



Lamar University Intramural Sports Polish Table Tennis

Player Eligibility:

1. Participation is limited to currently-enrolled, Lamar University-Beaumont or LIT students, faculty and staff.
2. In order for participation in an intramural contest each player must present his/her Employee/Staff ID, Cardinal One Card or LIT Card and print their name on the score sheet.
3. Players not signed in by two minutes after match time will be a forfeit.
4. Players may not play if they are wearing jewelry of any type, including necklaces, earrings, bracelets etc.

For an instructional video of Polish Ping Pong, go to the following link:

http://www.onetruemedia.com/otm_site/view_shared?p=557f583b845fa1c95314c9&skin_id=601&utm_source=otm&utm_medium=image

History: The legend goes something like this: There were 5 brothers who grew up together in a small Polish town outside of Philadelphia, PA. They did not have a big house, and usually spent most of their days at home waiting for their mom and dad to get back from work. One Christmas, their parents bought them a ping pong table and set it up in the basement. It was the only gift they could afford for their 5 sons. The boys loved playing ping pong. They would often spend hours playing 1 on 1 or 2 on 2. As soon as they got home from school, they would rush to finish their homework so they could play more ping pong. After a while, the boys got frustrated because they always had to have one brother sit out while the other 4 played. They decided they would invent a new game that would include all 5 of them. The rules were slightly different, but it allowed for many players at the same time. Soon the boys began to invite friends over, and they found that they could play with 10 or 15 or even 20 players at one time. This new Polish Ping Pong game had gained popularity. As the kids grew up, they all went their separate ways, but they never forgot the rules to Polish Ping Pong. They began to teach it to coworkers, and friends at college. Before long the game had gone national.

Setting Up the Game: In order to play an official game, you must have at least 2 players. Each player must have (1) official ping pong paddle. The game can only be played on one table and the table must have a net. The bouncing playing surface (floor) must allow for a ping pong ball to rebound at least 5" up off of the floor when rolling it off of the table. If the ball does not bounce that high, the players may add plywood or other hard materials to the ground to get an official bouncing playing surface. The game should be played with only 1 ball. Each player must have a number. The first player will be number 1, the second player number 2, and so on. The game can be played with an unlimited amount of players, however, it is suggested that you have no more than 15 players per table per game. Each player will take his/her turn and hit to the next consecutive numbered player. The highest numbered player must hit back to number 1. The net will be raised to two-three inches to allow for the ball to pass through and eliminate and stoppage from the net.

Before the game begins, each player must be notified of who is hitting to them, and who they are hitting to. You may want to line up so that it is easy for each player to visualize where his turn falls in line. Anytime a player cannot legally return the ball they will receive a strike. When a player reaches five strikes, he/ she is eliminated from the game. When that player is eliminated, he/she must leave the playing area. The player, who hit to them, is now hitting to the next player in line. For example if player 4 is eliminated, then number 3 will hit to number 5. You will play the game and eliminate the players until there is only 1 player left. That player is the winner of that game.

When setting up the next game, the players must line up in the order that they were eliminated. The player who won will be player #1 and the second to last player will be #2 and so on.

NOTE: In tournament play, you do not need to line the players up according to how they were eliminated in the previous game. A random order should be instituted at that time.

Starting the Game: Player 1 must begin the game by serving the ball over the net to player 2. The ball may hit the net on the serve. The serve must hit the first side of the table at least once and the second side of the table at least twice. It may hit more than that on either side, but this is a minimum. If the ball does not hit each side the correct number of times, no one is penalized and the server reserves the ball. The ball must not go off the side of the table on the serve, only the back of the receiver's side.

Giving Strikes:

A player may be penalized with a strike if he/she commits one of the following fouls:

1. If the player allows the ball to hit the floor more than 1 time before playing it back on the table he/she gets a strike.
2. If the player does not get the ball back on the table during his turn, he/she gets a strike.
3. If the player purposely hits the ball with any part of his body to assist with the ball getting back on the table, he/she gets a strike.
4. If the player plays the ball up over the table and it hits the net, the side, or any other part of the table that is not the top playing surface and does not actually hit the table, he/she gets a strike.
5. If the player misses his/her turn, or hits out of turn, he/she gets a strike.
6. If the player purposely keeps another player from missing his turn, he/she gets a strike.
7. If a player purposely blocks the ball and keeps another player from getting his/her hit onto the table, he/she gets a strike.

Giving Warnings:

There are certain circumstances where a player may not get penalized with a strike, but will be issued a warning. Should a player be issued with 2 warnings for the same infraction a strike will be given. If that player is issued 3 warnings for anything a strike must be issued. If the player is issued with 4 warnings, he/she is eliminated from the game, regardless of how many strikes they already received. A player will be issued with a warning if he/she commits one of the following:

1. If the player accidentally gets in the way of another player and causes them to miss his turn. This includes blowing or wafting at an opponent's ball.
2. If a player accidentally hits the table causing the next player to miss his/her return.
3. If a player "tricks" another player into thinking it is his/her turn.
4. If a player damages the table, playing surface, or net.
5. If the player curses.
6. If the player damages the ball because he/she lost his temper.

Service:

After a player is issued a strike, it is now their turn to serve. When a player is eliminated the next player in line will serve to the following player. When a player serves, it must hit the first side of the table at least once and the second side of the table at least 2 times. The receiver of the serve must let the ball hit the floor before playing back onto the table. If the receiver hits the ball but does not get the ball back up onto the table he/she is issued a strike a server will only have three attempts to make a legal serve. If the server is not able to serve correctly within their three tries, a strike will be issued and the next person in line will serve.

Extras:

1. A player may use his/her body (chest, stomach, thigh, neck or head) to block a ball to let it drop to the floor in front of them, in order to play it back up on the playing surface. A player MAY NOT use a part of his/her body to play a ball up in the air. He may only use this part of his/her body to block the ball from leaving the general playing area.
2. A player may blow the ball or waft with his paddle to get the ball to leave the playing surface and hit the floor. A player may only do this to the ball if he/she is about to hit. No players may blow or waft during another player's turn. This will result in a warning and that player's whose turn it was will serve.
1. Even though it is not a rule, it is HIGHLY DISCOURAGED to set another player up. For instance, player 1 could serve a high easy serve to player 2 so that player 2 can spike the ball on player 3 in turn issuing them a strike. It is not respectful to play this way and tarnishes the integrity of the game.