



Table Tennis Manual

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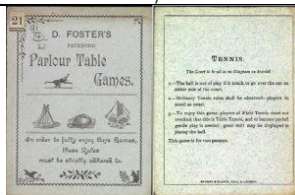
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Table Tennis

History of Table Tennis

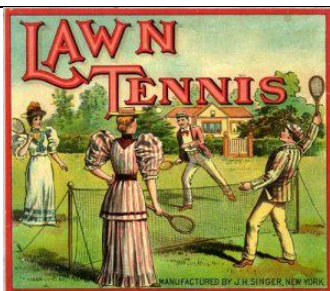
Like many other sports, Table Tennis began as a mild social diversion. It was probably played with improvised equipment in England, during the last quarter of the 19th century. Though Table Tennis evolved, along with Badminton and Lawn Tennis, from the ancient game of Tennis (also known as Jeu de Paume, Real tennis, Court Tennis or Royal Tennis), the game was developed after Lawn Tennis became popular in the 1880s.

The earliest surviving action game of Tennis on a table is a set made by David Foster, patented in England in 1890 (No.11037): Parlour Table Games, which included table versions of Lawn Tennis, Cricket and Football. The Lawn Tennis game featured strung rackets, a 30mm cloth covered rubber ball, a wooden fence set up around the perimeter of the table, and large side nets extending along both sides. Game manufacturers tried many experiments to market an indoor version of Lawn Tennis, including board and dice games, Tiddly Winks variations, card games, racket and balloon games and others.



Foster's rules, found at Cambridge University by Steve Grant (USA). The rules are very brief (unlike those for the companion games of table cricket and football). Note rule 3, which mentions 'Table Tennis'. Steve also discovered that Foster patented his game compendium in Canada.

Renowned researcher Alan Duke (ENG) recently discovered an English patent by Ralph Slazenger, No. 3156, dated 26 June 1883 (and likely months developing the idea before filing the Application), for improved nets for games. The patent describes net post mechanisms, with this important statement:



Lawn Tennis board game by Singer (USA), another indication that the sport was very popular in the 1880s ITTF Museum.

"This arrangement is adapted for ordinary lawn tennis, and for a modified game to be played indoors, say upon a billiard or dining table. In the latter case the poles are supported in brackets clamped to the table and the ends of the cord may be clamped by the cam arrangement, or fastenend under the table, or weighted."

Duke correctly concludes that this "quite possibly is now the earliest known reference to

a table version of tennis (and, importantly, accurately dated)." However, no evidence has been found that such a game was developed at that time.

Steve Grant (*Ping Pong Fever*, 2012, USA) found mention of one James Devonshire (ENG), who John Jaques claimed invented Table Tennis in a 1901 interview published in *The Echo*. Subsequently Alan Duke found in *The Official Journal of the Patent Office* that:

- Devonshire applied for a Patent on October 9, 1885 for his "Table Tennis".
- The Nov. 24, 1885 issue of the Journal shows Provisional Specifications were accepted
- In January 1887 the Application is listed as Abandoned. Once again no evidence of Devonshire's game, nor advertisement has been found; quite likely it was never put into production. One feasible scenario is that Jaques paid Devonshire for his idea, ultimately becoming the basis for Jaques' Gossima, released in 1891. However, the lengthy time factor is a concern, as mentioned by renowned Jaques authority Michael Thomson (SCD). The 1887 catalog of George S. Parker (USA) includes an entry for "Table Tennis: This game is laid out like a Lawn Tennis court, played and counted just the same, all the rules being observed." However, this was a board and dice game by J.H. Singer (NY), whose name also appears on the catalog.

One year later famous game makers Jaques of London released their GOSSIMA game. This game borrowed the drum style battledores from the Shuttlecock game, and used a 50mm webbed wrapped cork ball, with an amazing 30cm high net that was secured by a belt-like strap under the table. Only 2 examples are known to have survived.



Rare board & dice game, "Table Tennis" by J.H.Singer 1887. Earliest production use of the name Table Tennis. ITTF Museum

Neither of these action games were successful, due to the ineffective ball: the rubber ball had too wild a bounce, while the cork ball had too poor a bounce. Jaques continued to advertise Gossima throughout the 1890s, but it was not until c.1900, when the celluloid ball was introduced to the game, that the concept of tennis on a table became successful. Steve Grant has traced the name Ping Pong to an 1884 song by Harry Dacre. The distinct sound of the celluloid ball



Jaques (ENG) GOSSIMA, 1891, with 50mm ball, 30cm high net, vellum drum rackets. The white belt was used to secure the large wood net fixtures to the table. ITTF Museum

bouncing off the drum rackets quickly led to the use of the same name. This can still be demonstrated today using the antique rackets! As the name Ping Pong caught on, Jaques changed the name of his game to "Gossima or Ping Pong" and soon afterward, to "Ping Pong or Gossima". Ultimately the name Gossima was dropped.

The game quickly caught on with the public, marketed under many different names:

- Ping Pong or Gossima
- Ping Pong
- Table Tennis
- Whiff Waff
- Parlour Tennis
- Indoor Tennis
- Pom-Pom
- Pim-Pam
- Netto
- Clip-Clap
- Royal Game
- Tennis de Salon and others.



Gradually the two most popular names prevailed: Ping Pong, and Table Tennis. However, these competing names caused some problems, as two associations were formed, and with different rules for the game some confusion resulted. Ping Pong was trademarked in 1900 by Hamley Brothers in England, and soon afterwards Hamleys became "jointly concerned" with Jaques. They rigorously enforced the Ping Pong trademark, requiring use of their Ping Pong equipment in Ping Pong tournaments and clubs. Parker Brothers, who acquired the American rights to the name Ping Pong, similarly enforced the trademark. Eventually it became clear that for the sport to move forward, the commercial ties had to be severed.

