

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

Glossary

Rally – A rally is the period during the ball is in play.

Server- The server is the player due to strike the ball first in a rally.

Umpire- Is the person appointed to control the match.

Receiver – Is the player due to strike the ball second in a rally.

Free Hand- The Free Hand is the Hand not carrying the racket.