

PHYSICAL EDUCATION

SENIOR FINAL

STUDY GUIDE

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Badminton Review Sheet

Rules:

1. Serve must be underhand.
2. Serve must go diagonally.
3. After winning a service point server and partner switch sides of court.
4. Team that serves first gets one serve, then each partner serves until birdie goes to the other team.
5. Game is played until 11 points, must win by 2.
6. Birdie that hits the line is in.
7. Only get one hit to get birdie over the net.
8. You can only "score a point when serving.
9. Loss of serve or point when: birdie goes out of bounds, when serve or hit goes into net, serve does not go diagonally.
10. Serve starts on right side of court.

Facts:

1. Another name for birdie is shuttlecock.
2. Game originated in England in the 1800s

Shots:

1. Drive - hard shot hit close to the top of the net
2. Drop - a shot that barely clears the net, falls in front court
3. Clear - high shot that goes to the back court
4. Smash - overhead shot hit hard and downward
5. Long Serve - hit to back alleys
6. Short serve - just clears net to front service box.

Basketball Study Guide

1. Rebound: gaining possession of the ball after an unsuccessful shooting attempt.
2. Lay-up: take off should occur off one foot, "lay" the ball against the backboard.
3. Jump ball: at the start of the game, put the ball into play
4. Drive: an aggressive move toward the basket by the player with the ball.
5. Free throw: a shot that is awarded by the referee to be taken at the "free throw line" unhindered.
6. Give and go: a short pass by offensive player to a teammate, and then cuts in toward the basket for a return pass.
7. Pivot: player holding the ball can move on one foot being kept at its point of contact with the floor.
8. Travel: Player in possession of the ball holds the ball and moves in any direction.
9. Foul: contact with an opponent while the ball is alive or being throw-in.
10. Held ball: two opponents have one or both hands firmly on the ball.
11. Assist: pass made to a teammate who scores.
12. Center: An offensive player nearest the basket in a set offense.
13. Forward: the offensive side player in I set offense.
14. Guard: the offensive player who brings the ball up the court to begin the offensive maneuvers
15. Man to man: defense involving each player guarding one offensive player at all times.
16. Zone: defense involving placement of the players in designated areas in their backcourt, thereby requiring them to guard offensive players entering that area.

Techniques:

1. Jump shot: ball held by pads of the fingers, shooting hand behind the ball, guide hand on the side, jump off with both legs into the air, put back spin on the ball, at the apex of the jump follow-through.
2. Baseball pass: a one handed, overhand pass.
3. Bounce pass: a pass which bounces on the floor before being caught.
4. Chest pass: ball held on sides with two hands, release ball by extending the arms fully, snapping the wrists, and stepping into the direction of the pass. Keep passes crisp and slightly ahead of a moving receiver.
5. Dribbling: pads of the fingers, wrist and finger flexion provide me force, both body and ball should be kept low. Also when dribbling keep your body between the ball and defender.
6. Do not dribble when a pass is better.

Strategies and rules:

1. Always maintain a good defensive position or stance.
2. Regulation game: five players per team on the floor at one time.
3. Offensive player cannot remain for more than 3 seconds in the lane of free-throw line.
4. Field goal: behind the arc equals three points, field goal equals two points and a free throw equals one point
5. Ball is out of bounds when it touches a line or a player who is out of bounds
6. A player fouled in the act of shooting a 2-point shot gets 2 foul shots if the shot is missed.

Fitness Review Sheet

Benefits:

1. Increase cardiovascular endurance, agility, speed, muscular strength, power and flexibility
2. Improves appearance, energy, and self esteem
3. With exercise and a proper diet you will live longer, more active lives

Fitness Testing

1. 12 minute run – measures endurance
2. 50 yard dash – measures speed
3. Standing long jump – measures leg strength/power
4. Sit ups – measures abdominal strength
5. Shuttle run – measures agility
6. Pull ups/Flex arm hang – measures arm strength

Fact:

