



FIFT
FÉDÉRATION INTERNATIONALE
DE FOOT TABLE



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OFFICIAL INTERNATIONAL RULEBOOK OF FOOT TABLE

Edited by Foot_TableHHG

OFFICIAL INTERNATIONAL RULEBOOK OF FOOT TABLE

PART I — GENERAL PROVISIONS

1. PURPOSE AND GOVERNANCE

2. DEFINITIONS

3. MATCH STRUCTURE AND SCORING

PART II — GAMEPLAY

4. THE SERVE

5. BALL CONTACT AND DEFENSE

6. ATTACK SYSTEM

7. OBSTRUCTION AND REPLAY

8. FAULTS AND VIOLATIONS

PART III — OFFICIATING

9. REFEREEING AND OFFICIALS

10. DISCIPLINARY MEASURES

PART IV — COMPETITION AND TECHNICAL STANDARDS

11. COMPETITION REGULATIONS

12. TECHNICAL SPECIFICATIONS

13. ATHLETE UNIFORMS AND EQUIPMENT

PART V — FINAL PROVISIONS

14. FINAL PROVISIONS

PART I — GENERAL PROVISIONS

1. PURPOSE AND GOVERNANCE

1.1 PURPOSE OF THE RULEBOOK

1.1.1 The Official International Rulebook of Foot Table establishes the official standards governing gameplay, officiating, competition procedures, technical specifications, disciplinary systems, and international governance for all officially sanctioned Foot Table competitions.

1.1.2 Foot Table is a dynamic competitive sport based on technical control, positional

strategy, directional attacking systems, and continuous rally play within a structured rebound arena.

1.1.3 This Rulebook constitutes the highest regulatory authority regarding gameplay and competition administration in officially sanctioned Foot Table events.

1.2 GOVERNING AUTHORITY

1.2.1 The governing organization of Foot Table shall maintain final authority regarding:

1.2.1.1 Rule interpretation.

1.2.1.2 Official amendments.

1.2.1.3 Competition approval.

1.2.1.4 Disciplinary enforcement.

1.2.1.5 Referee certification.

1.2.1.6 International governance.

1.2.2 Situations not specifically addressed in this Rulebook shall be resolved according to:

1.2.2.1 Fair play.

1.2.2.2 Athlete safety.

1.2.2.3 Competitive fairness.

1.2.2.4 Integrity of the sport.

1.2.2.5 Consistency of officiating.

1.2.3 In unclear gameplay situations, the interpretation most consistent with continuity of play, athlete safety, and competitive fairness shall prevail.

1.3 OFFICIAL LANGUAGE

1.3.1 The official governing language of Foot Table shall be English.

1.3.2 Official translated versions may be published for educational and regional purposes.

1.3.3 In the event of conflict between translated versions and the official English version, the English version shall prevail.

2. DEFINITIONS

2.1 Arena

The official playing area surrounding the Foot Table, including official boundaries, protective structures, and Glass Panels.

2.2 Athlete

Any officially registered participant competing in a Foot Table match or competition.

2.3 Attack

Any offensive action intended to direct the ball toward the opponent's side in an attempt to win the rally.

2.4 Attack Zone

The designated positional zone used to determine legal attacking directions.

2.5 Ball in Play

The period beginning when the Head Referee authorizes the serve and ending when the rally concludes.

2.6 Fault

Any violation of the official rules resulting in loss of rally, point, or disciplinary sanction.

2.7 Glass Panel

Any transparent arena structure officially designated as part of the legal playing environment.

2.8 Head Referee

The primary officiating authority responsible for match control and final decisions during the match.

2.9 Illegal Contact

Any contact with the ball using the hand, forearm, or arm.

2.10 Match

The complete contest between two athletes or teams.

2.11 Obstruction

Illegal interference preventing an opponent from executing a legal movement or action.

2.12 Playing Surface

The upper octagonal surface of the official Foot Table.

2.13 Point

A point awarded at the conclusion of a rally.

2.14 Rally

The continuous sequence of play beginning with the serve and ending when the ball becomes out of play.

2.15 Replay

The restart of a rally without awarding a point to either side.

