

MAIN RULES OF PARA TEQBALL



BALL SIZE 5



DOUBLES GAME



SINGLES GAME

- Q A PARA TEQBALL MATCH IS ONE SET AND IS PLAYED UNTIL 12 POINTS
- Q ACCORDING TO TOURNAMENT REGULATIONS, A MATCH SHALL BE WON BY BEST OF 3 SETS WITH 2 POINTS DIFFERENCE IN THE DECISIVE SET
- Q EVERY PLAYER/TEAM HAS 2 ATTEMPTS TO COMPLETE A SUCCESSFUL SERVICE
- Q PLAYERS/TEAMS CHANGE SERVICE AFTER EVERY 4 POINTS
- Q EVERY PLAYER/TEAM IS ALLOWED TO RETURN THE BALL WITH A MAXIMUM OF 3 TOUCHES BY ANY BODY PART, EXCEPT FOR THE HANDS AND ARMS
- Q IN CASE OF AN EDGEBALL, THE RALLY SHALL BE REPEATED
- Q WHILE PLAYING, NEITHER THE TABLE NOR THE OPPONENT CAN BE TOUCHED
- Q IN DOUBLES, BOTH PLAYERS OF THE TEAM MUST TOUCH THE BALL BEFORE IT IS RETURNED
- Q IF THERE ARE THREE OR MORE BOUNCES ON THE TABLE, THE RALLY HAS TO BE REPEATED

PARA TEQBALL SPORT CLASS 1 (PTBSC 1)

- Q PLAYERS CAN USE SUPPORTING EQUIPMENT, NOTABLY CRUTCHES, DURING THE MATCH
- Q PLAYERS CAN USE SUPPORTING EQUIPMENT AS PART OF THEIR SERVE, BUT OTHERWISE THE BALL CANNOT INTENTIONALLY TOUCH THE EQUIPMENT DURING A RALLY
- Q THE BALL CAN BE TOUCHED BY THE SAME BODY PART CONSECUTIVELY
- Q A PLAYER CAN RETURN THE BALL WITH THE SAME BODY PART CONSECUTIVELY
- Q THE BALL IS ALLOWED TO BOUNCE ON THE GROUND ONCE AFTER THE PLAYER HAS RECEIVED THE BALL.

PARA TEQBALL SPORT CLASS 2 (PTBSC 2)

- Q PTBSC 2 IS PLAYED BY PARA ATHLETES USING A PROSTHESIS FOR ONE OR BOTH LEGS
- Q THE BALL CAN BE TOUCHED BY THE SAME BODY PART TWICE CONSECUTIVELY, BUT PLAYERS CANNOT TOUCH THE BALL THREE TIMES IN A ROW WITH THE SAME BODY PART
- Q A PLAYER CANNOT RETURN THE BALL WITH THE SAME BODY PART CONSECUTIVELY
- Q IT IS ALLOWED TO RETURN THE BALL WITH THE PROSTHESIS

INCLUSIVE GAME

THE INCLUSIVE DOUBLES MATCH IS PLAYED BY FOUR PLAYERS IN PAIRS. EACH PAIR MUST CONSIST OF ONE PTBSC 1/ PTBSC 2 PARA TEQBALL PLAYER AND ONE TEQBALL PLAYER.

RULES OF THE PTBSC 1 INCLUSIVE GAME INCLUDE:

- Q DURING THE SERVICE, WHEN THE PARA TEQBALL PLAYER IS THE RECEIVER, THE SERVER MUST ENSURE THE BALL STARTS WITH AN UPWARDS MOVEMENT.
- Q FOUR TOUCHES ARE ALLOWED WHEN THE PARA TEQBALL PLAYER IS THE RECEIVER (IN 3+1 RATIO)
- Q A DOUBLE TOUCH IS ALLOWED FOR THE PARA TEQBALL PLAYER
- Q THE BALL CAN BOUNCE ON THE GROUND ONCE, SO LONG AS THE NEXT TOUCH IS BY THE PARA TEQBALL PLAYER
- Q REPEATED RETURNS ARE NOT ALLOWED

RULES OF THE PTBSC 2 INCLUSIVE GAME INCLUDE:

- Q DURING THE SERVICE, WHEN THE PARA TEQBALL PLAYER IS THE RECEIVER, THE SERVER MUST ENSURE THE BALL STARTS WITH AN UPWARDS MOVEMENT.
- Q IT IS ALLOWED FOR THE PARA TEQBALL PLAYER TO TOUCH THE BALL WITH THE SAME BODY PART
- Q REPEATED RETURNS ARE NOT ALLOWED

#PARATEQBALL



USE AT YOUR OWN RISK!



THE MAIN RULES OF PARA TEQVOLY

- Q Para Teqvoly can be played with balls used in volleyball, with size five being official and recommended
- Q Para Teqvoly is played by two teams of two players
- Q Each team has a maximum of 3 touches, a minimum of 1 pass is required and passes need to alternate between players on the same team
- Q The serve and the returned ball must bounce only once on the opponent's playing surface of the table
- Q The server has one chance to execute a successful service
- Q During the service the player is not allowed to step inside the court or on the baseline, both feet must remain touching the ground
- Q The server and the receiver remain the same for 4 rallies. The service is rotated after 4 valid rallies
- Q If the ball has been returned from inside of the lines to the opponent's playing surface, the next return from the same team must be made from outside of the lines
- Q If the ball bounces on the edge of the table, the serve or rally must be repeated unless the opponent touches the ball
- Q If the ball hits the side of the table, it is considered as a fault
- Q The half-way line can only be crossed when passing the ball backwards to your team
- Q Returning the ball is only allowed if it is on your own team's side
- Q Spiking downwards is only allowed if the player is outside the lines and one foot must stay on the ground
- Q If you step inside the lines the ball must have an upwards trajectory
- Q Spiking with a jumping approach is allowed for men they must ensure they land with both feet outside the lines; for women must ensure both feet do not cross the lines before jumping
- Q Each team has the right to request the chance to earn the 'doublepoint' once every match. The 'doublepoint' is a chance to gain 2 points instead of one in a single rally
- Q A match consists of two or more winning sets. A set is won when a team reaches 12 points
- Q Any contact with the table is forbidden

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PARA **TEQVOLY**
WORLD IS CURVED



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MAIN RULES OF PARA TEQPONG

Para teqpong is played between two wheelchair players as a singles match.

SCORING SYSTEM:

- Q One set is won when a player reaches 12 points.
- Q A para teqpong match consists of two or more winning sets depending on the competition.
- Q After the service, the serving player has 20 seconds to win the rally; otherwise, the point is awarded to the opponent.

THE SERVICE:

- Q The server has only one chance to execute a successful service. The ball must bounce only once and anywhere on the opponent's playing surface of the Teq table.
- Q The service is rotated after every four valid rallies.
- Q All serves must be executed from behind the service line, the service must be alternated between forehand and backhand, serving first with a forehand. The service sequence must be: Forehand, backhand, forehand, backhand.
- Q The server must throw the ball up and the movement of the racket during the contact point must also be upwards.

GENERAL:

- Q Each player has the right to request the possibility to earn the 'doublepoint'.
- Q The 'doublepoint' is a chance to gain two points instead of one in a single rally.
- Q The 'doublepoint' can only be awarded to the player who requested it and legally scored the point.
- Q The player may only request the 'doublepoint' if she/he has not yet reached 10 points in that set.
- Q If the ball bounces back from the net it can still be played but only in the air.
- Q Only the wheelchair or players legs may touch the table during the rally.

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PARA
TEQPONG



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