

# Let's Play Takkyu Volley



**TCTP  
2019**

**Takkyu Volley Manual**

**Third Country Training Programme on  
Inclusive Development through Disability-Inclusive Sports**  
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# 1. Introduction

There are three important factors for promoting rehabilitation for persons with disabilities efficiently. The first is Physical Therapy (PT). This is for the purpose of recovering and preventing deterioration of movements (turning, getting up, walking, etc.) that are basic daily life routines for people with reduced function due to illnesses, injuries, old age, disabilities, etc. It is a treatment that is performed by using exercise, heat, electricity, water, and light. Simply put, Physical Therapists are specialists in movement. After evaluating and analyzing the physical function and pain of each individual, they will support about walking, sitting, moving, etc. Learning of correct movement by exercise therapy and guidance, physical therapy for the recovery of pain and paralysis, and a type of professional in rehabilitation that supports independent daily life.

Secondly, Occupational Therapist (OT) will support persons with physical or mental disabilities and those who have difficulty with physical movement or depression due to illnesses or injuries, etc. Through work activities, they don't have trouble with daily activities. "Work" does not mean work, but refers to the daily activities of daily life, including housework, changing clothes, excretions, community activities and leisure activities. Regardless

of age, gender and others, there are persons who have difficulties of living their daily life due to disabilities, mental problems, injuries or illnesses. For these people, we will restore their work ability so that they can adapt to the society, and OT will support them not only in the body but also in their mind with the goal of rehabilitation. They will be encouraged to live normal daily life and get mental support.

Lastly, recreation and sports are one of the ways to enjoy leisure time, and to efficiently promote rehabilitation. UN Convention on the Rights of Persons with Disabilities Article 30 also stated “to promote the empowerment of persons with disabilities in recreation, leisure, and sports”.

This book introduces about Takkyu Volley which has a history of more than 40 years in Japan. It is a popular sport for people of all ages recognized as a “Universal Sports”. Universal sports means everyone can play it, regardless of age or disabilities. Based on this manual, I hope that the smile of people all over the world will be circulated through playing Takkyu Volley.

## 1. PT (Physical Therapy)



## 2. ADL (Activity of Daily Living) OT (Occupational Therapist)



## 3. Recreation/Play

# 2. Why Takkyu Volley?

- If there is a table tennis table, you can play it with lots of people. You don't need to use big space.
- If you cannot move, you can play it in sitting position.
- Perfect for everyone, not only athletes.
- Takkyu Volley aims to help disabled and elderly persons who love sports but lack physical mobility.
- Takkyu Volley aims to help everyone experiences sports more.
- Takkyu Volley can be played by everyone, regardless of their age, gender, background, region, nationality, or disability.

### 3. What is Takkyu Volley?

"Takkyu Volley" is a game that uses a table tennis table. Six people in each team have to sit on a chair, rolling ball and returning them to the opponent's court within three shots, across the net. Rules of Takkyu Volley are devised based on the rules of six-player volleyball.

