

# Basic Rules of Table Tennis

Table tennis is a fun and engaging sport for all ages and abilities. The aim of the game is simple - for a player to hit the ball over the net onto their opponent's side. Points are won by a player if their opponent is unable to return the ball, the opponent hits the ball before it bounces on their side of the table, or the ball hits the net.

## Serving the ball:

A ball must first bounce on the serving player's side and then on the opponent's side of the table. The ball should bounce only once on the opponent's side of the table.

If the ball touches the net and goes over, it is a 'let' and the serve is taken again.

If the ball hits the net and doesn't go over, or goes off the table without bouncing on your opponent's side, the opponent wins the point.

There are no second serves in table tennis.

A served ball should rest on the open palm of the server, above the level of the table.

In singles, players can serve from anywhere and to anywhere on the table.

The serving player changes every 2 points.

If the score reaches a tie (10-10), the server changes at every point.

## Scoring the game:

The winner is the first player(s) to score 11 points.

If the score is tied at 10-10, the game continues until one of the players has gained a lead of 2 points.

All points are won regardless of the server.

Matches can be the best of 3, 5 or 7 games – or any odd number you like!

