

TABLE TENNIS

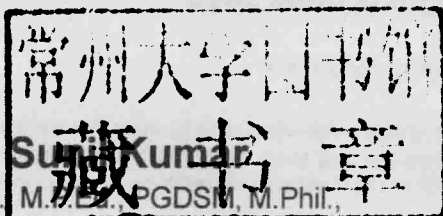
Skills & Rules

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TABLE TENNIS

Skills & Rules



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1

INTRODUCTION AND HISTORY OF TABLE TENNIS

Table tennis is a sport in which two or four players hit a lightweight, hollow ball back and forth with rackets. The game takes place on a hard table divided by a net. Except for the initial serve, players must allow a ball played toward them only one bounce on their side of the table and must return it so that it bounces on the opposite side. Points are scored when a player fails to return the ball within the rules. Play is fast and demands quick reactions. A skilled player can impart several varieties of spin to the ball, altering its trajectory and



limiting an opponent's options to great advantage.

The game is controlled by the International Table Tennis Federation (ITTF), founded in 1926. Since 1988, table tennis has been an Olympic sport which includes four events. From 1988 until 2004, the events were men's singles, women's singles, men's doubles and women's doubles. Since 2008 the doubles have been replaced by the team events (Beijing was the first time where table tennis had an Olympic team event).

General Description

A standard table tennis table, together with a racket and ball. The game is played with two or four players hitting a ball with rackets back and forth to each other on a table, in a manner similar to tennis. The rules are slightly different, but the concept is very similar. In



singles play, the serve is not required to cross from the server's right-hand court to the receiver's right-hand court (or left to left) as it is in tennis. However, serving across is required in doubles play. Ball spin, speed, placement, strategy and tactics play an important part in competitive table tennis matches. The speed of the ball can vary from slow serves with much spin to smashes that travel as fast as 112.5 kilometers per hour (70 mph).

The game is played on a 274 cm × 152.5 cm × 76 cm high (9 ft × 5 ft × 30 inches high) table. The International Table Tennis Federation requires a total playing area not less than 14 m long, 7 m wide and 5 m high for competitions. No limitations in size or shape are specified. You cannot win on a let. It is counted as a redo.

Modern rackets are usually covered with a thin layer of rubber on the racket's striking surface. The rubber may have pimples pointing outwards or inwards, as well as a thin layer of sponge between the wood ~~center~~ and the rubber surface. Since spin plays a large role in the modern sport of table tennis, the composition of the rubber and the combination of sponge and rubber is designed to maximize the amount of spin and speed a player can impart onto the ball. Other technological improvements include the use of carbon or other synthetic layers as part of the blade to increase the size of the sweet spot or the stiffness of the blade.

The ball used in table tennis has a diameter of 40 mm (formerly 38 mm), is made of celluloid, and is hollow. A three star rating on a ball usually implies a top quality ball, in relation to its bounce, roundness and their respective consistency between balls of the same make and type.

The winner is the first to score 11 points or more while

being ahead by 2 points or more. Players alternate serves every two points. At 10-10 (or deuce) the players alternate with every serve; the winner is then the first person to gain a two point advantage over his opponent. The 11 point game is an International Table Tennis Federation (ITTF) change which occurred in 2001. Previously, the first player to gain 21 points (except in case of a deuce, handled as described above) won the game. All games played at national level and at international tournaments (ITTF) are now played to 11 points in either a best of five (5) games (preliminaries) or best of seven (7) games format (championship matches).