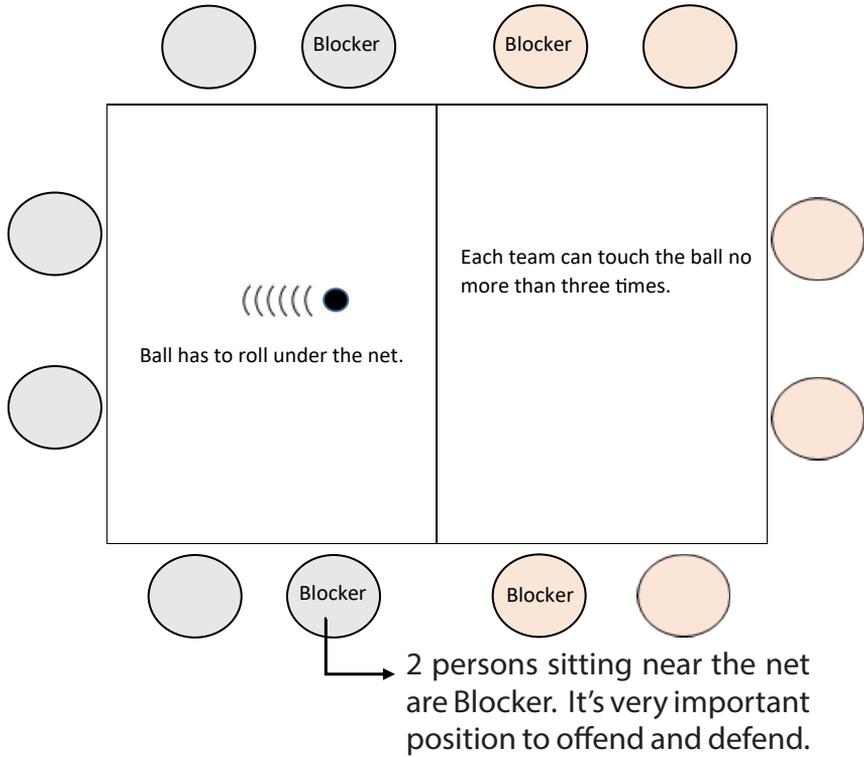
Even people with heavy or light disabilities (people with visual/hearing/intellectual disabilities), or people without disabilities can play it easily. Besides, as the players get used to playing the game, the ball speed can get faster which makes the players more enthusiastic. Takkyu Volley is a group competition, so you can feel free to play even you are in a limited playing area. This sport is made in Japan and has a history of over 40 years.

Why don't people who have not experienced "Takkyu Volley" experience it once!!



# 4. Let's Play Takkyu Volley

Everyone sits on a chair and standby



**If you stand up or lift your hip from the chair, opponent team will get one point.**

A total of 12 people, 6 people in each team, surround the table tennis table, sitting on a chair or wheelchair and stationing on standby.

Instead of a racket, we use a rectangular plate to hit the ball making it roll under the net set higher than usual, and we play the game. The ball is heavier than usual and has a sound (there are metallic balls inside the ball) so as to make the blind be able to play this game.

## **5. Rules**

### **(A) Equipment • Tools**

#### **1. Table**

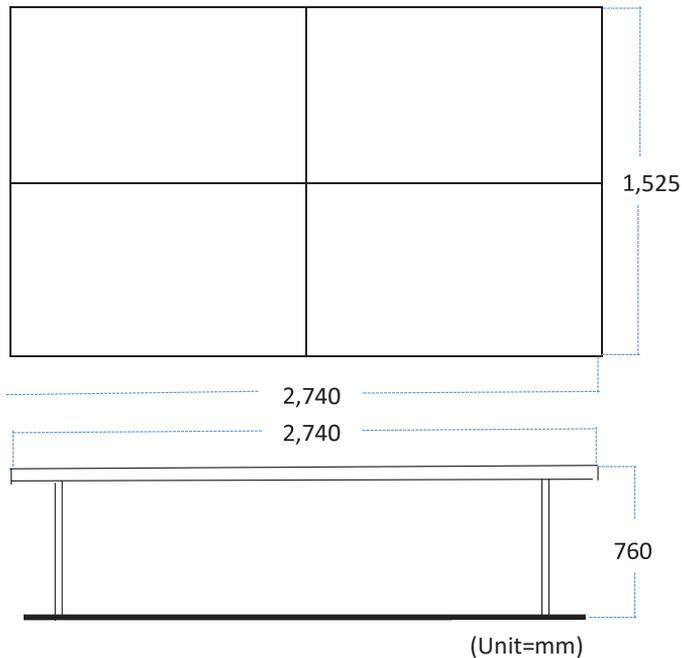
The table is a rectangle of 2,740 mm in length, 1,525 mm in width, and 760 mm in height.

#### **2. Balls**

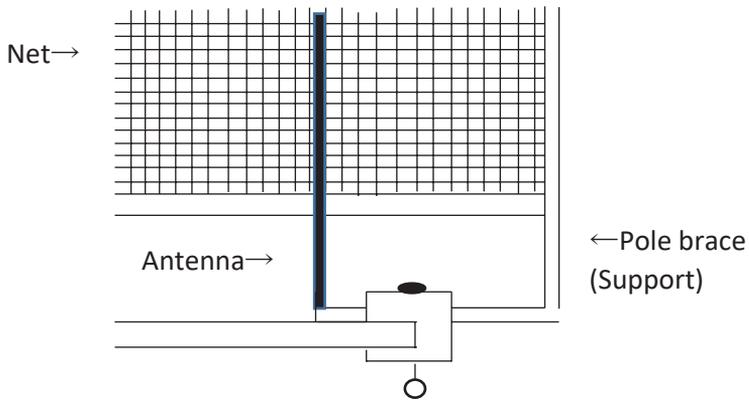
The ball is 40mm in diameter; 4 pieces of metal balls are in it, and the total weight is 3.6 - 3.8 g.

