

POLYBAT – TRADITIONAL

Quick introduction

The aim 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. Polybat is a suitable game for all ages and abilities, but is particularly aimed at players who have co-ordination or balance issues.

Getting started

- Fixing the sides to the table is easy; use plastic clips or small clamps (supplied with polybat kit) or secure with tape if the table edge is thick.
- Polybat can be played on any kind of table.
- Some players may need to use a glove-bat or light strapping to secure the bat to the hand.



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Hints and tips

- Angle the bat down towards the table surface; this is more likely to keep the ball on the table surface.

Leadership and volunteering opportunities

- Equipment managers can get out equipment and set up the tables.
- Officials could also help to keep score.

Officiating

- An umpire should oversee the game to award points and decide if the ball has been 'lifted'.
- Alternatively, the players officiate their own games with honesty.

Think inclusively (STEP)

Space

- A larger table gives players more reaction time, but requires more power to reach the opposite end.

Task

- Players can begin by trying to see how many strokes they can play without the ball going off the edge of the table (co-operative play).

Equipment

- A larger, slower-moving ball (for example, a large air flow ball) can be used.

People

- Players can stand or sit to play.



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SCHOOL GAMES

Quick rules

- Polybat can be played as a singles or doubles game.
- Each player has two serves; the serve then goes to the other player (or rotates alternately for doubles).
- The first to 11 points wins.
- Play begins with the server who must serve the ball off any side; strokes can then be played directly or off the sides.
- The ball must always stay on the table surface; a lifted ball scores a point for the opponent.
- Players can block, control and hit the ball back towards their opponent using more than one hit; but no 'trapping' or 'stopping' of the ball is allowed.

Equipment required

- Large, flat table.
- Polybats and balls or alternatives (e.g. use small paddle bats and an air flow ball).

Health and safety

- Try not to swing the bat dangerously; control and push the ball along the table.



FOR YOUNG PEOPLE

Think tactics

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