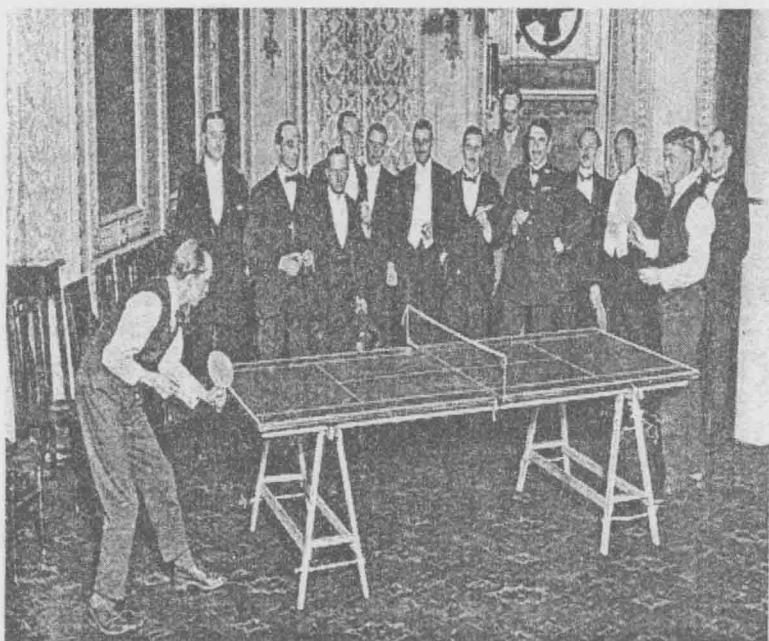
History

The game originated in England and was played amongst upper class Victorians as an after dinner entertainment activity, commonly known then as "wiff-



waff". A row of books were to be stood up along the center of the table as a net, two more books served as rackets and were used to continuously hit a golf-ball from one end of the table to the other. Eventually, table tennis evolved into the modern game in Europe and the United States. The popularity of the game led game manufacturers to sell the equipment commercially. Early rackets were often pieces of parchment stretched upon a frame, and the sound generated in play gave the game its first nicknames of "wiff-waff" and "Ping-pong". A number of sources indicate that the game was first brought to the attention of under the name "Gossima". The name "ping-pong" was in wide use before English manufacturer J. Jaques & Son Ltd led it in 1901. The name "Ping-Pong" then came to be used for the game played by the rather expensive Jaquesses equipment, with other manufacturers calling theirs table tennis. A similar situation arose in the United States, where the rights to the name "Ping-Pong" were sold to Parker Brothers.

The next major innovation was by James Gibb an English enthusiast of table tennis, who discovered novelty celluloid balls on a trip to the U.S. in 1901 and found them to be ideal for the game. This was followed by E. C. Goode who in 1901 invented the modern version of the racket by fixing a sheet of pimpled, or stippled, rubber to the wooden blade. Table tennis was growing in popularity by 1901 when table tennis tournaments were being organized, books on table tennis were being written, and an unofficial world championship was held in 1902. During the early 20th century the game was banned in Russia due to a belief that was held by the rulers at the time that playing the game had an adverse effect on players' eyesight. In 1921, the Table Tennis Association was founded in England, and the



International Table Tennis Federation followed in 1926. London hosted the first official world championship in 1927. Table tennis was introduced as an Olympic sport at the Olympics in 1988.

In the 1950s rackets that used a rubber sheet combined with an underlying sponge layer changed the game dramatically, introducing greater spin and speed. These were introduced to England by the sports goods manufacturers S.W. Hancock Ltd. The use of speed glue increased the spin and speed even further, resulting in changes to the equipment to "slow the game down".

Toward the end of 2000, the ITTF instituted several rules changes aimed at making table tennis more viable as a televised spectator sport. First, the older 38 mm (1.5 inch) balls were officially replaced by 40mm balls. This increased the ball's air resistance and effectively slowed

