

Arkansas State University

Intramural Sports

Ping Pong Rules

Game format:

1. Singles play:
   1. Each match will consist of the best of 5 games
   2. The first player to 11 points (win by 2) will be declared the winner.
   3. Rally scoring is used. You do not have to serve to win the point.
   4. Each player shall serve for 2 points. After 2 points, the server shall become the receiver, and the receiver shall become the server, and so on until the end of the game. The player who served first in a game shall be the receiver first in the next game.
2. Doubles play:
   1. Each match will consist of the best of 3 games
   2. The first team to 21 points (win by 2) will be declared the winner
   3. Rally scoring is used. You do not have to serve to win the point.
   4. Each player shall serve for 5 points. After 5 points, the server shall become the receiver, and the receiver shall become the server, and so on until the end of the game.
   5. Service is always done from the right side of the table. The ball must hit in the opposite court on the opponent’s side.
   6. Teammates alternate returning the ball. No player can return the ball twice in a row.

Rules of play:

1. Beginning play: In each game, the choice of ends and the determination of the server and receiver shall be decided by a rock/paper/scissors contest. The winner of the contest shall have the choice of being the server or receiver OR have the choice of ends. The loser shall have the remaining option.
2. Service:
   1. Service shall start with the ball resting freely on the open palm of the server’s stationary free hand.
   2. The server must project the ball vertically upwards, with no spin, so it rises at least 6 inches after leaving the palm of the hand and then falls without touching anything before being struck.
   3. As the ball is falling, the server shall strike it so that it touches first their court and then, passing directly over the net, touches the receiver’s court. In doubles the ball shall touch successively the right half court of the server and receiver.
3. Point scored: A point is scored when a player fails to make a good service or fails to return a volley. A point shall also be awarded if the ball passes over a player’s court or beyond his/her end line without touching his/her court after being stuck by his/her opponent.