

SURNAME, NAME: _____ GROUP: _____

PHYSICAL EDUCATION THEORY

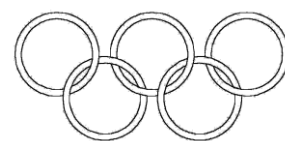
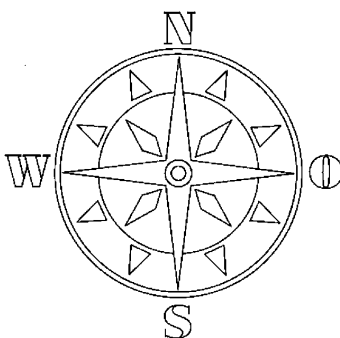
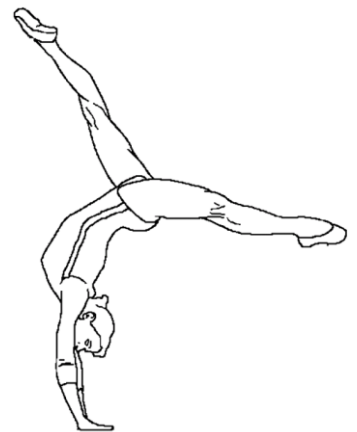
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1. BASIC ANATOMY.
2. GENERAL WARM UP.
3. THE BASIC PHYSICAL SKILLS.
4. HEART RATE OR BEATINGS PER MINUTE.
5. ATHLETICS.
6. POPULAR AND TRADITIONAL GAMES.
7. GYMNASTICS SKILLS.
8. DIFFERENCE BETWEEN GAME AND SPORT.
9. HANDBALL.
10. BASKETBALL.
11. TABLE TENNIS.

