

LET'S PLAY PING PONG!



RULES OF PING PONG

The aim of the game is simple; hit the ball over the net onto your opponent's side of the table. The ball should bounce once on the opponent's side of the table. A point is won by you if your opponent is unable to return the ball successfully or if they hit the ball before it bounces on their side of the table.

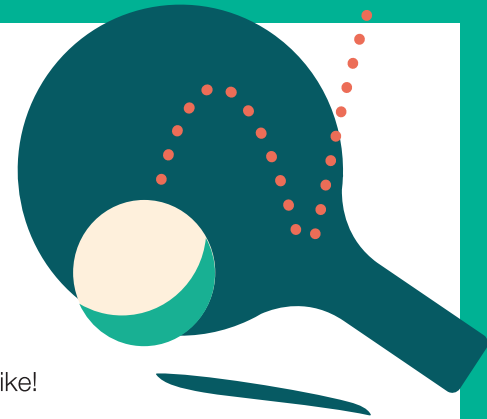
SCORING

- Winner is the first to 11 points
- If the score is 10-10, the game goes on until one of the players has gained a lead of 2 points
- Points are won irrespective who has served
- Matches can be best of 3, 5, 7 - or any odd number you like!

HOW TO HOLD THE BAT

Shake hand grip

Pen hold grip





Service Rules

- The ball must first bounce on your side and then on your opponent's side
- If the ball touches the net and goes over, it's a 'let' - retake the serve
- If it hits the net and doesn't go over, you lose the point
- There are no second serves
- Before service, the ball rests freely on the open palm of the hand, above the level of the table
- The ball should be projected upwards (at least 16 cm)

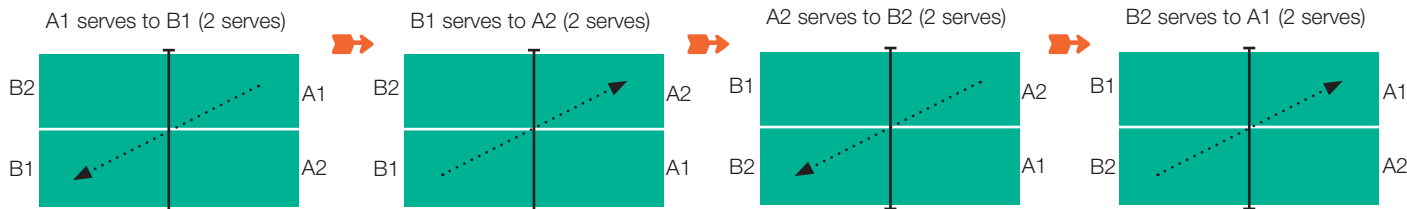


Singles

- In singles you can serve anywhere on the table you like
- Change servers every 2 points
- If the score reaches 10-10 change server every point

