



SPORT INFORMATION PACKAGE

TABLE TENNIS



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A. HISTORY OF THE SPORT

Like many other sports, table tennis began as a mild social diversion. Descending, along with lawn tennis and badminton, from the ancient medieval game of tennis. It was popular in England in the second half of the nineteenth century under its present name and various trade names such as Gossima and Whiff-Whaff. After the name Ping-Pong (an imitation of the sound made by the ball striking the table and the vellum bats that were used) was introduced by J. Jaques & Son, the game became a fashionable craze. There are many contemporary references to it and illustrations of it being played, usually in domestic surroundings.

By the early years of this century, Ping-Pong had already acquired some of its present day complexities, though it was still seen by many as an after-dinner amusement rather than a sport. An account published in 1903 found it necessary to warn against wearing a dress suit and stiff shirt or, for ladies, a white satin gown but went on to give detailed technical advice about pimped rubber, the penholder grip and tactics.

The game was popular in Central Europe in 1905-10, and even before this a modified version had been introduced to Japan, where it later spread to China and Korea.

After a period when it had dropped out of favor in Europe, the game was revived in England and Wales in the early twenties. By that time 'Ping-Pong' had been registered as a trademark, so the earlier name of table tennis was re-introduced. National associations were formed and standardization of the rules began, both in Europe and the Far East.

Then, over the next sixty years, table tennis developed into a major worldwide sport, played by perhaps thirty million competitive players and by countless millions who play less seriously. However, the game itself has not changed in essence since its earliest days, though it is faster, more subtle and more demanding than it was even only twenty years ago. A constant concern of the ITTF has always been to ensure that table tennis remains a contest of human skills and that technological developments, which add a new factor to the game, do not give too great an advantage to the players who have the first opportunity of making use of them. Thus, equipment specifications are carefully laid down, and rigorously enforced.

Modern table tennis at national and international level is as rigorous as any sport in its demands for the highest degree of physical fitness and mental concentration, attained only by arduous training to develop natural skill. It is now arguably the largest sport in the world.

Many of the spectators in Red Deer will be seeing the sport for the first time. They will be amazed. Fast, powerful, graceful, technical - table tennis is the second most popular sport on the planet. And with a playing area about the same size as a tennis court and a ball travelling up to 180 km per hour, the players create impressive theater.

Not to dismiss the importance of science here. Table tennis (like most other sports) has relied on the physicists and chemists of the world to provide equipment that enables more speed, more power, *more possibilities*. But in the end, the pure athleticism of the

Commented [1]: I think they mean 20th century here. can you confirm?

players determines success. And make no mistake these players are first and foremost athletes; their physical preparation is essential. Canada's national team match NHL players in fitness levels.

In popular media table tennis is everywhere. We have observed the emerging popularity of table tennis and the recognition its advantages: gender, age and body type neutrality; cultural appeal; and the low risk of injury while maintaining the potential for mental and physical development. We see it on television and on the big screen. International personalities like Susan Sarandon, Kaley Cuoco and Ellen DeGeneres rave over it. Nightclubs now feature table tennis tables for their patrons. In short, table tennis is cool.

Today the International Table Tennis Federation includes 220 member nations. There are about 300 million players worldwide.

The table tennis played in your garage is certainly not what you will see at the Canada Games. But as Canadians engage on a recreational level they identify with the best players and share the passion.

TABLE TENNIS ON TV: EXCEPTIONAL EXPOSURE, AUDIENCE & VALUE

The sky really is the limit in terms of Table Tennis' global exposure and popularity; and 2018 provided the hard evidence: An **accumulative audience of approximately 1 billion people** tuned in to watch the ITTF's key events during 2018 (World Table Tennis Championships, World Cups and World Tour Platinum) on TV screens across the globe.

The above events accounted for **over 3,145 hours of broadcast time worldwide** and **more than 300 hours on CCTV-5**, the dedicated Sports channel of China Central Television, which also registered **over 800 million unique viewers**. The extraordinary levels of exposure resulted in **total official sponsorship media value of approximately US \$ 900 million**.

Approximately 1.2 billion impressions were registered on the ITTF's social media channels over the last year, including almost **550 million on Youtube**, **over 300 million on Weibo** and **over 200 million on Facebook**, with Facebook posts reaching as many as **140 million unique users** throughout 2018.

Showcasing the very best rallies and an unbelievable level of technical skill, tenacity and endurance that only Table Tennis can provide, the ITTF smashed its engagement figures across the board during 2018, growing its **total number of interactions on Instagram by 50% to almost 7 million** and on **Twitter by an impressive 68%**. **Follower growth rate** figures also make for excellent reading over the course of the last 12 months: **37% on Twitter**, **41% on Instagram** and **48% on Youtube**, whilst the ITTF's Facebook page surpassed the significant milestone of 500,000 likes. Table Tennis' traditionally high following in China has also gone from strength to strength, currently standing at approximately **1.75 million**, **the vast majority of which on Weibo with figures on Wechat also on the rise**.

As a successful 2018 draws to a close, **a total of 2.8 million people are now following the ITTF on social media platforms across the world**.