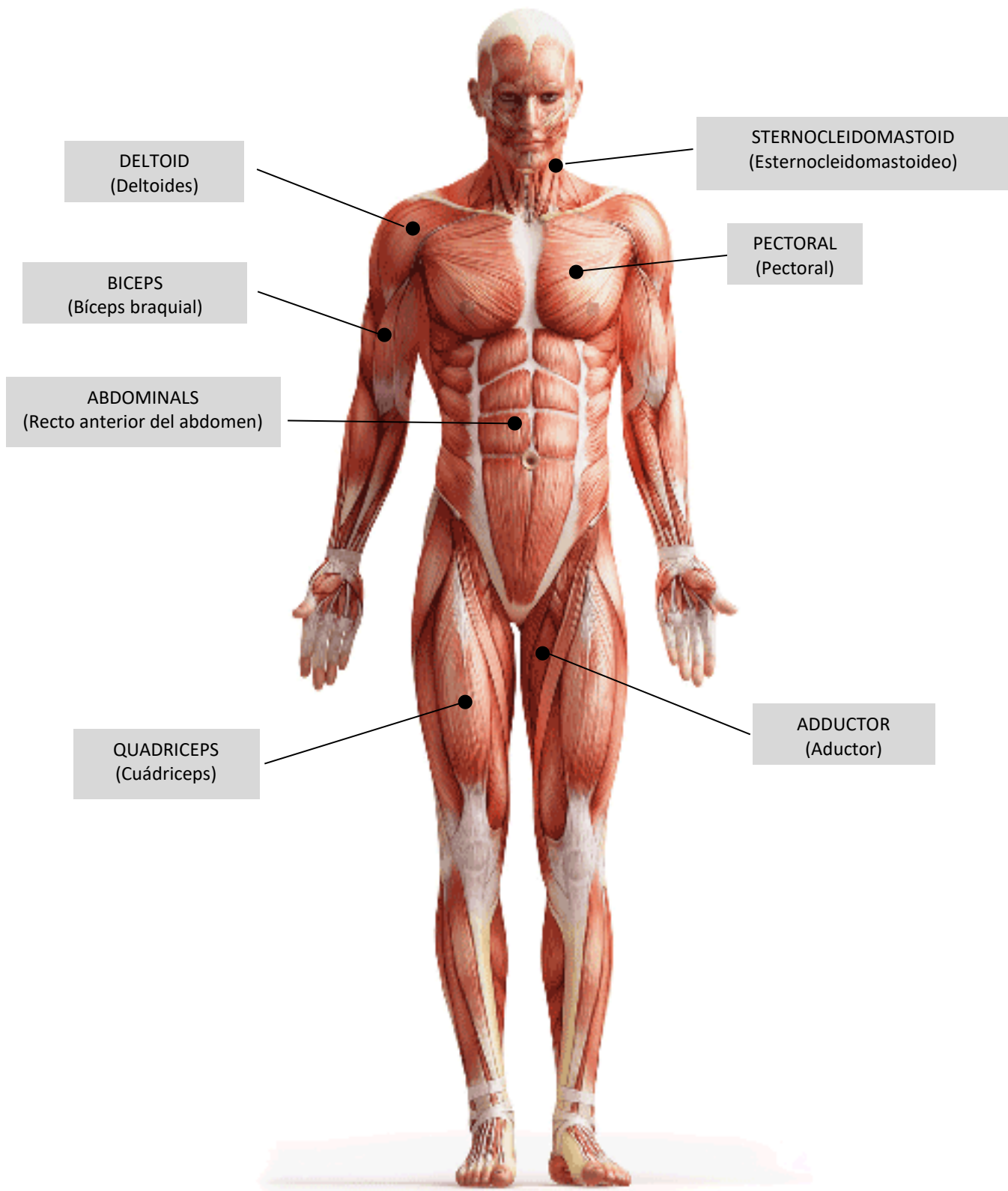


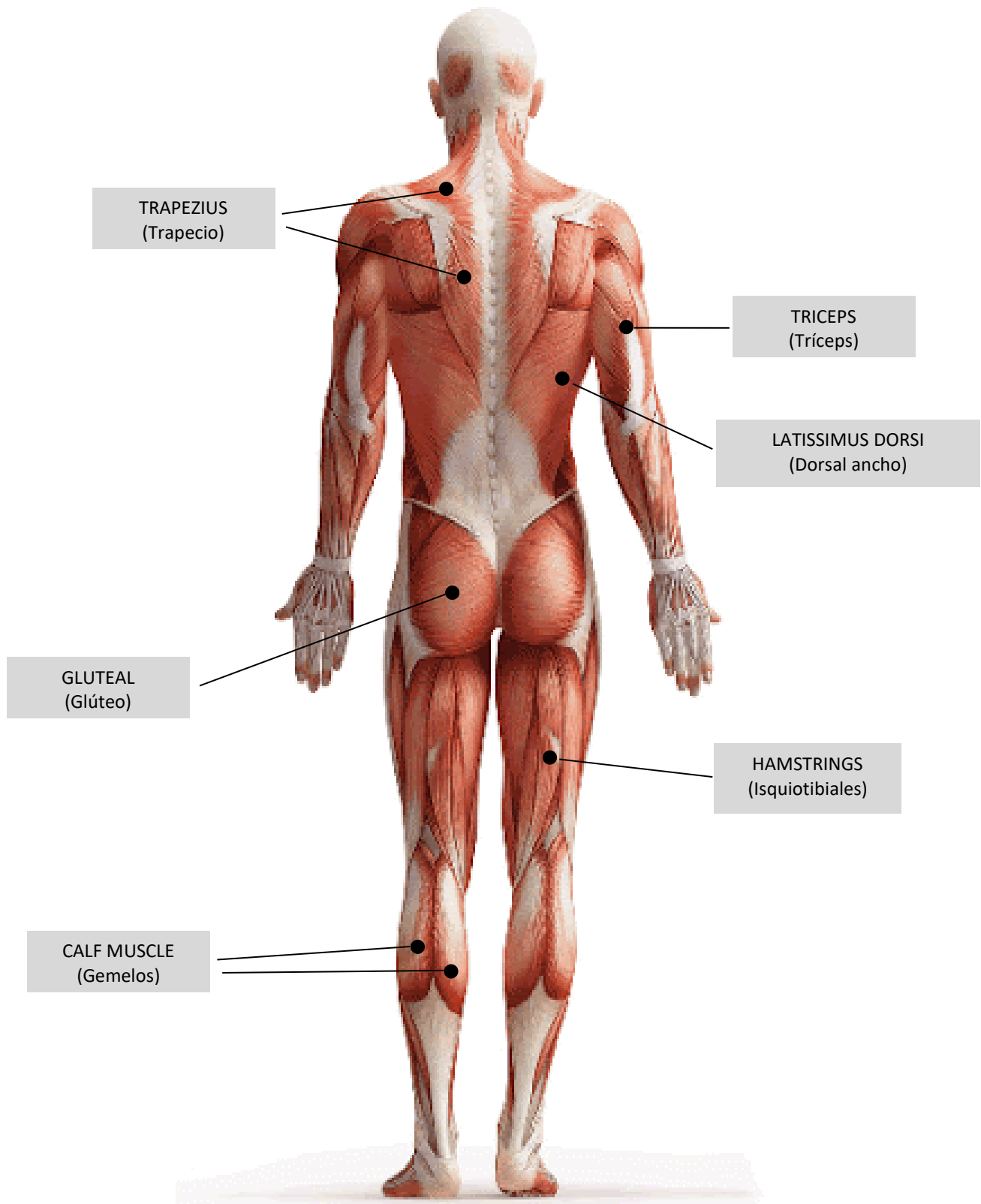
TEACHER: Alfonso Beamonte