Timeline of Table Tennis Milestones

with thanks to the late Ron Crayden (ENG)
and his book, *The Story of Table Tennis – the first 100 years*
with updates by the ITTF Museum

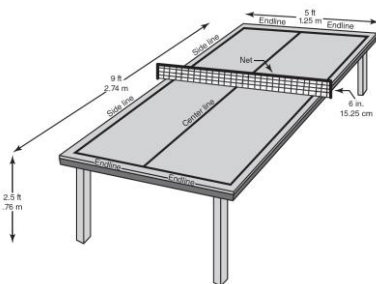
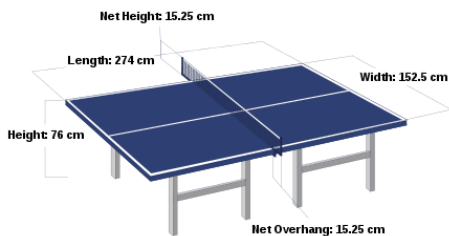
Year	Description
1880s	Adaptation of lawn tennis to the dining table with improvised equipment
1883 6.26	Slazenger patent, nets for games, mentions tennis on a table
1885	James Devonshire (ENG) granted provisional patent for his "Table Tennis", abandoned 1887.1
1890s	Several patents registered in England and the USA Earliest surviving action game of table tennis: David Foster's Parlour Table Games, England 1890. Sets produced under trade names such as Gossima, and Indoor Tennis, with Lawn Tennis style rules
1900	Introduction of celluloid balls to replace rubber and cork ones. The celluloid ball had the perfect bounce, and the game became a huge success
1901	Table Tennis Association and rival Ping Pong Association formed in England; amalgamated in 1903 First books on the game published in England The game is introduced in China via western settlements & trade missions
1904	Ping Pong craze fades, some pockets of popularity in eastern Europe continue
1922	Revival of the game in England & Europe, though laws varied. Establishment of standard laws of the game in England
1926	International Table Tennis Federation (ITTF) initiated in Berlin First World Championships held in London, England. ITTF Constitution adopted, along with first set of standardized Laws. Ivor Montagu (ENG) elected Chairman
1920s – 1950	Classic Hard Bat Era (European Dominance)
1926– 1931	Maria Mednyanszky (HUN) wins the World Championships five times consecutively. Mednyanszky wins 18 gold medals over-all
1930– 1935	Victor Barna (HUN) becomes five times world champion. Barna wins a record 22 gold medals at world championships during his career, 40 medals overall
1936	Tenth World Championships held in Prague, Czechoslovakia. The longest rally took place, the first point taking over two hours due to pushing style play.
1937	A lowering of the net to 6 inches (15.24cm) encouraged more attacking style, and time limits imposed on matches. Both women singles finalists defaulted at the World Championships due to misunderstanding about time limit law. Ruth Arons (USA) & Trude Pritzi (AUT) declared co-champions in 2001.
1939	First World Championship held outside Europe: Cairo, Egypt
1940– 1946	Due to World War II the ITTF suspended activities, & no World Championships were held
1943	First Continental Federation founded December 12: South American Confederation.
1947	ITTF resumes activity; World Championships held in Paris, but Richard Bergmann (ENG) , defending World Singles Champion, not allowed to participate by Montagu due to Bergmann accepting money for exhibition play during War years without official permission.
1950– 1955	Angelica Rozeanu-Adelstein (ROU) wins the World Championships six times in a row and is the last non-Asian to win the female singles title until today. 1950: Bergmann wins 4th World Singles title

Year	Description
1950s	Age of Sponge Bat and Technology (Beginning of Asian Dominance)
1952	Nineteenth World Championships held in Bombay, India the first to be staged in Asia. Japan's entry to the international scene Hiroji Satoh (JPN) became the first player to win a World Championship when using a racket covered with thick sponge and is the first non-European winner. Inauguration of the Asian Federation & First Asian Federation Championships
1953	China entered the World Championships for the first time. Thick sponge bat causes major controversies for the next several years.
1954	Ichiro Ogimura (JPN) is the epitome of Japanese dominance with technological development and physical training
1956	Tomie Okada-Okawa (JPN) is the first female player from Asia to win the World Championships and stops the European reign on world's female table tennis.
1957	World Championship changes to a two-year cycle
1958	First European Championships, Budapest, Hungary. The USSR made their entry to the international scene
1959	Rong Guotuan (CHN) is the first Chinese world champion in any sport. Racket standardization laws enacted
1960	Ist Paralympic Games in Rome, included Table Tennis
1962	First All-Africa Championships, Alexandria, Egypt
1967	Ivor Montagu retired as President of the ITTF after forty years in office. Swaythling Club International founded, Victor Barna President.
1971	First Commonwealth Championships held in Singapore Ping Pong Diplomacy: table tennis played an important role in international diplomacy when several teams were invited to China for a series of friendship matches after the 1971 World Championships. Chinese Premier Zhou Enlai : "Your visit to China has opened the door for people-to-people exchanges between China and the USA."
1971	Stellan Bengtsson (SWE) wins the men's singles title and heralds the start of three decades of Swedish influence, with top players such as Kjell Johansson, Mikael Appelgren, Erik Lindh, Jan-Ove Waldner, Jörgen Persson, and Peter Karlsson.
1973	First World University Championships held in Hanover, Germany
1977	ITTF received formal declaration of its recognition by the International Olympic Committee (IOC)
1979	First European Championships for Paraplegics (wheelchair players) held in Stoke Mandeville, England
1980	First World Cup held in Hong Kong
1981	World Championships held in Nova Sad, Yugoslavia. Total triumph for China, whose athletes win all of the seven gold medals Table tennis admitted to the Olympic programme (84th session IOC)
1982	First World Veterans' Championships held in Gothenburg, Sweden. First World Championships for the disabled held in Stoke Mandeville, England
1985	European Youth Championships held in The Hague, Holland Modern Olympics Era (Chinese Reign with few exceptions)
1988	For the very first time, table tennis was featured in the Olympic Games, held in Seoul, South Korea
1991	A United North & South Korea team won the Corbillion Cup at the World Championships in Chiba, Japan
1992	Former World champion, Jan-Ove Waldner (SWE) became Olympic singles champion and reputedly, the first table tennis millionaire
1995	World Championships held in Tianjin, China. Total triumph for China for the second time, winning seven gold medals