#### **3. Net**

The net is 152.5mm in height. Set at the center of the table and put it up vertically to a height of 57 mm from the coated surface.



- (1) Attach a white cloth of 15 mm in width to the lower edge of the net so as not to sag.
- (2) Both ends of the lower edge and upper edge of the net shall be attached to the pole brace and the lower edge shall be stretched horizontally.
- (3) Put the antenna on a net of a certain distance from the side line.



#### 4. Pole brace (support)

Attach pole brace to the table to hold nets.

#### 5. Rackets

Plate is made from wood with the size of 300 mm or less and it must be flat and hard. Minimal processing for racket retention is permitted.

#### 6. Wheelchairs or Chairs

Players must sit on a chair or wheelchair to play the game.

### (B) Teams (Players)

#### 1. Teams

- (1) One team consists of 6 to 12 players.
- (2) Of the 6 players, two on the net side are blocker and other four are servers.

#### 2. Manager, Game Captain

- (1) Among team, there are one manager and one game captain.

(2) The manager can request strategy time and player change.

(3) Only the game captain can ask the referee for an explanation from the judge.

### **(C) Victory or Defeat**

One set is 15 points and the team which get 15 points first wins.

In three-set match, and two-set preempted team will win.

### **(D) Selection of Service Rights and Court Rights**

Prior to the start of the game, the teams' game captains toss whether to choose the first serve or the court, and the winner can preferentially select either one.

### **(E) Service**

1. The ball is placed in the server's area. After the referee's signal, the server hits the ball to start the game. The ball shall reach the opponent's court without touching the net including the pole brace.

2. Service plays in turn from the referee side except the blocker. The second and subsequent sets of serve will be done from the team that did not do first in the previous set.

3. Each team will take turn doing the service.

4. Breaking the rules of service

- (1) When the server do not do regular service
- (2) When the server deliberately swing-and-miss and feint

5. When you make a mistake in the order of service, take the following actions and resume the service.

- (1) If you notice the mistake during the rally, resume the service when the rally ends.
- (2) The score is still valid.
- (3) You cannot accept appeal after the service.

### **(F) Batting**

- 1. Blockers cannot return a served ball within one hit.
- 2. Each team can touch the ball three times maximum. However, if the third shot ball touches the net, you can only touch it one more time.
- 3. Effective hitting means when you hit a ball and it passes under the net and reaches (touches) the opponent's court. Even if you touch the net except services, every time the ball passing under the net is considered valid.

### **(G) Points**

Scoring takes a rally point system.

### **(H) Foul (with following situations, opponent team will get the point as foul)**

#### **1. Service miss**

When regular service is not done

## **2. Serve block**

When Blocker returns the serviced ball directly to the opponent's court

## **3. Balls out**

When the ball is out of the table of your court or cross over the net

## **4. Holding**

When holding or extruding the ball

## **5. Dribble**

When touching the ball twice or more consecutively (however, when the ball touching the net, you can touch the ball only one more time)

## **6. Support**

When the ball touches the pole brace, the antenna, and the net in between the pole brace and the antenna, or when it passes through the space between the pole brace and the antenna

## **7. Touch net**

When the racket or the player's body parts touches the pole brace or the net

## **8. Over net**

When the racket or the player's body parts comes across the net to opponent's court

## **9. Body ball**

When the ball hit other things such as the player's body

parts rather than the racket (the range of the racket means the racket and the wrist to hold the racket)

### **10. Stop ball**

When the ball stops in the self-court

### **11. Overtime**

When you cannot return the ball within 3 shots

### **12. Standing**

When players lift their hip from the wheelchair or chair or when they move the wheelchair or chair

### **13. Intension foul**

After hitting a ball, when players leave the racket intentionally.

