

# Table Tennis *ExCel*

● men ● women

## PADDLE

### Rubber

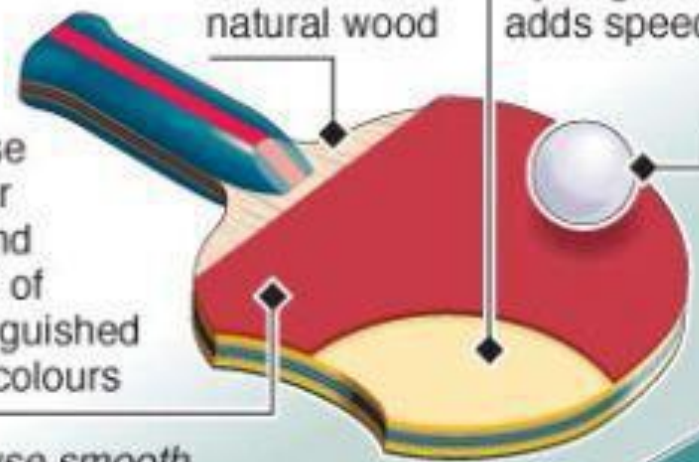
2mm thick. Players can use different rubber on forehand and backhand side of paddle – distinguished by red / black colours

**Blade:** 85% natural wood

**Sponge:** Optional layer 2mm thick adds speed or control to rubber

**Ball:** Celluloid.  
Diameter: 40mm  
Weight: 2.7g

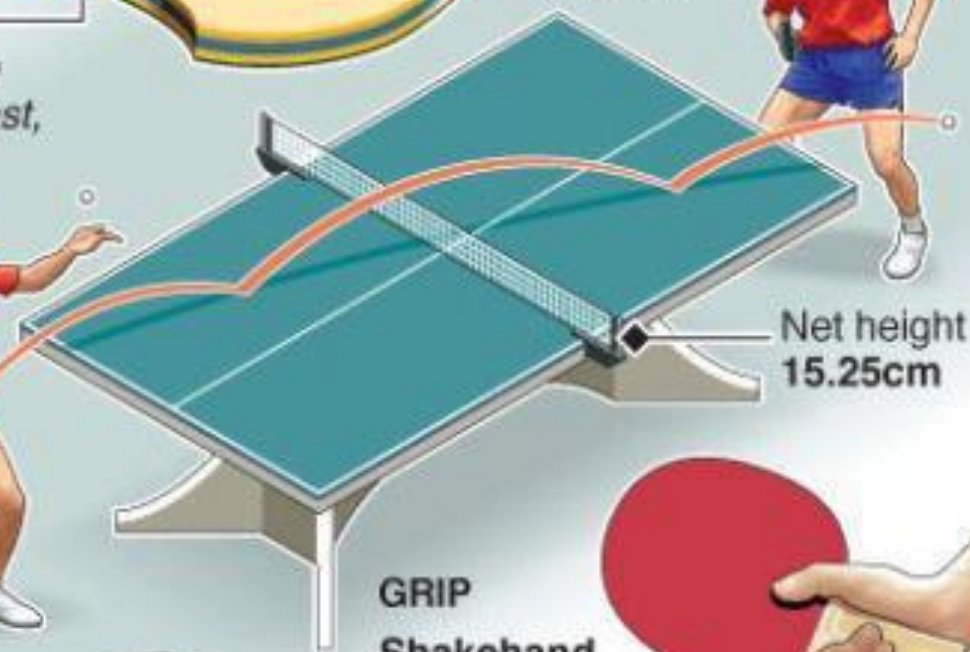
Table size  
**2.74m x 1.52m**



*Most players use smooth or "inverted" rubber for fast, attacking topspin play*

### Service

Ball thrown upwards at least 15cm prior to serve. Often thrown higher so speed of falling ball adds spin



Net height  
**15.25cm**

*World number one Ma Long (CHN). China holds top five places in men's and women's rankings*



## GRIP

### Shakehand

Racket head faces up – used by most Europeans and some Asian players



### Penholder

Traditional Asian style with racket head facing downwards

