



TABLE TENNIS

Spencer County 4-H



Introduction

Table Tennis is high speed excitement at its best. Good footwork, quick reflexes and smooth swing are all fundamental to the skill that increases your fun. Few sports offer so much to beginners and experienced players alike as table tennis. No other game played indoors, in family room or basement, provides so much opportunity for healthful exercise and wholesome recreation. Table tennis is a game to learn when you're young, to enjoy the rest of your life. As in all sports, fun increases with skill, and skill depends on knowledge of the fundamentals.

Fundamentals of the Game

The regulation table is 9 feet long and 5 feet wide. The upper surface is 30 inches from the floor. The table should be sturdily built, for steady and uniform support.

The net is 6 feet long, extending 6 inches beyond each side of the table, three-quarters of an inch wide outlines the table. The one-eighth-inch center line—important only in doubles play—divides the table into right and left quarters.

The play begins with the serve. The server strokes the ball in such a way that it bounces first on his side of the net, passes over the net, then bounces on his opponent's side. The ball must bounce in the receiver's court before the serve is complete and the receiver can attempt the return shot.

The return of service—and every shot that follows—is made by sending the ball directly back over or around the net. The ball may land anywhere in the opposite court. Here again—just as throughout the game—the ball must be permitted to bounce once, and only once, before it is returned.

If a return fails to land in your opponent's court, a point is scored by your opponent. In other words, if your return goes over the end of the table or off either side, or if it fails to clear the net, you lose a point.

Throughout the game, you take turns serving. Each player serves until a combined total of five points is scored. It then becomes the other's turn to serve for a total of five points.

A game is completed when one of the players has scored a total of 21 points—provided he is at least 2 points ahead at the time. In other words, the game goes beyond 21 points when the score becomes tied at 20 each. This is called a deuce game and it continues until one player gains a lead of two points. During a deuce game, the serve alternates after each point.

Requirements for Completion of Project

1. Attend regular club meetings.
2. Give a talk or demonstration about table tennis.
3. Participate in table tennis competition during 4-H Fair.
4. Fill out record sheet and turn in with green record book during 4-H Fair.

Competition during the 4-H Fair will be scheduled according to the following levels:

Level A—Grades 3 & 4
Level B—Grades 5 & 6

Level C—Grades 7, 8 & 9
Level D—Grade 10 and above