Doubles

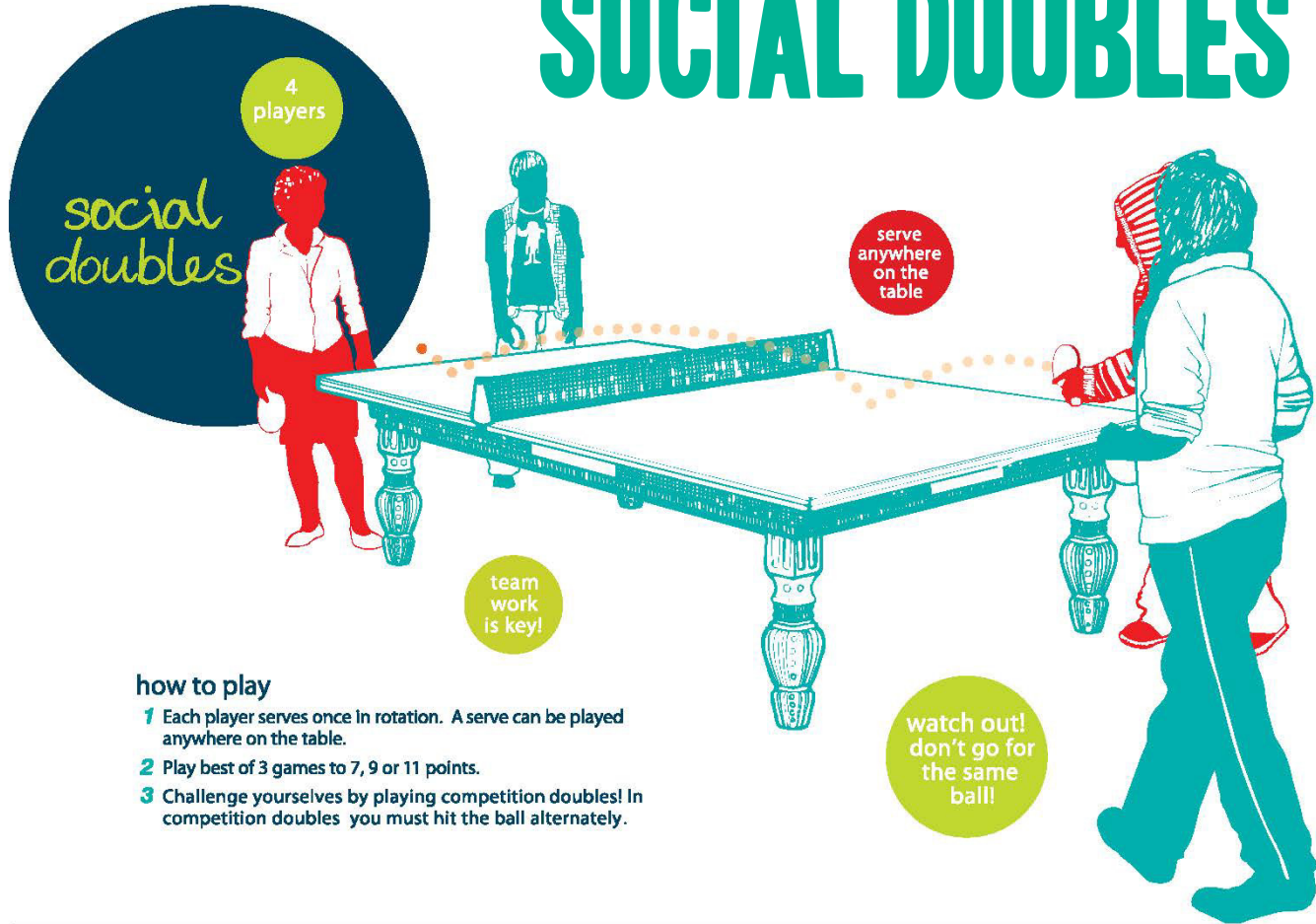
- Serve diagonally from right half side of the table (marked by a white line) to the opponent's right hand side of the table
- Take it in turns to return the ball
- Service changeover is as follows:



... and repeat

- Reverse this order for the next game

SOCIAL DOUBLES



how to play

- 1 Each player serves once in rotation. A serve can be played anywhere on the table.
- 2 Play best of 3 games to 7, 9 or 11 points.
- 3 Challenge yourselves by playing competition doubles! In competition doubles you must hit the ball alternately.

TARGET PING PONG

2
players

target
ping pong

targets
can be
anything!

score
targets
based on
size and
position

second
player
returns
ball to
server

how to play

- 1 Set up a number of 'targets' on any table.
- 2 Give each target a score.
- 3 Aim is to hit targets with 10 serves of the ball, adding up your score as you go.
- 4 Play again to beat your score! Or duel with a second player to beat their score!

try a
spin
serve!



