

The League of Professional Polish Players Official Rulebook

(Fall 2021 Season)

Written & Created by

Michael Lewis-Wedderburn

Table of Contents

1. Introduction

- a. A Greeting from Our Founder**
- b. Description of the L3P**

2. Objective

- a. How Polish Works**
- b. How to Win Polish**

3. Setup

- a. Kettler & Its Placement**
- b. Equipment Needed**

4. Gameplay

- a. Before the Game Begins**
 - i. Signing Up & Assigning Difficulty**
 - ii. Receiving from Another Player**
 - iii. Before the First Player Serves**
- b. During the Game**
 - i. How the Game Works**
 - ii. Determining Strikes**
 - iii. Fouls & Interferences**
 - iv. Key Technical Terms**

5. Results & Playoff Points

- a. Post-Game & Determining Points**
- b. How to Accumulate Points**

6. The Playoffs

- a. How to Make the Playoffs**
- b. How to Advance Through the Playoffs**
- c. How Gameplay Works During the Playoffs**
- d. The Finals & Determining the Champion**

Induction to the League of Professional Polish Players

Hello everyone, and welcome to the L3P! As the founder of the organization, I am very glad that you have decided to dust off your paddle and start playing this game that is all about community, competition, and fun. As the season progresses, I know I am going to see the vast improvement, effort, and love that you guys put into this sport when you guys play. Best of luck to all and may the Lord bless you throughout the competition and beyond!

Sincerely,

Michael Lewis-Wedderburn

Founder and CEO of the League of Professional Polish Players

So, What Is Polish Anyways?

Polish is a game where players try to get each other out by hitting the table tennis ball back on the table and on the ground where the other players cannot hit it back. It's like ping pong, tennis, and baseball had a baby! The rest of the rulebook will explain more about the game and how the league works.

DISCLAIMER: ALTHOUGH THE GAME OF POLISH MAY HAVE SOME AFFILIATION WITH THE UNIVERSITY OF GEORGIA'S BAPTIST COLLEGIATE MINISTRY, THE LEAGUE OF PROFESSIONAL POLISH PLAYERS DOES NOT HAVE ANY AFFILIATION OR ASSOCIATION WITH UGA BCM EVEN THOUGH REGULAR SEASON MATCHES & THE PLAYOFFS WILL BE HELD AT UGA BCM'S BUILDING

The Objective of Polish

The main objective of the game is to be the last one remaining in the game with less than 3 strikes.

How Polish Works

Players will hit and receive the ball to and from a designated player in a sequential order that is set up before the game begins (See Section 4A.1 about “Receiving from Another Player”). Players stay in the game by hitting the ball onto any part of the table once the ball bounces on the ground once (See Section 4B.1 about “How the Game Works”). If players fail to hit the ball back on the table, they will ultimately accumulate strikes (See Section 4B.2 about “Determining Strikes”). Three strikes and you’re out!

How to Win Polish

Once a player acquires three strikes, they are subsequently kicked out for that game. The game ends when there are two people left and one of them receives their third strike (See Section 5A about “Post-Game & Determining Points”). The player that has less than three strikes at the end of that round wins!

How to Set Up Polish

Setting up Polish may be the easiest part of Polish. All you need is at least two people, at least two table tennis paddles, a table tennis ball, and a table tennis table.

Kettler & Its Placement

The table tennis table (also known as Kettler due to the brand) will be located on the first floor of the BCM building somewhere relatively close to the soundboard section of the room. Around the perimeter of the table, there will be marks 7-8 feet away from the edges of Kettler to establish the Shot Box (See Section 4 About “Gameplay” and How the Shot Box Will Be Implemented).

Equipment Needed

Players: Although most casual games of Polish just need at least two people (with no maximum number of players), there can be anywhere from 2-10 people during the regular season or playoff match depending on the circumstances.

Ball: The table tennis ball(s) will be provided by the table tennis bucket at the BCM building. Balls will be verified by the referee and our founder before matches begin.

