

Rules

Service

1. At the start of service the ball shall be stationary, resting freely on the flat, open palm of the server's free hand, behind the end line and above the level of the playing surface.
2. The server project the ball near vertically upwards, without imparting spin, so that it rises at least 16cm after leaving the palm of the free hand.
3. As the ball is falling from the highest point, the server shall strike it so that it first touches their court, then passes over the net, and lands on the receiver's court. The ball and the racket shall be above the level of the playing surface from the last moment at which the ball is stationary before being projected, until it is struck.



A point: Unless the rally is a let, a player wins a point if the opposition fails to make a good service; fails to make a good return; strikes to ball twice successively; strikes the ball with the side of the racket blade; or touches the net themselves or anything on their person,

A game: won by the player scoring 11 points first, unless both players score 10 points, when the game shall be won by the player first scoring subsequently 2 points more than the opposing player. For example, 12-10, 15-13 and so on.

A Match: A match shall consist of the best of 3 or 5 games.

The Choice of Serving, Receiving and Ends

When one player(s) has chosen to serve or to receive first or to start at a particular end, the other player (s) shall have the other choice.

After 2 points have been scored the receiving player shall become the server, and so on, until the end of the game. If both players have scored 10 points or expedite system is in operation, each player shall serve for only 1 point in turn.

Doubles

Serving: the ball can only bounce on the right half portion of the table for both the server and the receiver. The service still alternates every two points between teams, but it also alternates between players on the same team.

Once a team has finished two serves, partners swap sides. The player being served to now serves and your partner is the new receiver.

Doubles matches have a certain order of play that must be followed.

E.g. two teams ... players A & B and players X & Y.

Player A serves to player X who then returns the ball. Player B must then play the next shot and player Y the shot after. This pattern goes on (A, X, B, Y) until the point is decided. If the wrong player makes the return, the team loses the point.

Change of Service: At each change of service, the last receiver shall become the server and the partner of the previous server shall become the receiver. For example, a correct pattern would be: Player A has played his two serves to player X. Player X then plays his two serves to player B. Player B will then play his two serves to Player Y. Player Y will play his two serves to Player A. Repeat.

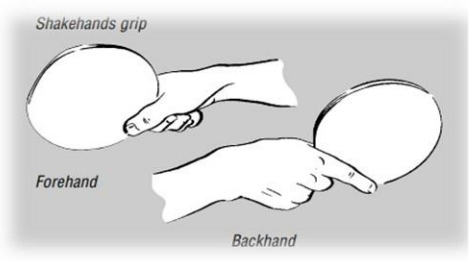
Key words and Vocabulary

Forehand/ Backhand, Push, Drive, Service,
Slice, Topspin, Body Position/stance, Grip, Point, Handshake, Loop, Let, Rally



Skills and Techniques

Forehand/ Backhand: Hit the ball with your hand's most natural position. For instance, a right-hander would hit the ball from the right side of his body, while a left-hander would hit from the left side.



- Tactics:**
- Width and depth in shots
 - Hitting into space
 - Moving opponent around
 - Disguise shots
 - Variety of service

Push: A forehand drive is an attacking shot. It's played with a little bit of topspin, but it's predominately a flat, powerful hit. As the ball approaches, bring your bat forwards and down. Brush under the ball - this will generate backspin and your bat should finish in front of you, pointing in the direction in the direction you want the ball to go.

Drive: You'd normally play the forehand drive close to the table when your opponent's return is a little high. You can play a forehand drive if the ball has topspin, no spin or even light backspin on it, as long as the ball is high enough.

Service: The stroke that starts every game. Drop the ball onto the bat. The ball should be projected forwards and upwards. The first bounce should be on the player's side of the table such that the ball clears the net and then bounces on the opponent's side.

Slice: The forehand slice is struck slightly to the side of the body. The movement of the arm is forward, to hit the ball. The racket strikes from top to bottom, with movement coming primarily from the elbow and forearm.

Topspin: Topspin strokes are created when your opponent's racket brushes against the ball using an upward stroke action. This causes the ball to accelerate and dip due to a combination of ball rotation and air resistance. After the ball makes contact with your racket, the topspin will cause it to rebound in an upward direction.

Grip: The grip favoured by most players in the Western world is known as the "shake hands" grip. Although there are alternatives, notably the "penhold" types (e.g. used in China and Japan).



Stroke	Examples of when to use
Backhand push or Forehand drive	Returning short services Returning long services Against a long pushed ball
Backhand drive	Returning topspin in a rally Returning topspin services
Forehand push	To bring a defensive player close to the table Returning short balls
Block	Reacting quickly to topspin
Loop	Returning chopped balls Attacking long, pushed balls
Push	Away from the table against topspin

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