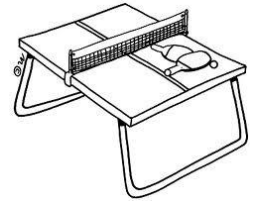


TABLE TENNIS

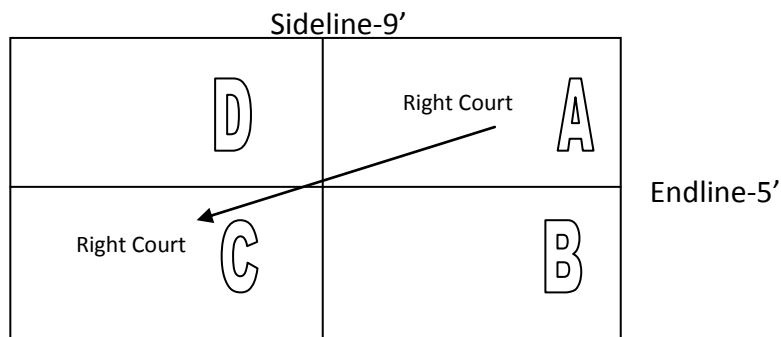


HISTORY:

The exact origin of the game of table tennis is not known but it was played in England and the US in the 1890's and was commonly known as "ping pong." Table tennis is an Olympic sport and is second only to soccer in worldwide popularity.

EQUIPMENT:

Table tennis requires a paddle of any size, weight, or material and a ball. The table must be 9 feet in length and 5 feet wide with a height of 2 ½ feet. The net is 6 ¾ inches high at the center of the table.



RULES:

1. A game is played to 21 points. If the score is tied at 20-20 then a player must win by a 2 point margin.
2. Play begins with one player serving and one receiving. The choice of ends and the right to serve or receive first shall be decided by spinning the paddle. The winner of the spin may choose to serve or receive and the loser shall have the choice of ends.
3. The server puts the ball into play by toss it into the air from the palm of one hand and striking it with the paddle (held in the other hand) so that it hits his own court first and then the net and bounces on the opponents court.
4. The receiver must return the ball over the net so that it hits the servers' court. Only the serve goes from paddle to court and over the net.
5. Play continues until one player fails to make a legal return. The opponent then scores one point. **Server or receiver may score points.**
6. The serve changes from one player to another every time 5 points are scored (except when the score is 20-20).
7. When the score is tied at 20-20 the serve changes after every point until one player is ahead by 2 points and has won the game.
8. The following rules apply to **doubles games**:
 - a. All serves must be made so that they touch the servers' right court and then the receivers' right court. A ball hitting the center line is considered in the right court.

- b. The team serving first in any game decides which partner is to serve first and the opponents decide which is to receive.
 - c. At the end of each 5 points, the person receiving becomes the server and the partner of the previous server becomes the receiver. Reminder: You must receive before you may serve. Serving order (refer to diagram above):
 - i. A serves 5 points to C
 - ii. C serves 5 points B (who moves to the right court)
 - iii. B serves 5 points to D (who moves to the right court)
 - iv. D serves 5 points to A (who moves to the right court)
- 9. In serving the server's paddle must strike the ball behind the end line and between the sidelines (extended).
- 10. If a player touches the playing surface with his body or clothing, a point is awarded to the opponent.
- 11. In serving, the ball must be held in the palm of the hand, visible to the opponent and with no spin being imparted to it by the hand.
- 12. If the ball hits the net on the serve and goes over, it is a "let" and the server serves again. If the 2nd serve is a let the server loses the point.
- 13. If a player misses the ball completely when serving it is a point for the opponent.
- 14. The ball MUST bounce on the table before it is hit back to the opponent. To hit it before it bounces makes your hit illegal.
- 15. A player loses a point when:
 - a. If he fails to make a good serve except in the case of a let serve.
 - b. If you do not return the serve.
 - c. If he touches the net or it's supports with body or paddle.
 - d. If he moves the table while the ball is in play.
 - e. If he touches the table with his free hand while the ball is in play.
 - f. If the ball touches him before bouncing on his side of the net.
 - g. If you hit the ball before it hits your side of the table.
- 16. Consult the terminology below for situation where a let occurs.
- 17. Good strategy would involve the following:
 - a. Change the speed of your serve.
 - b. Keep you eyes on the ball
 - c. Keep the flight of the ball low
 - d. Move quickly out of the way of your partner
 - e. Play to your opponents' weakness
- 18. A singles game shall be won by the player or pair first scoring 11 points unless both players or pairs score 10 points, then the game shall be won by the first player or pair subsequently **gaining a lead of 2 points.**

