



**NORTH CAROLINA
SENIOR GAMES**

VIRTUAL TABLE TENNIS

Singles, Doubles & Mixed Doubles

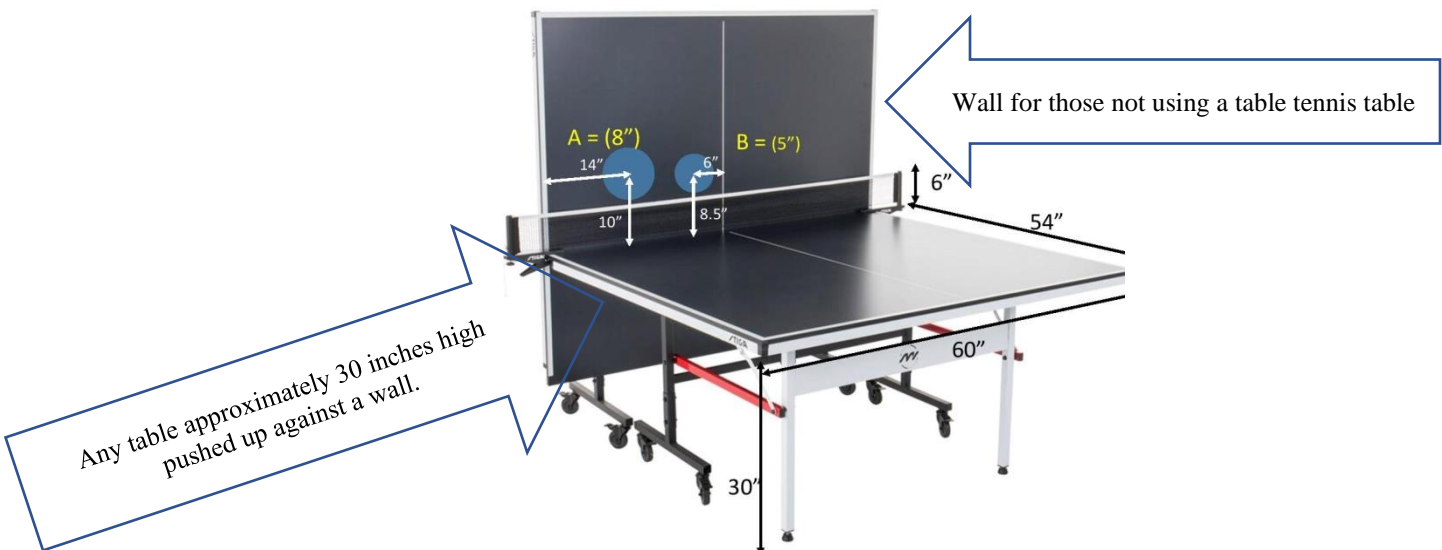
SCORESHEET & PROCEDURES

Equipment

- Folding table tennis table (if you do not have a table tennis table, use whatever hard surface table you have access to and butt it up against a wall.)
- Table Dimensions (60" w x 54" l x 30" h)
- Paddle
- Table Tennis Balls (2 max)
- Paper dinner plate (no larger than 8")
- Paper dessert plate (no larger than 5")
- Low stick tape (painters) tape or string and scotch tape
- Ruler or tape measure
- Scissors to adjust plate sizes if needed
- Stopwatch/timer
- Scoresheet/Pencil/clipboard

SET UP

- Target A is a round piece of paper or cardboard and is to be no larger than 8 inches in diameter (standard paper dinner plates are this size "edges" are cut away). Hang with tape 14 inches from the "edge" of the playing table and 10 inches above the table
- Target B is a round piece of paper or cardboard and is to be no larger than 5 inches in diameter (standard dessert paper plates paper are this size once "edges" are cut away). Hang with low stick tape 8 ½ inches above the table and 6 inches from the center line.



VIRTUAL TABLE TENNIS

Guidelines:

- Table tennis robots are not to be used for any of the challenges
- Stand on a flat, non carpeted/non skid surface
- Make sure the area is clear of any trip hazards (i.e. area carpet with rolled up corner)
- Remove any items on which you may be injured should you fall (i.e. End table, ottoman, etc.)

WARMUPS - Watch this great video for suggestions to warm up and practice anytime!
(2:36 video) <https://youtu.be/SzH1whJ5M44>

Serve Challenges

(Targets A & B)

FOLLOW ALL SERVICE RULES FOR DOUBLES TABLE TENNIS (cross court)

Forehand (Target A) 2 rounds of 10 (10 point each time Target A is hit)

Backhand (Target A) 2 rounds of ten (10 points each time Target A is hit)

Forehand (Target B) 2 rounds of ten (20 points each time Target B is hit)

Volley Challenges

Score 2 points for each legal return made in each of the (six) thirty second sessions (Remove Targets)

- Number of forehand hits in 30 seconds (2 Rounds)
- Number of backhand hits in 30 seconds (2 Rounds)
- Number of alternating forehand/backhand hits in 30 seconds (2 Rounds)
- Must remain behind the baseline extended at all times, The baseline in this challenge is the end of a table tennis table closest to you or the taped line closest to you on a different size table. Extended is the imaginary horizontal line that extends indefinitely to the left and right of the table.
- You may hold a maximum of two table tennis balls.
- Must be a legal hit (can't bounce twice, can't touch the table with your non-paddle hand, etc.)
- Doubles: Same gender pairs; Mixed Doubles: Opposite-gender pairs.
 - In Doubles and Mixed Doubles events, both players scores are combined for a team score. Maintain proper social distancing. Combined score determines the winners.
 - The age of the younger player will determine the age group. Age groups are the same as in individual sports.
 - A player may compete in only one age group.
 - Only one partner is required to report scores for the team.

VIRTUAL TABLE TENNIS

Score Card

Serve Challenge			TOTAL PER ROUND
Forehand Target A - Round 1	□ □ □ □ □ □ □ □ □ □	10 Points Each	
Forehand Target A - Round 2 -	□ □ □ □ □ □ □ □ □ □	10 Points Each	
Backhand Target A - Round 1	□ □ □ □ □ □ □ □ □ □	10 Points Each	
Backhand Target A - Round 2	□ □ □ □ □ □ □ □ □ □	10 Points Each	
Forehand Target B - Round 1	□ □ □ □ □ □ □ □ □ □	20 Points Each	
Forehand Target B - Round 2	□ □ □ □ □ □ □ □ □ □	20 Points Each	
		TOTAL:	

Volley Challenge: 30 Seconds each Round

2 points for each return	Total hits per round	X 2	Total Points per Round
Forehand – Round 1			
Forehand – Round 2			
Backhand – Round 1			
Backhand – Round 2			
Alternating forehand/backhand-Round 1			
Alternating forehand/backhand-Round 2			
		TOTAL	

OVERALL TOTAL	
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