



# Play hard, play fair... and respect the rules!

MESSAGE TO ALL THE TABLE TENNIS COMMUNITY:  
FEEL FREE CONTRIBUTING TO THIS INITIATIVE, WITH YOUR OWN ADVICES AND SUGGESTIONS...

## NUMBERS AND FACTS ABOUT TABLE TENNIS

### Basic numbers and timing

- ◆ 3 sets to win in order to win a match (3-0, 3-1, 3-2)
- ◆ 11 points in a set (not 21 anymore)
- ◆ 2 serves in a row, for each player
- ◆ 6 points to wait before break is possible (for towels, shoes)
- ◆ 1 single time-out allowed for each player/team during a match
- ◆ 1 minute maximum for a time-out
- ◆ 1 minute maximum between 2 sets, used for a short break and coaching advices
- ◆ 2 minutes warm-up are allowed as "adaptation to the table and conditions" before the match starts
- ◆ 10 minutes "medical break": can be accepted in some rare circumstances (classical case is wheelchair player)
- ◆ asking for going to the toilets, spasms, blood pressure issues, etc.)

### Timing between matches

- ◆ Minimum time allowed between 2 single matches (from ¼ final to ½ final for example). No rule about that point, it is supposed to be defined by the schedule (recommended 40 min. between 2 matches start)
- ◆ 5min: Minimum allowed time between 2 matches during team event (between the double and the next single match for example)
- ◆ Minimum time allowed between 2 team matches (from ¼ final to ½ final for example). No rule about that point, it is supposed to be defined by the scheduled (recommended 2h30min between 2 team matches start)

### Classes/genders

- ◆ 5 classes for wheelchair athletes (from 1 to 5)
- ◆ 5 classes standing athletes (from 6 to 10)
- ◆ Note that classes may be combined in some circumstances (lack of players, IPC guidelines, etc.)
- ◆ 1 class for mentally disabled athletes (class 11)
- ◆ 2 genders, for each class: male and female

### Ball and table, for your curiosity

- ◆ 180 km/hour : maximum speed of the ball
- ◆ 150 rotations/second : maximum rotation speed of the ball
- ◆ 2.7 grams : weigh of the ball
- ◆ 40mm: diameter of the ball (used to be 38mm)

- ◆ Size of the table: 2.74m long, 1.525m wide
- ◆ 40 cm minimum are mandatory up to the feet of the table, to get a "wheelchair accessible table"

### Olympics/Paralympics

- ◆ Table tennis is a paralympic sport since 1960 (Rome), and an Olympic sport since 1988 (Seoul)
- ◆ Table tennis is #2 sport in able-bodied, more than 100,000 millions of licensed players (and 20 millions in China), #2 in paralympic movement

### Did you know it?

- ◆ 10.000 hours of practice during 10 years are considered as mandatory basics to reach elite-level of game.
- ◆ What about you?...

## ADVICE TO TABLE TENNIS PLAYERS.....FROM THE UMPIRE'S POINT OF VIEW.

### Before the match

- ◆ Bring an extra racket. If one gets damaged, you will be expected to continue play immediately.
- ◆ "Chewed-up" edge on the racket or the rubber is not acceptable.
- ◆ Trim the rubber up to the edge of your racket. Up to 2mm overhang is acceptable.
- ◆ Do not leave large amounts of exposed wood between the rubber and the edge of the blade.
- ◆ Covering with edge tape is not acceptable.
- ◆ Check the color of the ball to be used. Make sure that the color of your shirt and shorts is different to the ball.
- ◆ Make sure your shirt color is clearly different to your opponent. In doubles, wear the same color shirt and shorts (or track pants for wheelchair players) as your partner.
- ◆ Wheelchair players: you are not allowed to wear jeans.
- ◆ If you have permission from the referee to wear anything not normally permitted, such as track pants, religious headwear, etc., ask for a note from the referee to show the umpire each time you go to new match. It saves the umpire a lot of time and he/she will appreciate it.
- ◆ ALWAYS make sure that you have your player number on your shirt or on your wheelchair if it is required by the tournament.
- ◆ Wheelchair players: you should not bring extra baggage

hanging off the back of your chair.