TERMINOLOGY:

- Ace: A good service that the receiver is unable to touch.
- All: A term used to indicate an equal score

Dead Ball:	When a let is called or a ball bounces twice on the same side of the table or at the end of a point
Edge Ball:	A ball that is in play and strikes the top edges of corners of the table top. The ball is good and still in play.
Endline:	The 5 foot line at the end of the table.
Fault:	A service failure in which the ball does not land in the proper court
Let:	A let is called in the following situations: <ul style="list-style-type: none"> a. If a served ball hits the net or its supports and lands on the opponents side of the court b. When the serve is delivered when the receiver is not ready c. Is called cases on interference d. Means no points are scored by either team and the ball is re-served.
Push Shot:	A ball is hit in a pushing motion so that there is no spin on it
Rally:	A lengthy exchange of hits
Slice:	The ball is hit late so that it tend so spin away from the paddle
Volley:	The illegal practice of hitting the ball before it has bounced

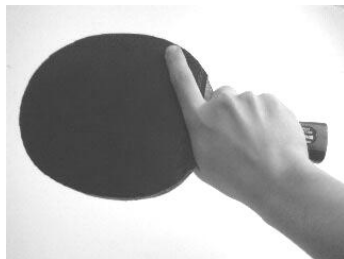
SAFETY:

1. Stop play on the whistle.
2. Do not begin play until instructed to do so.
3. Learn how to correctly open and close the tables.
4. Do not lean, sit or push the tables when they are open.
5. Play should be directed in the area of your table do NOT hit the ball across the room.
6. Do not use your foot to stop the ball rolling on the floor.
7. Only use the paddle to hit the ball-not people, the table or other things.
8. Put all equipment away correctly.

ETIQUETTE:

1. Introduce yourself to your partner and opponent.
2. The server announces the score before every serve.
3. Compliment your partner/opponent on a good play.
4. Adjust your level of play to your opponent.
5. Win graciously but accept defeat as well.
6. No swearing or complaining about your play or anyone else's.

PADDLE GRIPS:





BADMINTON

HISTORY:

Badminton started in India and became popular in England. It came to the United States by way of Canada. Supposedly the game originated from a game called “Poona” that was played in India. The first Poona Club was established in Bath, England in 1873.

The name Badminton comes from the country estate of Duke of Beaufort in England. The estate called Badminton house was near the village of Badminton in Gloucestershire. The first real American impetus of the game came from the return of soldiers from WWI. Officers became acquainted with the game in England and brought it home to Canada and the US. Badminton became an Olympic sport in 1992.

It can be played indoors or outdoors, singles or doubles. The game requires quick reflexes, finesse and good conditioned players.

EQUIPMENT:

Badminton requires a racquet, shuttlecock(birdie or bird), net and playing surface. The height of the net shall be 5’ at the center and 5’1” at the sides.

COURT DIAGRAM GOES HERE:

RULES:

Toss: Before play begins, opponents toss to decide order of service and choice of courts. The winner of the toss has choice of service or choice of courts and the loser has alternative choice. The side that wins a game serves first in the next game. Sides of court are also changed after each game and at 8 points in game 3.

Scoring: Only the serving team can score points. A women’s singles game is to 11 points, men’s singles and all doubles games are to 15 points. The winner needs only a 1 point advantage. A match is the best of 3 games.

Service:

Singles-Players shall serve and receive from the right hand service courts when the servers score is 0 or any even number of points. The players shall serve and receive from the left hand courts when the server’s score is an uneven number of points. Both players change service courts after each point scored.

Doubles-Only one partner on the team with the first serve in double may serve in the team’s half of the inning. After a fault by the serving team, both opponent partners get to serve in their half of the inning. Thereafter, both partners serve in their respective half-innings.

Faults: A fault by serving side—server loses serve.

A fault by receiving team—server earns a point.

Service Faults:

1. Racquet head higher than server’s hand. The serve must be underhand.
2. Shuttle contacted higher than server’s waist.

3. Shuttle falls outside service court (on the line is good).
 - a. Servers or receivers feet not inside the proper court line, both feet must remain stationery when racquet begins motion.
 - b. Before or during service, a player makes a preliminary feint or otherwise balks his opponent
 - c. If in service or play the shuttle touches anyone or anything other than the racquet head and face (except the top of the net).
 - d. More than one person on a side hits the shuttle before it crosses the net or one person hitting it twice before it crosses the net.
 - e. If the server hits the top of the net and lands in the correct service court it is legal and in play.
 - f. The server may not serve until the receiver is ready. If the receiver returns it it is considered played. A receiver who is no ready should let the shuttle fall to the court.
 - g. If the server, in attempting to serve, misses the shuttle, it is not a fault and service shall be taken again (unlimited attempts).
 - h. If a player reaches over the net on the follow-through, it is not a fault. It is a fault if the player reaches over or under the net to play the shuttle or if the player touches the net or its supports wit racket, person or dress.
 - i. The shuttle may not resp momentarily on the racquet during the execution of a stroke, this is called a carry, sling or throw.
 - j. A player hit with thte4 shuttle (in or out of bounds) is at fault and the player who hit the shuttle receives point or serve. A player may not crouch below the net and hold his/her racquet above the net in a blocking fashion to hit a smash or other shot.