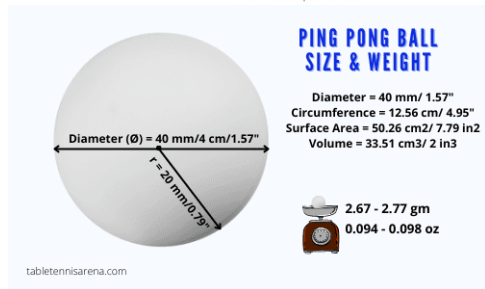
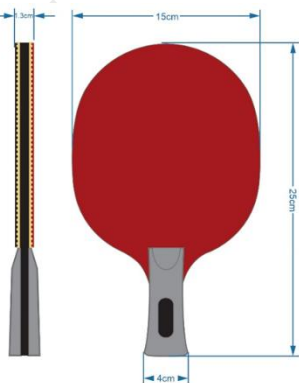
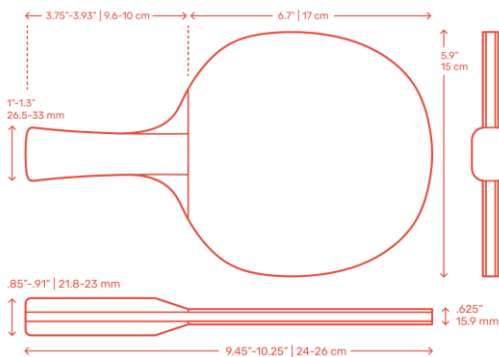
Year	Description
1996	Beginning of the ITTF Pro Tour, with events taking place worldwide
2000	After the Olympics in Sydney, the ball size is increased to 40mm for improved television viewing
2001	Game score changed from 21 to 11 points World Championships held in Osaka, Japan. Total triumph for China for the third time, winning all of the seven gold medals
2002	Implementation of the ITTF World Junior Circuit (U18) and World Cadet Challenge (U15 continental team competition)
2003	First ITTF World Junior Championships in Santiago, Chile Team Championships separated from individual events, held in alternate years
2004	During the Olympic Games in Athens, Table Tennis ranked 5th among all sports for television viewing audience
2005	World Championships held in Shanghai, China. Total triumph again for China, winning all of the five gold medals.
2006	World Championships held in Bremen, Germany. The Chinese athletes complete the collection with two gold medals in the team events
2007	World Championships held in Zagreb, Croatia. Total triumph number five for China, winning all of the five gold medals First appearance of table tennis as a compulsory sport at the Universiade in Bangkok, Thailand
2008	China sweeps the Team championships in Guangzhou China wins all the Gold at the Beijing Olympic Games
2010	Table Tennis is part of the first Youth Olympic Games
2012	China wins World Team Golds and all the Gold medals at the London Olympic Games, and 24 of a possible 28 Golds in 7 Olympic Games. Persson (SWE), Primorac (CRO) and J-M Saive (BEL) participated in all 7 Olympic Games.
2016	Plastic balls used at World Championships & Olympics The Chinese again win all 4 Olympic Gold medals, and overall 28 of 32 Olympic Golds since 1988



Equipment



While this isn't always true, in most cases the red side allows the ping pong ball to go faster. The black side is usually known to put a better spin on the ball. However, there are a lot of times where you can buy your own rubbers to put on your paddle. This way, you can choose which side you want to be used for what. Prior to 2021, the laws of table tennis specified that one side of the bat must be **red** and the other **black**. However, in 2021 the rules were officially amended so that **blue**, **green**, **purple**, and **pink** bats could be used as well as **red** ones. Nevertheless, one side must still remain **black**.



List of Skills

Grip	Serve	Smash	Drive
Shake Hands	Forehand	Forehand	Forehand
Pen Grip	Backhand	Backhand	Backhand
Japanese/Korean Pen Grip	Spin		Topspin
Seemiller Grip	Short		Backspin
V-Grip	Long/Deep		
Ready Position	Mid-depth		
Footwork	Return	Push	Block/Chop
One Step	Forehand	Forehand	Forehand
Side Step	Backhand	Backhand	Backhand
Pivot Step			
Cross Step			

Ball Control Drill - Ball Bouncing

Practice each of the 10 ball control exercises. For each exercise, bounce the ball 20 times on the racket. Record the number of bounces you were able to complete successfully. Be sure to use the correct grip while completing these exercises.

