

RD PUBLIC SCHOOL BETUL

PHYSICAL EDUCATION WORKSHEET FOR CLASS 9TH AND 10TH

Federation (ITF). The rules the association promulgated in 1924 have remained remarkably stable in the ensuing ninety years, the one major change being the addition of the tie-break system designed by James Van Alen. That same year, tennis withdrew from the Olympics after the 1924 Games but returned 60 years later as a 21-and-under demonstration event in 1984. This reinstatement was credited by the efforts by the then ITF President Philippe Chatrier, ITF General Secretary David Gray and ITF Vice President Pablo Llorens, and support from IOC President Juan Antonio Samaranch. The success of the event was overwhelming and the IOC decided to reintroduce tennis as a full medal sport at Seoul in 1988.

The game was brought to India by the British Army and civilian officers in 1880s. Tennis tournaments were held in India, when the game was slowly picking up pace in the country. Some of the most notable tennis tournaments in the history of the game in the India include Punjab Lawn Tennis Championship held at Lahore in 1885, Bengal Lawn Tennis Championship held at Kolkata in 1887 and the All India Tennis Championships organized at Allahabad in 1910. The All India Lawn Tennis Association (AILTA) was established at Lahore in 1920. The rules and regulations for tennis were formulated, keeping in mind the laws followed by the Lawn Tennis Association of Britain. In the later half of the year, the first AGM of AILTA was organized at Town Hall in Delhi, where it was decided that All India National Championships for tennis would be held at Allahabad, every year. AILTA also decided that each Province of the India should have a Provincial Association (today called State Association).

GENERAL RULES

- 1. Toss:** The choice of ends and service is always decided by a toss at the beginning of the match. The player winning the toss chooses first and the other choice goes to his opponent.
- 2. Service:** Stand with both the feet in stationary position, behind the base line. The server should project the ball in the air by his hand and strike it with the racket, before the ball hits the ground. The server begins his service. The ball delivered in service should pass over the net and hit the ground within the service court which is diagonally opposite to the server.
- 3. Service Fault:** A service is a fault:
 - (a) if the server misses the ball or gets unable to strike to the ball.
 - (b) if after the completion of service, the ball goes out of court.
 - (c) if the ball served drops anywhere except in the service court.
 - (d) if the service is a fault, the server should serve again from the same half of the court from where he commits a fault.
- 4. Second Service:** If the first service is given fault, the server should serve again from behind the same end of the court from which he served first.
- 5. Change of Sides or Ends:** The players will change the sides or ends at the end of first, third and every subsequent alternate game of each set unless the total number of games in each set is in even number. In such a case the change is not done until the end of the first game of the next set. In case of any on set it will be corrected as soon as it is discovered and original sequence will be followed.
- 6. Scoring:** It consists of 4 points. When the player wins the first point of the game, the score is called 0, on winning the second point, the score is called 30-0, on winning the third point, the score becomes 40, the game is won, once the player wins the fourth point. Sometimes both players win three points each, i.e., 40-40, the score is called 'deuce' and the next point scored by any player is called an advantage for that player. If the same player wins the next point, he wins the point. If the other player wins, the score is again called deuce and so on, until a player wins two points consecutively.
- 7. Winning a Set:** A player who wins six games, wins the set. He must win by a margin of two games over his opponent. The set may be extended till the margin is achieved by the player.
- 8. Service Order in Doubles:** Each pair that has to serve in the first game of each set should decide which player is to serve and the opposing pair should decide on the same pattern for the second game. The partners set change the serve in alternate.
- 9. Receiving Order:** The pair which has to receive the service in the first game should decide as to which partner is to receive the first service. That partner should continue to receive the first service in every game and the other partner receives the service in every game till the set is over.

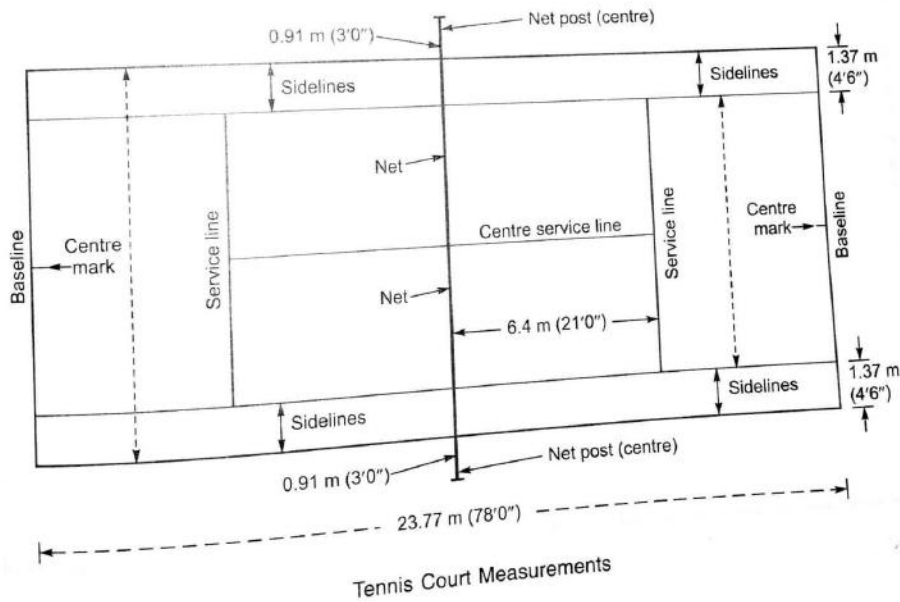
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SPECIFICATIONS

