

1. **THE TABLE:** The surface of the table, known as the playing surface, is rectangular, **2.74m (9ft) long and 1.525m (5ft) wide**, and lies in a horizontal plane **76cm (2ft 6in) from the floor**. The playing surface does not include the sides of the tabletop.
2. **THE NET ASSEMBLY:** The top of the net, along its whole length, is **15.25cm (6in)**
3. **THE BALL:** The ball is made of **celluloid or similar plastics material** and can be **white, yellow or orange**. The diameter of the ball is 40mm. This has been changed from 38mm.
4. **THE RACKET:** The racket can be **any size, shape or weight**. The surface material covering the wood must be **bright red on one side and black on the other**.
5. **HITTING:** A player hits the ball if they touch it in play with their **racket held in the hand, or with the racket-hand below the wrist**.
6. **A GOOD SERVICE:** At the start of service the ball must be **stationary, resting freely on the flat, open palm** of the server's free hand, **behind the end line and above the level of the playing surface**. The server must then **throw the ball almost vertically up**, without imparting spin, so that it **rises at least 16cm after leaving the palm** of the free hand and then falls without touching anything before being hit. As the ball is falling, the server hits it so that it **touches first their court** and then, after passing over or around the net assembly, **touches directly the receiver's court**. The ball and the racket must be above the level of the playing surface **and it shall not be hidden from the receiver during the serve**. The ball must be **hit from behind the server's end line**.
7. **A GOOD RETURN:** The ball, after being served or returned, must be hit so that it **passes over or around the net assembly and touches the opponent's court**, either directly or after touching the net assembly.
8. **THE CHOICE OF SERVING, RECEIVING AND ENDS:** The right to choose the initial order of serving, receiving and ends shall be decided by lot and the **winner may choose to serve or to receive first or to start at a particular end**. When one player or pair has chosen to serve or to receive first or to start at a particular end, the other player or pair shall have the other choice. After each **2 points** have been scored the receiving player or pair becomes the serving player or pair and so on until the end of the game, unless both players or pairs have scored **10 points** when the sequences of serving and receiving are the same but each player serves for only 1 point in turn.
9. **CHANGING ENDS AND CHANGING ORDER IN DOUBLES:** **Ends are changed at the conclusion of each game or when one player or pair reaches 5 points in the deciding game**. In **Doubles at each change of ends the order is also reversed**. In the deciding game this is done by the receivers changing positions.
10. **DOUBLES:** In doubles, the server must first make a good service, the receiver must then make a good return. **All players must take it in turns to hit the ball**. When serving in doubles, **the ball must touch successively the right half court of server and receiver**. In each game of a doubles match, the pair having the right to serve first will choose which of them will do so and in the first game of a match the receiving pair will decide which of them will receive first; in subsequent games of the match, the first server having been chosen, the first receiver is the player who served to **them** in the preceding game. In doubles, at each change of service **the previous receiver becomes the server** and the partner of the previous server becomes the receiver.
11. **A POINT:** Unless the rally is a let, a player scores a point
 - if **their** opponent fails to make a good service;
 - if **their** opponent fails to make a good return;
 - if the ball, after he has served or returned it, touches anything other than the net assembly before being struck by **their** opponent;
 - if the ball after **their** opponent has struck it, passes over **their** end line without having touched **their** courts;
 - if **their** opponent obstructs the ball i.e. if he or anything he wears or carries, touches it in play when it has not passed over the playing surface or **their** end line, not having touched his court since last being struck by **their** opponent.
 - if **their** opponent, or anything **their** opponent wears or carries, moves the playing surface;
 - if **their** opponent, or anything **their** opponent wears or carries, touches the net assembly;
 - if **their** opponent's free hand touches the playing surface;
12. **A GAME:** A game is won by the player or pair who **scores 11 points** unless both players or pairs score 10 points, then the game is won by the **player or pair that leads by two points** i.e. 12 - 10 or 13 - 11 etc.
13. **A MATCH:** A match must consist of the **best of any uneven number of games**. For schools use 1, 3, 5 or 7 depending on time constraints. **Play must be continuous** throughout a match except that any player shall be entitled to claim an interval of not more than 1 minute between successive games.