

**Invention and development of Table-Tennis game :**

The game of Table Tennis was invented in 1880 in England. When this game has invented its name was "Gasima." Some years after the invention the name "Ping pong" was given to this game. The name of the inventor of this game was "Jems Gib' The association of Ping Pong game was established in 1902, in England for the first time. The same year its competition was held. The final name of Ping Pong game was considered as "Table Tennis in 1921. The newly named association was established in 1926. Table Tennis Association" as "England Table Tennies Association".

For the establishment of "World Table Tennis Federation", Dr. Olay Lahman of Germany had convened a meeting in 1926 in Berlin, in which Germany, Australia, England, Hungary, Czechoslovakia and Sweden countries had taken part. The first president of this newly established "World Table-Tennis federation" was Ewar Monteue. The first world Table Tennis competition of this first federation was also organised in 1926. Upto 1935 the countries taking part in Two yearly Table Tennis championship were all European countries.

America, England and India had started taking part in world championships in 1935, 1937 and 1939 respectively. Outside the European countries, the world Table Tennis championship was organised in the city of Keiro of Egypt country for the first time in 1939. Because of II world war, these competitions were not organised from 1939 to 1945.

In 1937 "All India Table Tennis Federation was established in India under auspicious of this Federation" National Table Tennis championship was organised in Kolkata in 1938, for the first time. After that, regularly the National competitions are being organised in India regularly..

In 1952 and 1975, under the auspices of All India Table Tennis Federation the 'World Table Tennis championships were organised in Mumbai and Kolkata respectively.

**Play ground:**

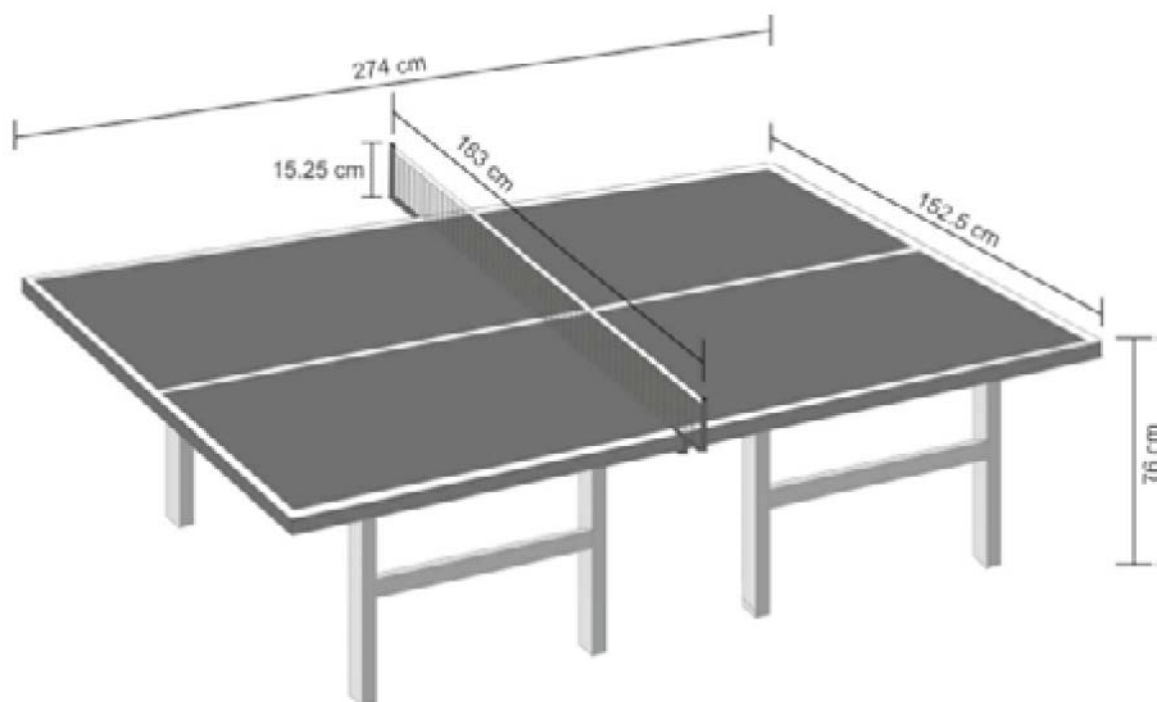
Mostly the game of Table-Tennis is being played in a closed big room or in a hall, Keeping a table. The length of the table is 274 cm, the breadth 152.5 cm and the height is 76 cm.

