

Session 5

Simplified Rules of the Game

A. Introduction

Rules of the games are important in the conduct of a sports competition to ensure that there is a means of control in enforcing the planned guidelines. Conflicts and swing of emotions are unavoidable scenarios in sports field that is why a planned rules and guidelines must be carefully designed and applied.

B. Session Objectives

- Define some basic and important term in table tennis.
- Identify legal and illegal manner of serving the ball.
- Describe the similarities and differences of singles and doubles serve.
- Explain how to earn a point and win a match.
- Explain how matches are decided based on different mode of tournament.
- Apply the LET and DEUCE in game situations.
- Emphasize game scenarios that can be encountered by beginning players.

C. Session Content

1. Topic 1 Terminologies used in Table Tennis

1. Backhand: Backhand shots are taken having the back of the hand facing the opponent's side. The arm swing goes on a pushing manner specially for beginning players until it is mastered.

2. Deuce: this happens when a set is tied at 10-10. A player must win two (2) points over the opponent in order to win a set or a match.
3. Doubles: two teams participate in a match pairing 2 players each.
4. Fault - Failure of the server to do a legal serve or legal hit during the rally.
5. Forehand: Forehand strokes are taken on the dominant side of your body with the palm facing toward the direction of the shot that is the opponent's side.
6. ITTF: International Table Tennis Federation, the governing body of table tennis.
7. Let: it is a frequently used term in table tennis to interrupt the play. The most common occurrence is the let serve when the ball touches and it goes to the opponent's side.
8. Match: A table tennis match consists of 3, 5, or 7 sets or games.
9. Multi-ball: It is an effective training practice in which the teacher or coach continuously feeding balls to the player for skill development.
10. Penhold: This terminology in table tennis refers to the holding technique, mainly used by Asian players.
11. Point: Point is the simple term used in the scoring system.
12. Rally: A rally is an exchange of shots between two players. A rally starts with a serve and results in a point.
13. Re-serve - When an otherwise legal serve touches the net. The server needs to serve the ball again.
14. Serve: A rally starts with a serve. The first bounce of service must be on your side and the second bounce on your opponent's side by crossing over the net.
15. Set: This terminology indicates scoring in a table tennis match. A set consists of 11 points if not tied at 10-10.
16. Shakehand: It is the most common grip to hold a racket that looks like you are shaking your hand.
17. Singles: In this format, two players contest against each other in a table tennis match.
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19. Stance: "Stance" is the readiness before returning a service by placing feet and transferring body weight.

20. Time-out: This allows each player or team to have minute break during the entire period of a match.

2. Topic 2 The Table Tennis Match

Coin-toss by the Umpire

The winner have the option to choose:

- a. serve
- b. side of the table

Service Rules

- The ball is held on the open palm.
- The hand that holds the ball must be placed:

- 1. *outside the table*
- 2. *height above the table*
- 3. *visible to the opponent's view.*

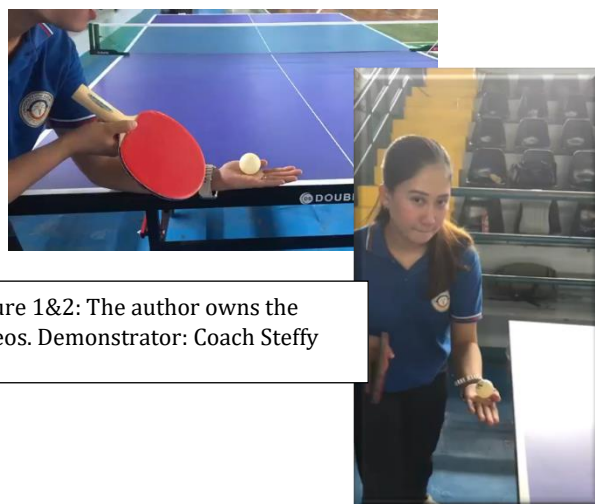


Figure 1&2: The author owns the videos. Demonstrator: Coach Steffy



Toss the ball 6 inches high above the table.

The ball should be hit when it goes down from the toss having it bounce on the server's side of the table passing over the net and towards the opponent's side.

Figure 3: The author owns the video. Demonstrator: Coach Steffy

Service Rules (Singles)

The served ball may land on any part of the opponent's court.

Figure 5: The author owns the video.
Demonstrator: Coach Steffy and her player



Service Rules (Doubles)

The served ball trajectory is diagonal. If the served ball successfully landed down the line of the opponent's side is a violation. It should be delivered cross-court.



Figure 6: The author owns the video.
Demonstrator: Coach Steffy and her player

3. A served ball on a down the line direction illegal?

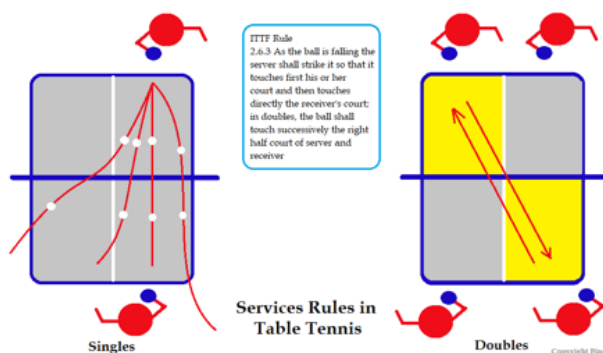


Figure 7: Table Tennis Rules & Regulations.
James, K. 2020 (Online).

3. Topic 3 Other Competition Rules Concerns

a. A served ball that touches the net and pass over it to the opponent's court is a LET.

b. **Service turns:**

Singles: Alternate serve every two consecutive serves.

Doubles:

- ✓ Alternate serve every two consecutive serves on the right side of the playing table.
- ✓ The service right will be awarded to the opposing team/player every after two consecutive serves.

c. **DEUCE:**

- ✓ 10-10 score calls for a deuce, meaning that opposing players or team must earn 2 points over the opponent's score.
- ✓ The service method will now change to 1 service each side of the table.

D. Conclusion

It is not easy and quick to learn and cover all the rules of table tennis in one single class meet. The teacher has to be creative enough to tackle the summary of the rule of the sport so the students can grasp easily on what to and what not to do during the game. A simplified rules of table tennis is encouraged specially for beginning players.

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