1. Your test results would increase year to year by you exercising regularly or getting involved in athletics

Flag Football Study Guide

1. Offense: the team with position of the ball
2. Defense: the team that is attempting to stop the advance of the ball by the offensive team
3. Zone defense: divide the field into “zones” or areas and each defender is responsible for that area
4. Line of scrimmage: the line where the offensive team starts with possession of the ball. Offense on one side of the ball and defense on the other side.
5. Neutral zone: the area on each side of the line of scrimmage. Players for both teams are not allowed in the neutral zone until the offensive team snaps the ball.
6. Passing: throwing the ball from one offensive player to another offensive player while the passer must stay behind the line of scrimmage and the ball must not touch the ground.
7. Catching: the act of receiving the ball that is passed
8. Pass patterns: predetermined routes run by receivers and backs. Examples hitch and post patterns.
9. Blocking: screen type blocking, (stress in Phys. Ed. Class) limited contact. Legal contact with a player from the other team, who does not have the ball, with the intent to obstruct him/her.
10. Fumble: when a player loses possession of a live ball other than by kicking, or passing it.
11. Huddle: when either the offensive or defensive team assembles to determine signals between plays.
12. Kick off: the place kick that is used to begin the first and second halves as well as after scoring.
13. Fair catch: a catch of a kick that goes beyond the line of scrimmage by a player on the receiving team, and if signaled for and caught cannot be run back or the receiver tackled

Rules

1. One hand touch or one flag
2. Center is ineligible
3. Defense must count five seconds before rushing the ball. Example (5 Mississippi)
4. Offensive team starts with four downs/plays in order to score or receive four more downs/plays for moving the ball a predetermined distance (most times ten yards)

Penalties

1. Offsides: where one team starts into the neutral zone before the ball is snapped
2. Illegal motion: one team starts motion of its players before the snap of the ball
3. Holding: withholding a player on the opposite team from playing
4. Pass interference: the defensive team illegally interferes with one of the offensive receives making it difficult for that player to catch the ball
5. Clipping: a violation caused by contacting the back of a player on the defensive team who does not have the ball

Scoring

1. Touchdown: six points
2. Point after touchdown (PAT): one if kicked, two if run or passed into the endzone
3. Safety: two points. This occurs when the offensive team is downed behind the goal line after the ball has been between the two goal lines.
4. Field goal: three points (not used in most flag football games)

Positions

1. Safety: a defensive player who lines up farthest away from the line of scrimmage and closest to his own goal line
2. Defensive line: includes tackles who are closest to center, ends who are outside of tackles
3. Line backers: defensive players who are about one to three yards behind the tackles or ends
4. Defensive backs: are one to ten yards off the line of scrimmage, usually responsible for pass coverage and outside run containment
5. Quarterback: generally calls the plays, passes the ball or hands the ball off
6. Full back: plays behind the quarterback, generally blocking back and short play receivers
7. Halfback: plays in the backfield behind the quarterback, generally primary running back and short play receiver
8. Center: offensive lineman who centers or snaps the ball to the quarterback and then blocks
9. Wide receiver: goes out for passes and down field blocking
10. Tight end: generally the last man on the end of the offensive line, go out for passes and blocks on running plays
11. Offensive line: the center plus guards on each side of center and tackles on each side of the guards. They are responsible for blocking

Floor Hockey Review Sheet

Positions:

1. Goalie
2. Defense
3. Center
4. Wings

Rules:

1. Any stick brought above waist is considered a high sticking penalty
2. The goalie is given a crease area where no player is allowed to enter and play the puck
3. Game begins with a face off
4. During physical education no checking or contact is allowed

Skills:

1. Passing
2. Dribbling
3. Shooting - wrist or slap shots
4. Goalie skills
 - A save is when the goalie stops the puck from going into the net
 - After a save the goalie should clear the puck away from the net

Pickleball Review Sheet

Rules:

1. Double bounce rule – ball must bounce on opponents side after serve, then on servers side after return before being volleyed
2. Any ball that strikes a line is in
3. A player may not strike a ball in the non volley zone unless it has bounced this leads to loss of point or serve
4. Team that serves first gets one serve, then each partner serves until ball goes to opposing team
5. You must be serving to receive a point
6. Games are played until 11 points, you must win by 2
7. A ball may only bounce once before being returned
8. Serves must be underhand, directly out of the hand, and one foot must be out of bounds
9. A ball that hits the nets and goes over is good
10. Loss of point or serve occurs by hitting the ball out of bounds, stepping in non volley zone and volleying, striking ball before double bounce rule, or hitting ball into net

Facts:

1. Pickleball gets its name from a dog named pickle
2. The game originated in 1965 on Brainbridge Island and is similar to badminton

Shots:

