

Table Tennis Study Guide

The Table

- ♦ The playing surface should be dark colored, preferably green and matt, with white lines. White lines go around the outside edge and down the center of the table.

The Racquet

- ♦ Is made of wood.
- ♦ It can be of any size, shape, or weight.
- ♦ The sides of the paddle must be of a uniform, dark color. Both sides do not have to be the same color.

The Game

- ♦ Is won by the player or team first scoring 21 points, unless both shall have 20 points, then the team to who takes a 2 point lead first wins. (win by 2)

A Match

- ♦ Consists of one game, the best of three, or the best of five.

Order of Play

- ♦ The period when the ball is in play is termed a "rally".

Singles

- ♦ Server makes a good serve, receiver makes a good return, and then the server and receiver make good returns alternately.

Doubles

- ♦ Server makes a good serve, receiver makes a good return, then the server's partner makes a good return, the receiver's partner makes a good return, and so on in this sequence.

Serving

- ♦ The ball is to be tossed up and on descent, the ball is struck to touch the server's court first then go over the net to touch the receiver's court.
- ♦ The ball must be struck with the paddle behind the end of the table.
- ♦ The ball must be struck on the first attempt.

Return of Serve

- ♦ The ball must be struck so that it passes directly over the net and to touch the opponent's court.
- ♦ The ball may touch the net or its supports, is considered to have passed directly over the net.
- ♦ The ball must not be allowed to bounce twice before return or struck by the same person two times in a row.
- ♦ Striking the ball before it hits the table is not allowed and that person loses the point. (volleying)
- ♦ The ball is considered out of play once it has touched any object other than the net, supports, playing surface, racket, or racket hand below the wrist.
- ♦ A stroke made with the hand alone, the racket having been dropped also puts the ball out of play.

Change of Ends

- ♦ The players or teams change ends after each game.

Points are scored when the opponent:

- ♦ Fails to make a good service
- ♦ Fails to make a good return
- ♦ Strikes the ball out of sequence (doubles)
- ♦ Touches the table with the free hand while the ball is in play.
- ♦ Moves the playing surface while the ball is in play

A Let

- ♦ If the serve touches the net but lands in the receiver's court.
- ♦ If the server serves and the receiver is not ready.
- ♦ The ball is broken during the rally.

Change of Service

- ♦ After every 5 points are scored.