

Table Tennis Information

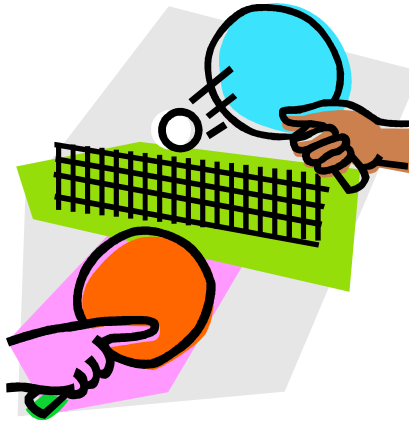


Table Tennis was invented in England in the late 1800's and is also known by its brand name of Ping Pong. Because of the similarity to tennis, many of the skills and rules are exactly the same. Also because it is less vigorous than tennis, it can be played by almost anyone. The table should be 30" off the floor, measure 5' wide by 9' long, and the top of the net should be 6" from the top of the table.

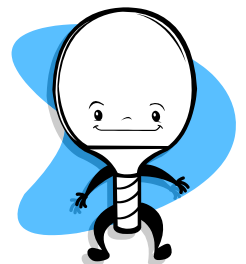
Safety and Equipment Rules and Expectations

Do's – Play under control, have a good grip on the paddle, tie your sneakers before you play, talk and be aware of the walls, table and other players, move the tables correctly, report any injuries to the teacher, handle the paddle and ball with care, and return them to the proper area and container at the end of the period.

Don'ts – Wear a hat while playing, chew gum in class, use loud or vulgar language, bang you paddle on the ground, the wall, the net, the table, or your partner, step on the ball to stop it, swing wildly at the ball, and leave any equipment at the tables when the period ends.

Skill and Playing Area Information

1. *Ace – A serve that is completely missed by the receiver.*
2. *Angle Shot – A shot hit toward the sidelines of the table.*
3. *Backhand – One of two basic shots, the ball is hit with the back of the hand facing the net.*
4. *Back Spin – The paddle is moved from a high to low position and rotates the ball towards the hitter.*
5. *Chop Shop – Used to put back spin on the ball.*
6. *Drop Shot – A soft shot that goes just over the net.*
7. *English – Any type of spin put on the ball by the paddle.*
8. *Fore band – Basic shot with the front of the hand facing the net as the ball is hit.*
9. *Handshake Grip – Main grip used in the U. S. A.*
10. *Let – Any situation that requires a point to be replayed without a penalty.*
11. *Pen Holder Grip – The paddle is held like a pen and only one side of the paddle is used to hit the ball.*
12. *Service Line – Line that divides the playing area into four boxes, and is only used in doubles play.*
13. *Smash – A hard top spin shot that drives the shot downward.*
14. *Topspin – The paddle is moved from a low to high position and rotates the ball away from the hitter.*
15. *Volley – Hitting the ball before it bounces which is illegal in table tennis.*



Playing Tips and Information



1. *Hit most shots aiming at the top of the net.*
2. *Vary the serve to keep your opponent guessing.*
3. *Move your opponent around by hitting towards the corners and sides of the table.*
4. *Use wrist action and develop topspin, backspin, and sidespin shots.*
5. *After most shots in both singles and doubles, you should return to the center of the table.*
6. *Keep the paddle face square or closed for most shots.*
7. *In doubles, choose the order of play rather than starting with the serve if you have the choice.*
8. *Keep the ball in play and wait for mistakes by your opponent.*
9. *If your opponent hits the ball hard, you should back away from the table to give yourself more time to play the ball*
10. *Use drop shots, chop shots, and angle shots to keep your opponents of balance.*

Playing Rules

1. *In both singles and doubles a regulation game consists of 11 points, and you must have two point advantage to win if the score is tied at 10 to 10.*
2. *When serving, the ball and the paddle must be behind the endline of the court and above the level of the table. The serve must be tossed in an open hand at least 6 inches high before serve can take place.*
3. *When serving, you should say the score before you serve.*
4. *In doubles, the ball must be served from your right hand box into your opponent's right hand box.*
5. *Each player serves 2 times before the other team serves unless the score is 10 to 10, and then the serve alternates after each serve.*
6. *In doubles, after 2 serves the server switches places with his partner.*
7. *Players must alternate shots in singles and doubles.*
8. *A point is scored on every serve unless there is a let situation.*
9. *During play, the top and edge of the table are in play (Good), but the side of the table is out of play.*
10. *The ball can be played over or around the net.*
11. *If the ball hits the paddle hand from the wrist to the paddle, it is a legal shot.*
12. *If a player's free hand touches the table or he moves the table, he shall lose the point.*
13. *During play, the ball cannot be volleyed or played twice in a row by the same player.*
14. *On the serve, the ball must be visible in the open hand and not be held or gripped.*
15. *In class, the tie breaker is to play one more point and whoever wins the point, wins the game.*
16. *Except on the serve, if a shot hits the net and lands on the table, it is a legal shot.*
17. *Players may not reach over the net to play the ball unless; the ball has hit on their side first.*
18. *If the ball splits or cracks during play, it is a let situation.*
19. *If your partner gets in you way in doubles, it is not a let situation.*
20. *On the serve, if you attempt to play the ball, it counts even if you miss it.*