



TABLE TENNIS 2

INTRODUCTION

Table tennis, also known as ping pong, is a sport in which two or four players hit a lightweight ball back and forth across a table using a small bat. The game takes place on a hard table divided by a net. Except for the initial serve, the rules are generally as follows: players must allow a ball played toward them to bounce one time on their side of the table, and must return it so that it bounces on the opposite side at least once. A point is scored when a player fails to return the ball within the rules. Play is fast and demands quick reactions. Spinning the ball alters its trajectory and limits an opponent's options, giving the hitter a great advantage. Table tennis is governed by the worldwide organization International Table Tennis Federation (ITTF), founded in 1926.

Table Tennis is a game of two players (single) or four players (doubles) and is normally played indoors. Rackets sometime called “bats” or “paddles” are used to hit a small, light ball back and front across the table divided by a low net. The objective is to win points by making shots that an opponent is unable to return.

RULES AND REGULATIONS OF THE GAME

1. THE TABLE

- The upper surface of the table, known as the playing surface, shall be Rectangular, 2.74m long and 1.525m wide, and shall lie in a horizontal plane 76cm above the floor.
- The playing surface shall not include the vertical sides of the tabletop.
- The playing surface may be of any material and shall yield a uniform bounce of about 23cm when a standard ball is dropped on to it from a height of 30cm.
- The playing surface shall be uniformly dark coloured and matt, but with a white side line, 2cm wide, along each 2.74m edge and a white end line, 2cm wide, along each 1.525m edge.
- The playing surface shall be divided into 2 equal courts by a vertical net running parallel with the end lines, and shall be continuous over the whole area of each court.
- For doubles, each court shall be divided into 2 equal half-courts by a white centre line, 3mm wide, running parallel with the side lines; the centre line shall be regarded as part of each right half-court.

2. THE NET ASSEMBLY

The net assembly shall consist of the net, its suspension and the supporting posts, including the clamps attaching them to the table.

- The net shall be suspended by a cord attached at each end to an upright post 15.25cm high, the outside limits of the post being 15.25cm outside the side line.
- The top of the net, along its whole length, shall be 15.25cm above the playing surface.

- The bottom of the net, along its whole length, shall be as close as possible to the playing surface and the ends of the net shall be attached to the supporting posts from top to bottom.

3. THE BALL

- The ball shall be spherical, with a diameter of 40mm.
- The ball shall weight 2.7g.
- The ball shall be made of celluloid or similar plastics material and shall be white or orange, and matt.

4. THE RACKET

The racket may be of any size, shape or weight but the blade shall be flat and rigid.

- At least 85% of the blade by thickness shall be of natural wood; an adhesive layer within the blade may be reinforced with fibrous material such as carbon fibre, glass fibre or compressed paper, but shall not be thicker than 7.5% of the total thickness or 0.35mm, whichever is the smaller.
- A side of the blade used for striking the ball shall be covered with either ordinary pimples rubber, with pimples outwards having a total thickness including adhesive of not more than 2.0mm, or sandwich rubber, with pimples inwards or outwards, having a total thickness including adhesive of not more than 4.0mm.
- Ordinary pimples rubber is a single layer of non-cellular rubber, natural or synthetic, with pimples evenly distributed over its surface at a density of not less than 10 per cm² and not more than 30 per cm².
- Sandwich rubber is a single layer of cellular rubber covered with a single outer layer of ordinary pimples rubber, the thickness of the pimples rubber not being more than 2.0mm.
- The covering material shall extend up to but not beyond the limits of the blade, except that the part nearest the handle and gripped by the fingers may be left uncovered or covered with any material.
- The blade, any layer within the blade and any layer of covering material or adhesive on a side used for striking the ball shall be continuous and of even thickness.
- The surface of the covering material on a side of the blade, or of a side of the blade if it is left uncovered, shall be matt, bright red on one side and black on the other.
- The racket covering shall be used without any physical, chemical or other treatment. Slight deviations from continuity of surface or uniformity of colour due to accidental damage or wear may be allowed provided that they do not significantly change the characteristics of the surface.

THE SERVICE

Service shall start with the ball resting freely on the open palm of the server's stationary free hand. The server shall then project the ball near vertically upward, without imparting spin, so that it raises at least 16cm after leaving the palm of the free hand and then falls without touching anything before being struck.

THE RETURN

The ball, have been served or returned, shall be struck so that it touches the opponent's court, either directly or after touching the net assembly.

THE ORDER OF PLAY

In singles, the server shall first make a service, the receiver shall then make a return and thereafter serve and receive alternately shall each make a return.

In doubles, the server shall first make a service, the receiver shall then make a return, the partner of server shall then make a return, the partner of the receiver shall then make a return and there after each player in turn in that sequence shall make a return.