Since, the weight of the ball of Table Tennis is 2.40 gm to 2.54 gm, the possibility of the ball being deflected with a slight wind is there, hence the windows and the door of a room or a hall are kept closed. Presently this game is being played in an air-conditioned room or a hall. So that, at least one table can be put in a room and a player can have free movement around the table, the minimum length of a room, should be 25 feet and the height 15 feet. The ceiling of a room or hall from the floor should be 12 to 15 ft. minimum.

**Equipment :**

The equipments of the game of Table Tennis, are : (1) Table (2) Net with its supporting posts (3) ball and (4) Racket (Racquet)

**(1) Table :** The table is rectangular. The figure of the table shown is as under; As shown in the figure, the length is 274 cm (2.74 mts), the breadth is 152.5 cm (1.525 mts) and the height from the floor upto upper surface of the table is 76 cm. The upper surface of the table can be made from any substance, but should be such that, when a standard ball is dropped from the 30 cm height on the upper surface of the table, it should rebound upward from 22 cm to 24 cm.

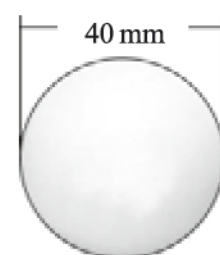


The colour of the upper surface should be dark especially green. The edge of the upper surface around the table should be 2 cm wide and it should be coloured with white colour. The 152.5 cm long lines are called end lines and the 274 cm long lines are called side lines

For the game of doubles, the upper surface of the table is divided in two equal halves by 1/4 cm wide central line, which also should be white in colour. It is called middle line. It is parallel to the side lines.

**(2) Net with supporting posts :** Net is tied in the centre of the table, which divides the table in two equal halves from the above surface of the table. The net shall remain parallel to the end lines. The length of the net shall be 183 cm and its width shall be 15.25 cm. It is tied with the supporting posts with the strings. The heights of the supporting posts also shall be 15.25 cm. The outer edges of the supporting posts shall be 15.25 cm away from the side lines. In the figure of the table the net is shown tied in the centre of the table.

**(3) Ball :** The ball should be completely round. It's diameter should be 40 mm. It's colour should be white or orange and unreflected. It's minimum weight should be 2.67 gm and maximum 2.77 gm.



**(4) Racket :** The surface of a racket should be dark and unreflected. The blade of the racket should be that of wood, having uniform thickness, flat and hard. To make both the sides of the blade uniform, the granular rubber can be fixed. Total thickness of the blade should not be more than 2 mm, or if the layer like a sponge is fixed below the rubber the total thickness along with the rubber should not be more than 4 mm. If on one side the rubber is fixed and on the other side the blade of wood is kept open, its colour should be natural like wood. It should not be cloured.

#### **Skills of Table - Tennis Game :**

We shall get information regarding the following skills :

- (1) Grip of Racket
- (2) Service :
  - (i) Fore hand service (ii) Back hand service (iii) Spin service
- (3) Attack (offence) :
  - (i) Fore hand shot (ii) Back hand shot
- (4) Defence :
  - (i) Fore hand return (ii) Back hand shot

**(1) Grip of Racket :** There are two types of Grip: (i) Shake hand grip (ii) Pen grip

**(i) Shake hand grip :** As we grip the hand of a person in the action of shaking the hands, here we have to grip the handle of the racket instead of the hand of a person. In this grip all the four fingers shall remain on one side of the handle and the thumb shall remain on the other side. The flat portion of the blade of a racket shall remain sideward and the rim of the blade shall remain upward.

**(ii) Pen grip :** In this grip we have to hold the racket, in the manner we hold the pen. In this grip the thumb and the first finger are adjusted on the handle in such a way that the flat portion of the racket remains upward.

**(2) Service :** There are three types of service : (i) Fore hand service (ii) Back hand service (iii) spin service.

**(i) Fore hand service :** While doing the service, a player keeps a ball in one hand and the racket in the other hand. If a player is right handed, he shall hold the racket in right hand and the ball in the left hand. In fore hand service, after tossing the ball, a player shall hit the ball with right hand in such a way that the palm of the right hand shall remain toward the player in front. The ball will be hit with the contact of the ball on the flat part toward the thumb side. The ball hit in such a manner shall cross the net and fall on the half portion of the table.