“Compared to previous years, Table Tennis is now unrecognisable in terms of its colossal media coverage across TV, social media, website and web streaming. The ground-breaking achievements posted in 2018 promise for even bigger and better things to come in 2019!” Matt Pound, ITTF Marketing Director

A staggering **155 million video views across Youtube, Facebook, Instagram and Twitter** during 2018 provide sure proof of the ITTF's success in harnessing the power of video to showcase unbelievably breath-taking rallies which Table Tennis can so consistently offer. Rapid growth in video views from the **ITTF's Twitter account** now sees it placed among the **top 200 sports publishers worldwide** and among the **top 15 in Asia-Pacific**. And there were **355 years and 125 days of watch time on Youtube**. Yes, you did read that correctly!

B. CANADA GAMES SPORT HISTORY AND PAST RESULTS

Table Tennis was featured in the first Winter Games, held in Québec City in 1967. Since then, table tennis has grown at the Games featuring opportunities for able-bodied athletes, athletes with a disability, and Special Olympics athletes.

(See the table on the following page).

Past Ranking/Classement

	1967	1971	1975	1979	1983	1987	1991	1995	1999	2003	2007	2011	2015
AB	-	-	-	3	3	8	5	1	3	3	4	4	4
BC	3	3	2	5	4	2	3	4	2	1	2	2	2

MB	-	-	-	6	8	9	9	7	6	6	5	5	5
NB	-	-	-	7	9	6	10	-	-	9	-	-	-
NL	-	-	-	4	6	7	7	8	9	10	8	9	8
NWT	-	-	-	12	-	-	-	-	-	-	-	-	-
NS	-	-	-	8	5	5	6	6	7	7	7	7	6
NU	-	-	-	-	-	-	-	-	-	-	10	10	8
ONT	2	1	1	2	1	3	4	1	1	4	3	1	1
PEI	-	-	-	10	11	11	8	9	8	8	11	8	10
QC	1	2	3	1	2	1	1	4	4	2	1	3	3
SK	-	-	-	9	7	4	2	5	5	5	6	6	7
YK	-	-	-	11	10	10	-	-	-	-	9	11	-

C. NUMBER OF ATHLETES PER TEAM

Competitors: 3 Males and 3 Females

D. COMPETITION FORMAT

https://www.canadagames.ca/sites/cgc/files/2019_Technical_Package_-_Table_Tennis_-_v2.0_-_2018.06.01%5B1%5D_1.pdf

E. EQUIPMENT & TERMINOLOGY

Table tennis is played on a rectangular table 2.74 m long, 1.53 m wide and .76m high. A net 15.25cm high is stretched across the middle of the table, and a white line divides the table in two lengthwise. The object is to win points by making shots an opponent cannot return. A rally is over and a point scored if: the ball strikes the racket or table twice successively, a player strikes the ball without allowing it to bounce, a service or return misses the table or goes into the net, or a player moves the table, touches the net or

touches the table with his/her free and in doubles, the players hit the ball out of sequence.

Backhand - A shot done with the racket to the left of the elbow for a right handed player, the reverse for a left handed player

Backspin - Backward spin placed on the ball - also called under spin

Block - A quick off the bounce return of an aggressive drive

Chop - A chop is a heavy under spin shot usually executed away from the table and below the tabletop forcing the ball to drop downwards when it hits an opponent's paddle.

Closed - Holding the racket such that the racket's hitting surface is aimed downward, with the top edge leaning away from you

Counterdrive - A drive made against a drive. Some players specialize in counterdriving

Crosscourt - A ball that is hit diagonally from corner to corner

Deep - A ball that lands close to the end line of the table

Down the line - A ball that is hit along the side of the table, parallel to the sidelines

Drive - The basic topspin shot executed close to the table. Also called a counter, counter drive, or when executed with full power, a smash

Drop shot - Short placement very close to the net. Drop shots should bounce at least twice on the opponent's' side of the table before falling off

Flick or flip - A topspin shot generated over the table close to the net, usually with the power generated only from the upper arm or the wrist. Used to start offense on a short ball

Footwork - How a person moves to make a shot, perhaps the key element in modern table tennis

Forehand - Any shot done with the racket to the right of the elbow for a right hander, the reverse for a left hander

Inverted - The most common covering on a racket. It consists of a sheet of rubber on top of a sponge where pips of the rubber point inward, so the surface is smooth

Kill - A put away shot, hit with enough speed so the opponent can't make a return

Let - Service ball hitting the net or a distraction that requires the point to be played over

Lob - Usually used when the player is in the backcourt in a defensive situation. The player hits the ball as high as he can - usually with a combination of topspin and sidespin.

Loop - An extreme topspin shot that currently dominates the sport forcing the ball to curve down onto the table taking sharp changes in direction and allowing the player to hit the ball harder

Official - Umpire or referee who keeps score and enforces rules during a match

Open - Holding the racket such that the racket's hitting surface is aimed upward, with the top edge leaning towards you

Pips - Small conical bits of rubber covering a sheet of table tennis rubber as an option to smooth rubber. The shape of the pips allow varied techniques presenting tactical opportunities and challenges but also limitations.

