



# CGSAV TABLE TENNIS RULES AND HANDBOOK



# CGSAV - Return to Play (COVID-19 safety measures)

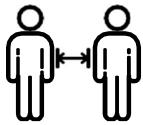
## Practice good hygiene



**Stop hand shakes**, hugging or high-fives between players, coaches and umpires.



**Clean hands** on arrival, before play, during break and after play.



Where possible, **maintain social distancing** of 1.5m at all times unless competing.



**Avoid touching your face** and cover your coughs. No spitting.



**Do not touch** any other external equipment other than match ball or game implements.

## Player and parent information

Parents and spectators are currently allowed in CGSAV events.

**No socialising** before or after competition.

**Prepare/get changed** beforehand. Avoid use of dressing rooms as much as possible.

**Obey venue staff** or COVID safety officer.



## Stay home if...

- You are **feeling sick**
- You have a sick **family member** at home



## CGSAV TABLE TENNIS



- VENUE:** CGSAV to arrange the venue for the competition.
- FIRST AID:** CGSAV will provide first aid for the tournament, to be booked by the Executive Officer. Each school is ultimately responsible for the first aid of their own students.
- UMPIRES & SCOREKEEPERS:** CGSAV to provide officials. Each team should provide a scorer. Scorers need to sit together each game
- FIXTURE:** Round Robin with finals as presented by the Executive Officer
- SCORE SHEET:** Must be returned to central area by the winning team -
- AWARDS:** Plaques and MVP medals will be given to the winning teams in Junior, Intermediate and Senior divisions.
- UNIFORM:** All players must be in team uniforms. No jewellery or chewing gum.
- TEAMS** Students may only play in one team for the day and cannot rotate between age groups or 'A-D'
- AGE GROUP** Students are able to participate in a higher age group, but not a lower one. Once they have moved up an age group, they must remain in this age group.
- READINESS** In the event a team is not ready to start the game on time, points, goals or runs can be awarded based on the EO's discretion
- SCORESHEET** Winning team will need to bring the score sheet of the games to the convener table for collation
- FIRST USE:** First serve, first use and opening serve will be decided by a coin toss or alternative
- BLOOD RULE:** Any player with blood on their skin or clothing must be substituted immediately. Play will be stopped, but not the clock.
- CONCUSSION:** Any student who has suffered a head clash or suspected of having a concussion must be medically assessed as soon as possible after the injury and MUST not be allowed to return to play for the rest of the day. A first aider will be in attendance at each event.
- CLASH KIT** CGSAV will investigate a clash kit for AFL, and bibs for Netball, Soccer, Futsal & Basketball.
- RED/YELLOW Cards**
- A player who receives a red card will receive an automatic 1 game suspension as a minimum. The hosting school, in consultation with the umpires and the CGSAV Executive Officer will determine whether a longer suspension is to be given.
  - Umpires will be instructed to issue a yellow card for swearing. If a player receives a yellow card in two consecutive games that they were to play in, that player would receive an automatic one game suspension.
- TIE BREAKERS:** Teams tied on the ladder to be separated by **Percentage** or **Goal Difference**. If this does not split the tie, who won the fixture when they played Head-to-Head goes into the final. If still tied, compare scores against the top team. Whoever had the better result goes through. If still tied, compare to the next best team etc, etc.

**GAME TIME** 15 minutes (depending on the fixture) or best of 5 sets, whichever comes first.  
**& RESULT:** If match is incomplete when it is time, the pair with the most sets won, wins the match. If the same number of sets are won, the pair with the most points wins. If it is still a draw, the next point wins.

**LIVE SET:** A set will be counted as 'live' and count towards the sets won when one team reaches 6 points and is leading by 2 points.

**EQUIPMENT:** Schools are to provide racquets which should be I.T.T.F approved. Balls (3 star & I.T.T.F approved) will be provided by CGSAV.