When deliberately blowing or fanning the ball on the court.

During rally, when players switch rackets.

In addition, when players are playing inappropriately or when they perform bad manners.

### **(I) In addition**

1. We cannot change a court.

However, depending on the condition of the court, it can be implemented by referee's judgement.

2. When the ball stops on the court or has irregular bounce, wait for the referee's judgement decision.

## 6. Description of Takkyu Volley Rules

### (A) Equipment / Tools

#### 1. Table

(1) It is desirable that the legs of the table have the shape that makes it easy for the wheelchair users to enter.

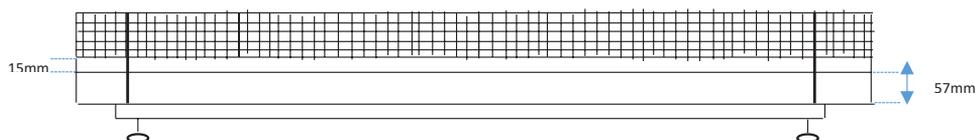
#### 2. Ball

(1) Metal is contained inside the ball, and we use the one approved by the Japan Disabled Sports Association (public goods).

#### 3. Net

(1) Use normal table tennis net, but set it upside down, put a white cloth of 15 mm in width on the lower edge of the net and keep it at the same interval at a height of 57 mm from the court surface so as not to be too slack horizontally to stretch.

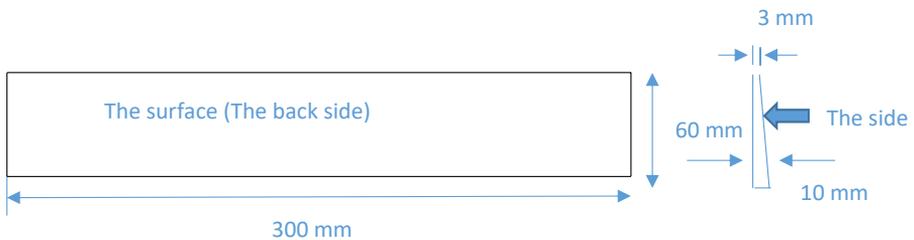
(2) Bottom of the net shall be the boundary of the court.



## 4. Rackets

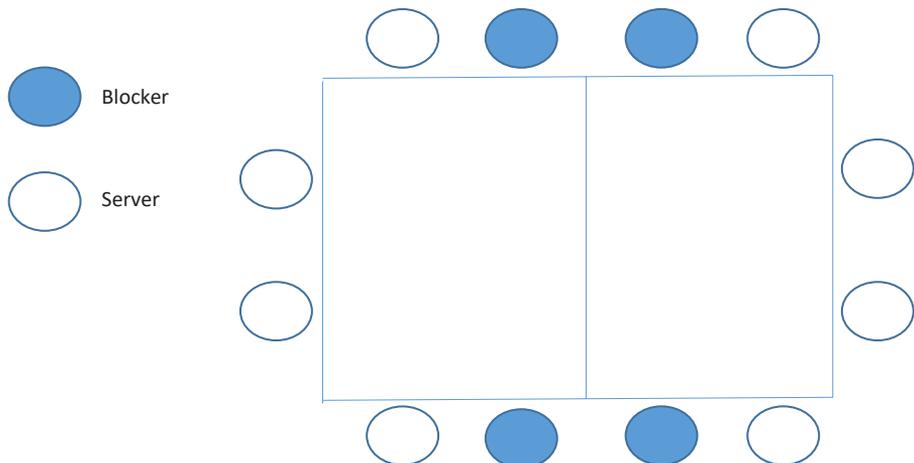
(1) Shape and weight are arbitrary, but they should be wooden with the size of 300 mm both vertically and laterally, hard and flat.

(2) At present, as for Takkyu Volley, please refer to bellow a picture.



### (B) Team (Players)

1. Each team consists of six players (2 blockers and 4 servers).



2. You cannot protest the judgment of the referee and interpretation of the rules.

3. If you would like to take a strategy time or change players, the manager can ask the referee when ball is out.

### **(C) Win or Lose**

One game is based on 15 points · 3 set matches in principle but may be changed according to convention regulations.

<Example 1> 1 game 11 points·2 set matches.