1. Bounce the ball using the forehand side of the racket.
2. Bounce the ball using the backhand side of the racket.
3. Alternate, bouncing the ball once on the backhand side of the racket and once on the forehand side.
4. Bounce the ball once on the forehand side of the racket and once on the edge of the racket.
5. Volley the ball against a wall using the forehand side of the racket.
6. Volley the ball against a wall using the backhand side of the racket.
7. Volley the ball against a wall alternating between the forehand side of the racket and the backhand side.
8. Bounce the ball on the floor using the forehand side of the racket.
9. Bounce the ball on the floor using the backhand side of the racket.
10. Bounce the ball on the floor alternating between the forehand side of the racket and the backhand side.

Success Check

- Make sure you are using a proper shakehands or pen-hold grip when executing the drill.
- Focus on controlling your blade by applying pressure with your forefinger and thumb.

Score Your Success

Bounce the ball 20 times during each of the 10 ball control exercises. Record the number of bounces you are able to complete in all 10 exercises.

180 to 200 bounces = 10 points

160 to 179 bounces = 8 points

140 to 159 bounces = 6 points

120 to 139 bounces = 4 points

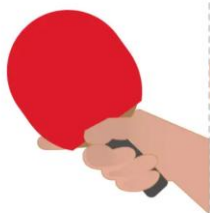
100 to 119 bounces = 2 points

Your score ____

The Grip: Shake Hands Grip, Pen Grip, Seemiller Grip, V-Grip,

Shakehand

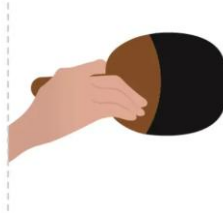
As the name suggests, this type of grip resembles one shaking a hand. This hold is also called the Western grip as many players of Europe and America use this style of holding a racquet. Shakehand grip looks easy and it is a very versatile style. So, it was started even in China and now, many top-level Chinese players also use this technique. Apparently, players feel this technique easier than penhold, as it gives a wide scope of play.



SHAKEHAND GRIP



CHINESE PENHOLD



JAPANESE PENHOLD

Penhold

This hold got its name, as it resembles holding a pen. Here the player's middle, ring, little fingers are curled around the racquet. This style of holding the racquet is called Chinese penholding. Even though many players have this way of holding the racquet, their style of play is entirely different.

Another style of penholding is the **Japanese/ Korean style**. In this style, the three fingers are across the back of the racquet. Players who have Chinese penholding style prefer round racquet head, whereas the one who have the Korean style, prefer square-shaped racquet head. Usually, players who have a penholding style don't use the other side of the racquet. But, in 1990s the Chinese developed a reverse penhold technique in which, the player uses the other side of the racquet as well.

Seemiller

This grip is named after Danny Seemiller, as he was the one who used this technique. To have this kind of grip, one should place the thumb and index finger on either side of the racquet and the rest of the fingers should be placed at the bottom part.

This method is used to distract the opponent, as contrasting rubbers can be placed on both the sides of the blade. This technique gives great loops on the forehand side.



The Stance/Ready Position

- ❖ **Eyes** – Full vision of table at all times
- ❖ **Trunk** – Bend your trunk forward as much as possible – will speed up reaction time
- ❖ **Playing Arm** – Hold Bat in neutral, forward & above table surface
- ❖ **Free Arm** – bent at elbow & held behind the level of playing arm
- ❖ **Legs** – soft knees – lower CG, body weight on toes
- ❖ **Position from Table** – approx. 1 ft – Right Handers – stands in left corner.



Figure 1

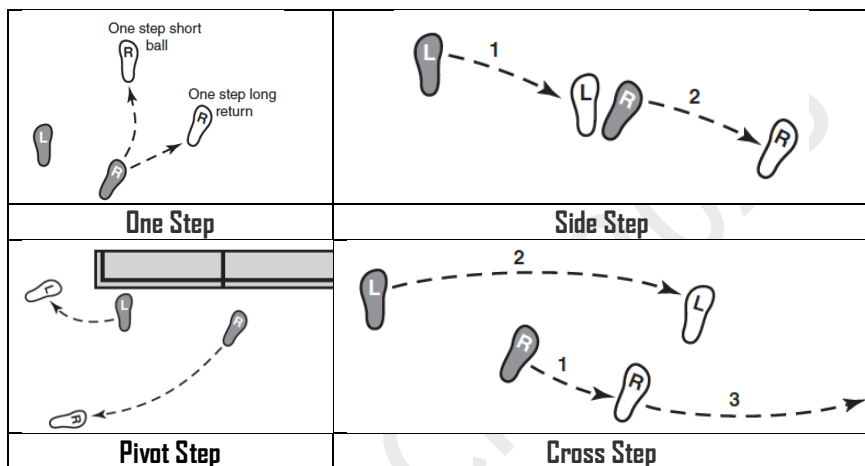


Figure 2



Figure 3

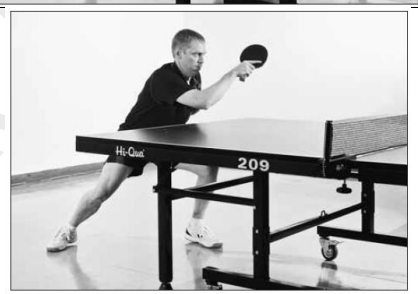
1. Feet shoulder-width apart or wider
2. Feet staggered, right foot slightly behind left
3. Knees bent
4. Weight on front of feet
5. Racket straight, midway between forehand and backhand
6. Arm's length behind end line



Service – Forehand, Backhand, Spin

- ❖ **Position** – Ready Position
- ❖ **Projection** – Place ball on palm and project it vertically upwards to a height of at least 16 inches
- ❖ **Arms Position** – move free hand to left and its place is taken by Bat Arm which strikes the ball on its descent and directs it forward.
- ❖ **Body Position** – Swing bat arm while rotating the body, forward leaned body onto the right leg.
- ❖ **Stroke** – hit the ball at about 8 inches above playing surface. Angle of bat between 90-120°.
- ❖ **Follow Through** – after striking the ball follow through to its natural conclusion and assume ready position.

