

## Table Tennis (Ping Pong)

Official Special Olympics rules for Table Tennis can be found on the [SOI Table Tennis](#) website. If Table Tennis becomes an official sport of Special Olympics Minnesota, an SOMN handbook will be created from these rules. Here are some details to get you started.

### Equipment

- Table – 9 feet long by 5 feet wide
- Net – 5.5-6 feet wide and 6 inches above the playing surface
- Rackets – no size rules, but should be made of mostly wood
- Balls – typically white or orange

### How to Play

- The goal for table tennis is to score points by hitting the ball in a way that your opponent(s) cannot return the ball.
- Rules to a good serve (or service):
  - Server will start with the ball resting freely on their open palm.
  - The ball and palm must stay above the table surface throughout the entire serving process.
  - The server will toss the ball upwards at least 6 inches.
  - As the ball is falling, the server will hit it so that it touches their own side of the court, then goes over the net, then lands on the other side of the court.
- A serve is considered a “let,” or a re-do, if while passing over the net it touches the net at all, and still lands on the opponent’s side of the court.
- A good return consists of the ball, having been served or returned in play, will be hit so that it passes over or around the net and touches the opponent’s court either directly or after touching the net.
- In singles, the server and receiver will alternate hitting shots over the net and landing the other side of the net.
- In doubles, the order of hitting will be server, receiver, partner of server, partner of receiver.
- The server will change after two points have been scored, with the receiving player/pair becoming the serving player/pair, and so on until the end of the game.
  - If both players/pairs score 10 points, then the serving player/pair will alternate after each point scored.

### Scoring

- A game will be won by the player or pair first scoring 11 points (must win by 2 points).
- A match will consist of the best of any odd number of games (typically 3 or 5).

### Possible Events

- Individual Skills – more information on pages 11-12 of [SOI Table Tennis Rules](#)
- Singles
- Doubles or Unified Doubles
- Wheelchair Competition – modifications on page 10 of [SOI Table Tennis Rules](#)