



WHY TABLE TENNIS

What are the benefits of playing my sport?

Table tennis is a sport that is accessible and adaptable for all. The flexibility of formats and rules means it is attractive to both players and organisers and suits any ability, gender or age.

Other benefits of table tennis include:

- It can be played almost anywhere and is space effective
- It is not weather dependent
- It needs minimal equipment
- It can be played at many levels: competitive and non-competitive — curricular and extra-curricular

Through learning the skills involved in playing table tennis young people can improve their focus, hand-eye coordination and concentration.

TABLE TENNIS

Spirit of the Games:
Excellence through competition
How does your sport exemplify these values?



Table tennis is easy to pick up and play. It quickly becomes a popular sport that everyone wants to play as an individual and as a team - sharing enthusiasm with others who need encouragement.



Playing competitively can require discipline and focus. Respect for the other player/s and the decisions of the umpire are central to this.



At the local level of competition games are either self-umpired, or umpired by another player. This requires the honesty of players and others when officiating matches.



Every point counts in a game of table tennis. Even when losing, games can quickly be turned around by winning a succession of points. Self belief is vital until the very end.



Flexible formats include playing as doubles or within a team where team work is vital.



Always show determination to win whether that is battling through a 5 set match or overcoming the disappointment of lost points.

Priority competitions:

- **Name of the competition:**
4-a-side Team challenge (with or without doubles)
or 2-a-side Team challenge (with or without doubles)
- **Age group:** Key Stage 2 — U11 boys and girls or mixed
Key Stage 3/4 — U13 boys and girls or mixed
- **Intra/Inter Competition?**
Intra and/or inter school competition — school based
- **Who runs it (e.g. SGO, development officer, young leader support etc)**
Teacher/AOTT/Young Leader/Local club coach-contact
- **How to enter (e.g. via SGO):**
Via entry form www.estta.org.uk
- **When (e.g. preferred time of year to run):**
September-late November
- **Next steps after this competition:**
County table tennis festival (winter or summer), and/or English Schools Table Tennis County Team Championships (Nov/Dec)

Signposted competitions:

- Name of the competition:**
English Schools Table Tennis County area
- Age group:** Boys and girls at U11, U13, U16, U19
- Intra/Inter Competition?** County Final - Inter School Competition (Level 3) — per English Schools Table Tennis County area (as per CSPs)
- Who can run it?** English Schools Table Tennis County Secretary (where appointed) will run this competition
- How to enter it:** Via entry form available from County Secretary
- When does it take place?**
November/December
- Next steps after this competition:** Progress to English Schools Table Tennis National Team Championship

Where do young people go next (from school to club/community)?

Those who would like more competitive opportunities can enter the national schools championships in the individual (February) or team events (November) by contacting their English Schools Table Tennis County Secretary - www.estta.org.uk/contacts/

Young people can enter national Table Tennis England competitions, local leagues, play socially on Ping! tables or join a local club - www.tabletennisengland.co.uk/play/play-learn-improve/getting-started/

Young Leader/Officials courses/qualifications available:

Young Officials Award (YOA): A four-hour course developing umpiring skills and how to organise a variety of competitions.

Table Tennis Networker (TTN): A six-hour leadership course covering officiating, competition organisation and coaching.

Junior Umpire Award (JUA): Certification covering the understanding of the basic laws and how to umpire matches.

Embracing the School Games Vision

Development Competitions provide an opportunity to engage all young people. Utilising the NGB format, consider:

- Identifying targeted participant groups (i.e. gender, physical activity levels, impairment groups).
- Using the STEP principles to condition activities.
- Consider how to reward success – what does it look like?

Relevant web links:

www.estta.org.uk/resources/
www.tabletennisengland.co.uk/organise/schools

TABLE TENNIS

Competition Card 1

Primary or Secondary:

Secondary

Name of competition:

4-a-side Team Challenge (with/without doubles)

Age group:

U13 Boys and Girls or Mixed

How to enter:

Via entry form www.estta.org.uk

Tournament format:

- Home and away or central venue (subject to availability of equipment and venue)
- 4-a-side (recommended)
- 2 or 3-a-side (optional)

Format

- Leagues of 4+ teams (number formats available)
- Each player plays against two players in the opposing team
- Boys, girls or mixed, B, C or D teams

Time

- 4-a-side — 60/75 min per match on two tables
- 2-a-side — 40/50 min per match on one table (50/60 min with doubles)

Simple rules:

- Best of three or five games to 11 points.
- Players have to win by two clear points.
- Alternate serves every two points, unless both players have scored 10 points, in which case service changes every point.
- Toss a coin to decide who serves first, or to start play at either end of the table.
- The player serving first in a game receives first in the next game.
- In service the ball bounces on the server's side first.

