scoring areas. Points are awarded in scores of 15, 30 and 40. You need 4 points to win a game. From deuce a player needs to win 2 consecutive points to win the game. After winning one point from deuce they player is on advantage. If the player wins the next point they win the game, if they lose it goes back to deuce. To win the set a player must win 6 games by 2 or more. The opening sets will go to a tie break if its ends up where players play first to 7 points. The final set will not have a tie break and requires players to win by two games with no limits. If a player touches the net, distracts his opponent or impedes in anyway then they automatically lose the point. The ball can hit any part of the line for the point to be called in, outside the line and the ball is out.

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