2.16 Service Line

The official boundary behind which the Server must position both feet during serve execution.

2.17 Support Foot

The final point of ground contact used to determine Attack Zone legality.

2.18 Unsportsmanlike Conduct

Any abusive, aggressive, deceptive, disrespectful, or inappropriate behavior contrary to the principles of fair play and integrity of the sport.

3. MATCH STRUCTURE AND SCORING

3.1 MATCH CATEGORIES



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3.1.1 Official Foot Table competitions may include:

3.1.1.1 Singles.

3.1.1.2 Doubles.

3.1.1.3 Mixed Doubles.

3.1.1.4 Para-Athlete categories.

3.2 MATCH FORMAT

3.2.1 The official international match format shall consist of:

3.2.1.1 Best of 3 sets.

3.2.1.2 Sets played to 18 points.

3.2.1.3 A decisive set played to 16 points.

3.2.1.4 A minimum advantage of 2 points required to win a set.

3.3 SCORING SYSTEM

3.3.1 A point shall be awarded at the conclusion of every rally.

3.3.2 The athlete or team winning the rally shall be awarded one point unless a Replay is declared.

3.4 CHANGE OF SIDES

3.4.1 Athletes or teams shall change sides at the conclusion of each set.

3.4.2 During a decisive set, athletes or teams shall change sides when one side reaches 8 points.

3.5 TIMEOUTS AND INTERVALS

3.5.1 Each athlete or team shall be entitled to one timeout per match.

3.5.2 Timeouts may only be requested while the ball is out of play.

3.5.3 Official intervals shall occur between sets.

3.6 FORFEITURE

3.6.1 An athlete or team may forfeit due to:

3.6.1.1 Failure to appear.



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3.6.1.2 Refusal to continue.

3.6.1.3 Disqualification.

3.6.1.4 Inability to continue safely.

PART II — GAMEPLAY

4. THE SERVE

4.1 GENERAL PRINCIPLES

4.1.1 Every rally shall begin with authorization from the Head Referee.

4.1.2 The serve officially initiates the rally.

4.1.3 Determining who serves:

4.1.3.1 A coin toss determines who chooses to serve or receive.

4.1.3.2 For Doubles:

Coin Toss Winner: Decides if their team will **Serve** or **Receive**.

Coin Toss Loser: Chooses **which specific player** on their team will take that role (serving or receiving).

Coin Toss Winner (Final Choice): Decides **which specific player** on their team will match up as the server or receiver.

4.1.3.3 For Mixed Doubles:

Gender-Matched Play: Serving and receiving must match by gender.

- Male players must serve to and receive from male players.
- Female players must serve to and receive from female players.

4.2 SERVER POSITIONING

4.2.1 During serve execution:

4.2.1.1 Both feet must remain completely behind the Service Line.

4.2.1.2 Both feet must remain in contact with the ground before the contact with the ball.

4.2.1.3 The Server must remain stationary until ball contact.

4.2.2 Stepping on or crossing the Service Line before ball contact shall constitute a Service Fault.

4.3 LEGAL BALL CONTACT

4.3.1 The serve may only be executed using:

4.3.1.1 The head.

4.3.1.2 The shoulder.

4.3.1.3 The chest.

4.3.1.4 The abdomen.

4.3.2 Use of the hands, forearms, or arms during the serve is prohibited.

4.4 VALID SERVE

4.4.1 The serve shall be considered valid if:

4.4.1.1 The ball legally contacts the Playing Surface.

4.4.1.2 The ball crosses the central division of the table.

4.4.1.3 The serve complies with all official positioning and contact rules.

4.5 SERVICE ATTEMPTS

4.5.1 The Server shall be entitled to a maximum of two service attempts.

4.5.2 Failure to execute a legal serve within the permitted attempts shall result in loss of rally.

4.6 SERVICE ORDER

4.6.1 The player serving will keep serving until their team loses a rally. The receiving team will now serve with the same player until they lose a rally. Then from the first team, the second player will serve.

