

TABLE TENNIS



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Spirit of the Games: Excellence through competition — how does your sport exemplify these values?



Supporting team members — being prepared to share your enthusiasm with others who need encouragement.



Respecting umpires, the decisions they make and the rules of the game.



Acknowledging net cords and edge balls (unseen by the umpire).



Belief that a game is not over until the last point has been played.



Representing yourself (individual competitions); your house team (intra-school); your school team (inter-school); your county... country... ALWAYS doing your best!



If you missed a shot on the last point, showing determination to correct that mistake and win the next point.

What are the benefits of playing your sport?

Table Tennis:

- can be played almost anywhere and is space effective
- is not weather dependent
- can be played by all age groups
- is inclusive and suitable for players of all standards and abilities
- needs minimal equipment
- can be played at many levels: competitive and non-competitive — curricular and extra curricular
- has a large network of clubs nationwide, affiliated to the English Table Tennis Association, which players can join.

Why is it easy to run competitions in your sport?

Table Tennis competitions are easy to run because they:

- can be played almost anywhere and are space effective
- can be played in many formats; team or individual to suit the time and space available
- are equally popular for both boys and girls of all standards and abilities.

Priority competitions:

Name of the competition:	4-a-side Team challenge (with or without doubles) or 2-a-side Team challenge (with or without doubles)
Age group:	Key Stage 2 — U11 boys and girls or mixed Key Stage 3/4 — U13 boys and girls or mixed
What level/location:	Intra and/or inter school competition — school based
Who can run it?	Teacher/AOTT/Young Leader/Local club coach-contact
How to enter it:	Via entry form (template available)
When does it take place?	Sept-late Nov
Next steps after this competition:	County TT Festival (Winter or Summer), and/or ESTTA County Team Knock out Championships (Nov/Dec)

What should schools do if they want to cater for Years 3 and 4?

Table Tennis resources such as the Butterfly Skills Circuit cards are ideal for developing basic table tennis skills for Years 3 and 4 (see ETTA website).

Young Leader/Officials courses/qualifications available:

- **Young Officials Award (YOA)** — 4 hour course for KS3/4: developing umpiring skills and organising a variety of competitions
- **Junior Umpire Award (JUA) for KS2** — Understanding of the basic laws and how to umpire matches.

Relevant web links:

- www.etta.co.uk/schools
- www.estta.org.uk

Signposted competitions:

ESTTA County Schools Team Championships

- U11, U13, U16, U19 categories
- Open to boys and girls
- Level 3 — per ESTTA County area (as per CSPs)
- County Schools Secretary (where appointed) will run this competition. Enter via an entry form available from County Secretary
- Takes place in Nov/Dec
- Progress to ESTTA National Team Championships — Zone, Regional and National

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Competition Card 1.

Name of competition:

4-a-side Team Challenge
(with or without doubles)

Age group:

U13 Boys and Girls or Mixed
(Key Stage 3/4+)

How to enter:

Via entry form
(template available)

Tournament format:

- Home and Away or Central venue (subject to availability of equipment and venue)
- 4-a-side (recommended)
- 2 or 3-a-side (optional)

Format

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

Time

- 4-a-side — 60/75 min per match on two tables
- 2-a-side — 40/50 min per match on one table (50/60 min with doubles).

Simple rules:

- Best of three or five 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 servers 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 opponents 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.

How to play a point

- 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.

Roles for young people:

- **Organisers assistant** — Young Officials Award (YOA)
- **Umpiring** — Junior Umpire Award (JUA) and YOA Award
- **Results/Photographer/Reporter**

Relevant web links:

- English Table Tennis Association: www.etta.co.uk/schools
- Templates for a variety of league formats are currently available on the English Schools TTA website: <http://www.estta.org.uk/development.html>



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Competition Card 1. (cont)

Name of competition:

**4-a-side Team Challenge
(with or without doubles)**

Age group:

**U13 Boys and Girls or Mixed
(Key Stage 3/4+)**

How to enter:

**Via entry form
(template available)**

Tournament format:

- Home and Away or Central venue (subject to availability of equipment and venue)
- 4-a-side (recommended)
- 2 or 3-a-side (optional)

Format

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

Time

- 4-a-side — 60/75 min per match on two tables
- 2-a-side — 40/50 min per match on one table (50/60 min with doubles).

How can depth in competition through extra teams be achieved?

Multiple teams can be easily catered for in league formats, much depends on time and facilities available.

Think inclusively!

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.

The route from here to Level 3:

The top two teams from each SSP (Level 2 competition) would be eligible to enter the county festival and/or ESTTA County Schools competitions.

How can regularity be achieved?

Various league formats are available depending on the number of teams wishing to participate and venues available:

Example A: League Match Schedule
— 6 Teams Home and Away

Team	Week 1	Week 2	Week 3	Week 4	Week 5
1 plays	6h	5a	4h	3a	2h
2 plays	5h	4a	3h	6a	1a
3 plays	4h	6a	2a	1h	5a
4 plays	3a	2h	1a	5h	6h
5 plays	2a	1h	6a	4a	3h
6 plays	1a	3h	5h	2h	4a

Notes: There are six teams in the league played over a five week period. Each team plays all other teams either home or away.

Decisions: Play the above schedule only (five matches) or repeat the schedule reversing home/away venues (10 matches).

Example B: League Match Schedule
— 6 Teams Central Venue

Week 1	Team 1 v Team 6	(1 or 2 tables)
Week 1	Team 2 v Team 5	(1 or 2 tables)
Week 1	Team 3 v Team 4	(1 or 2 tables)
Week 2	Team 4 v Team 2	(1 or 2 tables)
Week 2	Team 5 v Team 1	(1 or 2 tables)
Week 2	Team 6 v Team 3	(1 or 2 tables)

...and so on.

League formats available via the School Games section on the ETTA website
www.etta.co.uk/schools



TABLE TENNIS

Competition Card 2.

Name of competition:

**2-a-side Team Challenge
(with or without doubles)**

Age group:

**U11 Boys and Girls or Mixed
(Key Stage 2)**

How to enter:

**Via entry form
(template available)**

Tournament format:

- Home and Away or Central venue (subject to availability of equipment and venue)
- 2-a-side (recommended)
- 3 or 4-a-side (optional)

Format

- 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).

Simple 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 servers 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.

Roles for young people:

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Competition Card 2. (cont)

Name of competition:

**2-a-side Team Challenge
(with or without doubles)**

Age group:

**U11 Boys and Girls or Mixed
(Key Stage 2)**

How to enter:

**Via entry form
(template available)**

Tournament format:

- Home and Away or Central venue (subject to availability of equipment and venue)
- 2-a-side (recommended)
- 3 or 4-a-side (optional)

Format

- 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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Decisions: Play the above schedule only (5 matches) or repeat the schedule reversing home/away venues (10 matches).

Example B: League Match Schedule
— 6 Teams Central Venue

Week 1	Team 1 v Team 6	(1 or 2 tables)
Week 1	Team 2 v Team 5	(1 or 2 tables)
Week 1	Team 3 v Team 4	(1 or 2 tables)
Week 2	Team 4 v Team 2	(1 or 2 tables)
Week 2	Team 5 v Team 1	(1 or 2 tables)
Week 2	Team 6 v Team 3	(1 or 2 tables)

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