**Text

Description automatically generated with low confidenceTABLE TENNIS**

**Squad Information**

Teams of 4

**Year groups**

Year 5/6, Year 7/8, Years 9/10/11

**Gender**

Boys and Girls

**COMPETITION FORMAT**

Teams consist of four players (single sex) who need to be seeded 1 – 4. These seeds will determine the games and order of playing.

**Match Structure –** Each match between schools will consist of eight single games.

**Team A v Team B**

1st Match Player 1 v Player 2

2nd Match Player 2 v Player 1

3rd Match Player 3 v Player 4

4th Match Player 4 v Player 3

5th Match Player 1 v Player 1

6th Match Player 3 v Player 2

7th Match Player 2 v Player 3

8th Match Player 4 v Player 4

Best of 3 games to 11 points

Players have to win by 2 clear points

Alternate serves every 2 points, unless both players have scored 10 points, in which case service changes every point

Toss a coin to decide who serves first, or to start play at either end of the table

The player serving first in a game receives first in the next game

After serving for two points the serve swaps to the receiving player for two serves. A good serve is when a player rests the ball in the palm of their hand, throws the ball up and hits the ball on its way down. The ball then hits the server’s side of the table first then hits the opponents side of the table on the diagonal service box. The ball must be served behind the back of the table and can bounce anywhere on the receivers side of the table.

Servers have to stand behind the end of the table when serving; serves cannot be from the side of the table. A good return is when the receiver hits the ball back over the net without the ball hitting their side of the table and hits anywhere on the opponent’s side of the table. White lines are in.

A let is called and the point played again if the serve hits the net after hitting the server’s side of the table first and continues to hit their opponent’s side of the table.

A point is won/lost when a player misses the ball, the ball bounces twice or the ball does not land on the table or does not clear the net