

TABLE TENNIS STUDY GUIDE

PLAYING AREA:

The table tennis table is nine feet long and five feet wide, with its horizontal surface 30 inches above the floor. The net is strung across the table, dividing it equally into two courts. The top of the net should be 6 inches from the table surface and extended 6 inches (3 on either side) outside the sidelines.

THE GAME:

1. Twenty -one points constitutes a game, unless the score is tied at 20-20, in which case one player must win by a 2-point margin.
2. Play begins with one player serving and one receiving.
3. The server puts the ball into play by tossing it into the air from the palm of one hand and striking it with the paddle, so that it hits his own court. The ball goes over the net and hits the receiver's court.
4. The receiver must return the ball over the net so that it hits the server's court. Only on the serve does the ball go from paddle to court, then over the net.
5. Play continues until one player fails to make a legal return. The opponent then scores.
6. The serve changes from one player to the other every time **five** points are scored, except when the scores becomes tied 20-20. At that time the serve changes, and continues to change after each point until one player scores two consecutive points, thus winning the game.
7. The players must keep score of the game. The best way to keep an accurate score is for the server to call out the score before he serves each time, always calling his own first.

RULES:

1. In serving, the server's paddle must strike the ball behind the end line and between the sidelines.
2. If a player touches the playing surface of the table with any part of his body or clothing the point is won by his opponent. The same is true if a player should move the table by bumping against it.
3. In serving, the ball must be held in the palm of the hand, visible to the opponent and with no spin being imparted to it by the hand.

RULES CONTINUED:

4. If the ball hits the net on the serve and goes over, it is a **LET** and the server serves again. However, if the second serve is also a let, the player loses the serve and point.
5. If a player **misses** the ball completely when he/she is serving, it is a point for his/her opponent.
6. The only way a ball can be legally hit is with a paddle or the hand holding the paddle.
7. If a ball is broken during actual play, a new ball is put into play and the point during which it broke is replayed.
8. After a serve, the ball must touch the table before it is hit.
9. All balls hitting a white line are considered in.

DOUBLES PLAY:

THE SERVE: In doubles play, a line divides the table lengthwise(30" from sideline)

1. The first server on one team serves from his **right** half court into the right half court of the receiving team for the first **five** points.
2. For the next **five** points, the partner of the first receiver serves to the partner of the first server.
3. The third **five** point series is served by the partner of the first server to the partner of the first receiver.
4. The fourth **five** point series is served by the first receiver to the player who was the first server.

HITTING ORDER:

The server must make a good serve and the receiver must make a good return. The partner of the server must make the next good return, and the partner of the receiver must make the next good return. The returns must be over the net but may be placed anywhere on the opponents' court. This **sequence** of hitting continues in the same manner until one player fails to make a good return.

STRATEGY:

In table tennis it is advisable to ferret out an opponent's weakness as soon as possible and to attempt to play that weakness as much as possible. It is wise to learn a variety of attacks, serves, and serve returns, mixing them sufficiently to keep the opponent from anticipating them and devising proper defense.

In double play, it is well to take advantage of the fact that partners must alternate hitting the ball. Thus, many successful returns can be made by forcing one player to move rapidly from a position to allow his partner enough room to hit the ball