



RULEBOOK

SOLO

- Players race against time in 4 positions:
 - Right hand
 - Left hand
 - Forehand (both hands)
 - Backhand (both hands)
- Juniors (15 YO and under) race for 30 seconds in each position.
- Adults (16 YO and older) race for 60 seconds in each position.
- There are 30 seconds on the clock between positions.
- Winners score the highest number of hits in all 4 positions.

RELAY

- A team of 4 players standing in one line.
- Each player plays one of the four positions (no positions should be repeated).
- Time runs continuously for 2 minutes.
- Referees give an auditory signal (like blowing a whistle) at the end of each 30-second interval.
- Players then swap to the next position.
- Players must remain in one single file at all times.
- The winner team scores the highest number of hits in all 4 positions.

SINGLES

- Players toss a coin to determine server/court.
- Players exchange serves each point.
- There is a "Forbidden Zone" dividing both courts.
- Players serve from a designated serving point.
- Players must return the ball before it makes 2 laps from the center.
- Players lose points if they commit the following errors:
 - Double faults Step into or touch the forbidden zone with body, apparel, or equipment.

- Hit the cord without the ball.
- Hit the ball in the pole.
- Hit the ball in the reverse direction.
- Tug the cord or ball
- Touch the ball, the cord, or the stand by hand, apparel, or equipment.
- Each game is 10 points. The winner wins 10 points first.
- Matches are best of 3.
- In case of a tie in games, players change courts in the final game every 5 points.

DOUBLES

- Players toss a coin to determine server/court.
- Returnee team decide who will return the first serve.
- The order of players hitting or returning the ball must remain the same within each game.
- The order is reversed each game.
- In case of a tie in games,
 - the returnee team decides who returns the serve.
 - The order remains in each point.
 - Players change courts every 5 points.
- The same errors in singles cause the team to lose a point.
- In addition, serving or returning a ball out of one's turn results in loss of the point for the team in error.