1. Lob – hitting the ball high and deep in opponent's court
2. Overhead slam – hard hit shot toward sidelines
3. Drop shot – just clears the net, falls close to net
4. Drive shots – hard hit toward opponent
5. Long and short serve

Soccer Study Guide

1. You use your instep when kicking the ball soccer style
2. Corner kick: when the ball goes off a defensive player over the end line
3. Goal kick: when the ball goes off an offensive player over the end line
4. Heading: when you redirect the ball using your head
5. Trapping: stopping a ball using your feet
6. Throw-in: used when the ball goes over the sideline. Executed legally when two feet are on the ground, two hands are on the ball, and both hands are at the same level.
7. Goalie: only player on the field that can use their hands or punt the ball
8. Dribbling: controlling the ball at one's feet while moving or dodging
9. Penalty kick: a defensive foul committed in the defensive box
10. A game is started with a kick-off

Softball Study Guide

1. Force-out: a putout on a base runner that had to advance due to the batter's becoming a base runner
2. Full count: the count of 3 balls and 2 strikes on a batter
3. Sacrifice: advancement of a base runner by a batter who deliberately hits the ball in such a way that the defensive fielders can only make a play on the hitter
4. RBI: runs batted in, if a base runner scores when a batter gets a base hit, sacrifice, force in a run by being walked or hits into a putout, the batter is credited by RBI
5. Battery: the pitcher and catcher
6. Double play: a defensive maneuver resulting in 2 outs in 1 play
7. Pinch hitter: a player who is sent into the game to bat in place of another player
8. Interference: an action by a batter or base runner that prevents the defensive fielder from making a play
9. Error: a ball misplayed by a defensive player
10. Earned run: a run scored through an offensive play rather than a defensive play
11. Passed ball: a pitched ball that the catcher fails to hold or control that the batter did not strike
12. The defensive position between second and third base is called the shortstop

Techniques:

1. When gripping a softball your fingers should be across the seams forming the letter "C", use the two-finger grip. Index finger and middle finger go across the seams.
2. The pitching motion in softball is underhand
3. Base running is a maneuver that attempts to advance the runner through the use of stealing bases or advancing after the batter hits the ball
4. When catching a ball, focus on the ball as it goes into the glove. Arm and hand should give with the ball.

Tennis Study Guide

1. Groundstroke: ball hit after it bounces, usually around the baseline
2. Forehand: if a “right handed player” a groundstroke hit on the right side of the body
3. Backhand: if a “right handed player” a groundstroke hit on the left side of the body
4. Volley: a ball hit in the air, before it bounces, usually around the net
5. Baseline: furthest parallel line from the net
6. Service line: closest parallel line from the net
7. Ace: a service winner that the opponent does not touch with the racket
8. Cross-court: to hit forehand-to-forehand or backhand-to-backhand
9. Ready position: stance assumed after one hits the ball. Racket across the body, the knees bend and positioned at the baseline
10. Foot fault: during the serve, if the shoe touches the baseline before the ball is hit
11. Fault: missed one of two chances to hit a serve into the service box
12. Lob: to hit the ball over your opponent
13. Overhead: to hit a lob before it reaches the court
14. Deuce: score tied at 40 to 40, must win two points in a row to win the game
15. Advantage: in a deuce game, one player is one point from winning the game

Techniques:

1. Anticipate is moving to the ball before it crosses your side of the net
2. Eye on the ball: watch the ball hit your strings
3. Hit in front: keep the ball in front of you as you hit the ball
4. Step and hit: step with the opposite foot
5. Ready position: as soon as you hit/return the ball assume the ready position, get ready to move to the next shot
6. Serve: toss is high enough to extend the arm complete as you hit the ball

Rules:

1. A ball that hits any portion of the line is in/fair
2. If you touch the net (racket, body, clothes, shoes, etc.) you lose the point

Strategies:

1. Doubles: each team member is responsible for ½ of the court

Scoring:

