

# Table Tennis

## Handout



### Table Tennis 1

**When:** Every Monday  
**Time:** 1:30pm  
**Place:** Congregational Church, Pontesbury  
**Cost:** Normally £2 per session for hall hire & 50p refreshments  
**Coordinator:** Pat Fear

### Table Tennis 2

**When:** Every Wednesday  
**Time:** 10:00am  
**Place:** Minsterley Parish Hall  
**Cost:** Normally £4 per session for hall hire  
**Coordinator:** Sue Lambert

### Table Tennis 3

**When:** Every Friday  
**Time:** 10:00am  
**Place:** Congregational Church, Pontesbury  
**Cost:** Normally £2 per session for hall hire & 50p refreshments  
**Coordinator:** Steve Anderson

**Equipment:** Bring along your own table tennis bat – spare bats are available on loan, if required. Also, don't forget to bring drinking water and appropriate indoor non-slip trainers.



### About our Table Tennis groups

Our groups are ideal for beginners, intermediate or experienced, who are looking to improve or maintain their overall fitness /coordination levels, in a social & friendly group.

All groups mostly play doubles.

Table Tennis 1 and 3 provide refreshments at half time for time to socialise and rest.

Table Tennis 2 plays in a larger hall with more room to move and more playing time.

### Fitness Level Statement

Whilst Table Tennis is a sport that is suitable for most fitness levels and abilities, it does require quick movements and sudden starts and stops, especially when moving around one's partner when playing doubles. To this end a reasonable level of agility, flexibility, endurance, strength and steadiness on your feet is required. Table Tennis can provide a low to moderate workout. Have a chat with the coordinator at your chosen venue for any help, if required.

### Health & Safety

Whilst every effort has been made to ensure a safe environment, all participants take part at their own risk and are responsible for their own health and safety and their actions in relation to others. To this end you must:

- 1 Be aware of your own fitness, health and physical limitations and bring this to the attention of the coordinator if this may affect your safe inclusion in a session. Do not attend a session if you are feeling unwell or outside your limitations. Ensure you comply with the fitness level statement above.
- 2 If you have any medical conditions that may influence your ability to play the sport, especially those that involve the heart or the lungs and you haven't been recently active, it is your responsibility to see your primary healthcare practitioner to see if you are able to undertake the activity envisaged.
- 3 The aim is to have fun, not over-exert yourself. Don't overdo it! Stop immediately if you feel pain or illness and seek medical advice as appropriate.
- 4 Wear suitable indoor non-slip trainers. It is recommended that clothing which allows free movement is worn.
- 5 Be aware of the danger of collision with other players or the walls and moderate your movement accordingly. The walls behind are close in the Congregational Church. Never go on or around a table whilst play is in progress and warn neighbouring tables if your ping-pong ball goes astray. Stop play immediately if you see or hear a warning that a ball has gone astray and replay the point once the ball is retrieved.

### Health & Safety continued

6	Remove any obstructions or debris from the floor or surrounding area.
7	Be aware of the dangers of dehydration; bring your own water and drink regularly. Water is also available in the kitchen.
8	Take care when moving the table tennis tables or other equipment in the hall
9	Ensure you adequately warm-up and warm-down.
10	Ensure you are aware, or have been made aware, of all the emergency exits and location of fire extinguishers. Immediately exit the building in the event of fire or fire alarm
11	Whilst there is no legal requirement for the u3a to provide first aid facilities, however in the event of a minor injury, the coordinator normally carries a first aid box. For more serious injury or illness, the coordinator will call an ambulance, inform the member's family and write an incident report.
12	The coordinator has the right to refuse participation in an activity if there is a breach of these health & safety requirements.

### Goals

1	To enable members to participate in an indoor sport in a safe & friendly environment. Be respectful of other players and their abilities – we are all here to learn from each other and have fun!
2	To learn and develop Table Tennis skills.
3	To encourage exercise and well-being for each member.
4	To develop positive group experiences where members are supportive of each other.

### Table Tennis Rules

1	We play social table tennis so play the first to 21 (and not 11 in accordance with the modern rules) with services alternating every 5 serves.
2	The winning side of the lot can choose to start or receive.
3	Points are won by either side, irrespective of the server.
4	We do NOT require that the server service in accordance with the modern serving rules; (namely; the server holds the ball in an open palm above the table and tosses the ball vertically at least 16 cm into the air and strikes it while it's falling). All the other normal rules apply: <ul style="list-style-type: none"><li>• The hand holding the ball must be above the table level.</li><li>• The ball should be struck when it is behind the table end..</li><li>• The ball should first bounce in one's court, then in the opponent's court.</li><li>• Service must be diagonal in doubles.</li></ul>

### Table Tennis Rules continued

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| 5 | Service can be replayed when : <ul style="list-style-type: none"><li>• The ball touches the net or its supporting posts before touching the opponent's court ("let" service)</li><li>• The ball touches the net then is struck in volley by the opponent without it touching his court.</li><li>• The receiver was not ready at the time of service.</li></ul>  |
| 6 | A player scores a point when his opponent commits one of the following errors: <ul style="list-style-type: none"><li>• He isn't able to return the ball.</li><li>• He returns the ball outside the opposite side of the table.</li><li>• He lets the ball bounce more than once in his own court before returning it.</li><li>• He touches the ball several times successively.</li><li>• He strikes the ball in volley (without it bouncing on the table) above his side of the table.</li><li>• He moves the table during play.</li><li>• He touches the net or a post.</li><li>• His free hand touches the table.</li><li>• He makes a bad service (see service)</li></ul> |
| 7 | If the score is 21-21, the game goes into extra play until one of the sides has gained a lead of 2 points   |

Latitude is always given to complete or rusty beginners in their initial games