<Example 2> When 14 to 14 afterwards are equalized (deuce), the team who took 2 points consecutive earlier will win.

### **(D) Selection of service right or court**

The game captain who won the toss game can firstly choose one of the following:

- The first service
- A court side

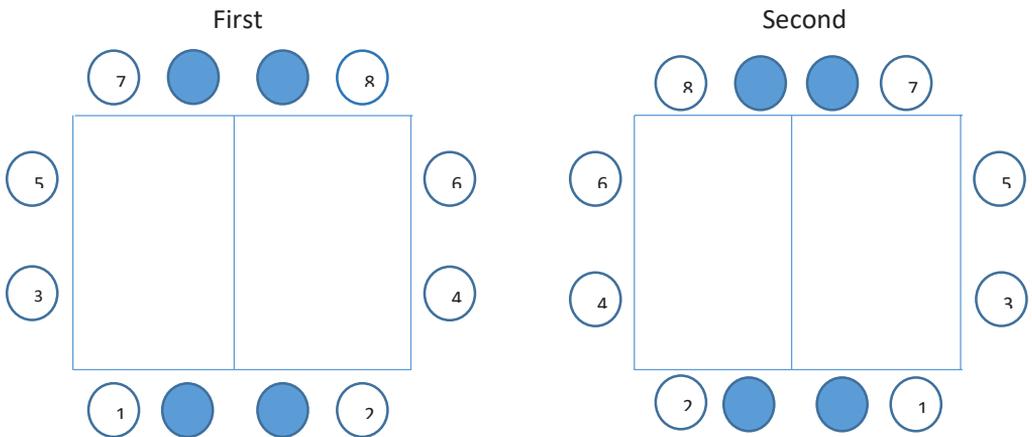
### **(E) Service**

1. Dribbling or holding the ball when you hit a service shot is a foul.

2. Order of Service

(1) When you start from 1 to 8 in order, start from 1 again.

(2) The service of the second set is from the team that did not play first in the previous set. At the start of any new set, player No.1 has to hit the service shot.

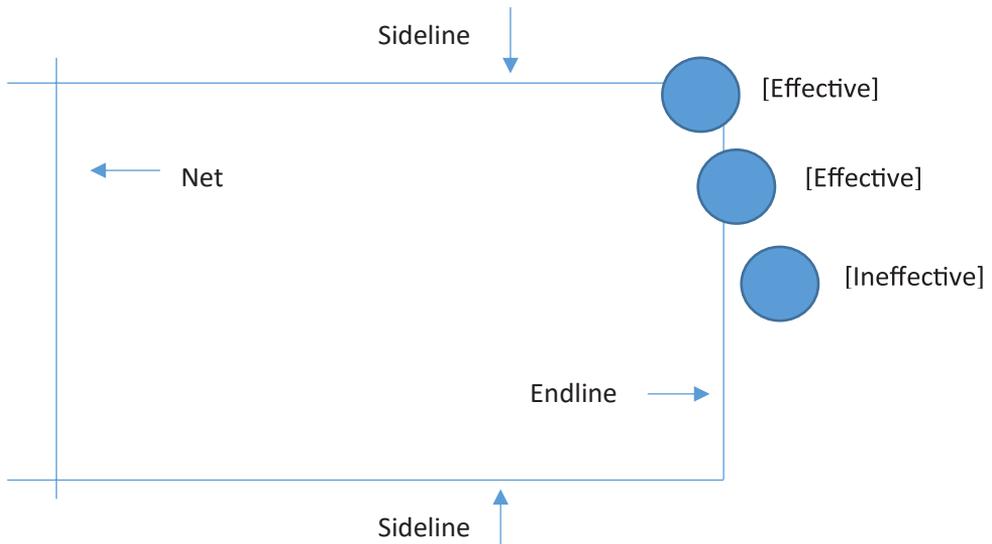


## (F) Hit balls

### 1. Effective ball hitting

(1) When the ball passes under the net and reaches the opponent's court.

(2) The ball remains in the side line and end line including space.



2. If the ball touches the net, you can hit the ball one more time.

3. At the moment of hitting, deliberately releasing the racket from the hand will result in a foul (Intentional Foul). Even if it is not deliberate, in case the racket slips away from the hand either touching the net or the pole brace, or making the opponent's team disadvantaged, it is a foul.

