

TABLE TENNIS 7th GRADE STUDY GUIDE

HISTORY:

- Table tennis was developed in 1890 by a Massachusetts sports equipment company and was known as indoor tennis
- It was exported to England because it wasn't accepted well in US
- In late 1890's an Englishman designed a celluloid ball and rubber covered paddle for better control over ball
- Name was changed to ping pong because of the sound of the ball as it hit paddle, then table

EQUIPMENT:

- 9 x 5 ft. table with white centerline
- Net- 6 in. from top of table, 36 in. from floor
- Plastic ball- 4 ½ in. – 4 ¾ in. circumference
- Paddle- any material, size, shape, weight

SERVING:

- Server tosses ball in air and hits ball onto his/her side of table before it goes over net to opponents side of table
- It is illegal to spin the ball with hand before serving
- The ball may not be bounced on table before serving to opponent
- An "ace" serve is one that the receiver is unable to touch with his/her paddle
- Doubles- The server must serve from the right hand court
 - The serve must land in the opponents right court
 - A "let" serve is called if the ball hits the net and lands in the correct court. The ball is then reserved.
 - A "let" serve is also called if the serve is made before the receiver is ready, or there is interference
 - The server serves 5 points (5 times) before their opponent serves
- Singles- the server ignores the center line and can serve the ball to any part of the opponent's court

SERVING ORDER:

- Player A serves 5 to player C, then switches with B
 - Player C serves 5 to B, then switches with D
 - Player B serves 5 to D, then switches with A
 - Player D serves 5 to A, then switches with C

A	B
D	C

POINTS: Either the receiving team or serving team may score on a serve
The following will result in loss of point:

- Hitting the ball before it bounces (volley) when receiving
- Failing to make a good return
- Serving the ball to the wrong court (doubles)
- Hitting the ball more than 1 time in a row
- The paddle, or any part of the body touches any part of the playing area (table, net, supports)
- A ball being returned by opponents misses the table, but touches your paddle, body or clothing
- A ball hits the side edge of the table when returned

ORDER OF PLAY:

Server serves to receiver. Receiver returns ball to server's partner. Partner returns to receiver's partner. Receiver's partner returns to server. (A player may not hit the ball two times in a row)

SCORING:

- Game is played to 21
- If tied at 20, team that scores two more points first wins

TERMINOLOGY:

- Ace- a good serve that the receiver is unable to touch with his paddle
- Fault- a service failure in which the ball doesn't land in the proper court
- Let- a serve that hits the net but lands in the correct court
- Volley- hitting the ball before it bounces and is illegal