

# Table Tennis for Beginners

## Scoring

- Winner is the first to 11 points
- If the score is 10-10, the game continues until one of the players has gained a lead of 2 points
- Points are won irrespective of who has served
- Matches can be the best of 3, 5 or 7 games – or any odd number you like!

## Serving

- The ball must first bounce on your side and then on your opponent's side of the table
- If the ball touches the net and goes over, it's a 'let' – retake the serve
- If the ball hits the net and doesn't go over, or flies off the table without bouncing on your opponent's side, you lose the point
- There are no second serves
- The ball should rest freely on the open palm of the server, above the level of the table
- The ball should be projected vertically (at least 16cm)
- In singles you can serve from anywhere and to anywhere on the table
- Change servers every 2 points
- If the score reaches 10-10 change server every point

## Serving Doubles

- Service must be diagonal, from the right half court (marked by a white line) to the opponent's right half court.
- Service changeover in doubles is as follows:
- At the start of a game, the serving team will decide which player will serve first. The first player to serve is A1 and;
- A1 serves to B1 (2 services)
- B1 then serves to A2 (2 services)
- A2 then serves to B2 (2 services)
- B2 serves to A1 (2 services)
- Repeat
- At the end of game 1 and the start of game 2, team B will take the first serve; B1 must serve to A1. A1 then serves to B2 and so on.

## Rotation rules for doubles

- In doubles, you should alternate hitting the ball with your partner. So, for example,
- A1 serves the ball to B1
- B1 plays to A2
- A2 plays to B2
- B2 plays to A1
- then this is repeated, A1 plays to B1 ....and so on.