1. Love is zero, first point = 15, second point = 30, third point = 40
2. You must win a minimum of 6 games to win a set

Volleyball Study Guide

Terms

- Side-out – when a point and a serve is given to the other team
- Serve receive – when the other team is serving and your team is in position to receive the serve
- Bump – a pass off the forearms
- Set – an overhead pass with the hands
- Spike – a one handed overhand hit, at the net
- Dig – a pass that is passed off of a hit. It is usually an emergency technique that is contacted with one arm
- Kill – a spike that the other team cannot play, that results in a point
- Ace – a serve that hits the floor on the opponent's side without being touched by the opponent
- Rotate – moving clockwise when the serve is gained
- Block – stopping a hit from reaching your side by using your hands to deflect the ball back into the opposite court
- Topspin serve – a powerful serve that spins so as to fall short into the opponents court
- Floater serve – a strong serve that is served without spin so that it will catch the currents in the air which will cause the ball to move from side to side unpredictably (much like a knuckle ball in baseball)
- The best sequence of hits when returning the ball is bump, set, spike

Rules

- Rally scoring – a point is scored on every play
- Let serve – it is legal for the ball to contact the net on the serve
- 6 players are allowed on the court per team
- Each of the 6 players must be in their proper serving rotation positions at the time of the serve
- A player from the back row may not contact the ball above the height of the net in front of the 10-ft. line
- A regulation volleyball match consists of 3 out of 5 games to 25 points.
- No part of your body can touch the net during play
- It is illegal for the ball to come to rest with any part of your body upon contact
- In a regulation game the server must stand behind the endline when serving
- It is illegal to block the serve
- Each team is allowed 3 hits to get the ball over the net

Weight Lifting Study Guide

1. Warm-up: at the start of each session, simple stretching and calisthenics prepare the body for the weight lifting
2. Spotter: a person who assists you with your weights and is there to be sure the exercise is safe
3. Lift: to raise the weight in a specified manner
4. Repetition: how many times in a row you lift a weight
5. Set: if a person was to perform 10 repetitions that would be one set of ten, the number of repetitions may vary
6. Weight: the number of pounds the person is lifting
7. Circuit training: type of training in the weight room where the person stays at a station for a set amount of time and then goes to another station for the same time period this continues through the workout
8. Barbell: a steel bar between five and seven feet in length with removable ends
9. Dumbbell: a miniature barbell used in one hand
10. Clean: raising the bar to shoulder height
11. Collar: a circular ring, usually of steel, attached to the bar and meant to keep the weights from sliding

Mostly legs:

1. Dead lift
2. Squats
3. Leg extensions (quads)
4. Leg curls (hamstrings)

Chest exercises:

1. Flat bench press
2. Incline bench press
3. Dumbbell fly
4. Decline bench

Back exercises:

1. Rowing
2. Lat pull
3. One arm rows
4. Hang cleans

Shoulder exercises:

1. Shoulder press
2. Lateral fly
3. Upright row
4. Shrugs
5. Hang cleans

Triceps exercises:

1. Extensions
2. Close grip bench
3. Dips

Biceps exercises:

1. Preacher bench
2. One arm curls
3. Reverse curls

Abdominal exercises:

1. Sit-ups
2. Crunches
3. Leg lifts

Technique

1. Emphasis should be placed on the correct execution of the movement of the exercise
2. Beginners should start using lightweights and high repetitions
3. Work large muscle groups then the smaller muscle groups as your workout continues
4. Olympic Lifts: clean and press; two hand snatch and the dead lift

Rules in the weight room

1. Return your weights to the racks
2. Always use a spotter with free weights

The Olympic bar bell weighs 45 pounds

Lifting weights on a consistent basis will result in increased bone density, increase strength and tone muscles.

It is not a good idea to lift the same muscle group every day, instead every other day would be beneficial.

Basic Golf Terms

Approach - The shot a player takes from the fairway to the green.

Away - Describes the ball that lies farthest from the cup when two or more golfers are playing. The away ball is always the first one played on each turn.

Birdie - Scored by a player who sinks the ball in the cup one stroke under par for that hole. For example, if a player takes four strokes to put the ball in the cup on a par five, he or she gets a birdie.

Bogey - When the number of strokes it takes to sink the ball in a hole exceeds the par by one. On a par three hole, a score of four is called a bogey, and the golfer scores one over par on that hole. A **double bogey** is two over par and a **triple bogey** is three over par.

Break - The slope of the green between the “lie” of the ball and the cup.

Caddie - The person who carries a golfer’s bag around the golf course.

Chip Shot - A shot used on a short approach, in which the ball is popped up in the air in such a manner as to have it roll toward the pin when it lands on the green.

Club Face - The surface area of the club head used for striking the ball.

Cup (or the Hole) - The round hole on each green (4 1/4” diameter).

Divot - The clump of grass dug up from under the ball on fairway iron shots.