**RULES:** Rules as set out by the I.T.T.F. unless otherwise stated.

**TEAMS:** Minimum of 8 players  
Each school's best players should be 'Pair 1', the next two 'Pair 2' etc to allow teams to be competitive when playing. Players must play in the same pair for the day. If pairs are rotating, no rotations can be made during games.

**SCORING:** The games will be first to 11 points. Teams need to be 2 points in front to win the set.

**SERVING:** Serving and changing of ends as by I.T.T.F.

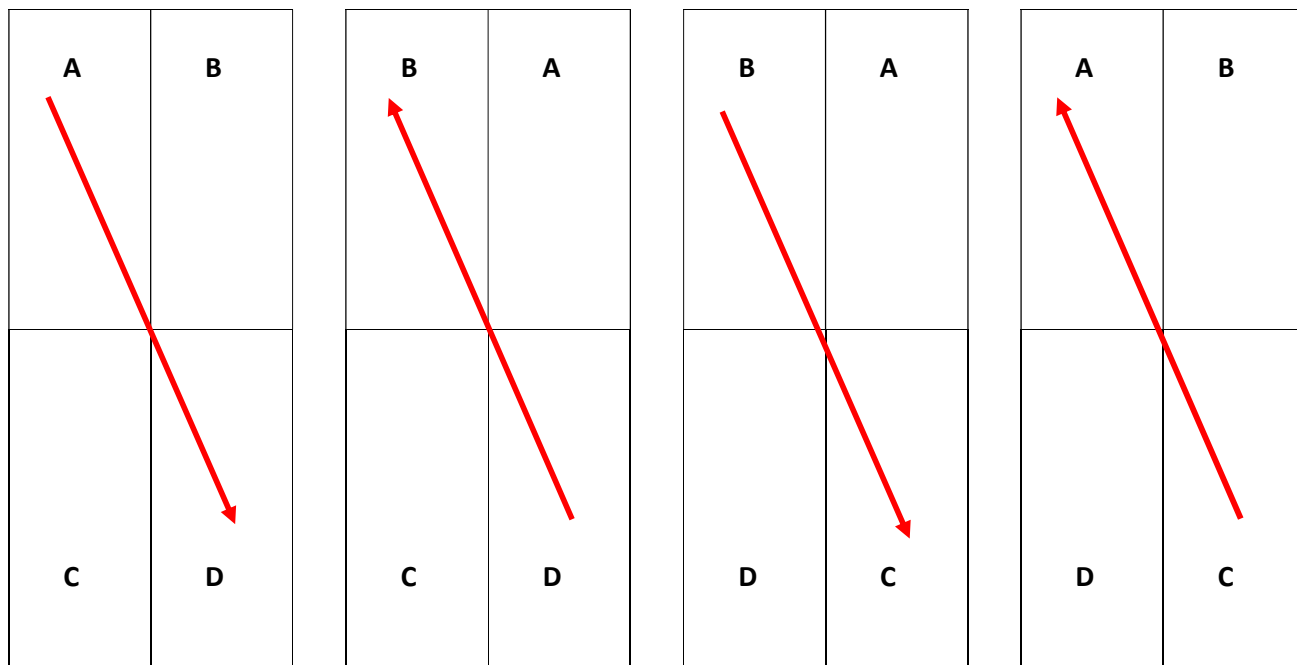
- Service shall start with the ball resting freely on the open palm of the server's hand. The ball is then thrown upwards and struck before touching anything.
- The ball must bounce on the server's side of net before crossing the net. When serving if the ball is thrown up but missed then the serve still counts.
- If the ball hits the player standing over the table it's classed as in but if the ball hits the player while they are standing away from the table then it clearly is marked as out.
- Serves must always go from right side of table to left side of table.
- Serve must be performed from behind the table.
- Each player must serve twice, regardless of who won or lost the previous point, following the sequence below.
- Player A serves twice to player D. Following the serves, players A and B swap positions.
- Then player D serves twice to player B. Players D and C then need to swap positions. Player B then serves to player C, then players B and A swap positions again. Player C now serves to player A. This sequence is repeated until the game is won.
- There are no faults but if the serve touches the net and lands in the playing area then it is called a let and re-served as many times as needed
- At 10-all each player serves only once until a team gains a 2-point advantage.  
In the 5th set when a team reaches 5 points, teams swap sides of the table and the serving combinations change.