TERMINOLOGY:

Backhand Stroke:	A Stroke made from the non-racquet hand side
Balk:	Any deceptive movement which disconcerts an opponent before or during service.
Bird/Birdie:	The shuttlecock, projective used in playing Badminton.
Carry:	Momentary resting of shuttle on racquet during shot execution-ILLEGAL
Clear:	High, deep shot to the back boundary line.
Combination Doubles:	Using both side by side and up and back strategy in doubles play
Deception:	Out witting ones opponent with deception stroking through change of direction and or speed of shuttle
Drive:	Fast, low shot with horizontal flight pattern.
Drop Shot:	Finesse stroke hit with little speed and falling close to the net.
Fault:	Infraction of the rules resulting in forfeiture of service if committed by server and a point if committed by the receiver.
Forehand Stroke:	A stroke made on the racquet hand side.
Game:	Official game is 15 points in doubles and men's singles; 11 points in women's singles.
Inning:	A side's turn to serve.

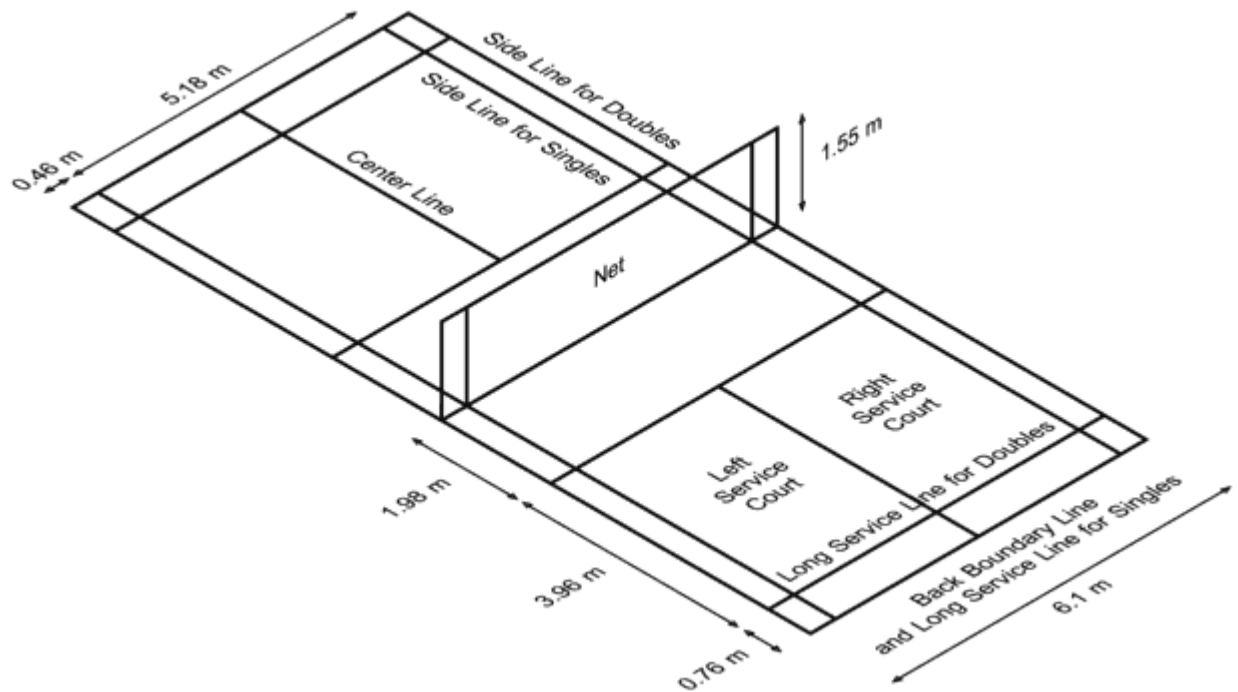
In Play:	The bird is in play from the time it is hit by the server until it hits the floor, body or clothing of a player, or until a fault has been committed.
"In" Side:	Player/team having the right to serve.
Kill:	A shot that makes a return impossible, also called a smash, usually very fast, aiming down at the opponents' floor in a straight direct manner.
Let:	Permitting a serve to be taken over, because of an unforeseen hindrance coming in the way of the player, or inability to determine if hit was in or out.
Lob:	A high clear, the bird is raised high and lands in the back court.
Long, High Serve:	A high clear serve. Used more in singles, enables you to return to your home position.
Love:	No score
Match:	Winning, 2 out of 3 games.
"Out":	Player or side receiving the service
Overhand Hit:	Hit used in returning a bird from a point overhead, should be contacted slightly in front of the body.
Rally:	A return of the bird several times.
Rush the Serve:	Quick move to the net in attempt to smash/put away a low serve.
Short Serve:	Refers to the flight of the bird. Sometimes called soft serve, lands close to the service line and is close to the net as well.
Shuttlecock:	Bird, birdie—projectile used in Badminton
Side By Side:	Strategy where players play their "side" of the court.
Smash:	A bird hit forcefully down at the opponents court; similar to a spike in volleyball.
Throw:	A shot where the bird is carried or thrown by the racquet-Illegal
Up and Back:	Strategy where partners are either playing the front or the back of the court.

