

Table Tennis Study Guide

Table Tennis began in the 1880's when the Victorians were looking for a game that could be played indoors. The game was modeled after the outdoor game of tennis. Table Tennis, also known as ping-pong (A name patented by Parker Brothers), has changed and evolved over the years to develop into a fun and exciting game.

The changes in rules and equipment have made table tennis a competitive and recreational game that is enjoyed by many across the world. In 1926, the International table Tennis Federation (ITTF) was formed, and controlled all rules and standards of the game. Table tennis became an Olympic sport in 1988 when The Olympic Games were played in Seoul, South Korea. Today table tennis is a lifetime sport that is enjoyed by people all around the world.

Object of the Game

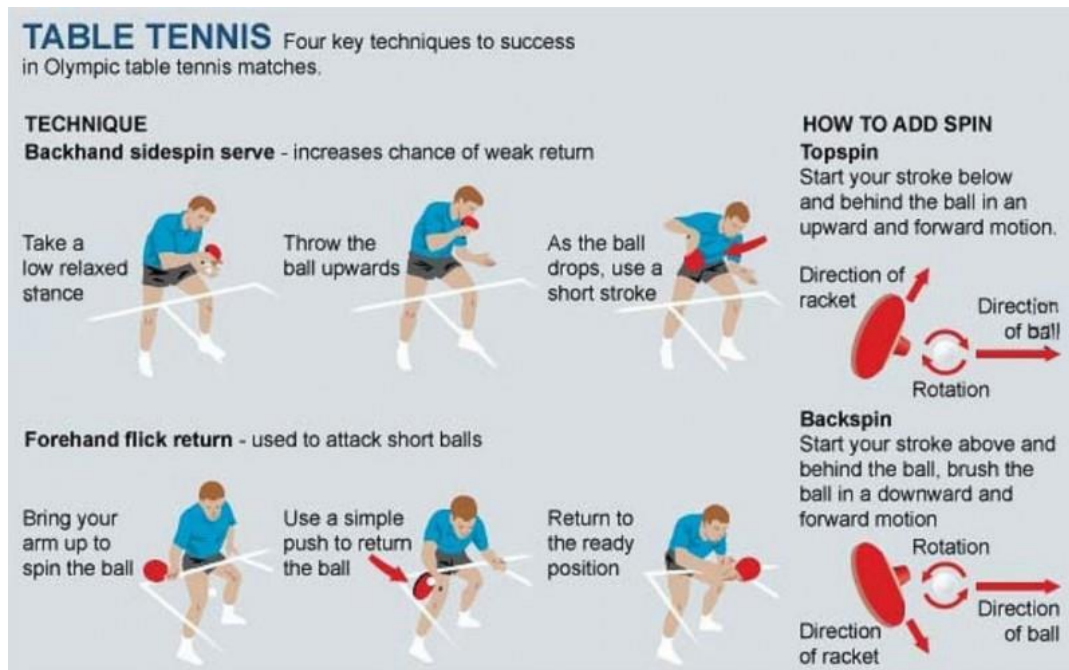
- Outscore your opponent by winning the most rallies (you don't have to serve to score); playing to 11 points (must win by 2 points).

Service Rules

- Serves must hit the server's paddle and then his/her side of the table before going over the net.
- The serve must be made at or behind the end of the table and doesn't have to go diagonal in singles play (you cannot reach over table to net and serve from two inches away and serve it off the side of the table from that close – must serve behind line and then allowed to serve it off side).
- If a serve hits the net and lands in play a re-serve will be allowed (let serve).
- If a serve hits the net and goes out of play, a point is awarded to the other team.
- Each team will get two serves before the other team is to serve and continue to alternate every two serves.
- If the game is tied 10-10, each team alternates after serving just once.
- You are allowed to serve your own match point. If it is your rotation in the service and you are one point away from winning, you are to serve the point.
- Volley to see which team begins with serve.

Doubles Play

- Serves must be diagonal across the table.
- Each teammate must alternate hits or else the other team is awarded a point (no one person should ever hit the ball twice in a row before their partner hits ball).
- 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 that sequence shall make a return.



Ball Movement

- You are not allowed to touch the table with your free hand while the ball is in play.
- The ball must bounce before the receiver is allowed to make a return play on the ball...NO volley play (loss of point if you do).
- Lines are in play.
- If the ball bounces twice on your side you have lost the point. The ball may only bounce once on your side before you must return it.



After the Match: Once the match is over, remember to shake hands with your opponent and any umpires, and thank them. Give a sincere smile and handshake - don't follow the horrible example of some players by shaking hands with your opponent while looking in another direction - it shows a lack of respect.

Skills

Backhand: table tennis shot made with the back of the paddle. This shot is the opposite of the forehand.

Forehand: table tennis shot made with the front of the paddle.

Drop Shot: a shot meant to fall close to the net. When executed properly, the table tennis ball bounces twice (winning the point) on the table before the opponent can return it.

Kill: An aggressive shot hit with too much speed for the opponent to return it.

Lob: A shot that is hit high in the air with both sidespin and topspin. This shot is meant to be difficult for the opponent to return with a smash.

Block: A defensive shot accomplished by blocking the path of the ball.

Shake-Hand Grip: most common grip used...grasp paddle as though you were shaking hands.

Penholder Grip: common with the greatest players...grasp paddle as though you were holding a pen.

Vocabulary:

Ace: a service that completely eludes (passes) the receiver.

Advantage (ad): next point made after a deuce score (10-10). It is "advantage out" if the receiver wins it and "advantage in" if the server wins it. The player wins the match who first wins a point after gaining "advantage".

Deuce: when the score is 10-all. To win, a player must win by two points.

Let: playing the point over because a service shot has hit the net or because of an outside distraction.

Volley: illegal striking of the ball while it is in the air and before it has touched the table resulting in the opponent being awarded the point.

Respecting the Equipment:

Please do not lean on the tables.

If the ball hits the net and stays in middle of the table please walk around the side of the table rather than placing weight on table and reaching and potentially breaking table or bending the legs.

If the table tennis ball is on the ground please pick it up to gain control instead of smashing it against the concrete floor to make it bounce back up to you (table tennis balls weren't designed to bounce off of concrete and survive).



When putting out or putting away tables, please make sure you have the appropriate number of people on the both ends of the table to help raise and lower the table ends without injuring anyone or dropping the table.

Please do not bang the table tennis paddles on the table or ground. When celebrating with partner during table tennis please utilize the skill of the high-five instead of hitting the paddles together to help preserve the table tennis paddles.