 T**able Tennis Study Guide** 

**History**:

Table tennis originated in **England** and it was first played with makeshift equipment on **dining room** tables. The International Table Tennis Federation (ITTF) was founded in Berlin in 1926. The United States Table Tennis Association (**USTTA**) was **founded in 1933**. The **World Championships are held every two (2) years** and from 1960 through early 1980’s, **China often dominated these championships**. In the late 1980’s, table tennis became an Olympic sport and South Korea and Sweden finally ended China’s dominance.

Definitions / Rules of play:

1. Game is won by the player or doubles team scoring **21 points**, unless both have a tie at 20 points, then **a team must win by 2 points**.
2. A match consists of the **best of five games**.
3. A volley or rally is the period when the ball is in play.
4. Let serve (or net serve) is a serve from no point is scored. It occurs when the ball touches the **net** or support on a serve and is served from the right side of the table diagonally to the opposing team.
5. A point is scored when:
   1. **The server fails to make a good serve**
   2. The server’s opponent **fails** to return a good serve
   3. A player strikes the ball **out of turn in a doubles match (no two hits in a row).**
   4. A player touches the surface of the table with their free hand/ body.
   5. **A player leans on the table**
   6. **A player strikes the ball with the free hand**
   7. A player strikes the ball below the wrist of the paddle hand
6. **Change of service is when the service passes from one player to another after every 2 points scored**. At 20-20, service is alternated after each point.
7. **Steps to a legal serve:**

- Present the ball to the opponent (the ball is placed in the palm of the free hand which must be stationary above the level/ behind the table top and not cupped in the hand

- stay behind the edge of the table top

- strike the ball on the way down

- serve from the right side of the table (in doubles play- the ball must strike the right half of the table on the server’s side, bounce diagonally over the net onto the opponent’s side of the table.

1. Spike- is a ball that is driven down hard on the opponent’s side of the table.
2. **Cut shot**- a ball that is struck on the **bottom** half of the ball using a downward motion of the paddle.
3. **Top-spin**- a ball that is struck on the **top** half of the ball using an upward motion of the paddle.

Doubles Play Rules:

Doubles play in table tennis differs from singles play in the following ways…

* **Service must be from the right hand court and served diagonally to an opponent**.
* **Partners must alternate hits**
* After each player serves their 2 points, **they switch positions** with their partner immediately after their 2nd serve.
* When **tied at 20** each player will serve **one time** until the game is won by 2 points.