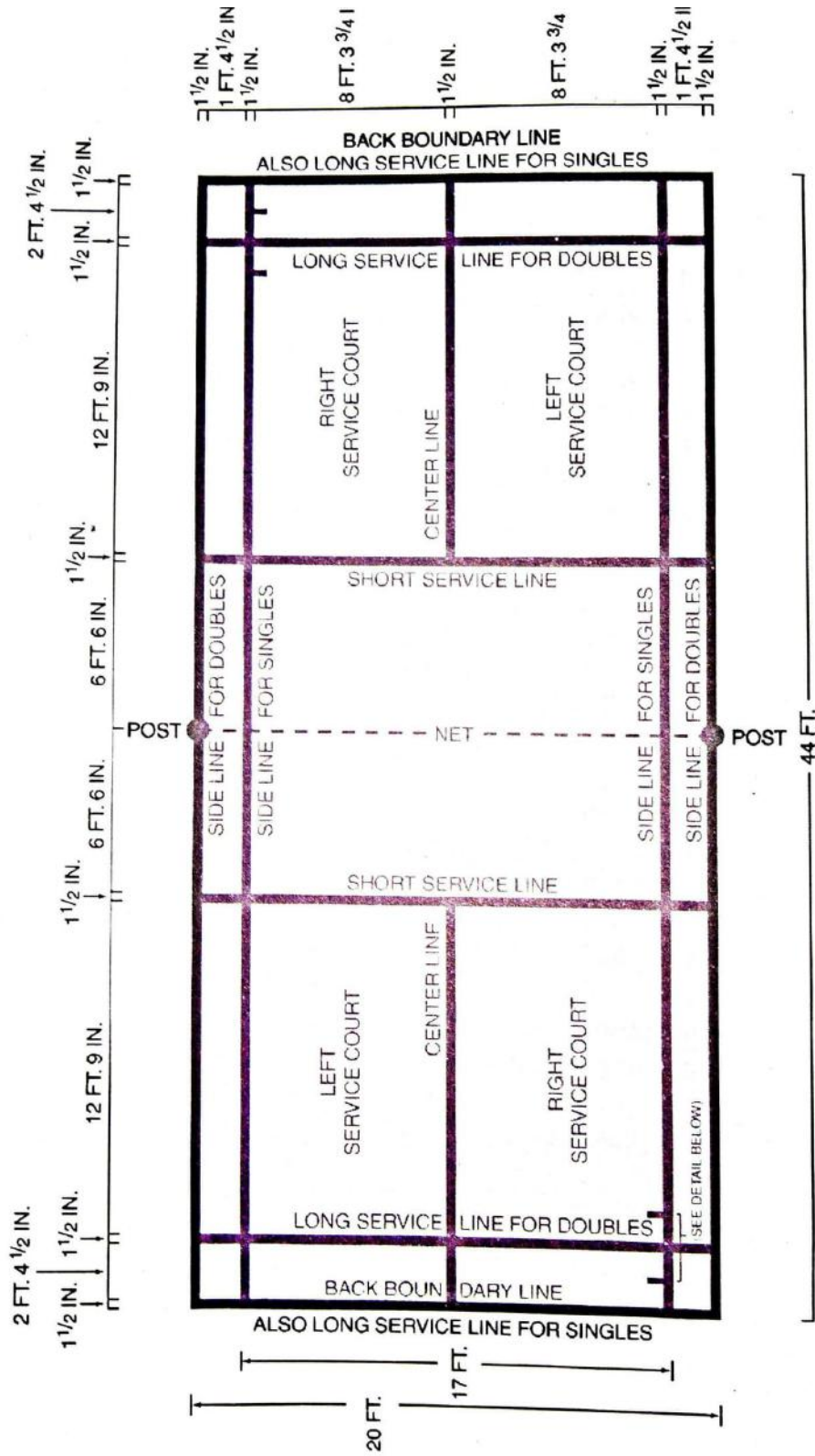
- serve in rotation for two points, in the same order.