Forehand Drive

Backswing 1. Weight on back foot 2. Forearm opens up 3. Upper body turns 4. Racket head at 90-degree angle from table and forearm	
Contact 1. Transfer weight from back foot to front foot 2. Turn hips 3. Rotate upper body back toward table 4. Snap forearm 5. Make contact with ball at top of bounce 6. Force contact, not friction contact	
Follow-Through 1. Finish with weight on front foot 2. Racket finishes about head high in front of face 3. On hard drives, racket may finish on left side of body (right-handed player)	
Recovery 1. Relax forearm and let it drop 2. Move feet back to ready position	

Backhand Drive

Backswing 1. Weight evenly balanced or slightly on left foot 2. Forearm closes, bringing racket close to abdomen 3. Racket head parallel to table 4. Short backswing	
Contact 1. Make contact with ball at top of bounce 2. Force contact, not friction contact 3. Contact ball slightly above center 4. Forearm snaps up and forward, producing light topspin 5. Forearm pivots around elbow	
Follow-Through 1. Short follow-through, traveling in straight line toward target 2. Racket finishes forward and slightly right of center of body	
Recovery 1. Relax forearm and let it drop back to neutral position 2. Return to ready position	

Forehand Push

Backswing 1. Upper body rotates so left hip and shoulder are closer to table than right hip and shoulder 2. Forearm rotates around elbow to bring racket close to right shoulder 3. Racket is open, facing upward	
Contact 1. Upper body rotates toward ball, bringing racket to ball 2. Racket contacts ball as ball descends from top of bounce 3. Racket contacts ball below ball's center 4. Wrist snaps forward at contact	
Follow-Through 1. Forearm extends toward intended target 2. Wrist snap adds to racket acceleration at contact 3. After the stroke, player returns to ready position	

Backhand Push

Backswing 1. Bring racket back to center of body 2. Racket in open position to allow it to contact bottom of ball 3. Right shoulder and right hip are a little closer to table than left shoulder and hip	
Contact 1. Forearm extends to bring racket to ball 2. Racket contacts ball as ball begins to descend from top of bounce 3. Point of contact with ball is fairly close to body 4. Racket contacts ball below ball's center 5. Wrist snaps forward at contact	
Follow-Through 1. Racket continues toward intended target 2. Wrist snap adds more racket acceleration at contact 3. After stroke, player returns to ready position	

Topspin & Backspin

Creating Topspin 1. Player starts swing from below ball (represented by wheel) 2. Racket travels upward, contacting wheel between 4 and 12 o'clock 3. Ball (wheel) spins in direction of travel	
Creating Backspin 1. Player starts swing from above ball (represented by wheel) 2. Racket travels downward, contacting wheel between 3 and 6 o'clock 3. Ball (wheel) spins opposite to the direction of travel	
Creating Right Sidespin 1. Player hits backhand serve with right sidespin 2. Racket contacts right side of ball (represented by wheel)	
Creating Left Sidespin 1. Player executes left sidespin serve 2. Racket contacts left side of ball (represented by wheel)	

Forehand Topspin

Backswing 1. Left foot forward (right-handed player) 2. Upper body rotates from waist to put weight on right leg 3. Right shoulder drops and is lower than left 4. Racket is lower than ball 5. Wrist points down	
Contact 1. Racket moves in upward path 2. Racket contacts ball slightly below center of ball's face 3. Right leg straightens to transfer body's energy into ball 4. Forearm and wrist snap at contact to increase racket acceleration	
Follow-Through 1. Weight fully transferred to left leg 2. High finish of racket indicates stroke was played for maximum topspin, not speed 3. Arm finishes in 90-degree position, indicating forearm fully snapped at contact 4. After stroke, player relaxes racket arm and recovers to ready position	
Backswing for Fast Topspin Return 1. Racket points back and down 2. Shoulders rotate back more than down 3. Weight transferred to right leg	

Backhand Topspin Stroke

Backswing 1. Feet parallel to table 2. Racket side shoulder and hip rotated to be closer to table than non-racket side shoulder and hip 3. Bring racket below table between legs 4. Wrist laid back and down 5. Both knees bent, weight evenly distributed	
Contact 1. Start stroke as knees straighten and hips and shoulders rotate to racket side 2. Racket travels forward and up 3. Racket contacts ball as it descends to produce maximum topspin 4. Wrist snaps up and forward	
Follow-Through 1. Forearm and wrist snap up to provide maximum racket acceleration 2. Racket finishes head high and slightly to racket side of body 3. After stroke, player relaxes playing arm and recovers to ready position	

Forehand Counterspin Stroke

Backswing 1. Foot on nonracket side forward 2. Upper body rotated to racket side 3. Weight on back foot 4. Forearm extended 5. Wrist laid back 6. Racket a little lower than oncoming ball	
Contact 1. Transfer weight from racket-side leg to other leg 2. Rotate upper body to bring racket to ball 3. Contact ball at top of bounce (for maximum speed) with closed racket 4. Forearm and wrist snap at contact to increase racket acceleration	
Follow-Through 1. Weight fully transferred to nonracket side leg 2. Upper body rotated to nonracket side 3. Forearm finishes at 90-degree position, indicating it snapped to add maximum acceleration 4. Racket finishes head high 5. After stroke, relax racket arm and recover to ready position	

