

# PETERSFIELD TABLE TENNIS CLUB RULES

**Membership of the Club constitutes agreement to these rules.**

*Following the Covid 19 Pandemic of 2020/21 we ask members to be aware of and to adhere to Government guidelines which may be in force at the time. These can be found here.*

<https://www.gov.uk/guidance/covid-19-coronavirus-restrictions-what-you-can-and-cannot-do#keeping-yourself-and-others-safe>

1. All members and visitors are expected to show respect and consideration to others and always behave politely. Players of all ages and abilities are encouraged to be members of our club and members are expected to help and encourage everyone to enjoy playing table tennis.
2. All reasonable instructions given by the officers of the club and by the coaches on duty must be adhered to. The Petersfield School Assembly Hall is a hired facility and members need to respect the premises and comply with any requirements of the School Management.
3. It is a requirement that clean, dry non-marking footwear is worn in the playing area; players wearing inappropriate footwear will not be allowed to play. White shirts and tops should not be worn.
4. Junior members (under 18s) should not leave the Assembly Hall during sessions except to visit the toilet, in the event of an emergency or to comply with an instruction from one of the Club Officers/Coaches.
5. Junior members under the age of eleven must be accompanied by an adult parent or guardian whilst at the Club.
6. It is everybody's responsibility to know what the emergency & fire procedures are, and the location of the fire muster point. In the event of an emergency evacuation leave the building immediately by the nearest safe exit and make your way to the muster point. A roll call will be held by a Club Officer and it is therefore essential that all players, coaches and helpers are recorded on the attendance register, which will be used to check that all are safely out of the building. Nobody should re-enter the building unless informed that it is safe to do so by a member of the Fire & Rescue Service or a Club Officer.
7. Any accident must be noted in the Club's accident book by the Club Officer. The chairman or secretary must be notified within 48 hours of any accident requiring medical assistance or where there is any likelihood of an insurance claim resulting from the incident.
8. Because of the risk of choking, players should not eat whilst playing. However, it is recommended that each player should bring a drink, in a suitable watertight and re-sealable container, with them. Chewing or bubble gum is not permitted during table tennis sessions
9. Be aware of play taking place on other tables and wait for a break in play before walking behind players or entering the area round a table to retrieve a ball.
10. Payment of membership fees is deemed to signify agreement to all of the above rules. Parents / guardians are asked to ensure that junior members understand the standards of behaviour expected.
11. If coaching is taking place and you are involved, you are expected to be attentive and receptive to the instruction being given.
12. Photographs may be taken at TPS or the Rugby Club during play or at other venues during League matches/competitions/tournaments. Parental consent is assumed for such photos to be used on the Club Website, The Haslemere League website for promotional purposes.
13. Members personal Data is held on a single home computer for the purposes of club administration. Aspects of data held are shared with Table Tennis England for registration purposes and with other club members to facilitate communication. Membership signifies acceptance and consent to this.

# WHY TABLE TENNIS IS GOOD FOR YOU

Table tennis is the most popular racket sport in the world. Though many just enjoy playing table tennis in the garage, there are over 300 million active members of governing associations world-wide. It is enjoyed by millions of families across the world, and over 20 million play table tennis recreationally in the US alone. Goodness knows what that figure is in China. Table tennis is a sport that can be enjoyed by individuals of any age and physical ability. Top table tennis players are some of the greatest athletes in the world, yet it is enjoyed by millions of disabled persons and people in retirement homes. Playing table tennis is an excellent way to stimulate the brain and promote quick thinking while improving hand-eye coordination. Table tennis is a low-injury risk sport that keeps one fit and flexible, without putting severe stress on joints. Playing table tennis increases one's agility and flexibility, and most of all their reaction time. On a professional level, a table tennis player has to react to the ball, move up to five feet, and do a full body swing in order to return the shot, all in less than half a second!

## BENEFITS SUMMARISED

- **No barriers to entry, transcends age, gender, social, physical and ethnic differences**, anyone of any skill level can pick up a bat and immediately have fun playing.
- **Playing improves hand-eye coordination** Following the table tennis ball as it moves quickly toward you following its trajectory as your opponent hits it helps improve hand-eye coordination and it stimulates mental alertness, concentration and tactical strategy. This makes it the perfect game for young people to sharpen reflexes, and for older people to remain active.
- **Develops mental acuity**. The speed, spin and placement of the ball are crucial in table tennis, and practiced players are highly skilled in both creating and solving puzzles involving these three attributes.
- **Improves reflexes**. Due to the fast-paced, short-distance nature of the sport, both gross and fine muscle movements are improved. The game is distinguished by bursts of exertion and recovery, leading to fast-twitch muscle development.
- **It's easy on the joints**. Have you had knee surgery, back problems, tired of twisting your ankles? Try table tennis. It's a wonderful way to improve your leg, arm and core strength without overtaxing your joints. There are very few health concerns associated with playing and it carries a low-risk of injury.
- **Burns calories**. A 150-pound person can burn 272 calories by playing table tennis for an hour. Because the sport is entertaining and addictive, it can be a fun and easy way to burn calories.
- **Offers a social outlet**. Whether you play at a Club, in a community centre or at home with friends, table tennis offers a terrific way to bond with other people. Because young and old people can play the game, it can help improve communication and build relationships, irrespective of age. Playing at home with siblings or parents can bring family members closer and enable them to spend more quality time with each other.
- **Keeps your brain sharp**. *Alzheimer's Weekly* reports a clear increase in motor skills and cognitive awareness from playing table tennis, after a series of preliminary clinical studies in Japan found that table tennis markedly increases the flow of blood to the brain, and could possibly even prevent dementia.
- **Improves balance**. Staying balanced and being able to quickly change direction are key to being successful in a table tennis rally. This is especially important for the elderly.
- **Stimulates various parts of the brain**. By anticipating an opponent's shot, a player uses the prefrontal cortex for strategic planning. The aerobic exercise from the physical activity of the game stimulates the hippocampus, the part of the brain that is responsible for allowing us to form and retain long-term facts and events.
- **Very easy and quick to set up**, simple equipment, relatively small space requirement and can be played all-year round, day or night, non-seasonal.