

ACTIVITY 1: PING PONG

Overview

- i. The competitor will use a ping pong paddle to hit a ping pong ball over a suspended bar.
- ii. There are 4 positions that can be used: Standing right handed, standing left handed, seated right handed, and seated left handed. Competitors can attempt these positions in any order.
- iii. Competitors are awarded 1 point each time the ball crosses the bar in an attempt, up to 15 points.

Instructions

- i. A ping pong paddle and a ball will be placed on the chair next to the suspended bar.
- ii. Once the bell is rung they may choose between any of four positions
 - a. Standing right handed
 - b. Standing left handed
 - c. Seated right handed
 - d. Seated left handed
- iii. In the given position, the competitor must bounce the ball back and forth over the bar without the ball touching the ground.
- iv. Between attempts the competitor may change to one of the other positions.
- v. The Activity Adjudicator will retrieve lost balls and provide the competitor with additional balls.
- vi. When the bell is rung a second time the activity is over. The competitor places the ping pong paddle and ball back on the chair.

Scoring

- i. Competitors will be awarded 1 point each time the ball crosses the bar, up to 15 points per position.
- ii. If the ball hits the ground, the count will restart with the next attempt.
- iii. Only the highest scoring attempt from each position will be counted towards the total score, for a possible total score of 60.

Physical Requirements

- Ping pong paddle
- Ping pong balls
- Suspended bar
- Scoring sheet