

Number	Entry	Category	Registration Requirements
711-712	Table Tennis	Performance, Athletics	Sign up on student registration form. Dates on website.

GENERAL GUIDELINES FOR ALL ATHLETIC COMPETITIONS

All students entering athletic events MUST enter at least two (2) other non-athletic events.

Implementing a sports program can be of tremendous benefit to the Christian school. Godly coaches can use sports to teach character and self-control. Sports can also be used as an instrument to create and promote school spirit.

On the other hand, a sports program has the potential of becoming an end in and of itself. Students and staff who hold sports above all else do themselves a disservice and do not honor the Lord. Schools that enter competition solely to compete in sports are missing a tremendous opportunity for their students to broaden their talents and abilities in other areas.

EXCEL Convention may refuse to accept teams or individuals:

1. Who are only interested in sports competition.
2. Whose coaches or players have demonstrated disrespect for officials and/or other teams and coaches.
3. Who have repeatedly displayed a negative attitude.

Schools desiring to enter any athletic competition must agree to abide by the rules as outlined in these Guidelines.

Athletics Dress Code

Male

- Contestants must wear loose fitting, full length, sweat pants, warm-up pants or trousers.
- Uniformity in dress is mandatory for team events.
- Students competing in basketball may wear their athletic attire during their event only.
- Non-marking soles are required for all athletic shoes worn on gym floors.
- Shorts, and sleeveless shirts will NOT be allowed. (Exception: a numbered tank top over a colored T-shirt is acceptable for athletics)

Female

- Loose-fitting skirts and tops are to be worn for competition. Skirts must be full and loose fitting. Skirts must touch the floor when the wearer is in an upright kneeling position.
- For modesty reasons is it recommended that:
 - white athletic clothing NOT be worn.
 - dark colored leggings be worn under the skirt.
- Non-marking soles are required for all athletic shoes worn on gym floors.
- Shorts, and sleeveless shirts will NOT be allowed. (Exception: a numbered tank top over a colored T-shirt is acceptable for athletics)

(711-712) Table Tennis Singles

Table Tennis Uniforms

Male and Female –Appropriate clothing must be worn. (SEE ATHLETIC DRESS CODES IN SECTION I OF THESE GUIDELINES-FOR MALE AND FEMALE.)

The Racket

The racket may be any commercially produced paddle with rubber sheets. The rubber sheets must completely cover the side or sides being used to strike the ball. There can be no holes or damaged portions on the rubber sheets. (Sandpaper, cloth, or bare wooden surfaces are not allowed.)

The Choice of Ends and Service

The choice of ends and the right to be server or receiver in every match shall go to the younger player, provided that if he chooses the right to be server or receiver, the other player shall have the choice of ends, and vice versa. Following the first game, the players then switch sides, and the first server of the game becomes the first receiver of the second game. If a third game is required, the procedure will be the same as the first game.

Warm-Up

Because of a limited time schedule, warm-up may be no longer than two (2) minutes.

A Game

A game shall consist of 11 points in all preliminary games up to the quarterfinals. From the quarterfinals, the game shall consist of the standard 21 points. If the game becomes tied at 10 or 20 points, the winner of the game shall be the player who first wins two points more than his opponent.

A Match

A match shall consist of the best two (2) of three (3) games to the score of 11 points in all preliminary games up to the quarterfinals. All preliminary games are in single elimination format. From the quarterfinals, a match shall consist of the best two (2) of three (3) games to the score of 21 points. Losers of quarterfinals matches will fall into another bracket to determine places.

During the course of a match, coaching is not permitted during a game but may be done between games, if it does not delay the next game. Because of the time limitations, play should be continuous.

In the final match, play shall be continuous throughout, except that either opposing player is entitled to claim a repose period of not more than five minutes duration between the second and third games of a three-game finals match. Any other circumstances requiring a delay in play, be it injury, equipment problems, or other, shall be considered and ruled on by the Head Judge.

Rules

For general rules, you should consult those currently adopted by USA Table Tennis (USATT, formerly USTTA). For a current copy of USATT rules, you may write, call, or FAX to the USATT headquarters at the following address:

USA Table Tennis
One Olympic Plaza
Colorado Springs, CO 80909
Phone: (719) 866-4583
FAX: (719) 632-6071

www.usatt.org

In case of a conflict of rules, the EXCEL Convention guidelines have precedence.