Dog Leg - Any golf hole where the fairway bends either left or right toward the green - like a dog’s leg.

Drive - Term describing a golfer’s first stroke from the tee box on every hole.

Drop Ball - If a ball lands in a water hazard, is lost, or needs to be repositioned in its lie on the course, the golfer takes a drop ball. From an outstretched hand, the golfer drops the ball on the course in a position no closer to the hole than where the original ball landed.

Eagle - When a golfer is two strokes under par for a given hole. On a par four, for example, if a player hits his or her second shot into the hole, the player gets a score of two and it counts as an eagle. A **Double Eagle (or Albatross)** is when a golfer is three strokes under par on a single hole. It is quite rare.

Fairway - The long stretch of neatly trimmed grass that runs between the tee box and the green.

Flagstick (“Pin” or “Stick”) - The pole (with flag) that stands in the cup on each green. The pin is a marker at which players shoot when approaching or aiming for the green. The flag is usually removed when players begin putting.

“Fore!” - A warning shouted by players who fear a hit golf ball may strike another person on the course.

Fringe - The thin strip of slightly longer grass (compared to the grass on the green) that separates the surrounding rough from the green.

Green (or Putting Surface) - The short grassy surface where the cup is located.

Hacker - A slang term which describes someone who is not very good at golf.

Handicap - A rating system reflecting the average number of strokes above par a player normally scores in one round of golf. It is a method of equalizing competition by allowing a certain number of strokes to a golfer competing against a more skillful player. The handicap is computed from a golfer's previous scores.

Hazards - Obstacles strategically placed on a golf course to make play on each hole more difficult. Sand traps, water, and trees are all considered hazards.

Hole-in-one (or Ace) - This rare score occurs when the golfer's tee shot goes into the hole.. Most hole-in-one shots occur on the shorter par three holes.

Hook (or Draw) - Occurs when a golf ball starts straight, but then hooks left while in flight. (For right-handed golfers.)

Lie - The position in which the ball lies on the course after a stroke. Players may not move or lift their ball in any way that may improve their lie - except if the ball rests on an obstruction or in a spot where a stroke is not playable, and a drop ball is required.

Links - A term originally describing seaside golf courses, now used to describe golf courses in general.

Loft - The angle of incline on a club face.

Mulligan - Used only in casual play (never in tournaments), it is when players permit each other one free shot per round without incurring a “penalty stroke.”

Obstructions - Any path, road, or foreign object on a golf course. A golfer is permitted to move a ball from an obstructed lie using a drop ball. In this instance no penalty stroke is incurred by the golfer.

Par - The number of strokes per hole it should take a player to sink the ball in the cup. Holes measuring up to 250 yards are called par threes; from 251 to 475 yards are par fours; and any hole above 475 yards is considered a par five.

Penalty Stroke - If a golf ball lands in water; rests in a lie where it cannot be played; is lost; or goes out-of-bounds; a one stroke penalty is incurred by the golfer. The golfer must replay another ball near the original spot where the ball was hit or near to where the ball was lost or went out of play.

Pitch Shot - A short approach shot similar to a chip, except that the ball is struck in such a way as to cause it to spin backward when it lands on the green.

Provisional Ball - When a golf ball is presumed lost, a second (replacement) ball is allowed to be played from where the first ball was struck at the expense of a penalty stroke. If the original ball is found, the provisional ball is picked up.

Rough - The taller grass that lines the fairways and greens on each hole.

A Round - Playing eighteen holes of golf.

Sand Trap (or Bunker) - Sand-filled pits on fairways and next to greens that are placed as hazards on a course.

Slice (or Fade) - The opposite of a hook. It is when the ball starts straight in flight then fades considerably to the right. (For right-handed golfers.)

Tee - The small stick used to hold the ball off the ground on drives. A tee may only be used when in the tee box.

Tee Box - The area at the start of each hole from where players drive the ball.

Water Hazard - A pond or stream. If a ball lands in water and is unable to be played, the golfer takes a penalty stroke.

Table Tennis Rules

The table tennis rules are divided into these two sections:

- [What you need to know to play a fun game of ping-pong](#)
- [Official ITTF Rules](#)

What you need to know to play a fun game of ping-pong

Sometimes all you want to know are the basic rules to play a friendly match of ping pong. This section is for you. If you want more official rules, read the section below.

In singles, the center lines serve no purpose, so ignore them.

