



Session 5

C-PE 3 (3 units)

PATHFIT 3 – *Simplified Rules of the Game*

Fall Semester 2024

Session 5

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.



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Session Objectives:

- 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.



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Terminologies Used in Table Tennis



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Terminologies:

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.

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.



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Terminologies:

Doubles: two teams participate in a match pairing 2 players each.

Fault - Failure of the server to do a legal serve or legal hit during the rally.

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.



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Terminologies:

ITTF: International Table Tennis Federation, the governing body of table tennis.

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.



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Terminologies:

Match: A table tennis match consists of 3, 5, or 7 sets or games.

Multi-ball: It is an effective training practice in which the teacher or coach continuously feeding balls to the player for skill development.



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Terminologies:

Penhold: This terminology in table tennis refers to the holding technique, mainly used by Asian players.

Point: Point is the simple term used in the scoring system.



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Terminologies:

Rally: A rally is an exchange of shots between two players. A rally starts with a serve and results in a point.

Re-serve - When an otherwise legal serve touches the net. The server needs to serve the ball again.

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.



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Terminologies:

Set: This terminology indicates scoring in a table tennis match. A set consists of 11 points if not tied at 10-10.

Shakehand: It is the most common grip to hold a racket that looks like you are shaking your hand.

Singles: In this format, two players contest against each other in a table tennis match.



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Terminologies:

Singles: In this format, two players contest against each other in a table tennis match.

Stance: “Stance” is the readiness before returning a service by placing feet and transferring body weight.

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



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The Start of the Match

Coin-toss by the Umpire

- The winner have the option to choose:
 - a. serve
 - b. side of the table

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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.*

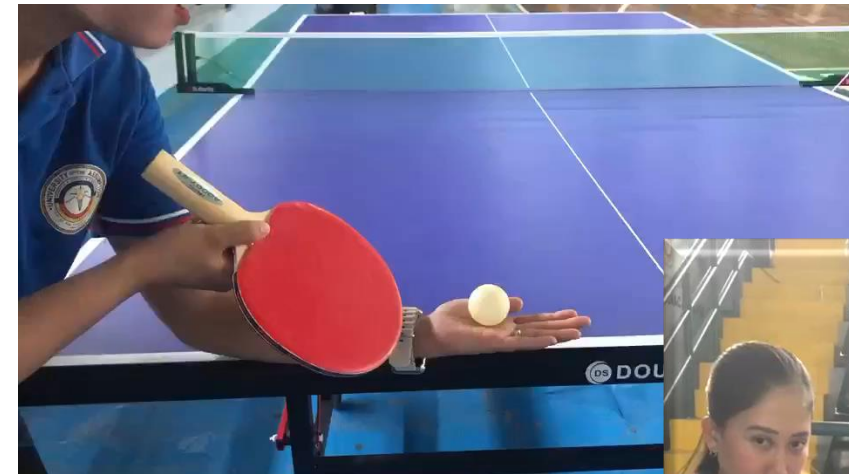
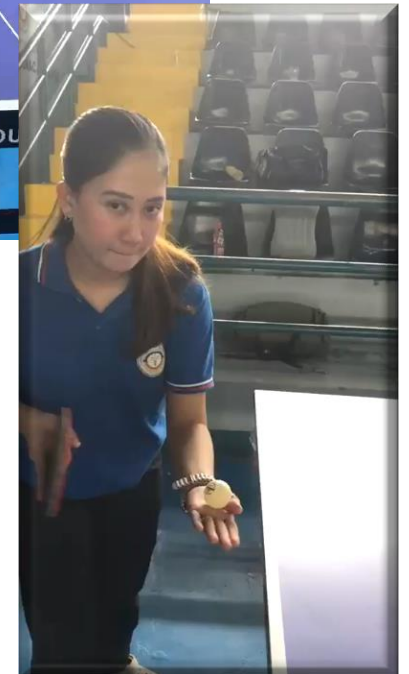


