TABLE TENNIS

History
The game of Table Tennis is said to have originated in Victorian England in the 1880’s. It was created as a gentlemen’s after-dinner game as an alternative to the regularly played lawn tennis. Players would use a stack of books as the net, a wine cork as the ball, and cigar box lids as the racquets. The first Table Tennis World Championships were in London, England in 1926; and it became an Olympic sport in 1988.

TERMS
► Backspin - a type of spin with reverse rotation of the ball which makes it roll/bounce backward or stop short.
► Chop - a defensive shot that carries a tremendous amount of backspin.
► Drive - an offensive shot used mostly as a setup or in rallies, where the racket is in a normal position and the ball is struck at a medium pace.
► Drop shot - the ball is hit relatively softly, and lands just over and close to the net.
► Forehand - a stroke done to the right-front (for right-handers) of the body, with the racket in a normal position (palm of hand facing opponent).
► Let: “Let the ball be served again” A let occurs when the ball hits the net on a serve and goes over (into the correct service box in doubles), there is interference from another table, any time play is interrupted, or you cannot agree on what happened in the last play.
► Lob - a defensive shot used against high-speed balls, where the ball (usually with unpredictable spin) is returned very high in the air, causing difficulty in timing and technique.
► Loop - an offensive shot that carries a tremendous amount of topspin.
► Penhold - a grip where the racket is held exactly as it sounds, with the racket handle held straight up and down.
► Push - a defensive shot used to successfully return backspin shots, where the racket is open to lift the backspin over the net.
► Serve: Used to begin play. Also called a service.
► Shakehands - a grip where the racket is held exactly as it sounds but with the middle, ring, and pinky fingers wrapped around the handle.
► Skunk - an unofficial rule, where, if one player reaches the score of 7 points and their opponent has a score of 0 points they will automatically win the game.
► Smash - an offensive, high-speed shot used against high balls, where the racket is in a normal position to generate the most speed possible. Also called a kill.
► True Bounce: A ball that bounces in an upward direction. You must have a true bounce for the point to count.
HOW TO KEEP SCORE IN TABLE TENNIS
GAMES ARE PLAYED TO 11 POINTS
1. Preliminary matches are often the best of 5 games. CHAMPIONSHIP matches are often the best of 7 or 9 games.
2. After deciding who serves first (flip of coin), each player will serve for TWO points.
3. If a player serves a net ball (called a ‘let serve”), the point is replayed. (There are no limits to the number of let serves a player may serve).
4. The server in singles can serve anywhere: short, long, straight, or crosscourt. Only in doubles do you have to serve diagonally from your right court to the opponent’s right court.
5. If you volley the ball while it is still above the table surface, you lose the point.
6. If you move the table, or touch it with your free hand, during the rally, you lose the point.
7. If you or your clothing touches the net or post during the rally, you lose the point.
8. If you hit the ball twice in succession, you lose the point.
9. If your shot hits a wall, the ceiling, or misses the opponent’s side of the table, you lose the point.
10. Change ends of the table after each game.
11. The player who serves at the beginning of a game is the receiver at the beginning of the next game.
12. After the first player scores the 5th point in the final game of the match, change ends. If you forgot to change at 5, then change as soon as you realize it.
13. If your opponent distracts you by talking or yelling while the ball is in play, play a let.
14. At 10-10, the score is called “Deuce”. A player must then win by 2 points. Alternate serves until one player has a 2-point lead.
15. Shake hands after every match to show good sportsmanship.

HOW TO SERVE LEGALLY IN TABLE TENNIS
1. Stand on your side of the table with the ball in your non-racket hand.
2. Place the ball in the center of your palm.
3. Be sure your hand is higher than the table surface and behind your end line.
4. Keep the ball above the table’s surface at all times during the serve.
5. Toss the ball upwards a minimum of six inches.
6. Remove your free hand/arm immediately to the side of your body to allow your opponent a clear view of the toss.
7. Make contact on the descent with the ball visible during the toss at all time to your opponent.
8. The ball must land on your side of the table first, then your opponent’s.
9. If the ball touches the top of the net on its way over, the ball is re-served.
10. The ball can be served anywhere, any angle and long or short. The white center line is only used for serving in doubles.
11. Each player served 2 points until one reaches 11 or at deuce (10-10) serves alternate.
HOW TO SERVE IN DOUBLES TABLE TENNIS
1. Larry Looper and Sammy Smasher won the toss and are serving to Charlie Chopper and Peter Pusher.
2. Larry will serve the first two to Charlie (Remember all serves must be delivered crosscourt from the right side of the table).
3. After Larry’s two serves are completed, Charlie becomes the server and Sammy the new receiver.
4. When Charlie is done with his two, Sammy takes over the serve and serves to Peter.
5. Peter follows with the final set of serves to Larry and then the teams are back to the original order.
6. At deuce, the order will change after every point.
7. Also once a team reaches 5 point in the final game of the match (the 3rd game in a 2/3, 5th game in 3/5, 7th game of 4/7, etc) the server stays the same, however, the receiving team changes receivers. This is to ensure that both orders get equal time.
8. Game 2 starts with either Charlie or Peter serving against the player that didn’t return their serve in the first game returning.
9. Game 3 starts with either Larry or Sammy serving against the player that didn’t return their serve in the second game returning.

Service Rotation
Larry serves to Charlie
Charlie serves to Sammy
Sammy serves to Peter
Peter serves to Larry