**(ii) Back hand service :** In the back hand service, after tossing the ball, the player shall hit the ball with right hand in such a way that the portion of the fingers on the back side of the palm shall remain toward the player in front. In this type of action, the ball will be hit with the flat portion of the racket opposite to the flat portion of the racket in the fore hand service hit.



**(iii) Spin service :** In the spin service, the ball after falling on the table shall fall on the half portion the table of an opponent player, turning in round position. The ball hit in this manner is so effective that it becomes difficult for the opponent player to play. In spin service there are three types. (a) Top spin service (b) back spin service and (c) side spin service.

**(a) Top spin service :** In the top spin service, while touching the ball with the racket, it (racket) is kept leaned forward at an angle of  $30^{\circ}$ . In this action, the racket touches the upper portion of the ball and pushes the ball on the front side, with the speedy action of the wrist, in the round motion. In this action, the hand catching the racket remains little bent in the beginning. This hand becomes straight after hitting the ball. In top spin service the player is always in the attacking position and he is very quick.

**(b) Back spin service :** In the back spin service, while touching the ball with the racket, it (racket) is kept leaned backward at an angle of  $30^{\circ}$ . In this action, the racket touches the lower portion of the ball. In this action the racket is moved on the back side with a jerk. The ball hit in this action, is tossed little higher than the top spin, but the ball instead of falling far on the table, it falls near the net. The opposite player can not imagine the motion of the falling ball, hence, the player may get failure in hitting the ball.

The position of the hand and the wrist in this spin is the same as in top spin. The back spin action is called as "chop" also.

**(c) Side spin service :** After getting mastery in the top spin and the back spin, it becomes easy to learn the side spin service, because the action of side spin is like the mixture of top spin and back spin. In side spin service, a player does not touch the ball from the front side, but touches from the side. The ball spun in this manner, goes outside the table with speed.

**(3) Attack (offence) :** There are two types of offence : (i) Fore hand shot and (ii) Back hand shot.

**(i) Fore hand short :** Here, the word shot has been used in the meaning of offence. The action of this skill is like an attack. Thus in the action of this skill, keeping in view the position of the coming ball, left leg and end the left hand are taken toward the net in such a way that the shoulders of a player make an angle of  $90^{\circ}$  with the net. Before doing this action, the hand shall remain bent from an elbow at an angle of about  $135^{\circ}$ . While performing this action of offence, in the beginning the hand is kept on the back side at the distance, 30 cm at the height of waist. After touching the ball, the hand is raised up to the height of shoulder. Since, the ball coming with speed is to be hit, the racket is kept at right angle and the action of hand is done freely. The palm of a hand shall remain facing the net in this action.

**(ii) Back hand shot :** Here also the word shot is used in the meaning offence. In this action, the hand is to be kept in the opposite direction of that of the fore hand shot. In this action, the palms of a hand shall remain in the opposite direction of the net. In this action also the touching with the ball is to be done at the maximum height of the ball like fore hand shot. While performing this action the right leg and the right hand come in such a position that the shoulders of a player shall remain at an angle of  $90^{\circ}$ . Here, a player has to take his position keeping his body little far from the ball, because the hand is to be taken on the left side from the front of the chest. This position makes the hitting action easy. In this action, the ball falls, on the opposite side of the table and goes away before the opponent player gets ready to play the ball.

**(4) Defence :** There are two types of defence (i) Fore hand return and (ii) Back hand return.

**(i) Fore hand return :** Here the return word is used in the meaning of defence. To make the speed of attack of the opponent player restricted the defensive game is being played. For the action of defence, the ball should be allowed to go little far. In this action, one has to stand at a distance from where he has to contact the ball. The position of standing at particular distance depends upon the attack of an opponent. For doing this action, one has to put his right leg on the right side in the direction of the coming ball.