Paddles: Like the table tennis balls, paddles will be provided from the same bucket at the building. However, players are strongly encouraged to bring their own paddles due to COVID-19 circumstances. If players decide to bring their own paddle, they must bring their paddle to the referee that day or the founder to compete with it (See Section 4A.2 about What Happens “Before the First Player Serves”). **IF YOU ARE LATE, FAILURE TO CONFIRM YOUR PADDLE RESULTS IN A 5 POINT REDUCTION FROM THAT PLAYER’S OVERALL POINT TOTAL AT THE END OF THAT MATCH** (See Section 5B about “How To Accumulate Points”). A standard table tennis paddle must be used during gameplay (except for specialty week gameplay).

Failure to comply to standard table tennis paddle procedures will result in a 5 point reduction from the player's overall total as well.

Gameplay

Before the Game Begins

Signing Up & Assigning Difficulty

Signing Up: When players enter the BCM building, there will be a sign-in sheet for them. Once they sign in, the games consist of a first come, first serve basis when determining players participating in the first and second rounds of qualifying play (i.e. The first ten players who sign-up will be the ones to play in the first qualifier game). **IF A PLAYER IS LATE, THERE WILL BE AN AUTOMATIC 5 POINT REDUCTION FROM THEIR OVERALL POINT TOTAL AT THE END OF THAT MATCH** (See Section 5B about "How to Accumulate Points").

Assigning Difficulty: For the first week, the players will sign their name **AND** the level of difficulty (Beginner, Intermediate, or Advanced) that best describe their Polish skills. **FOR ANY EXPERIENCED POLISH PLAYER, THEY ARE NOT ALLOWED TO WRITE "BEGINNER"**. They must write either "Intermediate" or "Advanced" on the sign-in sheet. The founder will look at the sheet before games begin to ensure that all players involved are placed appropriately in right level of difficulty in the first week. If a player has already competed in a season in the League of Professional Polish Players, they must at least put "Intermediate" on the sign-in sheet before their first match.

Determining Players for the Qualifiers & Finals: Once the competition begins, the first ten players who signed up as beginners will go first. If there are less than ten beginners, then all the beginners will play against each other in the qualifier game. If there is only one beginner player the first week, then they will be placed accordingly in a group of intermediates and/or advanced players. Once the beginners have played, the intermediate and advanced players will play in their qualifying game (the same rules will still apply to the higher skilled Polish players as well). After the first week, the

level of difficulty will be null and void, and the first come, first serve rule will be the only rule in play when signing in. If a player gets into the top half of placements from the qualifier, they will qualify for the final game for that match (i.e., if there are 10 competitors, a player must come in at least 5th place to qualify for the final game).

Receiving from Another Player

The players in the match will stand around the Shot Box to confirm the order for the game. **PLAYERS ARE NOT ALLOWED TO STAND IN THE SHOT BOX WHILE CONFIRMING THE ORDER OF RECEPTION.** All players will hit the ball after the person to their LEFT. If the person to a player's left gets out of that game, then the receiving player will hit from the person to the left of the outed player **FROM THE ORIGINAL ORDER OF THE GAME.**

Before the First Player Serves

Once the order has been established, the referee will hand the ball to a player designating who is going to serve first. Players may stand in a place where they feel comfortable before the ball is served every round. The player who is serving **MUST** stand in the Shot Box or else their serve will not count. Although it will not count as a foul, the player must serve again if their previous serve was executed outside of the Shot Box. **IF A PLAYER IS NOT SERVING OR DIRECTLY RECEIVING, THEY ARE NOT ALLOWED TO STAND IN THE SHOT BOX BEFORE OR DURING THE GAME.** (See Section 4B.3 about "Fouls & Interferences"). Also, for safe measure, the referee for that game will look at everyone's paddle beforehand to make sure the paddles are in good condition to compete with.

