East Carolina University  
Intramural Sports  
Table Tennis Rules

**Rules:**

1. **Scoring**- The winner of each match shall be the first to score 21 points, best 2 out of 3 matches, unless both players have 20 points, in which case the winner must gain a 2 point lead in order to win. The choice of ends and service at the start of the game shall be decided by the best 2 out of 3 “Rock, Paper, Scissors” dual.

2. **Service**- A game is started with the server making 5 consecutive services. The receiver follows with 5 serves. Alternating service will continue thereafter unless the score becomes 20-20, in which case the service will alternate after every point. Service shall be delivered by releasing the ball, without imparting any spin upon release, and striking it with the paddle outside the boundary of the court near the server's end. The ball shall be struck so that it first drops into the server’s court and then into the receiver’s court by passing directly over or around the net. Any spin on the ball must come from the action of the racket or paddle upon impact of the ball.

3. **Let**- The served ball shall be a let if it touches the net or its supports, and later lands in the receiver's court. A let shall also be determined when a serve is made before the receiver is ready, unless the receiver makes an effort to strike the ball. It is a let if either player, because of conditions not under his or her control, is prevented from making a serve or a return. In situations involving a let, the server will serve again with no penalty.

4. **Returns**- A ball having been served or returned in play shall be struck by the player so that it passes directly over or around the net and lands in the opponent’s court.

5. **Points**- Either player shall lose the point:  
   a) If a player fails to make good service, unless a let is declared.  
   b) If a player fails to make a good return, unless a let is declared.  
   c) If the racket or any part of the player touches the net or its supports while the ball is in play.  
   d) If the player moves the table in any way while the ball is in play.  
   e) If the player’s free hand touches the table while the ball is in play.