

SPORTMANIA
Student council 2023-24
Rule Book

1) TABLE TENNIS

- GAMES ARE PLAYED TO 11 POINTS: A Game is played to 11 points. A Game must be won by two points. A Match is generally the best three of five Game.
- ALTERNATE SERVES EVERY TWO POINTS.
- Each side of the table alternates serving two points at a time. After each 2 points have been scored the receiving player or pair shall become the serving player or pair and so on until the end of the game, unless both players or pairs score 10 points (Deuce) after which each player shall serve for only 1 point in turn.
- Can you lose on a serve in ping pong? Yes! There is no separate rule for serving on Game Point.
- TOSS THE BALL STRAIGHT UP WHEN SERVING.
- How do you serve the ball in ping pong? Service shall start with the ball resting freely on the open palm of the server's stationary free hand. The server shall then project the ball near vertically upwards, without imparting spin, so that it rises at least 16cm after leaving the palm of the free hand and then falls without touching anything before being struck. As the ball is falling the server shall strike it so that it touches first his court and then, after passing over or around the net assembly, touches directly the receiver's court.
- From the start of service until it is struck, the ball shall be above the level of the playing surface and behind the server's end line, and it shall not be hidden from the receiver by any part of the body or clothing of the server; as soon as the ball has been projected, the server's free arm shall be removed from the space between the server's body and the net.
- NOTE: Once the ball leaves the server's hand it is in play, and so counts as the receiver's point if the ball is missed or mishit.
- THE SERVE CAN LAND ANYWHERE IN SINGLES.
- There is no restriction on where the ball lands on your side or your opponent's side of the table. It can bounce two or more times on your opponent's side (if so, that's your point), bounce over the side, or even hit the edge.
- DOUBLES SERVES MUST GO RIGHT COURT TO RIGHT COURT.
- The serve must bounce in the server's right court, and receiver's right court (NOTE: landing on centre line is fair).
- In each game of a doubles match, the pair having the right to serve first shall choose which of them will do so and in the first game of a match the receiving pair shall decide which of them will receive first; in subsequent games of the match, the first

server having been chosen, the first receiver shall be the player who served to him in the preceding game. 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.

- A SERVE THAT TOUCHES THE NET ON THE WAY OVER IS A "LET"
- Can the ball hit the net in ping pong? Yes, during a RALLY, if it touches the top of the net and then otherwise lands as a legitimate hit. BUT not when serving. If a served ball hits the net on the way over and otherwise legally bounces in play, it's a "let" serve and is done over. There is no limit on how many times this can happen.
- ALTERNATE HITTING IN A DOUBLES RALLY
- Doubles partners must alternate hitting balls in a rally, no matter where the ball lands on the table.
- VOLLEYS ARE NOT ALLOWED
- Can you hit the ball before it bounces in ping pong? No. In regular tennis you may "volley" the ball (hitting the ball before it bounces on your side of the net). But in table tennis, this results in a point for your opponent. NOTE: When your opponent hits a ball that sails over your end of the table without touching it and then hits you or your paddle, that is still your point.
- IF YOUR HIT BOUNCES BACK OVER THE NET BY ITSELF IT IS YOUR POINT
- If you hit the ball in a rally or on a serve and it bounces back over the net after hitting your opponent's side of the table (due to extreme spin), without your opponent touching it, that is your point.
- TOUCHING THE BALL WITH YOUR PADDLE HAND IS ALLOWED
- What happens if the ball hits your finger or hand during a ping pong rally? If the ball touches your PADDLE hand and otherwise results in a legal hit, there is no rule violation and play shall continue as normal. Your paddle hand includes all fingers and hand area below the wrist. But what if the ball touches a player's body anywhere else during a ping pong rally? You may not touch the ball with your non-paddle hand for any reason. It will result in a point for your opponent. BUT if your opponent's hit sails over your side of the table without touching it, and hits any part of you or your paddle, that is still your point.
- YOU MAY NOT TOUCH THE TABLE WITH YOUR NON-PADDLE HAND
- You may touch the ball or the table with your paddle hand (after reaching in to return a short serve, for example), or other parts of your body. NOTE: If the table moves at all from your touching it during a rally, that is your opponent's point.

- AN "EDGE" BALL BOUNCING OFF THE HORIZONTAL TABLE TOP SURFACE IS GOOD.
- An otherwise legal serve or hit may contact the top edge of the horizontal table top surface and be counted as valid, even if it bounces sidewise. The vertical sides of the table are NOT part of the legal playing surface.

BASIC RULES:

- CARRY YOUR OWN TABLE TENNIS RACKET.
- SPORTS WEAR & SPORTS SHOES ARE MANDATORY.
- THE STARTING ROUNDS INCLUDING QUARTER FINALS.
- WILL HAVE ONLY 3 SET OF 11 POINT GAMES AND IT WILL
- BE KNOCKOUT GAMES
- SEMI-FINALS AND FINALS WILL HAVE 5 SETS OF 11 POINTS.
- ALL RULES BESIDE THIS WILL BE ACCORDING TO ITTF