**(ii) Back hand return :** Here also the return word is used in the meaning of defence. This action is to be done when the coming ball goes on the left side. In this action one has to put his left leg on the left side in the direction of the coming ball. The right hand is taken on the lower side from the front of the chest, and the body is to be leaned a little in front in the left side. In this action the ball is hit with a back spin push. This action is little difficult than fore hand defence. One has to keep the balance of the body while performing this skill. A player should play in ball with back hand defence only when the opposite player plays the ball either with fore hand defence or with back hand defence, when it comes to the left side.

#### **Rules of Table-Tennis game :**

##### **(1) Some Definitions :**

(i) Rally : The time during which the ball remains in play is called "Rally".

(ii) Let : The situation in which the points are not given is called "Let". e.g. when the served ball, after touching the upper edge of the net falls on the opposite table, it is called "Let". In this situation of Let the service of a player shall continue. He neither gets a point nor loses the point.

(iii) Point : Except the situation of let, the situation in which a player opposite to the player who makes the foul shall be given a point.

In the rally, a player who hits the ball first is called "Service doer" and who hits the ball latter on is called 'service receiver". In the single's game there are only two players, the service doer and the service receiver.

In double's game there are four players. The player who does the service is first player. The opposite player in cross, at the opposite side is the second player. On the left side of the server is the third player and opposite to the third player in cross is the fourth player.

**(2) Correct service :** The ball put in the free hand when becomes steady, a player can toss it in the upward direction under the watch of an umpire. When the tossed ball comes downward, a player shall hit it. When a ball hit in this manner, touches the table of server and crossing the net when falls on the table of the receiver, it is called "correct service".

In the game of double's, when the served ball falls on the right side half table of the opposite side, is received by the receiver, who in turn hits the ball and returns to the server is called the correct service. Before serving, the ball is to be kept in the free hand. The free hand fingers shall remain closed and the thumb shall remain free, and the palm will remain open. While tossing the ball the free hand should be above the surface of the table.

**(3) Ball in Play :** From the moment the ball is tossed, the ball will be considered in play except the situations given below.

- (i) The ball touches one side table twice.
- (ii) Except in service, the ball hit falls on one's table or touches it.
- (iii) A player hits the ball continuously for more than once.
- (iv) The ball touches any part of the body except the weight of the hand in which the racket is held, or the ball touches any part of the clothing.
- (v) The ball touches any thing except the net and its supports.
- (vi) The served ball in double's game, touches the left side table of the server or the receiver.
- (vii) In double's game, a player touches the ball out of this turn.

**(4) To send back the ball correctly :** A service ball, or a ball in play should be hit in such a way that it may fall on the table of the opponent player from over the net or from the side. In doing so, if the ball touches the net or the supports of the net and falls on the table of an opponent player, it shall be considered being sent back correctly.

**(5) Let :**

The rally shall be called Let in following situations.

- (i) When the served ball, in the action of passing from over the net, touches the net or its supporters. This time the service should be correct otherwise.
- (ii) The service is done when the receiver or his partner is not ready.
- (iii) In the out of control incidents when a player can not do the service correctly or return the ball.
- (iv) When mediation is done because of the mistake of play turn.

**(6) Point :** In the following situations a player shall lose the point :

- (i) When correct service is not done.
- (ii) When correctly played ball can not be sent back.
- (iii) When the ball is in play, a player touches the net or its support with his racket or the cloths put on by him.
- (iv) When the ball is in play, the free hand touches the upper surface of the table
- (v) When the ball is not in the play but the ball sent by a player otherwise, touches the player or the things put on by him, without touching the table on this side.
- (vi) In doubles game, when a player hits the ball out of his turn.

**(7) Game :** In single's game or double's game, whosoever scores 11 points first shall win the game. If they score 10 points, the single player or a pair of players when shall score the points, with a difference of two points, shall win the game.



**(8) Competition :** The competition shall be of seven games. The player or a pair of players whosoever wins four games out of seven games shall win the competition. The games shall have to be played continuously.

**(9) Selection of a side or a service :** Selection of any side of a table or doing the service is done with the tossing of a coin. If a winner in tossing selects the service, the loser will have an automatic choice of side. The winner of tossing the coin if wishes, can tell the loser to choose any of the two.

In the game of doubles, if a pair of players gets the choice doing first two services, they shall decide themselves as to which player of the pair shall do the first service. Likewise the opposite pair shall decide as to which player of the pair shall receive the first service. In the following games also such turns of doing services or receiving services shall continue.