1. BASIC ANATOMY

1.1 MAIN HUMAN BODY MUSCLES.

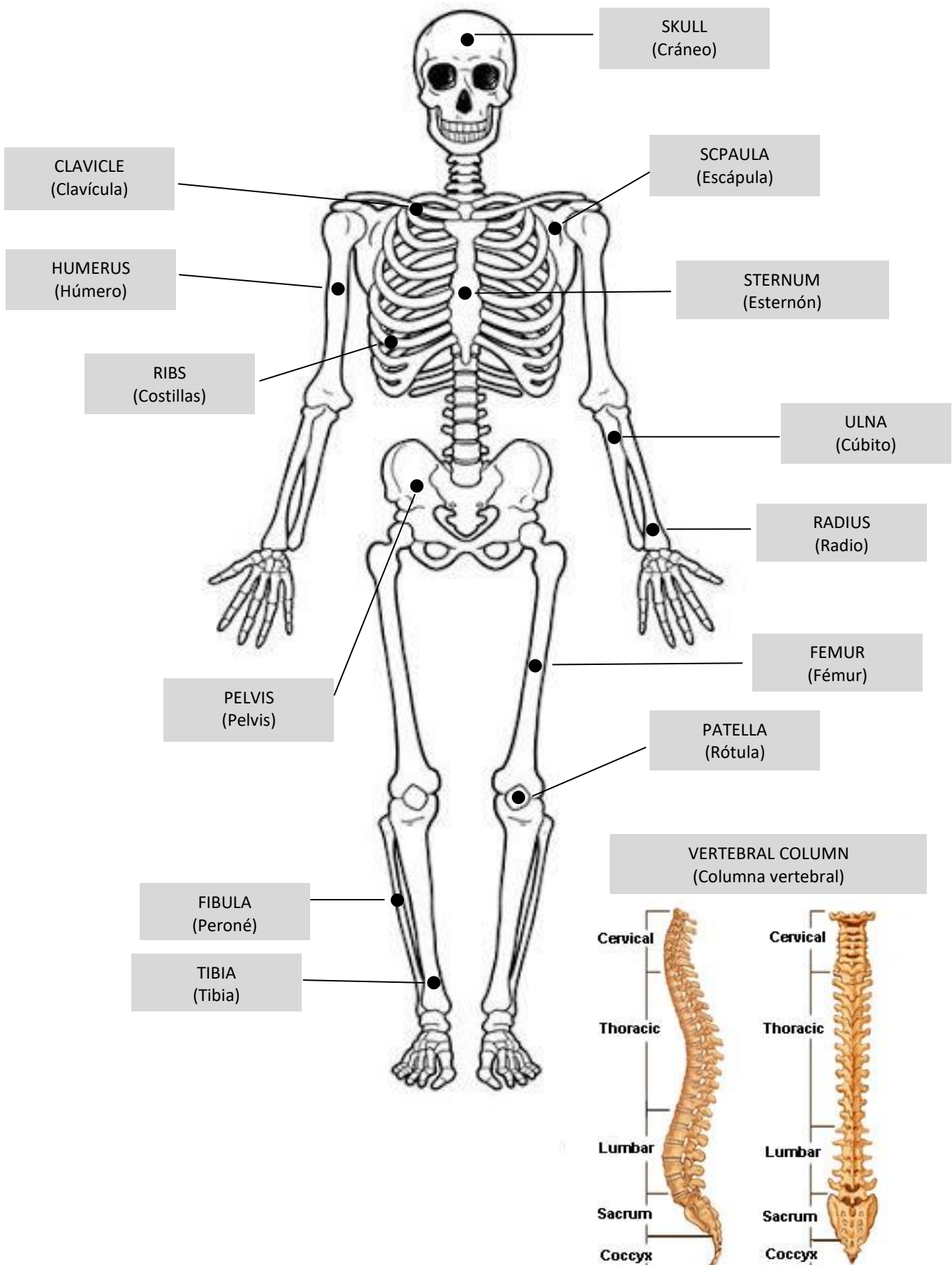
