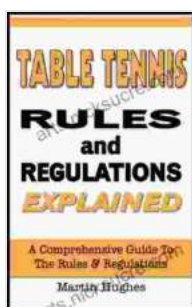


# Table Tennis Rules & Regulations: A Comprehensive Guide

Table tennis, also known as ping-pong, is a fast-paced, exciting sport that can be enjoyed by people of all ages and skill levels. Whether you're a beginner just starting out or a seasoned pro, it's important to understand the rules and regulations of the game.



## Table Tennis Rules & Regulations Explained by Ed Hanczaryk

★★★★★ 5 out of 5

Language	: English
File size	: 702 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 140 pages
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## Equipment

Table tennis is played on a rectangular table that is 9 feet long, 5 feet wide, and 2 feet 6 inches high. The table is divided in half by a net that is 6 inches high. The net is supported by two posts that are placed at the ends of the table.

The balls used in table tennis are made of celluloid or plastic and are 40 millimeters in diameter. The bats used to hit the ball are made of wood or composite materials and are covered with rubber on one or both sides.

## **Scoring**

Table tennis is played to 11 points. The first player to reach 11 points wins the game. If the score is tied at 10-10, the game continues until one player wins by two points.

Points are scored when the ball hits the opponent's side of the table and the opponent fails to return the ball. The ball must bounce once on each side of the table before it can be hit. If the ball hits the net and lands on the opponent's side of the table, the point is replayed.

## **Serves**

The serve in table tennis is very important. The server must toss the ball into the air at least 6 inches and hit the ball so that it bounces once on their side of the table and then once on the opponent's side of the table.

The serve must be made from behind the end line and below the waist. The server must also keep one foot on the ground at all times.

## **Strokes**

There are a variety of strokes that can be used in table tennis. The most common strokes are the forehand drive, the backhand drive, the block, and the smash.

The forehand drive is the most powerful stroke in table tennis. It is hit with the palm of the hand facing forward and the bat moving from the back of the table to the front of the table.

The backhand drive is hit with the back of the hand facing forward and the bat moving from the front of the table to the back of the table.

The block is a defensive stroke that is used to block the opponent's shot. It is hit with the bat held perpendicular to the table and the ball is hit back towards the opponent.

The smash is a powerful overhead stroke that is used to win points. It is hit with the bat held above the head and the ball is hit down towards the opponent.

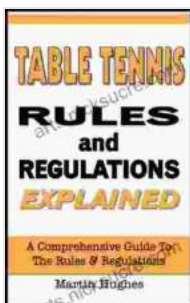
## Fouls

There are a number of fouls that can be called in table tennis. The most common fouls are hitting the ball twice, hitting the ball below the waist, and hitting the ball outside of the table.

If a player commits a foul, the opponent is awarded a point.

These are just a few of the basic rules and regulations of table tennis. If you're interested in learning more about the game, there are a number of resources available online and at your local library.

With a little practice, you'll be able to master the rules of table tennis and start enjoying this exciting sport.



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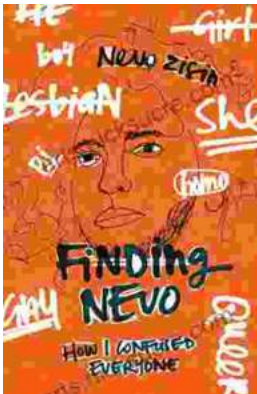
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