Table tennis, also known as ping-pong, is a sport in which two or four players hit a lightweight, hollow ball back and forth using table tennis racquets. The game takes place on a hard table divided by a net. Except for the initial serve, players must allow a ball played toward them only one bounce on their side of the table and must return it so that it bounces on the opposite side. Points are scored when a player fails to return the ball within the rules. Play is fast and demands quick reactions. A skilled player can impart several varieties of spin to the ball, altering its trajectory and limiting an opponent's options to great advantage.

Table tennis is controlled by the worldwide organization International Table Tennis Federation (ITTF), founded in 1926. ITTF currently includes 210 member associations. The table tennis official rules are specified in the ITTF handbook. Since 1988, table tennis has been an Olympic sport, with several event categories. In particular, from 1988 until 2004, these were: men's singles, women's singles, men's doubles and women's doubles. Since 2008 the doubles have been replaced by the team events.

**BASIC RULES:**

- The "**toss**" for a serve must be:
  1. Resting freely on an open flat palm
  2. Lifted a minimum of 16cm (6 inches) above the palm
  3. Struck behind the end line
  4. Hit above the table surface
  5. Tossed without spin
  6. Struck (If the ball is totally missed the opponents receive the point.)
- After being struck a served ball must first hit the server's side of the table and then the opponent's side of the table.
- A "**let**" is called and a reserve given if:
  1. a served ball touches the net when all other requirements of a good serve are met
  2. play is interrupted within a point
  3. the receiving team was not ready for the serve and does not attempt to return it
  4. the score is called incorrectly
  5. the legality of the toss for serve is questionable
- There is no limit to the number of let serves a server may serve.
- For singles play a serve may be from any place behind the end line to anywhere on the receivers side of the table.
- A player serves 2 points after which their opponent serves 2 points, alternating thereafter.
- A team scoring "11 points" first provided there is a 2-point lead wins the game.
- If the score is tied at "10" each server only serves 1 point before alternating.
- A ball that passes **over or around** the net assembly is considered legal.
- A ball must hit the **top** of the table surface to be legal (sides are illegal).
- During play the ball may touch the net and play continues, except on the serve.

**Health / Skill Component:**

**Hand-eye coordination** is the skill that will be utilized the most during table tennis. You will need to the ball quickly about the court watching the ball make contact with the paddle on each move. Table Tennis and enthusiasm go hand in hand. You can't have one without the other. The health benefit from playing Table Tennis is **muscular endurance**. Playing long matches requires one's ability to perform consistent shots throughout play.
Brookfield East Physical Education:  
Table Tennis

- Striking the ball with the racket hand is legal provided the contact is below the wrist.
- A point is scored:
  1. On each serve unless the rally is a "let"
  2. If the opponent fails to make a good serve
  3. If the opponent fails to make a good return
  4. If the opponent strikes the ball twice successively
  5. If the opponent moves the playing surface
  6. If the opponent volleys the ball while it is still above the playing surface
  7. If the opponent touches the net assembly
  8. If the opponents free hand touches the playing surface
  9. If a doubles opponent strikes the ball out of sequence
- Decided by lot, a player chooses one of the following with their opponent choosing from the remainder:
  1. Serving
  2. Receiving
  3. End (side of the table)
- A match consists of the best of any odd number of games with players changing ends after each game.
- When it is discovered that a player has served out of turn the correct server is restored and all points scored up to that point are counted.

DOUBLES PLAY:

- Partner must serve from the right side crosscourt. Each serve must be diagonal from the right side of the table to the opponent's right side (including singles play).
- Partners must alternate shots.
- Order of service: In doubles the previous receiver shall become the server and the partner of the previous server shall become the receiver.
- Playing Tips:
  1. Recommended footwork is for players to take their shot and then move backward & slightly off to the side.
  2. Try to catch opponents out of position.

EQUIPMENT:

- Table: Rectangular (2.74m long X 1.525m wide and 76cm above floor)
- Net (15.25cm high)
- Ball (40 mm in diameter and weighing 2.7 gm)
- Racket
  1. Any shape, size, or weight with a rigid blade
  2. Blade must be 85% wood
  3. Blade must be covered with ordinary pimple rubber either in or outward
  4. Sandpaper rackets may be used in recreational play but are illegal in official competition.