4.6.2 For example Team A has Player 1 and 2, Team B has Player 3 and 4.

Player 1 serves first, then after losing a rally, Player 3, then Player 2 and finally Player 4. This is the permanent rotation sequence (1→3→2→4) for the rest of the set.

5. BALL CONTACT AND DEFENSE



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5.1 LEGAL BALL CONTACT

5.1.1 Athletes may contact the ball using any part of the body except:

5.1.1.1 The hands.

5.1.1.2 The forearms.

5.1.1.3 The arms.

5.1.2 The ball must be contacted cleanly and instantaneously.

5.1.3 Athletes may not hold, carry, trap, or maintain prolonged contact with the ball.

5.2 TEAM CONTACTS

5.2.1 An athlete or team may perform a maximum of three contacts before returning the ball.

5.2.2 In Doubles matches, consecutive contacts by the same athlete are prohibited.

5.3 BALL BOUNCE

5.3.1 The ball may contact the Playing Surface only once before being legally returned.

5.3.2 A second consecutive bounce shall result in loss of rally.

5.4 GLASS PANEL PLAY

5.4.1 Official Glass Panels are considered legal elements of play.

5.4.2 Glass Panel contact shall not count as a team touch.

5.5 BALL OUT OF PLAY

5.5.1 The ball shall be declared out of play if:

5.5.1.1 It exits the official Arena Boundary.

5.5.1.2 It contacts an unauthorized external object.

5.5.1.3 It becomes trapped or immobile.

5.5.1.4 The Head Referee interrupts play.

5.5.1.5 A fault is committed.

5.6 EDGE BALL



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5.6.1 An edge ball is when the ball hits the edge of the Playing Surface and then travels in a downward direction.

5.6.2 If this should occur during a serve, it will result in repeat of service.

5.6.3 If this should occur after receiving the serve, it counts as a bounce on the Playing Surface and the rally should continue.

5.6.4 If the ball hits the edge of the Playing Surface but travels upward, then it is not counted as an edge ball.

5.7 SIDE BALL

5.7.1 A side ball is when the ball hits the side of the table below the Playing Surface after a legal return and bounces downwards.

5.7.2 If it occurs, a point is awarded to the opponent.

6. ATTACK SYSTEM

6.1 GENERAL PRINCIPLES

6.1.1 All attacking actions must comply with the official Attack Zone system.

6.1.2 Attack legality shall be determined according to:

6.1.2.1 The Support Foot.

6.1.2.2 The Attack Zone.

6.1.2.3 The direction of the attack exit.

6.2 ATTACK ZONES

6.2.1 The official attack system consists of eight Attack Zones surrounding the Foot Table.

6.2.2 Frontal Attack Zones:

6.2.2.1 Zone 2.

6.2.2.2 Zone 4.

6.2.2.3 Zone 6.

6.2.2.4 Zone 8.



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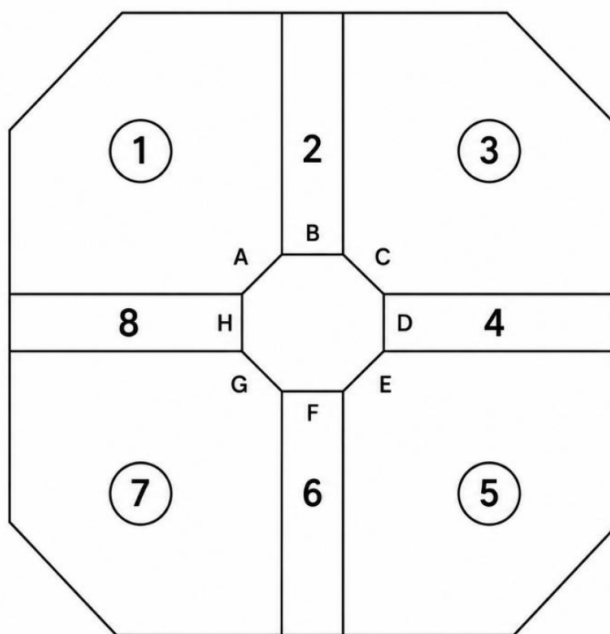
6.2.3 Diagonal Attack Zones:

6.2.3.1 Zone 1.

6.2.3.2 Zone 3.

6.2.3.3 Zone 5.

6.2.3.4 Zone 7.



ATTACK	RIGHT	LEFT
2	1	3
4	3	5
6	5	7
8	7	1

ATTACK	RIGHT	LEFT
1	8	2
3	2	4
5	4	6
7	8	8

6.3 SIDE RESTRICTION PRINCIPLE

6.3.1 After executing an attack from any Attack Zone, the athlete may only direct the ball toward the valid forward attacking direction established by the official Attack System.