During the Game

How the Game Works

Serving: The player who is serving the ball must execute a valid table tennis serve; a serve where the ball hits the server's side first and then the receiving player's side next. If there is a let for the serve, the player can serve again without any penalty. No players are allowed ANY amount of a lob serve, or else they will be

immediately kicked out of the game. Any other rule involving the legality of table tennis serves do NOT apply to Polish. However, a serve will not count if the ball drops outside of the Shot Box. If a beginner player is struggling to execute a valid serve, then exceptions MAY be made depending on circumstances in the first week only. **THE PREVIOUS RULE IS VALID DURING THE FIRST WEEK ONLY.** The serve must be executed in two shots or less, or else the server will receive a strike for that round (See Section 4B.2 about “Determining Strikes”).

Caleb Bazal Rule: This rule, mainly started by Season 1 Polish champion, Caleb Bazal, includes an Olivia on serves. If the server Olivias the serve three times in a row, then they will receive a strike. If it is the player’s second serve, then it will still remain the second serve for the round.

Receiving & Hitting: Once the serve has been properly executed, the ball **MUST** drop on the ground before the receiving player can hit it back on the table. If a let happens, the receiver can decide to continue with gameplay by letting the referee and players know before they hit the ball back onto the table. **IF THE RECEIVER DOES NOT HIT THE BALL ONTO THE TABLE WHEN A LET HAS BEEN VOIDED, THIS RESULTS IN A STRIKE FOR THE RECEIVER** (See Section 4B.2 about “Determining Strikes”). That player may hit the ball anywhere on the table regardless of which side it is on. The round continues by the next receiving player continuing to hit ball back on the table. If the ball does not bounce on the ground and remains on the table, the receiver may use their paddle to move the ball, so the ball can bounce on the ground for them to hit it. The receiving player must wait for the ball to have little or no movement for them to roll the ball off the table. In addition, the receiver must move the ball in one motion only when sweeping the ball off the table. **FAILURE TO DO SO WILL COUNT AS A SHOT BOX FOUL.** The receiver can hit the ball in or out of the Shot Box depending on where the ball lands. **NO PLAYER CAN PREVENT THE RECEIVER FROM PHYSICALLY HITTING THE BALL** (See Section 4B.3 about “Fouls & Interferences”). Although the net is a part of the table, a player must hit the ball onto the physical table for it to be considered a legal Polish shot. If a ball coming from below the top plane of the table fails to hit said plane, it will count as a strike for the receiver and vice versa. If a ball coming from above the top

plane of the table will not count as a strike if the ball successfully hits the table. If the ball is unclear as to whether it hit the table or not, re-dos or Duelos will be allowed.

Duelos: If the referees are unclear in a strike decision, then a Duelo will be enacted. A Duelo is an event in which two players involved in the confusion will play a point of table tennis to decide the strike. If the person in question of the strike loses the point (regardless of who is hitting or receiving), they will get a strike for that round. The other person who is not in question will not receive any strike even if they lose the point of table tennis. After the point has been played, the remaining Polish players will come in and will continue the rounds as normal.

In Between Receptions: When it is not a player's turn to receive the ball, they may roam freely around Kettler. They **MAY NOT** step in the Shot Box or interfere with the upcoming receiver's shot.

Ending of Round: When a player receives a strike for any reason, the round ends and a new one begins (See Section 4B.2 about "Determining Strikes"). The player who just received a strike will receive the ball first in the next round. The person they were receiving from will serve for the new round. If a player receives their third strike at the end of the round, that player is out and must maintain a decent distance away from Kettler to prevent any interference from occurring.

Ending of Game: The game of Polish ends when there are two players left and one of them acquires their third strike from that round. In between games, players may talk and converse around Kettler as they may so, please. The duration of breaks between games will be measured accordingly during the night of the match. **PLAYERS ARE NOT ALLOWED TO ALTER OR CHANGE THE SHOT BOX OR ITS DIMENSIONS BEFORE, DURING, AND AFTER THE GAMES** (See Section 4B.3 about "Fouls and Interferences").