4. In principle, you need to hold a racket with one hand. In case of any disabilities, you may inform the referee before the game starts. If the referee accepts, you can handle the racket as following ways:

(1) When holding the racket with both hands, the racket must be held at the wrist level.

(2) If you cannot support your upper limbs without putting your elbow on the table tennis court, you may use your elbows as a racket.

(3) When holding the racket with the body instead of a hand, the referee will judge the situation and determine the range of the racket.

5. You cannot admit changing your racket during playing time. (Intentional foul)

## **(G) Scoring**

One set is 15 points. The team which get 15 points first will win. (However, when 14 to 14, the team which preempts 2 sets of the 3 set match will win. However, it depends on the tournament and the referee's judgement.

## **(H) Foul**

### **1. <Service mistakes>**

When you do the service shot, the ball cannot touch the net and pole brace.

### **2. <Service block>**

When the blocker returns the serviced ball directly to the opponent's court.

### **3. <Ball out>**

When the ball passes under the net and does not land on the opponent's court including when the ball is floating in the air in the following cases:

<b>The situation of B team's court</b>	<b>Foul or not</b>	<b>Judge (Point)</b>
Landing on the court	In ball (effective hit)	Continue playing
Hitting the racket in the court and landing on the court	In ball (effective hit)	Continue playing
Falling on the court and becoming ball out	Ball out	A team
Hitting a racket in the court (one touch) and becoming ball out	Ball out	A team
Hitting the body in the court	Body ball	A team
Going out of court	Ball out	B team
Hitting the body out of court	Ball out	B team
Hitting the racket out of court	Ball out	B team

#### **4. <Holding>**

When dragging the ball or pulling it in and pushing it out.

#### **5. <Dribble>**

When rolling on the racket face without repelling the ball, it is assumed hit the racket two or more times.

#### **6. <Touch net>**

Regardless of "after hitting the ball" or "before hitting the ball", if you touch the net during the game, it is a foul.

#### **7. <Stop ball>**

The ball is in a completely stationary state. The state in which it rotates in the same place (rotation) is an effective ball.

## **8. <Over time>**

When the third shot touches the net, you can hit a ball one more time. (4th shot)

## **9. <Standing>**

In the case of moving a wheelchair or a chair, or lifting one leg, regardless of “after hitting the ball” or “before hitting the ball” (except the case of disabilities).

## **10. <Intentional foul>**

- (1) During rally, when changing racket.
- (2) During rally, hitting a ball with both hands.
- (3) During rally, when the racket is deliberately released from the hand.
- (4) When deliberately blowing or bleaching the ball on the court.
- (5) When there is any bad manner such as inappropriate manners of players.

## **(I) Others**

1. Prior to the game, the referee must confirm “matter of dealing”. This includes acknowledging both teams about disability levels of any players.
2. The chief referee has all authority.

## 7. Q&A

### (A) Equipment / Tools

**Q1** How much processing is allowed to hold the racket?

**A** Minimal processing is permitted when it is difficult to hold the racket due to physical disabilities.

### (B) Team (Athletes)

**Q2** If there is an argument concerning the judgement of the referee, who can challenge the opinion to the referee?

**A** Only the game captain can challenge the opinion to the referee (other players cannot). Make sure to tell your opinion through the game captain. In addition, if there is a verbal abuse, measures such as giving 1 point to the opponent's team may be taken.

### (C) Win or Lose

**Q3** If I win in toss game prior to the start of the game, will I definitely become first server?

**A** Those who win the toss game can choose either the first serve or the court side. Those who lose the toss game can choose the one that is left.

### (D) Service

**Q4** In case server did not serve the ball within 5 seconds, will this be judged as intentional foul?

**A** Consideration for players who cannot serve soon is

due to various circumstances. However, deliberately delaying will result in an intentional foul.

### **(E) Hit the Ball**

**Q5** The ball which reached the opponent's court comes back though no one of the opponent team hits it. Is this an effective hit?

**A** It is effective hit.

Not only when the ball enters the opponent's court and returns to the self-court without being hit presumably by the influence of the spin etc., but also when the ball hit by the back spin reaches its own court and returns immediately to the self-court, the referee will interpret it as a 0 stroke."