- | | | |
|----------|---|-----------------------------|
| Court : | 1. Length of the court (Singles and Doubles) | = 23.77 m (78 feet) |
| | 2. Breadth of the court for Doubles | = 10.97 m (36 feet) |
| | 3. Breadth of the court for Singles | = 8.23 m (27 feet) |
| | 4. Height of the posts | = 1.07 m (3 feet 6 inches) |
| | 5. Diameter of the posts | = 15 cm (6 inches) |
| | 6. Height of the net from the centre | = 0.91 m (3 feet) |
| | 7. Width of the strap | = 5 cm (2 inches) |
| | 8. Service line: distance from centre line and parallel to it | = 6.40 m (21 feet) |
| | 9. Width of the service court for Singles | = 4.11 m (13 feet 6 inches) |
| | 10. Width of the service court for Doubles | = 5.50 m (18 feet) |
| | 11. Width of all court service line | = 5 cm (2 inches) |
| | 12. Distance of posts away from sidelines | = 0.91 m (3 feet) |
| | 13. Distance between base line and service line | = 5.49 m (18 feet) |
| | 14. Band covering | = 5 to 6.3 cm |
| | 15. Diameter of the cord or metal | = 0.8 cm |
| Racket : | 1. Complete length | = 81.28 cm (32 inches) |
| | 2. Width of frame | = 31.75 cm (12 1/2 inches) |
| | 3. Breadth of string | = 29.37 cm |
| | 4. Length of string | = 39.37 |



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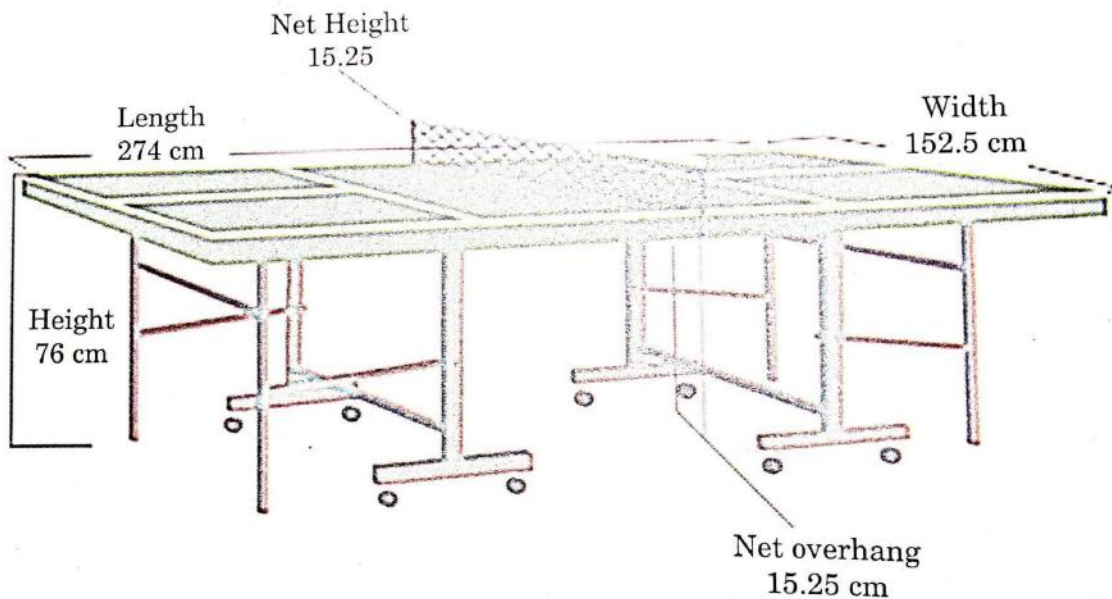
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1900s, where it was played among the upper classes and was only known as "wiff-waff". A row of books were to be stood up along the table and two more books served as rackets and were used to continuously hit a golf-ball from one side to the other. Later, table tennis was played with paddles made of cigar box lids and made of champagne corks. The name "ping-pong" was in wide use before a manufacturer J. Jaques & Son Ltd. trademarked it in 1901. The name "ping-pong" then came to refer to the game played by the rather expensive Hamley's of Regent Street under the name "ping-pong". A similar situation arose in the United States, where Jaques sold the rights to the name to Parker Brothers. The next major innovation was by James Gibb, a physicist of table tennis, who discovered novelty celluloid balls on a trip to the US in 1901. He found them to be ideal for the game. This was followed by E.C. Goode who, in 1901, invented a version of the racket by fixing a sheet of pimples, or stippled rubber to a wooden blade. In 1902, tennis tournaments were organized, books on table tennis were written, and an international championship was held in 1902. The International Table Tennis Federation (ITTF) was founded in 1926, under the guidance of which London hosted the first official World Championship in 1926. In 1933, the United States Table Tennis Association, now called USA Table Tennis, was founded. In the 1950s, rackets that used a rubber sheet combined with an underlying sponge were developed.



Dimensions of Table Tennis Table

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