

## What is Polybat?

Polybat is a bat/ball net game which is played on a table tennis table with the net removed. It was developed at Nottingham Trent University as part of the Adapted Sports programme.

## Who can play?

Polybat is aimed to provide a net game for youngsters with more severe impairments.

## How is it played?

<b>Field of play</b>	Polybat is played on a table tennis table
<b>Equipment</b>	Equipment is included in the Youth Sport Trust TOP Sportsability Bag
<b>Players</b>	Polybat can be played as either singles or doubles
<b>Length</b>	A match consists 5 games A game consists of 11 points

## For Further information:

**Polybat Skills Awards- English Table Tennis Association**

[www.englishtabletennis.org.uk](http://www.englishtabletennis.org.uk)

**Adapted Sports Project Nottingham Trent University**

[www.ntu.ac.uk/adpated\\_sports](http://www.ntu.ac.uk/adpated_sports)

## What is the objective of the game?

The objective of the game is to hit the ball over the opponent's end of the table or cause them to play a fault by lifting the ball off the table surface.

## Rules for Polybat

### Rules

- Players can hit the ball more than once before returning it to their opponent.
- Players may not trap the ball with the hand or bat and then play it.

### Service

- Ball should be hit from a stationary position on the centre line of the table.
- During service players must strike the ball to hit against any side panel.
- The receiver must allow the ball to strike the side panel before attempting to return it.

### Order of Play

- Server and receiver alternate in singles
- In doubles, server send ball to receiver diagonally opposite and then receiving player may hit the ball in any order.

### Points are scored if:

- Opponent fails to make a good service.
- Opponent fails to make a good return.

### A player loses a point if:

- Ball is lifted so that it bounces in opponent's half of the table.
- Ball bounces or is lifted over the side
- Ball is stopped or trapped
- Ball strikes part of the player's body.

A player may touch the playing surface in order to re gain their balance during a rally.

### Game:

- Is won by player or pair who first score 11 points.

### Match

- Consists of the best of 5 games.