

# TABLE TENNIS - 2-A-SIDE

## Quick introduction

This table tennis can form the basis of a league even if a school has only one table.

## Getting started

- 2-a-side (recommended).
- 3 or 4-a-side (optional).

## Formats

- Leagues of 4+ teams (number formats available).
- Each player plays against the two players in the opposing team.
- Boys, girls or mixed, B, C or D teams.

## Time

- 2-a-side: 40/50min per match on one table (50/60 min with doubles).



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## Hints and tips

- The thumb and first finger are on the playing surface and lie roughly parallel with the straight edge of the rubber.
- Other three fingers wrap loosely around handle to provide stability and balance.
- For further information, equipment guidance and resource templates visit the School Games page at [www.etta.co.uk/schools](http://www.etta.co.uk/schools)

## Leadership and volunteering opportunities

- Use the Junior Umpire Award (JUA) to help players officiate.

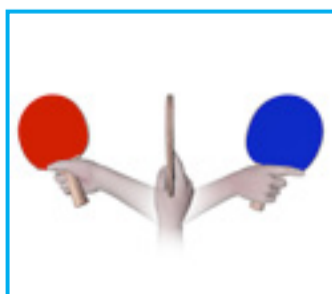
## Officiating

- See above.

## Think inclusively (STEP)

### Space

- Young people with disabilities can easily take part, with only minor changes to rules required for players in wheelchairs:
  - When serving to a player in a wheelchair the service must, if it were to continue on its path, cross the end line at the receiver's end of the table.
  - In doubles play wheelchair users may hit the ball consecutively.
  - Disabled players may place a hand on the surface of the table during a rally after playing a shot in order to recover their position.



Forehand, neutral and backhand grips.

# TABLE TENNIS - 2-A-SIDE

## Quick rules

- Best of three games to 11 points.
- Players have to win by two clear points.
- Alternate serves every two 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.
- In service the ball bounces on the server's side first.

## How to play a point

- Each player strikes the ball after it has bounced once on their side of the table, to clear the net and land on the opponent's side. A point is won/lost when a player misses the ball, the ball bounces twice, the ball does not land on the table or does not clear the net.

## Doubles (optional)

- In doubles, every serve must be made from and to the right-hand side of the table. Players must then strike the ball alternately in strict rotation. The player first to receive service becomes the next server. After serving for two points, a player must move from the right-hand side of the table to allow his partner to receive service.

## Equipment required

- Essential:
  - A table.\*
  - Net and post sets.
  - Bats and balls.
- Optional:
  - Rollnet ideal for use on any type of table.
  - Scoring machines.
  - Barriers/surrounds.

\* Wheelchair friendly, distance between end of table to first leg 40cm

## Health and safety

- Are playing surfaces and equipment safe to use?
- Have players been shown how to set up tables safely?
- Do players have sufficient space in which to practise and play?
- Are the players comfortable in their clothing and footwear and are these suitable for the activity?
- Have players warmed up and cooled down properly?



## FOR YOUNG PEOPLE

### Think tactics

If you are not playing can you watch the other team carefully to see how they play?

### Spirit of the Games: Excellence through Competition



Watch each other play and give encouraging feedback after each game.