A LET

The rally shall be a let:

- if in service the ball touches the net assembly, provided the service is otherwise correct or the ball is obstructed by the receiver or his or her Partner;
- if the service is delivered when the receiving player or pair is not ready, provided that neither the receiver nor his or her partner attempts to strike the ball;
- if failure to make a service or a return or otherwise to comply with the Laws is due to a disturbance outside the control of the player;

A GAME

A game shall be won by the player or pair first scoring 11 points unless both players and pairs score 10 points, when the game shall be won by the first player or pair subsequently gaining a lead of 2 points.

A MATCH

A match shall consist of the best of any odd number of games.

OFFICIALS AND THEIR DUTIES

MATCH OFFICIALS

Referee

For each competition as a whole a referee shall be appointed and his or her identity and location shall be made known to the participants and where appropriate, to the team captains.

The referee shall be responsible for

- The conduct of the draw;
- The scheduling of the matches by time and table;
- The appointment of match officials;

- Conducting a pre-tournament briefing for match officials;
- Checking the eligibility of players;
- Deciding whether play may be suspended in an emergency;
- Deciding whether players may leave the playing area during a match;
- Deciding whether statutory practice periods may be extended;
- Deciding whether players may wear track suits during a match;
- Deciding any question of interpretation of Laws or Regulations
- The acceptability of clothing, playing equipment and playing conditions;

Suspension of play;

Taking disciplinary action for misbehaviour or other breaches of Regulations .

Umpire, Assistant Umpire

An umpire and an assistant umpire shall be appointed for each match. The umpire shall sit or stand in line with the net and the assistant umpire shall sit directly facing him or her, at the other side of the table.

The umpire shall be responsible for:

1. Checking the acceptability of equipment and playing conditions and reporting any deficiency to the referee;
2. Taking a ball at random as provided by the umpire.
- 3 . Conducting the draw for the choice of serving, receiving and ends;
- 4 . Deciding whether the requirements of the service law may be relaxed for a player with physical disability;
- 5 . Controlling the order of serving, receiving and ends and correcting any errors therein;
- 6 . Deciding each rally as a point or a let;
- 7 . Calling the score, in accordance with specified procedure;
- 8 . Introducing the expedite system at the appropriate time;
- 9 . Maintaining the continuity of play;

The assistant umpire shall:

1. Decide whether or not the ball in play touches the edge of the playing surface at the side of the table nearest to him or her;
- 2 . Inform the umpire for breaches of the advice or behaviour regulations.

Either the umpire or the assistant umpire may:

1. Decide that a player's service action is illegal;
2. Decide that, in an otherwise correct service, the ball touches the net assembly;

Types of Competition

- An international competition is one that may include the players of more than one Association.
- An international match is a match between teams representing Associations.
- An open tournament is one that is open to the players of all Associations.
- A restricted tournament is one that is restricted to specified groups of players other than age groups.
- An invitation tournament is one that is restricted to specified Associations or players, individually invited.

National tournaments

1. AITA NATIONAL SERIES TOURNAMENT
2. ITF JUNIORS
3. CHENNAI OPEN
4. AITA TALENT SERIES TOURNAMENT
5. AITA SUPER SERIES TOURNAMENT
6. AITA CHAMPIONSHIP SERIES TOURNAMENT

International tournament

1. WORLD CHAMPIONSHIP
2. JUNIOUR WORLD CHAMPIONSHIP
3. WORLD CUP
4. OLYMPIC COMPETITION
5. PARALYMPIC COMPETITIONS

Sports achievement and awardees :**Arjuna award winners in table tennis**

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|------------|-----------------------|
| 1. 1980-81 | MANJIT DUA |
| 2. 1982 - | V. CHANDRA SEKHAR |
| 3. 1985 - | KAMLESH MEHTA |
| 4. 1987- | MONALISA BARUA |
| 5. 1989- | NIYATI SHAH |
| 6. 1990- | M.S WALIA |
| 7. 1997- | CHETAN BABOOR |
| 8. 1998- | SUBRAMANIAM RAMAN |
| 9. 2002- | MANTU GHOSH |
| 10. 2004- | ACHANTA SHARATH KAMAL |
| 11. 2005- | SOUMYADEEP ROY |
| 12. 2006- | SUBHAJIT SAHA |
| 13. 2009- | POULOMI GHATAK |
| 14. 2013- | MOUMA DAS |
| 15. 2016- | SOUMYAJIT GHOSH |

Dronacharya award in table tennis

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| 1. 2012- | B.I. FARNADEZ |
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CONCLUSION

The governing body of Table Tennis throughout the world is the International Table Tennis Federation which is today, composed of National Associations of the various countries. The laws of the game are formulated by the end are standardized throughout the world, so whether you play in Hong Kong ,Paris England , Rio de Janerio , New York or Melbourne , the scoring and playing rules etc., are always the same.
