

# Table Tennis Study Guide

**History:** The sport was founded in England during the late 19<sup>th</sup> Century. Some people refer to the sport as “Ping Pong”, however “Ping Pong” is a registered trademark of Indian Industries. Table Tennis is the most popular racket sport in the world and became an Olympic sport in 1988.

## ***Playing rules:***

**Scoring.** The player, or doubles team who first scores 11 points not 21 wins the game. However, you must win by 2 points so a game could go on and on well past 11 points before being decided. A match is usually the best 5 out of 7 games and in international championships it is the best 7 or 9 games.

**Choice of ends and service.** You can volley for serve or flip a coin. The winner can choose to serve or receive from the end you like. After each game you will alter ends. Should there be a tie, 2 games to 2 games, the players will switch ends after the first player reaches 5 points in the final game.

**The serve.** The serve must be hit out of the air, so that it bounces once on your side of the table and then on your opponent’s side. If the serve touches the net, it is a let and you must serve it again. If it touches the net but fails to touch the other side of the table, you lose the point. In singles, the serve can hit either side of the dividing white lines as long as it bounces once on the server’s side and once on the receiver’s side. In doubles, the ball must be served from the right side diagonally to the opponent’s right side.

## **Winning a point.**

\*If the opponent fails to return your shot. Your shot can hit the boundary lines (white lines) on you opponent’s side or even the edge of the table and it is legal.

\*Your serve can also hit the edge and it is legal.

## **Losing a point.**

\*If when attempting to serve or make a return...you miss the ball.

\*If you hit the ball into the net, including the top of the net, and it comes back to your side of the table.

\*If you hit the ball wide or too far so the first bounce hits the floor or the wall.

\*If you hit the ball before it bounces on your side of the table. No volley is allowed

\*If the ball bounces twice on your side of the table before hitting it.

\*If you move the table or touch it with your free hand during the rally, you lose the point.

\*If you or your clothing touches the net or post during the rally, you lose the point

\*If you hit the ball twice in succession, you lose the point

**Doubles:**

Each team consists of 2 players. The players on each team must alternate hitting the ball over every other time. A1 hits then B1 returns, A2 must hit the next shot then B2, A1, B1, etc.

The server stands to the right of his partner. The centerline determines a good serve. The serve must go diagonally, from the server's right to his opponent's right. If the serve does not bounce in the proper court, the server loses the point. After serving 2 points, the server and his partner trade places. The serve then passes to the opponents, and the previous receiver serves 2 points diagonally over the net.

**Points of clarification**

- \*At 10-10, the score is called "Deuce". A player must then win by 2 points.
- \*Alternate serves, (1 serve each), until 1 player or team has a 2 point lead.
- \*Change ends at the end of each game
- \*The player who serves at the beginning of a game is a receiver at the beginning of the next game.