6.3.2 The adjacent zones located immediately to the athlete's right and left relative to the attacking position are not valid attacking directions.

6.3.3 Any attack directed toward the athlete's immediate right-side or left-side adjacent zones shall constitute an Illegal Attack.

6.3.4 This principle applies to:

6.3.4.1 Frontal Attacks.

6.3.4.2 Diagonal Attacks.

6.3.4.3 Airborne attacks.

6.3.4.4 Rebounds involving official Glass Panels.

6.3.5 The official Attack Zone diagrams and directional tables establish the valid and invalid attacking directions for each zone.

6.3.6 Examples:

6.3.6.1 An attack executed from Zone 2 may not be directed toward Zones 1 or 3.

6.3.6.2 An attack executed from Zone 4 may not be directed toward Zones 3 or 5.

6.3.6.3 An attack executed from Zone 5 may not be directed toward Zones 4 or 6.

6.3.6.4 An attack executed from Zone 7 may not be directed toward Zones 8 or 6.

6.4 SUPPORT FOOT PRINCIPLE

6.4.1 The Support Foot at the moment of ball contact shall determine Attack Zone legality.

6.4.2 If the athlete is airborne during contact, the final Support Foot before takeoff shall determine legality.

6.5 LINE INTERPRETATION

6.5.1 If the Support Foot contacts a zone demarcation line during an attack, the action shall automatically be interpreted as a Frontal Attack.

6.6 ILLEGAL ATTACK

6.6.1 An Illegal Attack shall occur if:

6.6.1.1 The attack exits through a prohibited direction.

6.6.1.2 The athlete improperly determines the Attack Zone.

6.6.1.3 The athlete violates the official Attack System.

6.6.2 Any Illegal Attack shall result in loss of rally.

7. OBSTRUCTION AND REPLAY

7.1 OBSTRUCTION

7.1.1 Obstruction occurs when an athlete illegally interferes with an opponent's ability to execute a legal movement or action.

7.1.2 Obstruction may include:

7.1.2.1 Blocking movement.

7.1.2.2 Preventing a legal attack.

7.1.2.3 Preventing a legal defensive action.

7.1.2.4 Creating dangerous collision risk.

7.1.3 Confirmed obstruction shall result in loss of rally.

7.2 INCIDENTAL CONTACT

7.2.1 Minor incidental contact occurring during normal gameplay may be permitted provided no unfair advantage is gained.

7.3 DANGEROUS PLAY

7.3.1 Dangerous Play occurs when an athlete creates unreasonable risk of injury through reckless or unsafe movement.

7.3.2 Dangerous Play may result in:

7.3.2.1 Warning.

7.3.2.2 Yellow Card.

7.3.2.3 Red Card.

7.3.2.4 Disqualification.

7.4 REPLAY

7.4.1 A Replay shall restart the rally without awarding a point to either side.

7.4.2 Replay situations may include:

7.4.2.1 External interference.

7.4.2.2 Simultaneous faults.

7.4.2.3 Equipment malfunction.

7.4.2.4 Unsafe conditions.



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7.4.2.5 Unclear officiating situations.