Scoring

A match is played best 3 of 5 games (or 4/7 or 5/9). For each game, the first player to reach 11 points wins that game, however a game must be won by at least a two point margin.

A point is scored after each ball is put into play (not just when the server wins the point as in volleyball).

The edges of the table are part of the legal table surface, but not the sides.

Flow of the Match

Each player serves two points in a row and then switch server. However, if a score of 10-10 is reached in any game, then each server serves only one point and then the server is switched. After each game, the players switch side of the table. In the final game (ie 5th game), the players switch side again after either player reaches 5 points.

Legal Service

The ball must rest on an open hand palm. Then it must be tossed up at least 6 inches and struck so the ball first bounces on the server's side and then the opponent's side.

If the serve is legal except that it touches the net, it is called a **let serve**. Let serves are not scored and are reserved.

Equipment

The paddle should have a red and a black side. The ball should be either orange or white and 40 mm in size. The table should be 2.74 meters long, 1.525 m wide, and 0.76 m high.

Official ITTF Rules

Current as of January 2003

2 THE LAWS OF TABLE TENNIS

2.1 THE TABLE

2.1.1 The upper surface of the table, known as the playing surface, shall be rectangular, 2.74m long and

1.525m wide, and shall lie in a horizontal plane 76cm above the floor.

- 2.1.2 The playing surface shall not include the vertical sides of the tabletop.
- 2.1.3 The playing surface may be of any material and shall yield a uniform bounce of about 23cm when a standard ball is dropped on to it from a height of 30cm.
- 2.1.4 The playing surface shall be uniformly dark coloured and matt, but with a white side line, 2cm wide, along each 2.74m edge and a white end line, 2cm wide, along each 1.525m edge.
- 2.1.5 The playing surface shall be divided into 2 equal courts by a vertical net running parallel with the end lines, and shall be continuous over the whole area of each court.
- 2.1.6 For doubles, each court shall be divided into 2 equal half-courts by a white centre line, 3mm wide, running parallel with the side lines; the centre line shall be regarded as part of each right half-court.

2.2 THE NET ASSEMBLY

- 2.2.1 The net assembly shall consist of the net, its suspension and the supporting posts, including the clamps attaching them to the table.
- 2.2.2 The net shall be suspended by a cord attached at each end to an upright post 15.25cm high, the outside limits of the post being 15.25cm outside the side line.
- 2.2.3 The top of the net, along its whole length, shall be 15.25cm above the playing surface.
- 2.2.4 The bottom of the net, along its whole length, shall be as close as possible to the playing surface and the ends of the net shall be as close as possible to the supporting posts.

2.3 THE BALL

- 2.3.1 The ball shall be spherical, with a diameter of 40mm.
- 2.3.2 The ball shall weigh 2.7g.
- 2.3.3 The ball shall be made of celluloid or similar plastics material and shall be white or orange, and matt.

2.4 THE RACKET

- 2.4.1 The racket may be of any size, shape or weight but the blade shall be flat and rigid.
- 2.4.2 At least 85% of the blade by thickness shall be of natural wood; an adhesive layer within the blade may be reinforced with fibrous material such as carbon fibre, glass fibre or compressed paper, but shall not be thicker than 7.5% of the total thickness or 0.35mm, whichever is the smaller.
- 2.4.3 A side of the blade used for striking the ball shall be covered with either ordinary pimples rubber, with pimples outwards having a total thickness including adhesive of not more than 2mm, or sandwich rubber, with pimples inwards or outwards, having a total thickness including adhesive of not more than 4mm.
 - 2.4.3.1 *Ordinary pimples rubber* is a single layer of non-cellular rubber, natural or synthetic, with pimples evenly distributed over its surface at a density of not less than 10 per sq. cm and not more than 50 per sq. cm.
 - 2.4.3.2 *Sandwich rubber* is a single layer of cellular rubber covered with a single outer layer of ordinary pimples rubber, the thickness of the pimples rubber not being more than 2mm.
- 2.4.4 The covering material shall extend up to but not beyond the limits of the blade, except that the part nearest the handle and gripped by the fingers may be left uncovered or covered with any material.
- 2.4.5 The blade, any layer within the blade and any layer of covering material or adhesive on a side used for striking the ball shall be continuous and of even thickness.
- 2.4.6 The surface of the covering material on a side of the blade, or of a side of the blade if it is left uncovered, shall be matt, bright red on one side and black on the other.
- 2.4.7 Slight deviations from continuity of surface or uniformity of colour due to accidental damage or wear may be allowed provided that they do not significantly change the characteristics of the surface.
- 4.4.8 At the start of a match and whenever he changes his racket during a match a player shall show his opponent and the umpire the racket he is about to use and shall allow them to examine it.