Determining Strikes

A new round occurs when a player receives a strike. Players can receive a strike for the following reasons:

- Failure to hit the ball back on the table (top plane of table specifically).
- Failure to hit the ball after the first bounce.
- Failure to serve the ball in two serves or less.
- Failure to serve inside of the Shot Box.
- Offense from a Foul or Interference (Listed in “Fouls & Interferences”)

Fouls & Interferences

Here is the list of fouls and interferences that a player can ultimately cause or be a part of:

- **Shot Box Foul:** A Shot Box Foul occurs from the following:
 - A player is in the Shot Box, and they are not serving or receiving the ball directly from someone.
 - A player uses multiple motions to sweep the ball from the table when the ball is not in motion.
 - A player sweeps the ball from the table when the ball is in motion.

A Shot Box Foul can happen at any time before or during the game. A player who commits a Shot Box Foul will receive a warning for the first offense. They will receive a strike for their second offense and beyond.

- **Shot Box Interference:** A Shot Box Interference occurs when a player commits a Shot Box Foul AND they prevent the receiving player from hitting the ball onto the table. Actions include physically touching another player, interfering with the ball (blowing, fanning, etc.), and blocking the ball. A Shot Box Interference can happen at any time during the game. A player who commits a Shot Box Interference will receive a strike on their first and second offense. If a player has a third offense in the same game, they will not be allowed to compete for their next game (whether it is a qualifier, final, or playoff matchup), and they will not receive points.
- **Setup Foul:** A Setup Foul occurs when a player alters, moves, and/or changes something regarding the setup of Polish or the equipment needed to play. A Setup Foul can happen at any time before, during, and after the game. A player who commits a Setup Foul will receive a strike for their first offense. If a player receives a second offense during the match, they will not be allowed to compete for their next game (whether it is a qualifier, final, or playoff matchup).
- **Personal Interference:** A Personal Interference occurs when a player is outside of the strike zone but prevents the receiving player from hitting the ball onto the table. A Personal Interference can happen at any time during the game. A player who commits a Personal Interference will receive a warning on their first offense. If a player receives a second or third offense during the game, they will receive a strike. If a player receives anything beyond a third strike, they will not be

allowed to compete for their next game (whether it is a qualifier, final, or playoff matchup).

- **Outside Interference:** An Outside Interference occurs when the receiving player is prevented from hitting the ball onto the table from an outside circumstance or a player that is not currently in the game. An Outside Interference can happen at any time during the game. If a player caused an Outside Interference, they would receive a warning for their first two offenses. After two offenses, that player would receive a strike for each offense after.

Key Technical Terms

Technical Terms That Most Polish Players Should Know:

- **To Conner:** A Connered scenario occurs when a player hits the side of the table without hitting the top of it, ultimately resulting in a strike for them.
- **To Olivia:** An Oliviaed scenario occurs when a player attempts to hit the ball but misses it entirely, ultimately resulting in a strike for them.
- **To Get Kettlered:** A Kettlered scenario occurs when the ball rolls off the table and ends up hitting the bottom wheels or rim. This ultimately slows down the ball, and it takes two small bounces before the receiver can hit ball back on the table. Although uncontrollable, this still counts as a strike for the receiver.
- **Sudden Death:** Sudden Death occurs when all players in the game have two strikes.
- **Te-ne-c-a-nique:** Quoted after Polish icon, Tori Booth, “te-ne-c-a-nique” is described as a person’s style and technical prowess during a game.

Results & Playoff Points

Post-Game & Determining Points

Post-Game: Once the founder gets all the statistics and calculations done for the game, the players for the next game can start standing around the Shot Box to get ready. As stated earlier, the players who placed in the top half will advance from the qualifier to the final. However, all qualifier rounds must be played before the finals for that match are played.