8. FAULTS AND VIOLATIONS

8.1 GENERAL PRINCIPLES

8.1.1 Any violation of this Rulebook shall constitute a fault unless otherwise specified.

8.1.2 Faults generally result in loss of rally.

8.2 ILLEGAL CONTACT

8.2.1 Illegal Contact occurs when the ball contacts:

8.2.1.1 The hand.

8.2.1.2 The forearm.

8.2.1.3 The arm.

8.3 ILLEGAL SERVE

8.3.1 Any violation of Section 4 shall constitute an Illegal Serve fault.

8.4 ILLEGAL ATTACK

8.4.1 Any violation of Section 6 shall constitute an Illegal Attack fault.

8.5 EXCESSIVE CONTACTS

8.5.1 Exceeding the maximum permitted team contacts shall result in loss of rally.

8.6 DOUBLE BOUNCE

8.6.1 A second consecutive bounce on the Playing Surface shall result in loss of rally.

8.7 TABLE CONTACT

8.7.1 Intentional contact with the Foot Table during a rally shall constitute a fault.

8.8 DELAY OF GAME

8.8.1 Delay of Game occurs when an athlete or team intentionally delays continuation of play.

8.9 UNSPORTSMANLIKE CONDUCT

8.9.1 Unsportsmanlike Conduct includes abusive, aggressive, deceptive, or disrespectful behavior.

PART III — OFFICIATING

9. REFEREEING AND OFFICIALS

9.1 OFFICIATING AUTHORITY

9.1.1 All officially sanctioned matches shall be conducted under the authority of the officiating team.

9.1.2 The Head Referee shall maintain final authority regarding:

9.1.2.1 Rule interpretation.

9.1.2.2 Fault determinations.

9.1.2.3 Replay decisions.

9.1.2.4 Match interruptions.

9.1.2.5 Disciplinary sanctions.

9.2 ASSISTANT REFEREES

9.2.1 Official competitions may utilize Assistant Referees.

9.2.2 Assistant Referees may assist regarding:

9.2.2.1 Line decisions.

9.2.2.2 Ball in/out decisions.

9.2.2.3 Attack-zone observations.

9.2.2.4 Match administration.

9.3 REFEREE SIGNALS

9.3.1 Official referee signals shall be standardized by the governing organization.

9.3.2 Official visual referee signal appendices may be published separately.

9.4 VIDEO REVIEW



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9.4.1 Official competitions may utilize video review systems.

9.4.2 Final video review decisions shall belong to the Head Referee.

10. DISCIPLINARY MEASURES

10.1 GENERAL PRINCIPLES

10.1.1 All athletes, coaches, officials, and team representatives must conduct themselves according to the principles of fair play, integrity, respect, and sportsmanship.

10.2 WARNING

10.2.1 A Warning may be issued for minor misconduct or procedural violations.

10.3 YELLOW CARD

10.3.1 A Yellow Card constitutes an official disciplinary sanction.

10.3.2 A Yellow Card may be issued for:

10.3.2.1 Repeated misconduct.

10.3.2.2 Dangerous Play.

10.3.2.3 Delay of Game.

10.3.2.4 Unsportsmanlike Conduct.

10.4 RED CARD

10.4.1 A Red Card constitutes a severe disciplinary sanction.

10.4.2 A Red Card may result in:

10.4.2.1 Loss of rally.

10.4.2.2 Match forfeiture.

10.4.2.3 Expulsion from the Arena.

10.4.2.4 Competition suspension.

10.5 DISQUALIFICATION

10.5.1 Disqualification shall remove the athlete or team from the competition.

PART IV — COMPETITION AND TECHNICAL STANDARDS

11. COMPETITION REGULATIONS

11.1 OFFICIAL COMPETITIONS

11.1.1 Official competitions may include:

11.1.1.1 Regional Championships.

11.1.1.2 National Championships.

11.1.1.3 Continental Championships.

11.1.1.4 World Championships.

11.2 ELIGIBILITY

11.2.1 Athletes must satisfy all official eligibility requirements established by the governing organization and competition regulations.