Figure 1&2: The author owns the videos. Demonstrator: Coach Steffy

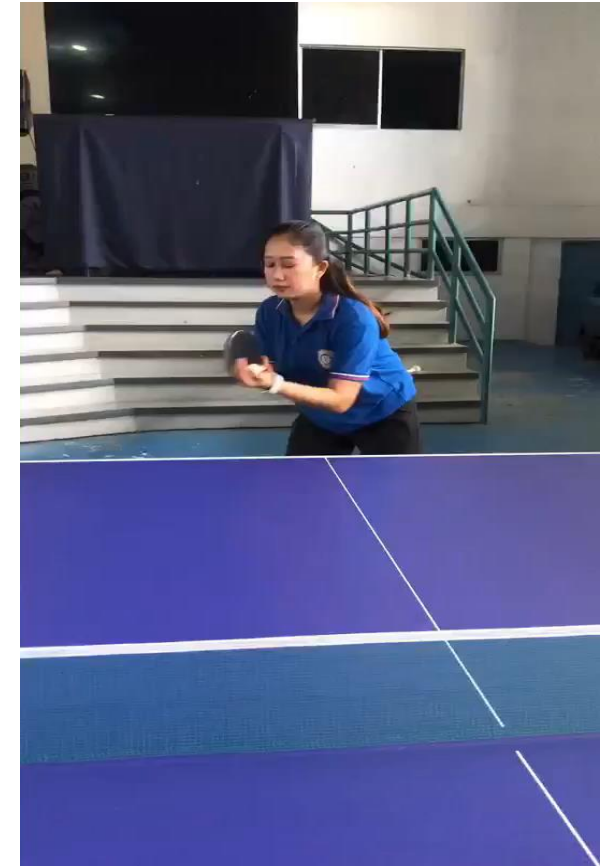


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Service Rules

- 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



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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

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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

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

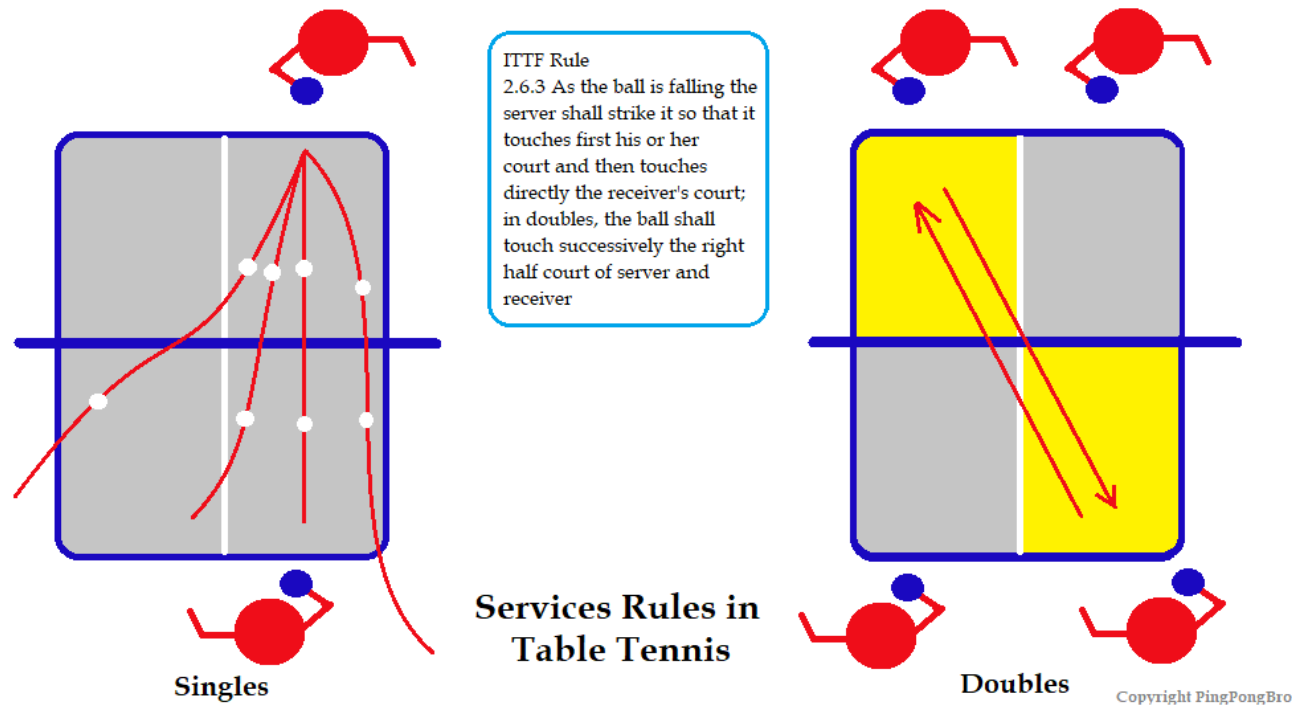


Figure 7: Table Tennis Rules & Regulations.
James, K. 2020 (Online).



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Service Rules

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

How many LET is allowed in each match?



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- 1. Not showing the ball to the opponent during the serve or not tossing it properly before hitting the ball for serve illegal?*
- 2. A served ball that landed on the edge of the table illegal?*



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3. *Touching the table during rally illegal?*
4. *If the ball hits the post during rally valid?*
5. *If the paddle held in one hand then transferred to the other hand legally allowed?*



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How to Win a Match?

- Point system
- Winning a set



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Service turns:

Singles: Alternate serve every two consecutive serves.



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Service turns:

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.



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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.



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- 1. How many deuce is allowed each set?*
- 2. In doubles, hitting the ball twice in succession by the same player illegal?*
- 3. If the ball accidentally hit by the hand and is successfully delivered to the opponent's court illegal?*



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4. Is it a legal hit if the ball lands on the edge or on the side of the table?

5. Touching the table with a paddle-hand legal?

6. A ball received by a player on the down the line direction legal?



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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 encourage specially for beginning players.



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