

Course Name: Bachelor of Physical Education

Year - IInd (Part-3)

Paper Name - Skill and Prowess

Topic Name - Skill and Prowess

Topic No. – Part – III (A) 4

Paper No. - A

Lecture No. – 9

Lecture Title
The Rules and Regulations of Table Tennis

F.A.Qs

Q1 What are the dimensions of Table Tennis

A.1 The upper surface of the Table shall be rectangular, 2.74m long and 1.525m wide, and shall lie in a horizontal plane 76 cm above the floor.

Q2. What is the shape and weight of Table Tennis ball?

A.2 The ball shall be spherical with a diameter of 40 mm and shall weight 2.7g.

Q3. What player should do to change his/her Racket ?

A3. Before the start of a match and whenever he or she changes his or her racket during a match a player shall show his or her opponent and the umpire the racket he or she is about to use and shall allow them to examine it.

Q4.What is the Term “A Game” How you considered the game is won?

A4. A game shall be won by the Player or Pair first Scoring 11 points unless either players or pairs score 10 points, when the game shall be won by the first player or pair subsequently gaining a lead of 2 points.

Q5. What is Expedite System?

A5. The expedite system shall come into operation after 10 minutes play in a game or at any time when requested by either players or pairs.