2.5 DEFINITIONS

- 2.5.1 A *rally* is the period during which the ball is in play.
- 2.5.2 The ball is *in play* from the last moment at which it is stationary on the palm of the free hand before being intentionally projected in service until the rally is decided as a let or a point.
- 2.5.3 A *let* is a rally of which the result is not scored.
- 2.5.4 A *point* is a rally of which the result is scored.
- 2.5.5 The *racket hand* is the hand carrying the racket.
- 2.5.6 The *free hand* is the hand not carrying the racket.
- 2.5.7 A player *strikes* the ball if he touches it in play with his racket, held in the hand, or with his racket hand below the wrist.
- 2.5.8 A player *obstructs* the ball if he, or anything he wears or carries, touches it in play when it is above or travelling towards the playing surface and has not passed beyond his end line, not having touched his court since last being struck by his opponent.
- 2.5.9 The *server* is the player due to strike the ball first in a rally.
- 2.5.10 The *receiver* is the player due to strike the ball second in a rally.
- 2.5.11 The *umpire* is the person appointed to control a match.
- 2.5.12 The *assistant umpire* is the person appointed to assist the umpire with certain decisions.
- 2.5.13 Anything that a player *wears or carries* includes anything that he was wearing or carrying, other than the ball, at the start of the rally.
- 2.5.14 The ball shall be regarded as passing *over or around* the net assembly if it passes anywhere other than between the net and the net post or between the net and the playing surface.
- 2.5.15 The *end line* shall be regarded as extending indefinitely in both directions.

2.6 A GOOD SERVICE

- 2.6.1 Service shall start with the ball resting freely on the open palm of the server's stationary free hand.
- 2.6.2 The server shall then project the ball near vertically upwards, 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 struck.
- 2.6.3 As the ball is falling the server shall strike it so that it touches first his court and then, after passing over or around the net assembly, touches directly the receiver's court; in doubles, the ball shall touch successively the right half court of server and receiver.
- 2.6.4 **From the start of service until it is struck, the ball shall be above the level of the playing surface and behind the server's end line, and it shall not be hidden from the receiver by any part of the body or clothing of the server or his doubles partner.**
- 2.6.5 It is the responsibility of the player to serve so that the umpire or the assistant umpire can see that he complies with the requirements for a good service.
- 2.6.5.1 **If there is no Assistant Umpire, and the umpire is doubtful of the legality of a service he may, on the first occasion in a match, warn the server without awarding a point.**
- 2.6.5.2 If subsequently in the match a service by that player or his doubles partner is of dubious legality, for the same reason or for any other reason, the receiver shall score a point.
- 2.6.5.3 Whenever there is a clear failure to comply with the requirements for a good service, no warning shall be given and the receiver shall score a point.
- 2.6.6 Exceptionally, the umpire may relax the requirements for a good service where he is satisfied that compliance is prevented by physical disability.

2.7 A GOOD RETURN

- 2.7.1 The ball, having been served or returned, shall be struck so that it passes over or around the net

assembly and touches the opponent's court, either directly or after touching the net assembly

2.8 THE ORDER OF PLAY

- 2.8.1 In singles, the server shall first make a good service, the receiver shall then make a good return and thereafter server and receiver alternately shall each make a good return.
- 2.8.2 In doubles, the server shall first make a good service, the receiver shall then make a good return, the partner of the server shall then make a good return, the partner of the receiver shall then make a good return and thereafter each player in turn in that sequence shall make a good return.

2.9 A LET

2.9.1 The rally shall be a let

- 2.9.1.1 if in service the ball, in passing over **or around** the net assembly, touches it, provided the service is otherwise good or the ball is obstructed by the receiver or his partner;
- 2.9.1.2 if the service is delivered when the receiving player or pair is not ready, provided that neither the receiver nor his partner attempts to strike the ball;
- 2.9.1.3 if failure to make a good service or a good return or otherwise to comply with the Laws is due to a disturbance outside the control of the player;
- 2.9.1.4 if play is interrupted by the umpire or assistant umpire.