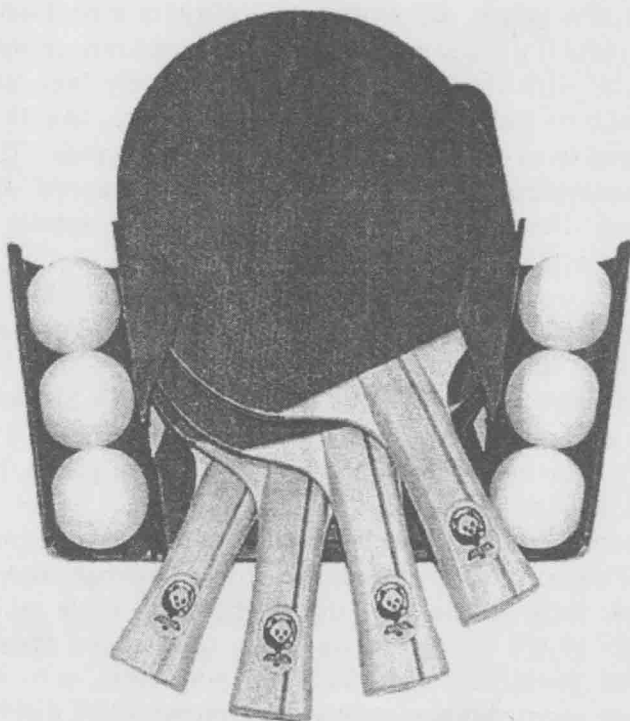
down the game. By that time, players had begun increasing the thickness of the fast sponge layer on their rackets, which made the game excessively fast, and difficult to watch on television. Secondly, the ITTF changed from a 21 to an 11-point scoring system. This was intended to make games more fast-paced and exciting. The ITTF also changed the rules on service to prevent a player from hiding the ball during service, in order to increase the average length of rallies and to reduce the server's advantage. Variants of the sport have emerged. "Large-ball" table tennis uses a 44 mm ball which slows down the game significantly. This has seen some acceptance by players who have a hard time with the extreme spins and speeds of the 40mm game. The ball's mass is 2.47 grams.

There is a move towards reviving the table tennis game that existed prior to the introduction of sponge rubber. Classic table tennis like Liha or "hardbat" table tennis players reject the speed and spin of reversed sponge rubber, preferring the 1940–60s play style, with no-sponge, short-pimpled rubber equipment, when defense is less difficult by decreasing the speed and eliminating any meaningful magnus effect of spin. Because hardbat killer shots are almost impossible to hit against a skilled player, hardbat matches focus on the strategic side of table tennis, requiring skillful maneuvering of the opponent before an attack can be successful.

EQUIPMENT

Ball

The international rules specify that the game is played with a light 2.7 gram, 40 mm diameter ball. Generally, it is the most-used ball. The rules say that the ball shall bounce up 23 cm when dropped from a height of 30 cm thereby having a coefficient of restitution of 0.88. The 40 mm ball was introduced after the 2000 Olympic

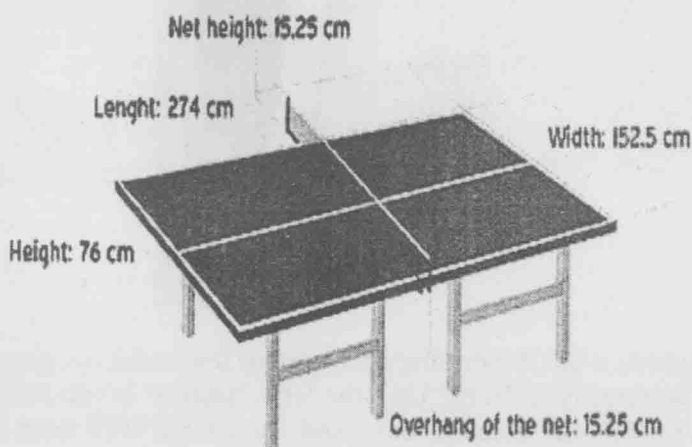


Games. However, this created some controversy as the Chinese National Team argued that this was merely to give non-Chinese players a better chance of winning[citation needed]. A 40 mm table tennis ball is slower and spins less than a 38 mm one. The ball is made of a high-bouncing gas-filled celluloid, colored white or orange, with a matte finish. The choice of ball color is made according to the table color and its surroundings. For example, a white ball is easier to see on a green or blue table than it is on a grey table. Stars on the ball indicate the quality of the ball. 3 stars indicates that it is of the highest quality, and is used in official competitions.