**(10) Change of side or service :** A player or a pair of players who might have started the game with a particular side, shall start the next game from the other side. Likewise, till the end of the competition the sides shall have to be changed. In the last decisive game, whichever player or a pair of players shall score first 6 points, they shall have to change the sides.

In the double's game, first two services shall be done by the selected players. Likewise the receiving of the services shall be done by a selected players. The following two services shall be done by the receivers. Thus, doing of services and receiving the services shall continue till the end of the game.

When both the sides shall score equal 10 points, the turn of service shall remain the same but the players shall do one one services by turn. This shall continue till the end of the game of singles.

In the decisive game of doubles whichever pair scores first 10 points, they shall have to change the turn of service. The receiving pair shall change the turn of receiving the service. In the competition of double's game, the turn of receiving the service shall be changed in the next game. The player or a pair of players, whoever does first service shall receive the first in the following game.

**(11) Foul in changing the side doing the service and in receiving the service :** In the turn of changing of the side if it is not done so and whenever the foul comes to the notice, the side shall have to change immediately. Because of not finding the foul of changing the side, if the game is over, the foul shall not be taken into consideration. Before finding the foul, whatever points might have scored, shall be taken into consideration.

If any player, does the service by mistake out of turn or receives, the ball out of turn, such mistake shall be stopped and the same turn which was in the beginning shall be arranged or after the score of 10 points, what ever might be the turn, that shall be decided. The points scored at the time of finding the foul shall be taken into consideration.

## EXERCISE

### 1. Answer the following questions in detail :

- (1) Write the types of the grip of a racket and explain them.
- (2) Explain the fore hand service and back hand service.
- (3) Mention the types of spin service and explain them.

- (4) Explain the fore hand attack (offence)
- (5) Explain the back hand defence.

**2. Answer the following questions in short:**

- (1) Write the measurements of the table of Table Tennis game and explain.
- (2) Write the measurements of the net and a ball of Table Tennis game and explain.
- (3) Explain the making of Table tennis racket.
- (4) What is "Rally" in Table tennis ? Explain.
- (5) What is "correct service" in table tennis ? Explain.

**3. Write answers to the following questions by selecting correct option from the options given below :**

- (1) In which country the game of table tennis was found out ?  
 (A) France                      (B) England                      (C) Germany                      (D) Japan
- (2) From the beginning of the invention of the table tennis game till the present there were some names. One of the following is wrong. Find out  
 (A) Gasima                      (B) Asima                      (C) Ping Pong                      (D) Table Tennis
- (3) What is the length and the breadth of the table of table tennis game ?  
 (A) 264 cm - 142.5 cm                      (B) 290 cm - 163 cm  
 (C) 274 cm - 152.5 cm                      (D) 280 cm - 155 cm
- (4) What is the measurement between the upper surface of the table and the ground floor in table tennis game ?  
 (A) 56 cm                      (B) 66 cm                      (C) 76 cm                      (D) 86 cm
- (5) What is the diameter of table tennis ball ?  
 (A) 36.2 mm                      (B) 37.2 mm                      (C) 38.2 mm                      (D) 40.0 mm
- (6) What is it called, in which the ball remains in the play for some time ?  
 (A) Rally                      (B) Net                      (C) Bat                      (D) decided time
- (7) During the Rally, point is not given. What is it called ?  
 (A) Wrong point                      (B) Correct point                      (C) Let                      (D) Rally
- (8) What a player is called who hits the ball during the Rally ?  
 (A) Receiver of service                      (B) Sending the ball back  
 (C) Server                      (D) Player of a ball



- (9) How many players can play in table tennis double's game ?  
(A) Two (B) Four (C) Six (D) Eight
- (10) What does winner of tossing the coin select ?  
(A) Side or service (B) Ball (C) Racket (D) Umpire
- (11) At what score of the points a player or a pair of players have to change the side ?  
(A) 5 points (B) 10 points (C) 7 points (D) 12 points
- (12) What will a server be after 5 points in singles game ?  
(A) Hitter (B) Receiver (C) Player (D) Looser
- (13) In which year was the game of table tennis invented ?  
(A) 1871 (B) 1880 (C) 1891 (D) 1901
- (14) In which year was the "All India Federation of Table tennis established ?  
(A) 1927 (B) 1937 (C) 1947 (D) 1951
-