### **(F) Foul**

#### **1 Service mistakes**

**Q6** If I make a mistake in the order of service, will it be a service mistake?

**A** When noticing that it is wrong, the referee will ask the players to return to the regular order. Since the score is valid so far, mistaking the order of the service will not result in a service mistake.

#### **2. Serve Block**

**Q7** Are blockers allowed to touch the ball served for the first time?

**A** The foul of serve block is when the blocker returns the serviced ball directly to the opponent's court. Even if you

touch it first, you do not have to return it directly to the opponent's court. There is no problem if you pass it to your teammates.

### 3. Holding

**Q8** We often have taken a foul of holdings, but I do not know exactly what is wrong.

**A** The principle of how to hit a Takkyu Volley states that "It is the moment that the ball and the racket hit each other". "Pushing down or pushing out" means that the ball and the rackets are in contact for a certain period of time. Even if you hold the ball with the racket to change the direction of the ball, it is also a foul of holding.

### 4. Dribble

**Q9** The first shot hit the net and returned, so the same player hit the second shot. The second shot hit the net as well, so the same player hits the third shot again. Is this a foul of dribbling?

**A** Yes, this is a foul of dribbling.

The rules stipulate that "When you touch the net, the same player can touch the ball only one more time". If the ball is touched for the third time, a foul of dribbling is committed. Of course, if another players hits the third shot, it will not be considered as a foul.

### 5. Touch net

**Q10** At the moment of hitting the ball, the racket hits the net away from the hands. Is this a foul play of touch net?

**A** It will be a foul play of touch net. If the racket is held at the moment you hit a ball, which is an effective hit, but if you touch the net with the racket, there will be penalty of touching net.

## **6. Over net**

**Q11** While I was blocker, I was warned about the sitting position.

**A** Foul of over net applies not only on the net but also on extended lines. In other words, if the foot, shoulder, elbow, etc. of the blocker are on the other side of the net from the extension of the net, it is considered as a foul of over net. Of course, when you cannot maintain your posture due to the state of disabilities, you may ask the referee for exception.

**Q12** While playing, the opponent team blocker's arm hits my body and it is unpleasant. Is it a foul play?

**A** It is a foul play.

However, it depends on "intention" of the players at the beginning.

In addition, when "there is no noticeable disadvantage to the opponent's team", we may continue playing based on the judgment of the referee, for the smooth progress of the game.

## 7. Body Ball

**Q13** Because the rackets did not reach the ball, I switched the racket with the opposite hand and hit it. Is this a foul of body ball?

**A** At the time of switching rackets, it is considered as a foul of “intentional foul”.

## 8. Stop balls

**Q14** The ball has not moved, but hit it when it is in a rotating state. Will this be a stop ball?

**A** A stop ball is a state in which the ball is completely restrained, including the rotation of the ball. Hence, in the state where the ball is not moving, but rotating, the ball can be said to be valid, so it will not be a foul of a stop ball.

## 9. Overtime

**Q15** The third shot hit the net and returned, so another player hit the fourth shot, but since that also hit the net, I hit the fifth shot. Is this a foul of overtime?

**A** Yes, it is an overtime of offense.

The third shot hit the net and returned is “you can hit only once (fourth shot)”.

Therefore, even if different players hit the ball in the fourth shot, hit the net and returned, it is foul.

## 10. Standing

**Q16** Is it a foul of standing when trying to hit a ball at a slight distance hip lifted from a chair?

**A** Standing's foul is judged not only when you obviously lift your hip from a chair, but also when you move the chair or lift the legs of the chair. Therefore, in this case it can be said to be a foul of standing.

### (H) Other

**Q17** Is it possible to enter the server after the right blocker become a substitute player within the same set?

**A** Change player can be done twice per set. The number of substitutional players is limited to 2 persons per time. However, position changes during the set due to player substitution are not allowed. Therefore, in this case, once you reserve players, you can return as a competitor in the same position as before, but you will not be allowed to enter different position. Of course, in the next set, you can take different position.

Reference

卓球バレールールブック「競技規則と解説」

Japan Takkyu Volley Federation



**Let's Play**  
**Takkyu Volley**



# Let's Play Takkyu Volley

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