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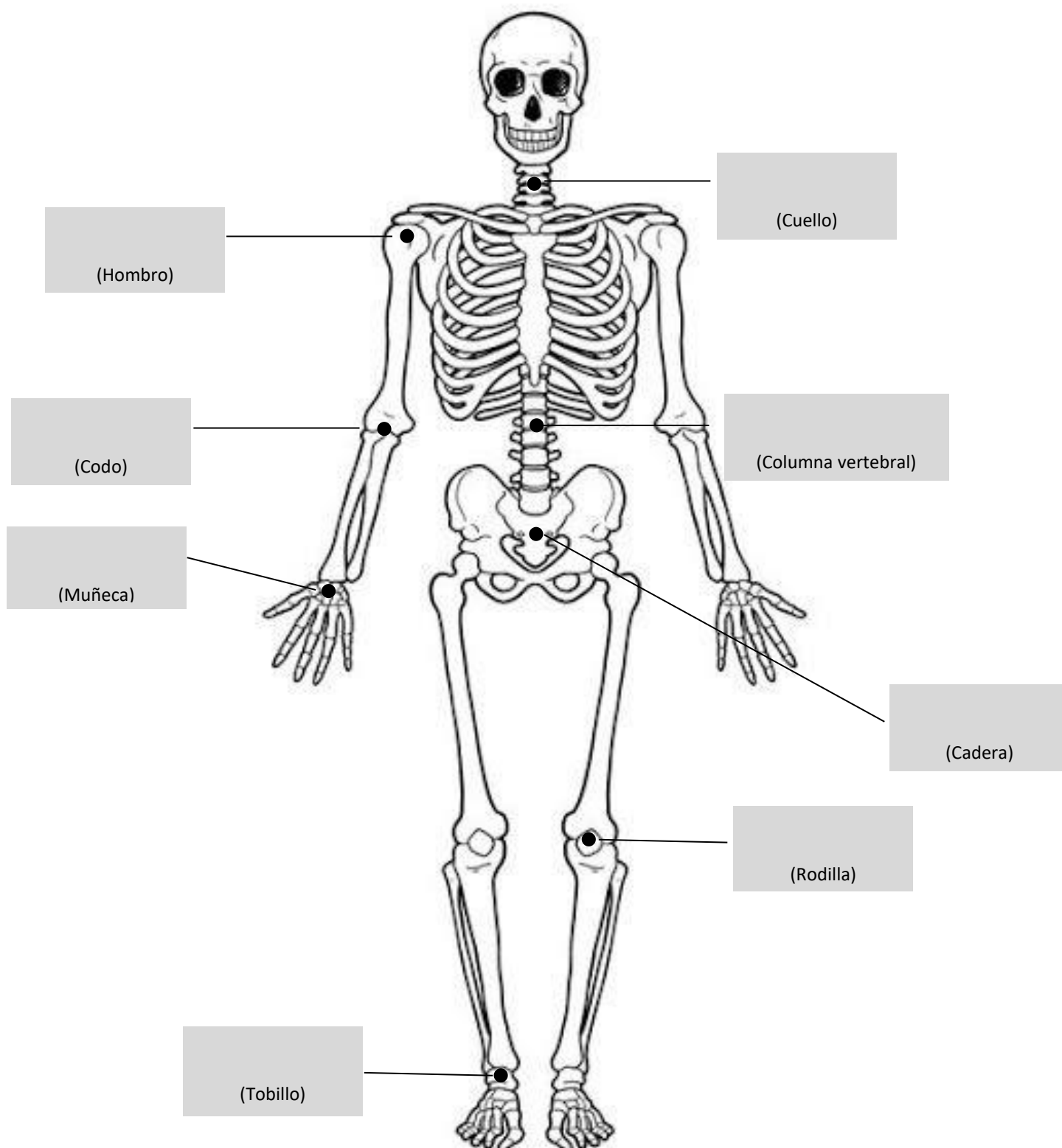