ETIQUETTE:

1. Introduce yourself to your partner and opponent.
2. Call faults promptly and fairly, compliment opponents or partners good shots.
3. Do not ask spectators to help with decisions, avoid distractions.
4. Avoid repeated replays, avoid making excuses for poor shots.
5. If you are serving, call the score before EACH point.
6. No swearing, complaining, criticizing or equipment abuse.
7. Warm up with your opponent
8. Check that the receiver is ready before serving
9. Call 'No shot' when you fault by carrying, slinging or throwing the shuttle.
10. Retrieve shuttles on your side of the net. Hit or toss them gently to where they will be initiating their serve.
11. Do not interfere with play on adjoining courts.
12. Shake hands with your opponent upon completion of game or match
13. Report score and return equipment to proper place at end of class

SAFETY:

1. Take equipment only when instructed to do so, stop playing on the whistle.
2. DO NOT GOLF the birdie, bend over to pick it up.
3. Retrieve the bird on adjoining court when play is stopped.
4. Call shots that could be taken by either player.
5. Racquets are NOT to be tossed in the air or dropped.
6. All equipment needs to be put away when not in use.



PICKLEBALL

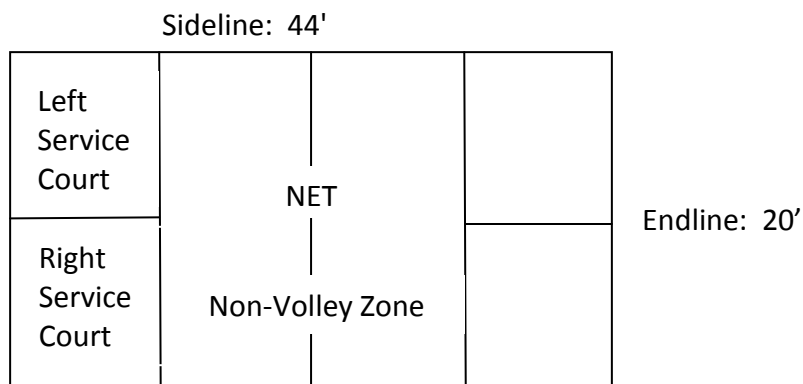
HISTORY:

Pickleball is a relatively new game having gotten its start in 1965 in Seattle, WA. Two business men were attempting to have a family badminton game but we3re unable to produce a worthwhile shuttle cock so they substituted a plastic perforated ball. Further experimentation resulted in a 3' net height and wooden paddles. The originators of the game had a cocker spaniel named "Pickles" who took an interest in the new game. As play progressed and a loose ball came his way, Pickles would take the ball and disappear with it; hence the origin of the name "Pickle-ball."

EQUIPMENT:

Pickleball is played with wooden paddle and plastic ball on a badminton size court. The net is set at a thigh of 34" at the center. The court is the same for singles or doubles.

COURT DIAGRAM:



RULES:

1. The game is played to 11 points and a player must win by a 2 point margin.
2. A team shall score a point only when serving. A player who is serving shall continue to do so until a fault is mad by her team.
3. To determine first serve a coin may be tossed or the racquet may be spun. Winner of the toss or spin has the option of serving first or not serving first.
4. Doubles serve rotation: At the start of each game the first serving team is allowed only one fault before giving up the ball to the opponents. Thereafter both members of each team will serve and fault before the ball is turned over to opposing team. When the receiving team wins the serve, the player in the right court will always start play.
5. Serving Rules:
 - a. One foot must be kept behind the endline when serving.
 - b. Serve must be underhand and the paddle below the waist.
 - c. The ball must be served in the air-no bounce allowed.

