



Table Tennis Rules

The department of University Recreation, Intramural Sports assumes no responsibility for injuries; however basic, first aid will be available.

Regulations published in the Intramural Sports Handbook will be the governing policies for all intramural sports. Participants are responsible for possessing a thorough understanding of these regulations and their implications.

Table Tennis is a self-officiated sport. The Intramural Sports Supervisors will have the final decision on any and all discrepancies.

A review of Table Tennis rules, along with the Intramural Sports modifications are as follows:

ELIGIBILITY AND GUIDELINES

All participants must meet the eligibility guidelines as outlined in the Intramural Sports Participants Handbook.

PLAYERS AND ROSTERS

1. The game shall be played between two (2) teams of one (1) each for singles matches and teams of two (2) for doubles.
2. If, due to injuries, a player or doubles partner can no longer participate, the injured player or team will forfeit the game. It is up to the Supervisor to make any final decisions, if need be.
3. All students, faculty or staff can participate provided they meet the eligibility requirements outlined in the Intramural Sports Handbook. Players may play for one (1) single gender singles or doubles team and one (1) co-rec team.
4. Roster is limited to one (1) for singles and two (2) for doubles.

UNIFORMS AND EQUIPMENT

1. All teams are required to furnish their own jerseys.
 - a. All jerseys must be of the same color.
 - b. All jerseys must have numbers on the back.
 - i. Numbers 0-5 are preferred.
 - ii. No three digit numbers
 - iii. Numbers may NOT be taped.
 1. Numbers that are painted, sharpie, marker, etc. are acceptable.

2. If a participant is bleeding or has blood on their jersey they will be removed from the game until the bleeding is under control. Prior to any participants re-entering a game the bleeding must be stopped, cleaned and any cuts or lacerations must be covered. Participants will not be allowed to participate in any activity until the above conditions are met.
3. **Jewelry:** Jewelry or hard hair control devices will not be allowed. This includes but is not limited to necklaces, earrings, newly pierced earrings, facial piercing, rings, bracelets & watches. Individuals will not be allowed to tape over any jewelry item. If you cannot remove the item you cannot play.
 - a. The only type of permissible jewelry are medical alert bracelets. These bracelets must be taped down to the participant's wrist, with the important medical information showing.
4. **Shoes:** Only non-marking shoes will be allowed. Athletic style shoes are required.
5. **Supports, Braces, & Pads:** No casts/splints will be allowed under any circumstances. No pads or braces will be allowed above the waist. Players who wear a knee brace with exposed metal or metal hinges are required to cover it. Kneepads of a soft pliable nature will be allowed below the waist. Any player wearing illegal or dangerous equipment shall not be permitted to play. All equipment shall be subject to the approval of the Intramural Sports Staff and their decisions shall be final.
6. **Headwear:** Players may wear a one-piece elastic headband made of a soft pliable material. They may also wear knit stocking caps in cold weather. Rubber or elastic cloth bands may be used to control hair. No other headwear will be allowed. No baseball caps, bandannas (including "Do-rags") or helmets.

RULES

1. Players will act as their own referees. The Intramural Supervisor will make the final interpretation of all USA Table Tennis rules.
2. Each participant must provide his or her own official paddle and table tennis balls. The equipment is available to check out at the Service Center for FREE.
3. Matches are best two (2) out of three (3) games. The first player/team to reach 15 points wins a game. The third game is first to 11 points.
4. The participants will determine whom serves first in any agreed upon way.
 - a. Reverse the order for the second game. First serve for the third game will be the player or team with the highest point total in games 1 and 2. There will be a 45-minute time limit on matches.
5. No substitution of any players in singles or doubles once they have played in the tournament.

USA Table Tennis Rules: <https://www.teamusa.org/usa-table-tennis/rules>