11.3 RANKING SYSTEM

11.3.1 Official competitions may utilize ranking systems for qualification and seeding.

11.4 COMPETITION FORMATS

11.4.1 Competitions may utilize:

11.4.1.1 Group stages.

11.4.1.2 Elimination brackets.

11.4.1.3 Round-robin systems.

11.4.1.4 Hybrid formats.

11.5 ANTI-DOPING

11.5.1 Official competitions may adopt anti-doping regulations.

11.5.2 Anti-doping violations may result in suspension, disqualification, or additional disciplinary sanctions.

12. TECHNICAL SPECIFICATIONS

12.1 OFFICIAL FOOT TABLE

12.1.1 The official Foot Table shall possess an octagonal Playing Surface.

12.1.2 Official table dimensions:

12.1.2.1 Length: 1.00 meter.

12.1.2.2 Width: 1.00 meter.

12.1.2.3 Height: 0.75 meters.

12.2 OFFICIAL ARENA

12.2.1 The official Foot Table Arena shall:

12.2.1.1 Possess an octagonal format.

12.2.1.2 Include enclosed protective structures.

12.2.1.3 Include official Glass Panels.

12.2.2 Official arena dimensions:

12.2.2.1 Length: 10 meters.

12.2.2.2 Width: 10 meters.

12.2.2.3 Minimum height: 3 meters.

12.3 SERVICE LINE

12.3.1 The official Service Line shall be positioned three meters from the center of the table.

12.4 OFFICIAL BALL

12.4.1 The Official Ball shall comply with the following specifications:

12.4.1.1 Official Size 5.

12.4.1.2 Circumference: 68–70 centimeters.

12.4.1.3 Weight: 410–450 grams.

12.5 LIGHTING AND FLOORING

12.5.1 Official competitions must provide lighting and flooring conditions ensuring athlete safety and adequate visibility.

13. ATHLETE UNIFORMS AND EQUIPMENT

13.1 GENERAL PRINCIPLES

13.1.1 All athletes participating in official competitions must wear appropriate uniforms and equipment complying with official competition regulations.

13.2 OFFICIAL UNIFORM

13.2.1 Official athlete uniforms may include:

13.2.1.1 Jersey or shirt.

13.2.1.2 Shorts or athletic pants.

13.2.1.3 Socks.

13.2.1.4 Approved footwear.

13.3 FOOTWEAR

13.3.1 Athletes must wear footwear appropriate for the official Arena flooring.

13.3.2 Dangerous or damaging footwear may be prohibited.

13.4 PROHIBITED EQUIPMENT

13.4.1 Athletes may not use equipment or accessories that:

13.4.1.1 Create safety risks.

13.4.1.2 Provide unfair advantage.

13.4.1.3 Interfere with gameplay.

13.5 PROTECTIVE EQUIPMENT

13.5.1 Approved protective equipment may be permitted provided it does not create danger or unfair advantage.

PART V — FINAL PROVISIONS

14. FINAL PROVISIONS

14.1 RULEBOOK AUTHORITY

14.1.1 This Rulebook constitutes the highest regulatory authority regarding gameplay, officiating, technical standards, and competition procedures in officially sanctioned Foot Table competitions.

14.2 OFFICIAL AMENDMENTS

14.2.1 The governing organization may revise, modify, or update this Rulebook through officially published amendments.

14.3 SUPPLEMENTARY OFFICIAL DOCUMENTS

14.3.1 The governing organization may publish supplementary official documents including:

14.3.1.1 Referee Manuals.

14.3.1.2 Competition Regulations.

14.3.1.3 Technical Guidelines.

14.3.1.4 Certification Standards.

14.3.1.5 Official Casebooks.

14.3.1.6 Official Visual Appendices.

14.4 OFFICIAL VISUAL APPENDICES

14.4.1 Official visual appendices may include:

14.4.1.1 Attack Zone diagrams.

14.4.1.2 Legal and Illegal Attack examples.

14.4.1.3 Referee positioning diagrams.

14.4.1.4 Official referee signals.

14.4.1.5 Arena specifications.

14.4.1.6 Gameplay interpretation examples.

14.5 INTERNATIONAL DEVELOPMENT

14.5.1 The governing organization shall promote:

14.5.1.1 International expansion.

14.5.1.2 Standardized officiating.

14.5.1.3 Athlete development.

14.5.1.4 Inclusion and accessibility.

14.5.1.5 Educational and certification systems.

14.6 FINAL CLAUSE

14.6.1 This Rulebook establishes the foundational international framework for the standardized development, governance, officiating, and global expansion of Foot Table.