Backhand Counterspin Stroke, Shake-Hands Grip

Backswing 1. Transfer weight to leg on nonracket side by bending knee 2. Bring racket close to hip on nonracket side 3. Closed racket position 4. Wrist laid back	
Contact 1. Transfer weight to foot on racket side 2. Move racket forward and up 3. Contact ball in center of backhand triangle with closed racket 4. Contact ball on the rise to redirect the speed of the ball back to the opponent 5. At contact, forearm and wrist snap to produce maximum racket acceleration	
Follow-Through 1. Arm continues to rotate around elbow to finish about shoulder height 2. Wrist in forward position at finish 3. Racket in closed position at finish 4. After stroke, relax racket hand and return to ready position	

Forehand Short Backspin Serve

Beginning Position 1. Stand outside left side line with left foot slightly in front 2. Upper body parallel to left side line 3. Serve grip, hands close together	
Backswing 1. Throw ball up 2. Rotate upper body to right 3. Racket open in backswing position 4. Transfer weight to back foot	
Contact 1. Transfer weight to front foot 2. Rotate upper body to left, bringing racket to ball 3. Low contact point on ball 4. Low position of ball to table 5. Forearm and wrist snap at contact to produce maximum racket acceleration.	
Follow-Through 1. Short follow-through 2. Upward motion of wrist	

Backhand Short Backspin Serve

Beginning Position 1. Right foot in front of left 2. Body rotated so right shoulder and hip are close to table 3. Racket behind free hand, which holds the ball, and close to left forearm 4. Shake-hands grip	
Backswing 1. Throw ball up 2. Rotate upper body to left 3. Racket in backswing position and open 4. Transfer weight to back foot	
Contact 1. Transfer weight to front foot 2. Rotate upper body to right, bringing racket to ball 3. Low contact point on ball 4. Low position of ball to table 5. Forearm and wrist snap at contact to produce maximum racket acceleration	
Follow-Through 1. Short follow-through 2. Upward motion of wrist	

Forehand Mid-Depth Left Sidespin Serve

Beginning Position 1. Stand outside left side line 2. Left foot slightly in front 3. Upper body parallel to left side line 4. Serve grip 5. Hands close together	
Backswing 1. Throw ball up 2. Rotate upper body to right 3. Racket in backswing position 4. Transfer weight to back foot	
Contact 1. Transfer weight to front foot 2. Rotate upper body to left, bringing racket to ball 3. Remove free arm from area between body & table to allow receiver to see ball 4. Pivot forearm around elbow to allow racket to contact left side of ball (pendulum swing) 5. Snap forearm and wrist at contact to produce maximum racket acceleration	

Forehand Smash Against Backspin Return

Backswing 1. Move to ball 2. Rotate upper body and hips to right 3. Deeply bend right knee to shift all body weight to right foot 4. Extend playing arm so it points back and is lower than oncoming ball	
Contact Against Backspin 1. Push hard off right foot 2. Rotate hips and upper body to left 3. At contact, forearm begins to snap, releasing power generated by lower body onto ball 4. Make contact at top of bounce for maximum speed 5. Racket is open 6. Contact ball below center of ball's face	
Follow-Through 1. Hips and shoulders have completely rotated to left 2. Racket finishes head high and on left side of body 3. Arm is bent at elbow, indicating that forearm snap occurred 4. Right foot falls forward to help maintain balance 5. To recover to ready position, push back off right foot	

Forehand Chop

Backswing 1. Step back with right leg into wide stance 2. Rotate shoulders and hips to right 3. Transfer weight to back foot 4. Bring racket to shoulder height 5. Racket points up 6. Elbow bent	
Contact 1. Begin to transfer weight from back foot to front foot 2. Move forearm down and forward to contact bottom part of ball 3. Snap wrist at contact to add racket acceleration and increase amount of backspin	
Follow-Through 1. Racket continues toward target 2. Wrist has fully snapped from high to low 3. Recover to ready position	

Backhand Chop

Backswing 1. Step back with left leg into wide stance 2. Rotate shoulders and hips to left 3. Transfer weight to back foot 4. Bring racket to shoulder height 5. Racket points up 6. Elbow bent	
Contact 1. Begin to transfer weight from back foot to front foot 2. Move forearm down and forward to contact bottom part of ball 3. Snap wrist at contact to add racket acceleration and increase amount of backspin	
Follow-Through 1. Racket continues toward target 2. Wrist has fully snapped from high to low 3. Recover to ready position	

Chop Block with Shake-Hands Grip

Limited Backswing 1. Move to center ball in backhand triangle 2. Racket is close to where ball will bounce 3. Racket is in closed position and slightly higher than ball	
Contact 1. Forearm moves forward and down to bring racket to ball 2. Racket contacts ball above center of ball's face 3. Racket moves down to ball 4. Wrist brushes down to impart backspin and make friction contact	
Follow-Through 1. Forearm moves down, not forward 2. Wrist snaps down to impart backspin 3. Racket finishes low and directly in front of body 4. Relax playing arm and recover to ready position	

Forehand Lob



Backswing

1. Deep position from table
2. Forehand topspin stance
3. Weight on back foot
4. Rotate upper body so shoulder on racket side is lower
5. Racket is at about knee height and points down