How to play a point

Each player strikes the ball after it has bounced once on their side of the table, to clear the net and land on the opponent's side. A point is won/lost when a player misses the ball, the ball bounces twice or the ball does not land on the table or does not clear the net.

Doubles (optional)

In doubles, every serve must be made from and to the right-hand side of the table. Players must then strike the ball alternately in strict rotation. The player first to receive service becomes the next server. After serving for two points, a player must move from the right hand side of the table to allow his partner to receive service.

How can regularity be achieved?

Various league formats are available depending on the number of teams wishing to participate and venues available:

Example A: League Match Schedule — 6 Teams Home and Away

Team	Week 1	Week 2	Week 3	Week 4	Week 5
1 plays	6h	5a	4h	3a	2h
2 plays	5h	4a	3h	6a	1a
3 plays	4h	6a	2a	1h	5a
4 plays	3a	2h	1a	5h	6h
5 plays	2a	1h	6a	4a	3h
6 plays	1a	3h	5h	2h	4a

Notes: There are six teams in the league played over a five week period. Each team plays all other teams either home or away.

Decisions: Play the above schedule only (five matches) or repeat the schedule reversing home/away venues (10 matches).

Example B: League Match Schedule — 6 Teams Central Venue

Week 1	Team 1 v Team 6	(1 or 2 tables)
Week 1	Team 2 v Team 5	(1 or 2 tables)
Week 1	Team 3 v Team 4	(1 or 2 tables)
Week 2	Team 4 v Team 2	(1 or 2 tables)
Week 2	Team 5 v Team 1	(1 or 2 tables)
Week 2	Team 6 v Team 3	(1 or 2 tables)

...and so on.

Roles for young people:

- Organisers assistant: Young Officials Award (YOA)
- Umpiring: Junior Umpire Award (JUA) and YOA Award
- Results/Photographer/Reporter

How can depth in competition through extra teams be achieved?

Table tennis is a sport that is accessible and adaptable for all. The flexibility of formats and rules means it is attractive to both players and organisers and suits any ability, gender or age.

Multiple teams can be easily catered for in league formats. Different genders or age categories can be run at the same time or separated in different halls/venues or on different days depending on time, staff and facilities available.

Think inclusively!

Table tennis can be accessible to all young people through a variety of adaptations. Only minor changes to rules required for players in wheelchairs:

- When serving to a player in a wheelchair the service must, if it were to continue on its path, cross the end line at the receiver's end of the table.
- In doubles play wheelchair users may hit the ball consecutively.
- Disabled players may place a hand on the surface of the table during a rally after playing a shot in order to recover their position.

The route from here to County Final – Inter School Competition (Level 3)

The top two teams from each Inter School Competition (Level 2) competition would be eligible to enter the county festival which should follow on from the Inter School Competition (Level 2) format. Teams can also enter the English Schools Table Tennis County Team Championship competitions.

Relevant web links:

www.estta.org.uk/resources/
www.tabletennisengland.co.uk/organise/schools



TABLE TENNIS

Competition Card 2

Primary or Secondary:

Primary

Name of competition:

2-a-side Team Challenge (with/without doubles)

Age group:

U11 Boys and Girls or Mixed

How to enter:

Via entry form www.estta.org.uk

Tournament format:

- Home and away or central venue (subject to availability of equipment and venue)
- 2 or 3-a-side (recommended)
- 4-a-side (optional)

Format

- Leagues of 4+ teams (number formats available)
- Each player plays against two players in the opposing team
- Boys, girls or mixed, B, C or D teams

Time

- 2-a-side – 40/50 min per match on one table (50/60 min with doubles)
- 4-a-side – 60/75 min per match on two tables

Simple rules:

- Best of three or five games to 11 points.
- Players have to win by two clear points.
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