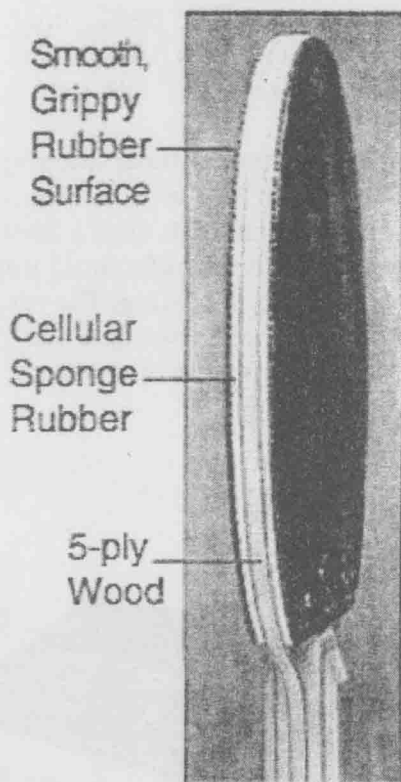
- The volume is $32000\text{p}/3 \sim 33510 \text{ mm}^3$.
- The surface area is $1600\text{p} \sim 5027 \text{ mm}^2$.
- The circumference is $40\text{p} \sim 126 \text{ mm}$.

Table

Diagram of a table tennis table showing the official dimensions. The table is 2.74 m (9 ft) long, 1.525 m (5 ft) wide, and 76 cm (30 inch) high with a Masonite (a type of hardboard) or similarly manufactured timber, layered with a smooth, low-friction coating. The table or playing surface is divided into two halves by a 15.25 cm (6 inch) high net. The table surface is often in a green or blue color.

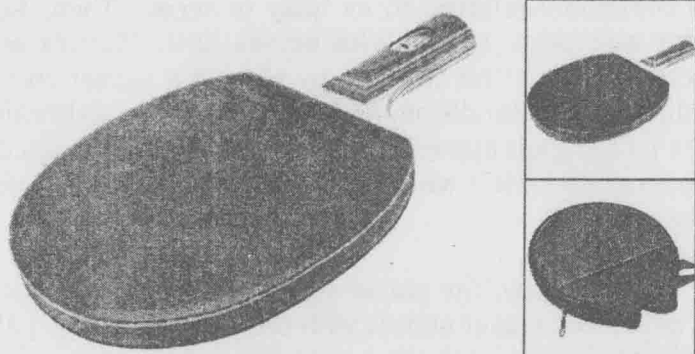
**Racket****Table tennis racket**

Players are equipped with a laminated wooden racket covered with rubber on one or two sides depending on the grip of the player. This is called either a paddle, racket,



blade or a bat depending on where in the world the game is being played. In the USA the term "paddle" is common, in Europe the term is "bat," and the official ITTF term is "racket."

Table tennis regulations allow different surfaces on each side of the racket. The different types of surfaces provide various levels of spin or speed, or in some cases, nullify spin. For example, a player may have a rubber that provides much spin on one side of his racket, and no spin on the other side of the racket. By flipping the racket in play, different types of returns are possible. To



help a player distinguish between different types of rubber used by his opposing player, international rules specify that one side must be red while the other side must be black. The player has the right to inspect his opponent's racket before a match to see the type of rubber used and what color it is. Despite high speed play and rapid exchanges, a player can see clearly what side of the racket was used to hit the ball. Current rules state that, unless damaged in play, the racket cannot be exchanged for another racket at any time during a match.

GAME PLAY

Starting a Game

In top-flight competition, service is decided by a coin toss. At lower levels it is common for one player (or the umpire/scorer) to hide the ball in one or the other hand (usually hidden under the table), allowing the other player to guess which hand the ball is in. The correct or incorrect guess gives the "winner" the option to choose to serve, receive, or to choose which side of the table to use. Another method is for one player to hit the ball to the other and he or she returns it or by hitting it back and forth four times and then playing out the point. This