Contact

1. Begin to transfer weight to front foot
2. Rotate shoulders
3. Bring racket up to contact ball at about waist height
4. Racket contacts ball above center of ball's face, making friction contact to create topspin
5. At contact, forearm and wrist snap up and forward to add to spin

Follow-Through

1. Weight fully transferred to front foot
2. Racket finishes at about head height and pointing up

Backhand Lob



Backswing

1. Deep position from table
2. Backhand topspin stance with racket-side foot forward
3. Weight on back foot
4. Rotate upper body, racket-side shoulder lower
5. Racket is at about knee height and points down

Contact

1. Begin to transfer weight to front foot
2. Rotate shoulders
3. Bring racket up to contact ball at about waist height
4. Racket contacts ball above center of ball's face, making friction contact to create topspin
5. At contact, forearm and wrist snap up

Follow-Through

1. Weight has fully transferred to front foot
2. Racket finishes at about head height and points up

Table Tennis Definitions

- A *rally* is the period during which the ball is in play.
- The ball is *in play* from the last moment at which it is stationary on the palm of the free hand before being intentionally projected in service until the rally is decided as a let or a point.
- A *let* is a rally of which the result is not scored.
- A *point* is a rally of which the result is scored.
- The *racket hand* is the hand carrying the racket.
- The *free hand* is the hand not carrying the racket; the *free arm* is the arm of the free hand.
- A player *strikes* the ball if he or she touches it in play with his or her racket, held in the hand, or with his or her racket hand below the wrist.
- A player *abstracts* the ball if he or she, or anything he or she wears or carries, touches it in play when it is above or travelling towards the playing surface, not having touched his or her court since last being struck by his or her opponent.
- The *server* is the player due to strike the ball first in a rally.
- The *receiver* is the player due to strike the ball second in a rally.
- The *umpire* is the person appointed to control a match.
- The *assistant umpire* is the person appointed to assist the umpire with certain decisions.
- Anything that a player *wears or carries* includes anything that he or she was wearing or carrying, other than the ball, at the start of the rally.
- The *end line* shall be regarded as extending indefinitely in both directions.

Table Tennis Officials

Officials in Table Tennis are divided into two categories Umpires and Referees. Umpires control a match, whilst Referees control a tournament.

REFEREES

The Referee is responsible for:

- The technical management of the tournament
- Doing the draw
- Interpreting the Rules and Regulations
- Deciding on the eligibility of players to enter events
- Deciding on the acceptability of clothing
- Supervising umpires
- Taking any necessary disciplinary action

A Referee is the responsible authority for a tournament. Along with the Tournament Director or Committee and/or Competition Manager, together, they run the tournament and ensure that all the different factions within the tournament fulfill their obligations. In general terms, the referee is responsible for all technical aspects, and the Tournament Director or Committee and/or Competition Manager for matters of presentation, housekeeping, etc.

Players are under the authority of the referee from the time they arrive at the playing venue until they leave it. "Playing venue" means that part of the building is used for table tennis and its related activities, facilities, and public area.

UMPIRES

- An Umpire has the authority to apply the Rules and Regulations of table tennis.
- An Umpire controls the match and everything and everyone inside the court.
- Umpire's answer to the Referee.
- Players may ask for a decision from the Referee if they disagree with an Umpire's decision.
- A Referee cannot overrule an Umpire's decision if it is based on a point of fact.

Officials in Table Tennis

- **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.
- **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.
- **Stroke Counter:** Either the assistant umpire or a separate official may act as stroke counter, to count the strokes of the receiving player or pair when the expedite system is in operation.
- **Table Tennis Review (TTR) Official:** When Table Tennis Review (TTR) is in operation, a decision made by either the umpire or assistant umpire may be overruled by the TTR official.

Intervals

Play shall be continuous throughout an individual match except that any player is entitled to:

- an interval of up to 1 minute between successive games of an individual match;
- brief intervals for towelling after every 6 points from the start of each game and at the change of ends in the last possible game of an individual match.
- A player or pair may claim one time-out period of up to 1 minute during an individual match.

Time-Out:

The request for a time-out, which can be made only between rallies in a game, shall be indicated by making a "T" sign with the hands. On receiving a valid request for a time-out the umpire shall suspend play and shall hold up a white card with the hand on the side of the player or pair who requested it; the white card or another appropriate marker shall be placed on the court of that player or pair. The white card or marker shall be removed and play resumed as soon as the player or pair making the request is ready to continue or at the end of 1 minute, whichever is the sooner.

Hand Signals



Umpires hand signal for next server



Umpires hand signal for a let



Umpires hand signal for a point

Hand for next server	Let	Point
Ball not resting on Palm	Palm not open	Ball not above playing surface
Ball not behind endline	Ball not thrown at least 16 cm	Ball not projected near Vertically upwards

		
Ball hidden from receiver	Yellow Card	Red Card

In 1991 the ITTF introduced yellow and red cards for misbehaviour and/or when the rules are broken.



Score Board



Team Match Procedure

1. All players shall be selected from those nominated for the event.
2. The name of the team captain, playing or non-playing, shall be designated beforehand to the umpire.
3. Before a team match the right to choose A, B, C or X, Y, Z shall be decided by lot and the captains shall name their teams to the referee or his or her representative, assigning a letter to each singles player.
4. The pairs for a doubles match need not be nominated until the end of the immediately preceding singles match.
5. A team match shall end when one team has won a majority of the possible individual matches.