2.9.2 Play may be interrupted

- 2.9.2.1 to correct an error in the order of serving, receiving or ends;
- 2.9.2.2 to introduce the expedite system;
- 2.9.2.3 to warn or penalise a player;
- 2.9.2.4 because the conditions of play are disturbed in a way which could affect the outcome of the rally.

2.10 A POINT

2.10.1 Unless the rally is a let, a player shall score a point

- 2.10.1.1 if his opponent fails to make a good service;
- 2.10.1.2 if his opponent fails to make a good return;
- 2.10.1.3 if, after he has made a good service or a good return, the ball touches anything other than the net assembly before being struck by his opponent;
- 2.10.1.4 if the ball passes beyond his end line without touching his court, after being struck by his opponent;
- 2.10.1.5 if his opponent obstructs the ball;
- 2.10.1.6 if his opponent strikes the ball twice successively;
- 2.10.1.7 if his opponent strikes the ball with a side of the racket blade whose surface does not comply with the requirements of 2.4.3, 2.4.4 and 2.4.5;
- 2.10.1.8 if his opponent, or anything his opponent wears or carries, moves the playing surface;
- 2.10.1.9 if his opponent, or anything his opponent wears or carries, touches the net assembly;
- 2.10.1.10 if his opponent's free hand touches the playing surface;
- 4.1.6.4 if a doubles opponent strikes the ball out of the sequence established by the first server and first receiver;
- 4.1.6.5 as provided under the expedite system (2.15.2).

2.11 A GAME

2.11.1 A game shall be won by the player or pair first scoring **11** points unless both players or pairs score 10 points, when the game shall be won by the first player or pair subsequently gaining a lead of 2 points.

2.12 A MATCH

2.12.1 A match shall consist of the best of any odd number of games.

2.13 THE ORDER OF SERVING, RECEIVING AND ENDS

2.13.1 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.

2.13.2 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.

2.13.3 After each **2** points have been scored the receiving player or pair shall become the serving player or pair and so on until the end of the game, unless both players or pairs score **10** points or the expedite system is in operation, when the sequences of serving and receiving shall be the same but each player shall serve for only **1** point in turn.

2.13.4 In each game of a doubles match, the pair having the right to serve first shall choose which of them will do so and in the first game of a match the receiving pair shall decide which of them will receive first; in subsequent games of the match, the first server having been chosen, the first receiver shall be the player who served to him in the preceding game.

2.13.5 In doubles, at each change of service the previous receiver shall become the server and the partner of the previous server shall become the receiver.

2.13.6 The player or pair serving first in a game shall receive first in the next game of the match and in the last possible game of a doubles match the pair due to receive next shall change their order of receiving when first one pair scores **5** points.

2.13.7 The player or pair starting at one end in a game shall start at the other end in the next game of the match and in the last possible game of a match the players or pairs shall change ends when first one player or pair scores **5** points.

2.14 OUT OF ORDER OF SERVING, RECEIVING OR ENDS

2.14.1 If a player serves or receives out of turn, play shall be interrupted by the umpire as soon as the error is discovered and shall resume with those players serving and receiving who should be server and receiver respectively at the score that has been reached, according to the sequence established at the beginning of the match and, in doubles, to the order of serving chosen by the pair having the right to serve first in the game during which the error is discovered.

2.14.2 If the players have not changed ends when they should have done so, play shall be interrupted by the umpire as soon as the error is discovered and shall resume with the players at the ends at which they should be at the score that has been reached, according to the sequence established at the beginning of the match.

2.14.3 In any circumstances, all points scored before the discovery of an error shall be reckoned.

2.15 THE EXPEDITE SYSTEM

2.15.1 Except where both players or pairs have scored at least **9 points**, the expedite system shall come into operation if a game is unfinished after **10 minutes'** play or at any earlier time at the request of both players or pairs.

2.15.1.1 If the ball is in play when the time limit is reached, play shall be interrupted by the umpire and shall resume with service by the player who served in the rally that was interrupted.

2.15.1.2 If the ball is not in play when the time limit is reached, play shall resume with service by the player who received in the immediately preceding rally.

2.15.2 Thereafter, each player shall serve for **1** point in turn until the end of the game and if the receiving player or pair makes **13** good returns the receiver shall score a point.

2.15.3 **Once introduced, the expedite system shall remain in operation until the end of the match.**