

FROM PRACTICE TO PARTICIPATION

In competitive and non-competitive situations table tennis matches can be for:

- Individuals Pairs or Teams
- Boys Girls or Mixed

In a school – events can be inter-form, inter-house, inter-year or any other format.

Between schools – events can simply be between two schools (one match) or many schools playing in a league or knockout system.

Before you start it is useful to know a few of the Laws of Table Tennis:

- A game shall be won by the player first scoring 11 points (unless both players score 10 points when the game shall be won by the first player subsequently gaining a lead of 2 points).
- A match shall consist of the best of any odd number of games – e.g. best of 3 games.
- Serving – after each 2 points the receiving player becomes the serving player.
- A good service starts with the ball resting on the palm of the servers hand, the ball is thrown upwards, and on its way down the server strikes the ball so that it touches first his side of the table (court) and then his opponents side of the table (court).
- A good return – the ball, having been served, should be struck so that it passes over the net (or around it) and touches the opposite side of the table (court).
- A let – if in service the ball, in passing over the net, touches it and is otherwise good (i.e. goes over the net and hits the receivers side) it is a let and the service is taken again.

The full set of laws are published by the International Table Tennis Federation (ITTF) and can be found on their Website www.ittf.com

But shall we start with some fun matches