

TABLE TENNIS – Mixed

Warm up prior to participation and warm down upon conclusion.

Keep hydrated by drinking fluids, before during and after participation.

- 1 Teams must be mixed (1 female, 1 male). **(General Rule 1.1 apply)**
- 2 Scoring will be continuous for the duration of each game. (No sets)
- 3 Service change will be after each 5 points.
 - 3.1 Service change is as follows; you **MUST** serve from the right-hand side of the table to the opposition's right-hand side for each of your 5 serves. After your 5 serves are complete swap places with your partner who becomes the receiver for the oppositions next five serves before commencing his/her own set of 5 serves.
 - 3.2 Once the ball has been successfully served you and your partner must hit the ball in sequence, alternately, until the rally is over. If you hit the ball out of order your team will automatically lose the point.
- 4 Service
 - 4.1 A serve is only legal if it bounces twice, once on the server's side and once on the receiver's side. It must be served from the palm of the hand and not from your fingertips. The ball must rise a minimum of 150mm after leaving the palm of the free hand. Your hand must be behind the base line of the table and above table height. Also your body must be completely behind the table. If the serve is not legal as above it is counted as a point against the server.
 - 4.2 If the ball brushes the net as it passes over to the correct corner of the table (as in a legal serve), this is counted as a 'let' and the serve will be replayed. If the server serves three lets in a row this will result in a point against the server.
 - 4.3 If the ball brushes/hits the net but does not land in the correct corner, (as in a legal serve), this will result in a point against the server.
- 5 Your free hand may never touch the table or the ball (after the serve has been made), any infringement of this rule results in a point against the offending team.
- 6 The ball can be hit with the hand holding the bat (up to the wrist), but not by the hand alone or the bat when not held.

Equipment

SportsFest Supply all Gear

Competitors can use their own bats