Best of 5 matches (New Swaythling Cup system, 5 singles)				
A team shall consist of 3 players				Order of Play
Team A:	CACPE	Team B:	AGASHE	1) A v X
A	Ameet	X	Shirish	2) B v Y
B	Mahesh	Y	Yogesh	3) C v Z
C	Shrikant	Z	Balaji	4) A v Y
				5) B v X
	Team A	VS	Team B	
Match	CACPE		AGASHE	
1	Ameet	VS	Shirish	
2	Mahesh	VS	Yogesh	
3	Shrikant	VS	Balaji	
4	Ameet	VS	Yogesh	
5	Mahesh	VS	Shirish	

Best of 5 matches (Corbillion Cup system, 4 singles and 1 doubles)				
A team shall consist of 2, 3 or 4 players				Order of Play
Two Players				1) A v X
Team A:	CACPE	Team B:	AGASHE	2) B v Y
A	Ameet	X	Yogesh	3) doubles
B	Shirish	Y	Shrikant	4) A v Y
	Team A	VS	Team B	5) B v X
Match	CACPE		AGASHE	
1	Ameet	VS	Yogesh	
2	Shirish	VS	Shrikant	
3	Ameet & Shirish	VS	Yogesh & Shrikant	
4	Ameet	VS	Shrikant	
5	Shirish	VS	Yogesh	

Contd.

Three Players			
Team A:	CACPE	Team B:	AGASHE
A	Ameet	X	Balaji
B	Shrikant	Y	Shirish
C	Mahesh	Z	Yogesh
	Team A	VS	Team B
Match	CACPE		AGASHE
1	Ameet	VS	Balaji
2	Shrikant	VS	Shirish
3	Doubles	VS	Doubles
4	Ameet	VS	Shirish
5	Shrikant	VS	Balaji
Four Players			
Team A:	CACPE	Team B:	AGASHE
A	Ameet	X	Balaji
B	Shrikant	Y	Shirish
C	Mahesh	Z	Yogesh
	Sharad		Sopan
	Team A	VS	Team B
Match	CACPE		AGASHE
1	Ameet	VS	Balaji
2	Shrikant	VS	Shirish
3	Doubles	VS	Doubles
4	Ameet	VS	Shirish
5	Shrikant	VS	Balaji

Best of 5 matches (1 doubles and 4 singles).				
A team shall consist of 3 players; each player shall compete in a maximum of 2 individual matches.				Order of Play
Team A:	CACPE	Team B:	AGASHE	1) doubles B & C v Y & Z
A	Ameet	X	Shirish	2) A v X
B	Mahesh	Y	Yogesh	3) C v Z
C	Shrikant	Z	Balaji	4) A v Y
				5) B v X
	Team A	VS	Team B	
Match	CACPE		AGASHE	
1	Mahesh & Shrikant	VS	Yogesh & Balaji	
2	Ameet	VS	Shirish	
3	Shrikant	VS	Balaji	
4	Ameet	VS	Yogesh	
5	Mahesh	VS	Shirish	

Best of 7 matches (6 singles and 1 doubles)				
A team shall consist of 3, 4 or 5 players.				Order of Play
Team A:	CACPE	Team B:	AGASHE	1) A v X
A	Ameet	X	Shirish	2) B v Y
B	Mahesh	Y	Yogesh	3) C v Z
C	Shrikant	Z	Balaji	4) doubles
				5) A v Y
				6) C v X
				7) B v Z
	Team A	VS	Team B	
Match	CACPE		AGASHE	
1	Ameet	VS	Shirish	
2	Mahesh	VS	Yogesh	
3	Shrikant	VS	Balaji	
4	Doubles	VS	Doubles	
5	Ameet	VS	Yogesh	
6	Shrikant	VS	Shirish	
7	Mahesh	VS	Balaji	

Best of 9 matches (9 singles)				
A team shall consist of 3 players				Order of Play
Team A:	CACPE	Team B:	AGASHE	1) A v X
A	Ameet	X	Shirish	2) B v Y
B	Mahesh	Y	Yogesh	3) C v Z
C	Shrikant	Z	Balaji	4) B v X
				5) A v Z
	Team A	VS	Team B	6) C v Y
Match	CACPE		AGASHE	7) B v Z
1	Ameet	VS	Shirish	8) C v X
2	Mahesh	VS	Yogesh	9) A v Y
3	Shrikant	VS	Balaji	
4	Mahesh	VS	Shirish	
5	Ameet	VS	Balaji	
6	Shrikant	VS	Yogesh	
7	Mahesh	VS	Balaji	
8	Shrikant	VS	Shirish	
9	Ameet	VS	Yogesh	

Table Tennis Scoresheet Individual Match Score Sheet

Event				Stage			
Name:			Seed	Name			Seed
Team:				Team			

Player ABC	Serv	Y	YR1	YR2	T.G.	Game	T.G.	YR2	YR1	Y	Serv	Player XYZ
						1 st						
						2 nd						
						3 rd						
						4 th						
						5 th						
						6 th						
						7 th						

Winner:				If winner report attached please mark here			
ABC Sign:				XYZ Sign:			
Umpire 1:				Umpire 2:			

Individual Match Score Sheet

Event				Stage			
Name:			Seed	Name			Seed
Team:				Team			

Player ABC	Serv	Y	YH1	YH2	T.O.	Game	T.O.	YH2	YH1	Y	Serv	Player XYZ
						1 st						
						2 nd						
						3 rd						
						4 th						
						5 th						
						6 th						
						7 th						

Winner:				If winner report attached please mark here			
ABC Sign:				XYZ Sign:			
Umpire 1:				Umpire 2:			

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**LET'S
PLAY!**