**RALLY:** Players will swap hitting the ball.

**TIMING:** The central organizer shall keep time and start and finish rounds with a horn.

<b>AGE GROUPS:</b>	<b>Junior</b>	1 team (4 x doubles)
	<b>Inter</b>	1 team (4 x doubles)
	<b>Senior</b>	1 team (4 x doubles)

Diagrams below of the serving sequence.



At the end of each game teams swap sides of the table and the serving combinations will change. For example:

Player A serves to Player C

Player C serves to Player B

Player B serves to Player D

Player D serves to Player A

In the 5th set when a team reaches 5 points, teams swap sides of the table and the serving combinations change.



**Child Safety - Code of Conduct**

# Safeguarding Children and Young People at CGSAV

## Events Code of Conduct

### CGSAV –Catholic Girls Sports Association of Victoria

The Catholic Girls Sports Association of Victoria (CGSAV) provides the opportunity for students of member Colleges

- to enjoy and experience sport through representing their school,
- to strive for their personal best through individual and team based competition,
- to feel valued, make new friends and social connections, develop a sense of self through mastery of skill and involvement in teams
- to improve their physical fitness, health and well being through participation in sport

Within CGSAV we aim to develop:

- sportsmanship, including the ability to win with modesty, lose with dignity and accept decisions
- interpersonal skills, where students learn appropriate communication skills and behaviours within their team and towards their opposition
- suitable competitions that allow for new skills and/or refine already existing skills
- students develop a connectedness to their own College and develop friendships/ connections with students from other associated Colleges
- students develop a sense of pride through representing themselves and their College out in the community
- a range of students develop leadership skills
- staff have an opportunity to interact with students in a positive manner.

## Purpose

This Code of Conduct has a specific focus on safeguarding children and young people at **CGSAV Events** against sexual, physical, psychological and emotional abuse or neglect. It is intended to complement other professional and/or occupational codes.

All staff, volunteers, contractors, and board/school council members at **CGSAV** are expected to actively contribute to a school sporting association culture that respects the dignity of its members and affirms the Gospel values of love, care for others, compassion and justice. They are required to observe child safe principles and expectations for appropriate behaviour towards and in the company of children, as noted below.

## Acceptable behaviours

All staff, volunteers, contractors, visitors, parents/guardians and board/school council members are responsible for supporting the safety of children within our association by:

- adhering to the [CGSAV Child Safety Policy](#) and upholding the associations commitment to child safety at all times
- taking all reasonable steps to protect the young people at our events from abuse
- treating everyone in the CGSAV community with respect, modelling positive and respectful relationships and acting in manner that sustain a safe and positive environment
- promoting the cultural safety, participation and empowerment of Aboriginal and Torres Strait Islander young people
- promoting the cultural safety participation and empowerment of young people with culturally and /or linguistically diverse backgrounds
- promoting the safety, participation and empowerment of young people with a disability

Child Safety Code of Conduct November 2016

- if an allegation of child abuse is made, ensuring as quickly as possible that the young person/people are safe in accordance with the [CGSAV Child Safety Policy](#)
- ensuring that this Code of Conduct is followed in any interactions with students from every associated member school of CGSAV when attending any CGSAV event

## Unacceptable behaviours

All staff, volunteers, contractors, visitors, parents/guardians and board/school council members must NOT:

- exhibit behaviours with young people which may be construed as unnecessarily physical
- engage in open discussions of a mature or adult nature in the presence of young people
- use inappropriate language in the presence of young people
- express personal views on culture, race or sexuality in the presence of young people
- discriminate against any young person on the basis of age, gender, race, culture, vulnerability, sexuality, ethnicity or disability

- photograph or video a young person without the consent of the parent or guardian
- consume alcohol or take illicit drugs under any circumstances at an event where students are present.
- work with any young person while under the influence of alcohol or illegal drugs