1.2.HUMAN BODY BONES.

*You have to know the English name (it is always in capital letters).



1.3.MAIN HUMAN BODY JOINTS. Write the English name ABOVE the Spanish one.

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2.- GENERAL WARM UP.

2.1. WHAT IS IT?

It's a kind of activities and physical exercises performed to prepare the body for subsequent demanding efforts. The purpose of warm up is to avoid injuries and obtain your best results.

**WE ALWAYS DO IT AT THE BEGINNING OF THE CLASS, TRAINING OR MATCH.
ALWAYS BEFORE THE MAIN ACTIVITY**

2.2. WHAT IS IT FOR?

- To avoid or prevent injuries.
- To do your very best during the training or competition



2.3. MAIN WARM UP EFFECTS ON MY ORGANISM: WHAT HAPPENS IN MY BODY?

- It increases the pulse or heart rate (HR) progressively.
- It increases the breathing frequency, improving the arrival of oxygen (O₂). This oxygen is necessary to obtain the energy for doing the exercise.

2.4. WARM UP PHASES.

1- **Joint mobility:** in this phase we move and spin (*girar*) slowly and with amplitude all the joints we will use later. **For example:** ankle, hip, shoulders...



2- **Pulse rising exercises:** this phase consists on doing general activities in which we move the whole body. Doing these activities, we raise the heart rate, the body temperature and the breathing frequency. For example: a light jogging, different exercises while we are running, games ("Gavilán", "La Cadeneta"...).



