

Rockwood's Sport Psych Table Tennis Rules

Vocabulary

1. Ball _____ the spherical thing you hit back and forth
2. Table _____ you know what a table is, right?
3. Playing surface _____ the top surface of the table is "in bounds" including the edges and the corners
4. Paddle _____ the racquet-like thing you use to hit the ball with
5. Grip _____ the part of the paddle that you hold onto with your hand
6. Blade _____ the part of the paddle that you use to hit with
7. Net _____ you know what the net is, right?
8. Rally _____ the period in which the ball is played
9. Game _____ an individual game to 11 or 21 points
10. Match _____ a "best of" an odd number of games (best of 3, 5, etc.); this determines the overall winner
11. Server _____ the one who serves the ball for that rally or play
12. Receiver _____ the one who is receiving (and hopefully returning) the ball for that rally or play
13. Free hand _____ your hand that is not holding the paddle
14. Racquet hand _____ your hand that is holding the paddle
15. Let _____ when the play stops, but nobody scores a point; you must re-play the rally
16. Lot _____ some kind of chance game to see who goes first, like flipping a coin or spinning the paddle

SINGLES

Good Service

1. Hold ball in the palm of your free hand, ball and hand must be stationary
2. Toss it up without any spin
3. You must hit it before it hits the table (as it is falling)
4. It must bounce once on your side, pass over or around the net without touching it, and land on your opponent's side (the edges of the table and corners are "in")
5. If it hits the net and lands in, it is a "let." No one scores the point and you must re-do the serve
6. In Singles you can ignore the center line. It doesn't mean anything.

Good Return

1. You hit the ball back and it lands in their court
2. The ball can hit the net as long as it lands "in"

Let

1. No one scores a point and you re-play it
2. If, on the serve, it hits the net and lands in
3. If, on the serve, the receiver was not ready and did not try to hit it
4. During the play, there is some outside interference

Scoring a Point

1. If your opponent's serve is bad
2. If you serve and your opponent does not give a good return
3. If your opponent's ball lands "out" without bouncing (it misses the table)
4. If your opponent obstructs the ball (stops it with a hand before it passes the edge of the table)
5. If your opponent hits the ball twice in a row
6. If your opponent (or anything he is wearing or wearing) moves the table
7. If your opponent's free hand touches the top of the table

Winning a Game

1. First person to 11 or to 21 points wins the game (this is decided before starting)
2. But you must win by 2, like in volleyball. So if you are tied at 10, then you must keep playing until one of you gets 2 points ahead

Winning the Match

1. The "Best of" an odd number of games (3, 5, etc.)
2. The number of games is decided before starting

Serving Particulars

1. At the beginning of a match there are 2 choices to be made
 - a. Who serves first?
 - b. Which end of the table will you play on?
2. Use some sort of "lot" to decide who gets first choice, like flipping a coin
3. The winner gets to make one of the choices, the loser makes the remaining choice
4. Every two or five points scored, you switch who is serving (this is decided before starting)
5. If the score is tied at 10 points (in a game to 11), or 20 points (in a game to 21), then you switch servers every 1 point
6. If your opponent is on "game point" then you get to serve (that way you never lose the game because of a muffed return)
7. If you served first in this game, then you will receive first in the next game
8. Switch ends each game
9. If you are in the last possible game of the match, then you switch ends after 1 player has scored 5 points (in game to 11) or 10 points (in game to 21)

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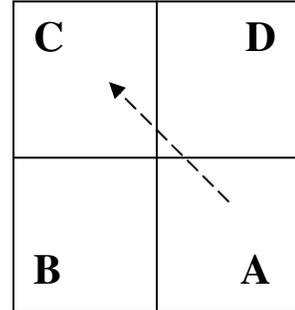
DOUBLES

General

- All the same rules from singles table tennis apply to doubles except for the following changes

Order of Play

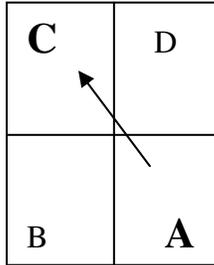
- The serve must go from the right half of the court to the opposing right half of the court for every serve. If it is out of either court on the serve, then the receiving team gets a point. (Remember, landing on the line is always considered "in")
- The ball must be hit by the four players in a specific order. Any mistake in this order results in a point to the other team
- Server (A) serves into correct court, then receiver (C) returns it, then server's partner (B) returns it, then receiver's partner (D) returns it.
A → C → B → D
- This same order is then followed for the rest of the rally.
- Partners do not have to stay on their half (left or right) of the court during play, but are free to move anywhere on their team's side of the table.



Order of Serve

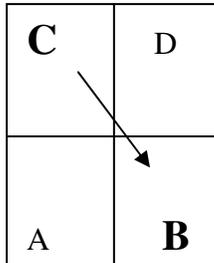
- The server changes every two or five points scored, like in singles, (determined before starting)
- At every change of service, the previous receiver becomes the new server and the previous server switches places with his partner.

- 1: A serves to C
Order of play is followed for the rally



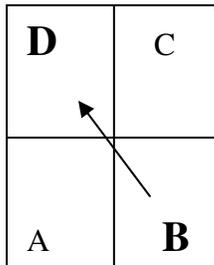
At change of service
A & B switch places

- 2: C serves to B
Order of play is followed for the rally



At change of service
C & D switch places

- 3: B serves to D
Order of play is followed for the rally



At change of service
(A & B switch places)

- 4: D serves to A
Order of play is followed for the rally

