

Table Tennis

Historical Facts

- ❖ The game is believed to be of English origin.
- ❖ Miniature tennis was played by Victorians on dining tables in the 1880s.
- ❖ It became known as Ping-Pong after the U.S. Parker Brothers' trade name.
- ❖ The game began to spread to the masses at the start of the 1900s and was soon played on every continent.
- ❖ Ivor Montagu, a Cambridge University (England) student, began to write out basic rules of the game in 1922, which included the original double-bounce serve. This is where the ball had to bounce twice before being hit over the net on the serve.
- ❖ Montagu met representatives of Austria, Germany, Hungary, and Sweden in January 1926, and together they founded the International Table Tennis Federation (ITTF).
- ❖ The World Championships were inaugurated that same year.
- ❖ The United States Association of Table Tennis was formed in 1933.

Equipment

- ❖ **Table:** The playing surface is a 9-foot long, 5-foot wide rectangle that is elevated $2\frac{1}{2}$ feet above the floor.
- ❖ **Net:** The net is 6 inches high and stretches across the middle of the table.
- ❖ **Paddle (Racquet, Bat):** The paddle can be any size, shape, or weight, but must be flat. The sides of the paddle may be black or red. The sides of the paddle can be covered with ordinary pimped rubber or sandwich rubber, but 85% of the paddle must be wood.
- ❖ **Ball:** The ball is plastic and can be orange, white, or yellow. In the Olympics, the ball is 38 mm in diameter and weighs 2.5 grams.

Grips

- ❖ **Shakehands**
 - The most popular and often-used grip in table tennis.
 - Paddle is held as if the player is shaking hands with it.
 - The benefits and disadvantages of the shakehands grip:
 - Gives the player the best balance of forehand and backhand shots.
 - Players typically use only one side of the paddle.
 - Contributes to a blocking style of play.
 - Concentrates on topspin shot
- ❖ **Penhold**
 - Paddle is held as if the player is holding the handle of a pen.
 - The benefits and disadvantages of the penhold grip:
 - Gives a player the best forehand.
 - Gives the player a much weaker backhand.
 - A player using this grip usually plays close to the table.
 - A player using this grip usually plays an aggressive smashing-type style of play
 - Players typically use only one side of the paddle.

Table Tennis Serving and Scoring Rules

Serving

- ❖ After five points have been scored, the receiving player becomes the server. This format continues for the entire game.
- ❖ In *doubles*:
 - The selected partner of the serving pair delivers the first five services.
 - The second five services are delivered by the receiver of the first five services, and will be received by the partner of the first server.
 - The third five services are delivered by the partner of the first server and received by the partner of the first receiver.
 - The fourth five services are delivered by the partner of the first server and received by the first server.
 - This continues until the game is won or the game is tied at 20-20. The sequence of serving and receiving will remain the same, but each player will be allowed to serve only one point in turn until the game is complete.
 - The order of players serving in subsequent games reverses.

Good Serve

- ❖ At the beginning of the serve the ball must be stationary, resting freely on the flat, open palm of the server's free hand, behind the endline and above the level of the playing surface.
- ❖ The server must then toss the ball upwards with no spin, so that it rises at least 16 cm after leaving the palm of the free hand and then falls without touching anything before being struck.
- ❖ As the ball is falling, the server must hit it with the paddle so that it touches his or her court first, and then, after passing over or around the net, touches the receiver's court. In doubles, the sequence of hits must be server, receiver, server's partner, and then receiver's partner.
- ❖ If the serve touches the net assembly passing over, it is considered a let ball and is retaken.

Scoring

- ❖ A game is won by the first player or pair (in double play) to score 21 points, unless the score reaches 20-20 in which case the player or the pair needs two clear points more than the other in order to win the game.
- ❖ ***How A Player Can Lose a Point***
 - The serving player fails to make a good serve.
 - The receiving player fails to make a good return.
 - A player causes the ball not to land on the table.
 - A player hits the ball before it bounces on his or her side.
 - A player touches the table with his or her free hand while the ball is in play.
 - A player touches the net with any part of his or her body while the ball is in play.
 - A player moves the playing surface while the ball is in play.
 - A player hits the ball twice successively.
 - A player allows the ball to bounce twice successively.
 - A player hits the ball with an unacceptable part of the paddle.
 - In doubles, a player strikes the ball out of sequence.
 - When a player hits the ball, it doesn't land on the table or it goes into the net without passing over into fair territory.