- d. Serve must be made diagonally and may not bounce in the non-volley zone.
 - e. Each player receives 1 attempted serve EXCEPT if the ball touches the net on the serve and lands in the proper service court (re-serve).
 - f. To swing and miss on an attempted serve is loss of serve.
 - g. The serve always begins on the right. After scoring a point the server will serve from the left. This will continue until a fault occurs.
 - h. When the serve is won by the receiving team the player positioned on the right will serve first. The order is not always the same.
When serving in singles, a player will serve from the right hand court when her score is 0 or even and from the left hand court when her score is odd.
6. The ball must bounce on each side before it can be volleyed (no bounce) in a rally. This is known as the “double-bounce rule.”
7. It is illegal to volley the ball unless your feet are behind the non-volley zone line. If the ball bounces in the non-volley zone, you are allowed in that zone. It is also a fault to step over the line on a volley follow-through.

TERMINOLOGY:

Ace:	A serve that the receiver cannot get to and that scores a point for the server.
All:	When the score is tied, as is 6-all.
Backcourt:	The area around the baseline
Backhand:	The stroke used to play the ball on the non-paddle side of the body.
Change of Pace:	The strategy of changing the speed of the ball from hit to hit.
Chop:	A movement in which the paddle is drawn down and under the ball, imparting backspin to the ball.
Crosscourt Shot:	Placing the ball from one side of the court across the net to the side diagonally opposite.
Deep:	A shot landing within the court near the baseline.
Doubles:	A game played between 2 teams of 2 players.
Down the Line:	A shot that travels low over the net and parallel to the sideline.
Drive:	A ball hit after the bounce with medium speed so that it will travel to the end of the opposite court.
Drop Shot:	A ball hit softly with backspin so that it just clears the net and lands very close to it in the non-volley zone.
Earned Point:	A point won by the skill of the player rather than by the error of the opponent.
Error:	A point lost because of poor play not caused by your opponent. Many more points are lost on errors than are won on placement or earned points.
Even Court:	The right court, because when serving from this court an even number of points have been played in the game.
Face:	The hitting surface of the paddle.
Fault:	A served ball that does not land within the proper service court.

Foot Fault:	A service that is illegal; usually the server fails to keep 1 foot behind the line.
Forehand:	The stroke used to play the ball on the paddle side of the body.
Came:	Completed when 1 side scores 11 points with a 2 point lead.
Groundstroke:	Hitting the ball after it has bounced.
Let:	A point that must be reserved.
Let Serve:	A ball that hits the top of the net on the serve and lands in the correct service court: Must be replayed.
Lob:	A high, arching shot over the reach of the net player that lands near the opponents baseline.
Net game:	Strategy where the player usually advances to the net to use the Volley and smash to end the point.
Non-Volley Zone:	The area 7' on either side of the net. A player may not step into this area to play the ball before it has bounced.
Odd Court:	The left court, because when serving from this court and odd number of points has been scored.
Smash:	An overhead stroke used to put the ball away.
Passing Shot:	To send the ball quickly over the net past an opponent's reach.
Rally:	The continuation of play after the serve.
Spin the Paddle:	The method used to determine serve or side. The loser of the spin has the remaining choice.
Volley:	To hit the ball before it bounces.

ETIQUETTE:

1. Do not5 distract other players by walking behind their court during play. Wait until the point is finished and then hurry to your court.
2. Introduce yourself to your partner and opponents.
3. Do warm-up hitting before you start your game.
4. Wait for the receiver to be ready before serving.
5. The server must announce the score before every point.
6. Do not return a ball that is out. To do so means the hit will be considered in.
7. Make calls on your side of the net fairly. Replay questionable hits.
8. Do not enter an adjoining court to retrieve a ball until play is stopped.
9. Replay a ppoint if a ball enters your court and interferes with play.
10. Congratulate partner and opponent on good shots.
11. Play to win but accept defeat graciously. Adjust your play to opponent.

SAFETY:

1. Warm up before beginning to play.
2. Racquet safety straps must be wrapped around your wrist. Do not drop your paddle.
3. Play does not begin until directed by the teacher, and stop on the whistle.
4. Wild hits will result in removal from class.
5. Do not over swing. Be aware of where your partner is.

6. Do NOT jump over the net.
7. Do not hang on or tip standards.
8. Call the shot when playing doubles.
9. Do not hit anyone or anything with the paddles except the ball.
10. Put equipment away properly.