

University Recreation

Eligibility Guidelines

1. Only currently enrolled APSU students, current APSU Faculty/Staff, & those who currently have a membership to the Foy Fitness & Recreation Center are eligible to participate.
2. Players using false identification will be suspended for a period of time determined by the Coordinator of Intramural Sports.

Scheduling

1. Games are self-scheduled--meaning that it is played at your convenience
 - a. Your matchups for the week will be scheduled;
 - b. however, it can be played any time between Sunday and Saturday
 - c. Both teams must send an email to sheltona@apsu.edu OR text our office at 931-221-7197 to report the scores.
2. You will need to email or text your opponents for that week and set up a game time when you both are available.
 - 2.1. If your opponent does not respond by the end of the week it will be a forfeit on their behalf.
 - 2.2. We will need record of you trying to make contact with them
 - 2.3. After two forfeits, a team/individual will be removed from the league.
4. You will play approximately 6-8 regular season games--depending on number of teams, and then we will go into a Playoff Tournament.

Playing Rules

1. **Game Length:** The game will consist of five (5) games to 11, win by two (2). Winner of three (3) games first is declared the winner.
2. **Scoring:** A point is awarded when a fault is committed by the opponent or the ball touches the ground and is no longer in play. The edges of the table are part of the legal table surface, but not the sides. It does not matter who is serving to receive a point. Whichever player commits a fault or has the ball touch their side, the opposite is rewarded a point. A point is awarded if:
 - a. The service is missed.
 - b. The service is not returned.
 - c. A shot goes into the net.
 - d. A shot goes off the table without touching the court.
 - e. A player moves the table, touches the net or touches the table with their free hand during play.
 - f. An opponent obstructs the ball

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- g. An opponent deliberately strikes the ball twice in succession
 - h. An opponent strikes the ball with a side of the racket blade
3. **Serving:** Each player serves two points in a row and then switch servers. However, if a score of 10-10 is reached in any game, then each server serves only one point and then the server is switched. After each game, the players switch side of the table. In the final game (i.e. 5th game), the players switch sides again after either player reaches 5 points. The ball must rest on an open hand palm. Then it must be tossed up at least 6 inches above and behind the table and struck so the ball first bounces on the server's side and then the opponent's side. If the serve is legal except that it touches the net, it is called a let serve. Let serves are not scored and are reserved.
4. **LET:** Lets are called by the player, as there will be no official in order to halt play. A let is called if:
- a. An otherwise good serve touches the net. This ensures your opponent has a chance at making a return.
 - b. The receiver isn't ready (and doesn't try to hit the ball).
 - c. If play is disturbed by something outside of the players' control. This allows you to replay the point

Revised: January 21, 2025