- ◆ Keep water bottles and towels next to the umpire or assistant umpire.
- ◆ Bring your classification card in case the umpire needs to see it.
- ◆ Check your opponent's classification card **BEFORE** the match, if any aspect needs to be clarified
- ◆ Be at your scheduled table a few minutes before time. Don't leave washroom needs until the last minute.

#### At the start of the match

- ◆ You are allowed to check your opponent's racket.
- ◆ Identify your coach to the umpire before warm up in singles and doubles. If you are a doubles team from two different associations, you may have two coaches.
- ◆ Coaching is allowed before the warm up. You cannot return to your coach between warm up and the start of the game.
- ◆ Wheelchair players: strapping above the knees is allowed only in Open Events, not in Class or Team Events.
- ◆ Don't extend the warm up time. A maximum of two minutes is allowed.
- ◆ If you have a disability which requires the relaxation of ITTF Law 2.6.6, then demonstrate your service to the umpire or show your classification card with the relevant information.
- ◆ Toss: The winner may choose to serve, to receive, or the end he/she wishes to start the first game.
- ◆ The loser may make his/her choice from the options that are left.
- ◆ You and your opponent should be present for the toss. **DO NOT ACCEPT** the toss being completed in your absence.
- ◆ If there is a problem, you, or your coach, should ask for the Referee. Don't get into arguments.
- ◆ In doubles, advise the umpire who is serving or who is receiving. The first receiver in the first game **DOES NOT** have to be the first server in the second game.

#### During the match

- ◆ You, or your coach, may call for a 1 minute time-out at any time during a match. You are allowed **ONLY** one per match.
- ◆ If your coach calls a time out, and you don't want one, you don't have to take a time out. The final decision is yours, the player.
- ◆ When the player calling the time-out returns to the table, his opponent **MUST** return **IMMEDIATELY** even if less than 1 minute has passed.
- ◆ The laws require you to serve so that: **As soon as the ball has been projected, the server's free arm shall be removed from the space between the ball and the net** (voted in Shanghai, May 2005)

◆ And the umpire must be able to know that the free arm is not between the ball and the net.

◆ This applies even if there is only one umpire. The umpire will **NOT** change sides and you may **NOT REQUEST** an assistant umpire.

◆ If you think that your opponent is serving illegally let your coach deal with the umpire.

◆ For standing players, if you need to wet the soles of your shoes for better traction, use a damp towel, or paper towel placed beside the table. Spitting on the floor is not the entertainment that spectators come to see, and the umpire will show you a yellow card for spitting.

◆ Be respectful to the umpire(s) and your opponent(s) throughout the match. Bad behaviour can cost you points.

◆ Don't waste time. Play must be continuous. Kicking or hitting balls to the end of the court or bouncing the ball excessively before service may result in a yellow card for delay of game.

◆ Towelling is allowed every 6 points or at authorized intervals or at the change of ends in the last game of a match.

◆ If you wear glasses the umpire may allow you to use the towel more frequently but do not abuse the privilege.

◆ You are allowed a **1 minute** interval between games.

◆ If you are playing in a team match, you are allowed to have 5 minutes between successive games which you are playing. Example: between the doubles and the ensuing singles.

◆ Players who have racket strapped to the hand do not have to leave the racket on the table between games.

◆ You can **NOT** leave the playing area unless you have permission from the umpire.

◆ For any injury suffered **DURING** play you will be allowed up to 10 minutes suspension of play by the **REFEREE, one time only**. Muscle Cramp is a condition that will not occur if you are fit and warmed up ready to play. **NO SUSPENSION** will be allowed to recover from muscle cramp.

◆ If you need to keep hair out of your eyes during play, please wear a recognized headband.

◆ Referees are **VERY LIKELY** to forbid the wearing of other headgear, including baseball caps whether they are worn backwards or the correct way round.

#### After the match

◆ Be courteous; shake hands with your opponent(s) and the umpire(s) and your opponent's coach.

◆ Make absolutely sure that any paperwork associated with your match(es) is correct. **CHECK THE SCORES AND THE WINNER**. It may be impractical to correct any errors once the tournament has progressed to other rounds.

◆ Make sure that you leave the court with everything that you took to the court.

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#### Links:

<http://www.ipttc.org/rules/>

[http://www.ittf.com/itff\\_handbook/itff\\_hb.html](http://www.ittf.com/itff_handbook/itff_hb.html)