Push - An under spin shot executed over the table, and usually close to the net

Rating - A universal numerical rating of the players skill based on results

Racket - The table tennis bat consisting of a handle, attached to a wooden blade covered by various combinations of sponge and the rubber according to the player's style and personal preferences. Allowed specifications are highly regulated by the International Table Tennis Federation.

Blades - in recent years, have seen an advancement in technology. Materials of different properties may be combined with the wood in the blade to enhance its playing performance. Many blades today feature one or more carbon layers within them to enhance their 'sweet spot', and to give the player a greater margin of error when playing powerful shots. Materials incorporated into table tennis blades today include titanium, actylate, aramids, fibreglass, and aluminum.

Inverted - This is the most widely used rubber type. The surface is smooth, with the pimples side facing inwards toward the blade. This enables the player to generate high levels of spin and speed. Spin is generated not by the action of the top sheet alone, but also by the ball sinking into the sponge and allowing greater surface area to contact the ball.

Short pimples (or "pips") - Short pimples-out rubbers are usually used by close-to-the-table hitters. They do not generate as much spin as inverted rubbers, but also make the user less susceptible to the opponent's spin. Speed generated from a short pip rubber is generally greater than that of an inverted with the same sponge. Depending on the thickness of the sponge it is also possible to play a chopping game with short pimples by varying the spin of the return. Whilst blocking and attacking a "dead ball" effect is often noticed.

Long pimples (or "pips") - Long pimples-out rubbers carry relatively long and soft pips. They do not have the ability to generate any real spin of their own, but feed off of the opponent's spin instead. This allows the user to confuse the opponent and upset his or her rhythm. Long pips rely on the opponent's oncoming spin, as they tend to "continue" the opponent's spin, by bending upon impact, rather than reversing or changing the spin like inverted rubbers (for example, a topspin executed by the opponent will return to him/her as a backspin after contact with the pimples). Long pips are usually used by close-to-the-table blockers, or choppers, but, in some cases, they can be used away

from the table for long distance chops. They are usually only used on the backhand side, as they offer very limited attacking capabilities. Depending on the grip of the sides of the pimples and the thickness of the sponge it is also possible to play an aggressive game with long pips, although without much spin capability.

Anti-spin - Anti-spin rubbers may look similar to the inverted ones, but their surfaces are very slick and frictionless. Like long pimples, they cannot generate much spin. Anti-spin is also not very susceptible to the opponents oncoming spin, due to the low coefficient of friction of the rubber surface, as well as the incredibly soft sponge, which cushions or absorbs the momentum of the ball upon impact. This is also used to confuse the opponent, but as a defensive surface, it is not widely used on a competitive level.

Sponge - A sponge sheet is glued to the rubber sheet forming a layer between the blade and rubber. When the ball hits the rubber surface, it causes the underlying sponge to compress. The sponge may be 0.8 to 2.2 mm and may be of different levels of hardness. Softer sponge generally produces more spin and harder sponge more speed but powerful strokes will compress harder sponge. Some defensive players use no sponge.

Sidespin - Spin placed on a ball to allow it to curve left or right in the air, usually utilized in combination with topspin

Smash - An aggressive attack to finish the point

Topspin - Spin placed on a ball to allow it to curve down onto the table

F. ELIGIBILITY

Under 18 years of age as of January 1, 2019.
Players must be born in 2001 or after.

G. SCORING

All matches are best of five games.
Games are to eleven points but a player must win by two points.

H. ROLE OF OFFICIALS IN SPORT

- To score the match.
- To make sure that players are playing according to the laws and regulations.
- To make sure that coaches act according to the regulations.
- To act as a service to the spectators and to make it possible for them to follow the matches.
- To make sure that every result is delivered to the control desk 100% correct and as soon as the match is finished.

K. FACILITY DESCRIPTION

The Canada Games table tennis tournament will take place at The [Westerner Park](#). Combined, the Parkland and Prairie Pavilions at Westerner Park feature over 60,000 square feet of transformable space with ample parking.

L. SPORT MEMBERSHIP NUMBERS AND STRUCTURE

Table Tennis Canada is a National Sport Organization who works in accordance with the Provincial Sport Organizations. All ten (10) provinces and all three (3) territories have a Provincial or Territorial Table Tennis Association and all are recognized members of Table Tennis Canada (TTCAN) with approximately 25,000 members

M. ATHLETES TO WATCH FOR

Without a doubt Edward Ly of Quebec will attract the most attention. He recently captured BOTH the Cadet and Junior Boys titles at the 2018 US OPEN CHAMPIONSHIPS. He is currently the 17th ranked male player in Canada.

N. NOTABLE PAST ATHLETES/ALUMNI

2007 Canada Winter Games participant Andre HO from British Columbia was qualified for the 2012 London Olympic Summer Games.

O. ATHLETE/TEAM MATCH-UPS (RIVALRIES)

The traditional rivalries of the three large table tennis provinces of British Columbia, Quebec and Ontario and will certainly be evident at the Canada Winter Games for 2019. But they will be pushed by well-prepared teams from across the country. Expect significant results from Alberta and Manitoba with upsets registered by Saskatchewan and the Maritimes.