Table Tennis Study Guide

History

* Of English origin.
* Became known as ping-pong after U.S. Parker Brothers’
* U.S. association of Table Tennis was formed in 1933.

Equipment

* **Table- 9 feet long, 5 feet wide rectangle, elevated 2.5 feet above the floor.**
* Net- 6 inches high and stretches across the middle of the table.
* Paddle- can be any size shape or weight but must be flat.
* Ball- plastic and can be orange, white or yellow.

Grip

* Handshake is most popular.
* Gives player balance of forehand and backhand shots.
* Typically uses one side of the paddle.
* Contributes to blocking style
* Concentrates on topspin shot.

Definitions

* Rally- the period in which the ball is in play.
* Let- is a rally of which the result is no score.
* Point- a rally that result in a score.
* Racquet hand- the hand holding the racquet.
* Free hand- the hand not holding the racquet.
* Server- the player due to strike the ball first in rally.
* Receiver- the player due to strike the ball second in the rally.

Service

1. The service begins with the ball resting freely on the open palm of the server’s stationary free hand.
2. The server then tosses the ball vertically upwards, without imparting spin, so that it rises at least 16 cm before being struck.
3. As the ball is falling, the server strikes it so that it touches his side of the court first the passing directly over the net, touches the receivers court.
4. From the start of the service until it is struck, the ball must be above the level of the table and behind the server’s end line. It may not be hidden from the receiver.
5. If a player fails to strike the ball on a serve, the opponent is awarded the point.

Good return

* The ball is ht so that it passed directly 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 makes a good service, the receiver makes a good return, and thereafter the server and receiver alternate.
* In doubles; the server makes a good serve, the receiver shall then make a good return, the partner of the server makes a good return, the partner of the receiver makes a good return, and thereafter, each player continues in the sequence.

A let occurs if:

* If in the service, the ball touches the net assembly, provided that the serve is otherwise good.
* The serve is delivered and the receiver is not ye ready. No attempt is made to strike the ball.
* Failure to make a good service or good return is due to some outside disturbance out of control of the player.

A point- unless the rally is a let, the layer shall score a point:

* If the opponent fails to make a good serve.
* If the opponent fails to make a good return
* If the ball passes beyond the end line without touching the court, after being struck by the opponent.
* If the opponent strikes the ball twice successively.
* If the opponent moves the table.
* If the opponent touches the net assembly or if the free hand rests on the table.
* If, in doubles, the opponent strikes the ball out of sequence.
* Note: you may not hit the ball before it bounces on your side of the table.

A game- A match is played to 11 points but you must win by 2 points.

A match- A match is the best of any odd number games. In class we do best 2 out of 3.

The choice of ends and servers

1. The winner of the choice shall decide who serves first or which end to start. The opponents have the choice of the other decision.
2. After each 2 points have been scored, the receiver player (in singles) or pair (in doubles) shall become the serving player or pair. If the score becomes tied at 10, then the service shall alternate after each point until the end of the game.
3. In each game of doubles match, each pair can decide who the first server is and the opposing pair can decide who the first receiver is. In subsequent games of the match, the first server having been chosen shall become the first receiver.
4. In doubles, at each change of service, the previous receiver shall become the server and the partner of the previous server shall become the receiver. Service rotation is Server, 1st receiver, server’s partner, receiver’s partner.
5. The player or pair serving first in the game shall receiver first in the next game or match.
6. Players switch ends of the table after each game but change at 10 points in the third game.