ROUND THE WORLD

how to play

- 1 Select 1 confident player to be the feeder who remains at one table end and continuously returns the ball to the queuing players.
- 2 To start, feeder serves ball to the first player, who hits the ball back to feeder, then moves anticlockwise round the table (behind feeder) rejoining the queue. Play is continuous with each player returning the ball until a mistake is made.
- 3 A player who makes a mistake will lose a life. Each player starts with 3 lives and is eliminated when all lives are lost.
- 4 When only 2 players are left, remain opposite the feeder and alternate hits until 1 player loses all their remaining lives.

5 to 12
players

round the
world

feeder
returns
ball

hit
once
then
move

lose a life
if you fail to
return the ball,
or fail to hit the
ball onto the
feeder's side!

variation
play more
than one
shot

ROUND THE TABLE

5-12
players

round the table

how to play

- 1 Players form 2 queues, 1 at each table end. The queue with most players serves first.
- 2 The aim of the game is to hit the ball to player at opposite end, then move anticlockwise to join the opposite queue.
- 3 Play is continuous until mistake is made. Each player has 3 lives and a player who makes a mistake loses a life.
- 4 A player is eliminated after all 3 lives are lost.
- 5 When only 2 players remain, play 3 points to win without moving around the table.

variation
alternate
forehand/
backhand
play!

keep
the ball
going!

hit
once
then
move

lose a life
if you fail to
return the ball,
or fail to hit the
ball onto your
opponent's
side!

player
names

winners

Knockout tournament

8 player draw card

photocopy
to play



champ

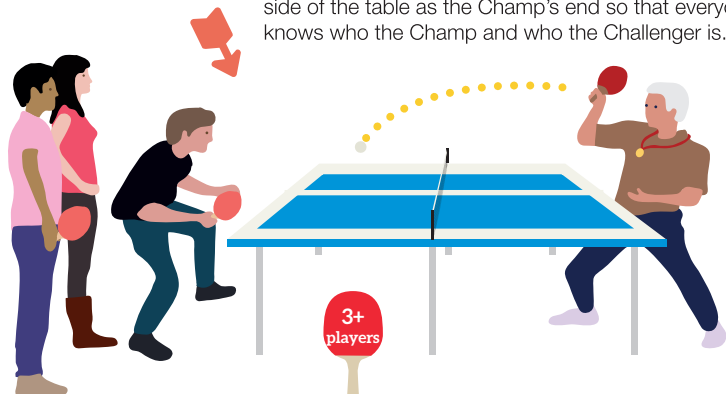
how to play:
Randomly determine 'who plays who'
and write player names on draw card.
Each match loser is knocked out.



OTHER GAMES IDEAS

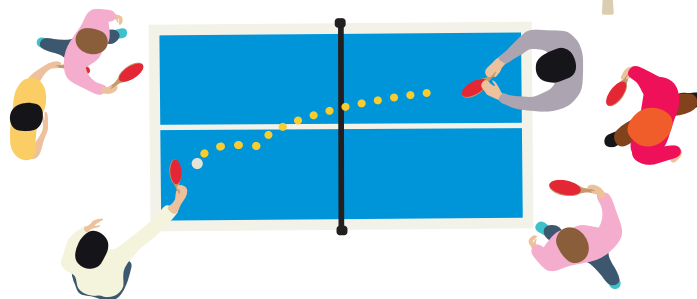
BEAT THE CHAMP

Also known as 'winner-stays-on'. Play 1 point, best of 3 points, or a whole game; whoever wins stays on the table and is challenged by the next person. Pick one side of the table as the Champ's end so that everyone knows who the Champ and who the Challenger is.



FIVE LIVES

This can be played as singles, doubles, or in large teams, just make sure you take it in turns to hit the ball. Players start with five lives each, each point lost equals a life lost. The match continues until one player or team has lost all five lives. The winner carries over their remaining lives into a game against a new challenger/team. The new challenger/team starts with five lives.



VOLLEY PONG

Two players are in a team at one side of the table, and two in a team at the other. This is played like normal doubles table tennis, but instead of hitting the ball straight back to their opponents, they must set a shot up for their team mate to hit back. The ball must be hit at least once by each player before it is hit back over the net. Games are played to 11 points.

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