Match Finals: These are list of final scenarios that can happen depending on the number of players that signed in for qualifiers. These numbers may change depending on the week:

- **4-18 Players:** If there were 4-18 players that signed in for qualifiers, then 2-9 people have qualified for the final game. The players will play a regular game of Polish where the qualifier rules of gameplay are in effect. However, this will alter the normal number of points players can get.
- **19-20 Players:** If there were 19-20 players that signed in for qualifiers, then exactly 10 ten people have qualified for the final game. The players will play a regular game of Polish where the qualifier rules of gameplay are in effect. Regular point totals will be rewarded.
- **21-38 Players:** If there were 21-38 players that signed in for qualifiers, then 11-19 people have qualified for the final game. All players will play One-Strike Polish

(A regular game of Polish except it takes only one strike for players to get out) until 10 players are left. Once ten players are left, then Polish will be played as normal where the qualifier rules of gameplay are in effect. However, this will alter the normal number of points players can get.

- **39+ Players: If there were more than 39 players that signed in for qualifiers, then at least 20 people have qualified for the final games. To get the number of final players to 10, there will be two games of One-Strike Polish until half of the competitors are left (i.e., If there are 20 finalists, then there will be two games of 10 players. They will play One-Strike Polish until there are 5 players left.) The remaining players will play in one final game of Two-Strike Polish (A regular game of Polish except it takes only two strikes for players to get out) to determine the winner of the match.**

Determining Points: The number of points a player receives is based on the number of players that competed for a game. The maximum number of points directly correlates with the number of players that are in that game. All players will receive points based on their placement for that game. For example, if there are 10 players in a game, the winner will receive 10 points for that game. Second place will receive 9 points, third place will receive 8 points, fourth place will receive 7 points, and so on.

How to Accumulate Points

Once players receive points for the games they play, ALL points will be cumulative towards their playoff placement and regular season ranking (See Section 6A about How to Make the Playoffs). For example, if a player receives 10 points in one game and 2 points in another game, their match total is 12, and 12 points will be added to their playoff placement and regular season ranking.

Regular Season Ranking: After the first week, all players will be ranked based off total points they have received throughout the course of the season. ALL POINTS WILL BE CUMULATIVE NO MATTER THE CIRCUMSTANCE.

The Playoffs

How to Make the Playoffs

Based off the regular season ranking, the 20 players with the highest cumulative score will be able to enter the playoffs. If there are any ties within the top 20 (that also includes if there is a tie between 20th and 21st place), the commissioner will break the tie before playoffs commence based off the players' performances and consistency throughout the season. In the case that someone who is in the top 20 does not make it to the playoffs, the alternate will be the next person in the regular season rankings who gets to participate. More alternates will be named if there is more than one person who cannot attend. However, THERE ARE 20 AND ONLY 20 SPOTS FOR THE PLAYOFFS.

How to Advance Through the Playoffs, How Gameplay Works During the Playoffs, and Determining the Champion

The playoff matchups will be set up with a three-strike 4 player format, and the winner advances to the final round. The losers of the first round will play another round of 3 strike polish, and the top 8 will advance to the finals. The 16 players in the final round will play a full 3 strike game, and the winner of that round will be the champion of the season.

“May Kettler be with you.”

- Michael Lewis-Wedderburn

The Schedule:

Week 1 (Opening Week): September 3rd @ 4:30

Week 2 (Heating Up Week): September 10th @ 4:30

Week 3 (Prop Week): September 17th @ 4:30

Week 4 (Winner's Week): September 24th @ 4:30

Week 5 (Switch-Up Week): October 1st @ 4:30

Week 6 (Back-to-Back Week): October 8th @ 4:30

Week 7 (Classic Double Points Week): October 15th @ 4:30

Week 8 (Redemption Week): October 22nd @ 4:30

Week 9 (Holy Trinity Week): October 29th @ 4:30

Week 10 (The Playoffs): November 5th @ 4:30

Week 11 (The Finals): November 12th @ 4:30

The League of Professional Tennis Players Corporation®