## Responsibilities in matters of Child Safety:

All staff, volunteers, contractors, visitors, parents/guardians and board/school are responsible for:

- listening and responding to concerns of young people; particularly if they are telling ou that they or another young person have been abused or that they are worried about their safety/the safety of another young person
- reporting any allegations of child abuse as outlined in the [CGSAV Child Protection – Reporting Obligations](#)
- understanding and complying with all reporting obligations as they relate to mandatory reporting and reporting under the Crimes Act 1958 (Vic) and as contained in the [CGSAV Child Safety Policy](#)
- reporting any child safety concerns as outlined in the [CGSAV Child Protection – Reporting Obligations](#)
- ensuring as far as practical that adults are not alone with a young person
- ensuring child safety protocols at all CGSAV events and venues are implemented
- ensuring risk assessments at all CGSAV events and venues incorporate child safety

All staff, volunteers, contractors, visitors, parents/guardians and board/school must NOT:

- ignore or disregard any suspected or disclosed child abuse
- put young people at risk of abuse
- initiate unnecessary physical contact with a young person or do things of a personal nature that a young person can do for themselves, such as toileting or changing clothes
- exchange personal contact details such as phone number, social networking sites or personal email addresses with a young person

Full details of the following are available on the CGSAV Website ([scsa.org.au](http://scsa.org.au)):-

- *CGSAV Child Safety Policy*
- *CGSAV Child Protection – Reporting Obligations*





### *Code of conduct for Coaches/ Officials/ Players.*

The following information has been adapted from the Australian Sports Commission document – Code of Conduct.

### *Official Code of Behaviour*

In your role as an official appointed by *your school* ,*you must* :

1. Place the safety and welfare of the players/participants above all else.
2. Accept responsibility for all actions taken.
3. Be impartial.
4. Avoid any situation which may lead to a conflict of interest.
5. Be courteous, respectful and open to discussion and interaction.
6. Value the individual in sport.



## *Coach Code of Behaviour*

In your role as a coach appointed by the school, as the Coach you :

1. Do not tolerate acts of aggression.
2. Provide feedback to players and other participants in a manner sensitive to their needs. Avoid overly negative feedback.
3. Recognise players' rights to consult with other coaches and advisers. Cooperate fully with other specialists (for example, first aiders doctors and physiotherapists).
4. Treat all players fairly within the context of their sporting activities, regardless of gender, race, place of origin, athletic potential, colour, sexual orientation, religion, political beliefs, socio-economic status and other conditions.
5. Encourage and facilitate players' independence and responsibility for their own behaviour, performance, decisions and actions.
6. Involve the players in decisions that affect them.
7. Encourage players to respect one another and to expect respect for their worth as individuals regardless of their level of play.
8. Ensure any physical contact with players is appropriate to the situation and necessary for the player's skill development.
9. Be acutely aware of the power that you as a coach develop with your players in the coaching relationship.
10. Avoid situations with your players that could be construed as compromising.
11. Do not exploit any coaching relationship to further personal, political or business interests at the expense of the best interest of your players.
12. Accept and respect the role of officials in ensuring that competitions are conducted fairly and according to established rules.
13. Know and abide by rules, regulations and standards, and encourage players to do likewise. Accept both the letter and the spirit of the rules.

## *Player Code of Behaviour*

In your role as a player/participant in any activity held by the CGSAV , you will:

1. Respect the rights, dignity and worth of fellow players, coaches, officials and spectators.
2. Not tolerate acts of aggression.
3. Respect the talent, potential and development of fellow players and competitors.
4. Care for and respect the equipment provided to you as part of your program.
5. Be frank and honest with your coach concerning illness and injury and your ability to play
6. Conduct yourself in a professional manner relating to language, temper and punctuality.
7. Maintain high personal behaviour standards at all times.
8. Abide by the rules and respect the decision of the official, making all appeals through the formal process and respecting the final decision.
9. Cooperate with coaches, officials and staff.