2.5. OTHER ASPECTS TO CONSIDER:

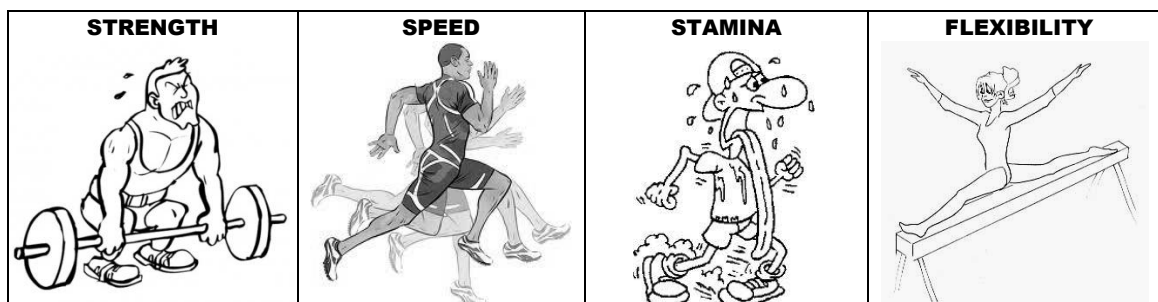
- Try to warm up your whole body but focus on the body parts that are going to participate most.
- Do low complexity exercises.
- Increase progressively the exercises intensity. Do not forget that you are beginning moving.
- Warm up should last about a fifth part of a whole session (e.g. class, training session...). Before a match or a competition, it should last longer (never less than half an hour).
- You should finish warm up sweating but not tired.

¿How long do you think a physical education warm up should last?

3. THE BASIC PHYSICAL SKILLS.

3.1. WHAT ARE THEY?

They are the four most important physical skills: stamina, strength, speed and flexibility. We can always find one, or some of them, in any physical activity we do.



Besides these skills, there are others equally important and useful for the physical activity. They are called **MOTOR SKILLS**. They are: coordination, agility, balance and rhythm.

3.2. - STRENGTH:

"Basic physical skill that allows us to move objects, move ourselves or oppose other strengths." *E.g.: Raising a very heavy stone, jumping over a puddle (charco), trying not to move while someone is pushing you, etc.*

3.3. - SPEED:

"Basic physical skill that allows us to do movements in the shortest possible time" *E.g.: Running one distance in a short time, getting away of your defence to receive a pass, starting the first in the 100 metre race...*

3.4. - STAMINA:

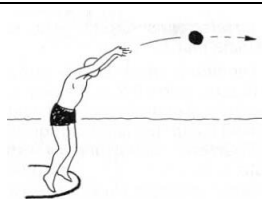
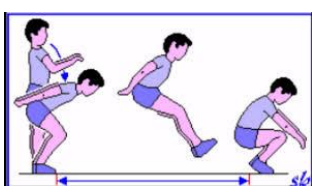


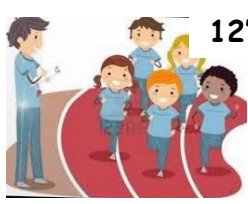
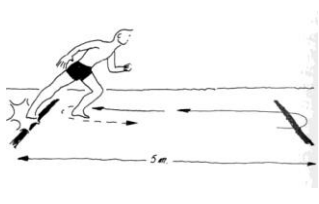
"Basic physical skill that allows us to make an effort for a long time until we have to stop or we have to lower the intensity because of fatigue". *E.g.: Running without stopping for 30 minutes, dancing for a long time in a party, etc.*

3.5. - FLEXIBILITY.

"Basic physical skill that allows us to execute movements with the maximum possible range" *E.g.: Tying my shoelaces standing up with straight legs (you must not do this), raising my leg to block a handball shoot...*

3.6. - PERSONAL FITNESS LEVEL.

Depending on your basic physical skills level, you are more or less fit. To know how fit you are, we do the **FITNESS TESTS**. It is useless to be very good at a basic physical skill, while you are quite bad at the rest of them. The best is to have all these skills quite developed.

STRENGTH Upper body	STRENGTH Lower body	STRENGTH Abdominal	FLEXIBILITY
2 kilo medicine ball throw	Horizontal jump	30 seconds	Trunk flexion
			
	STAMINA	AGILITY and speed	
	Cooper test	5 metres x 10	
			

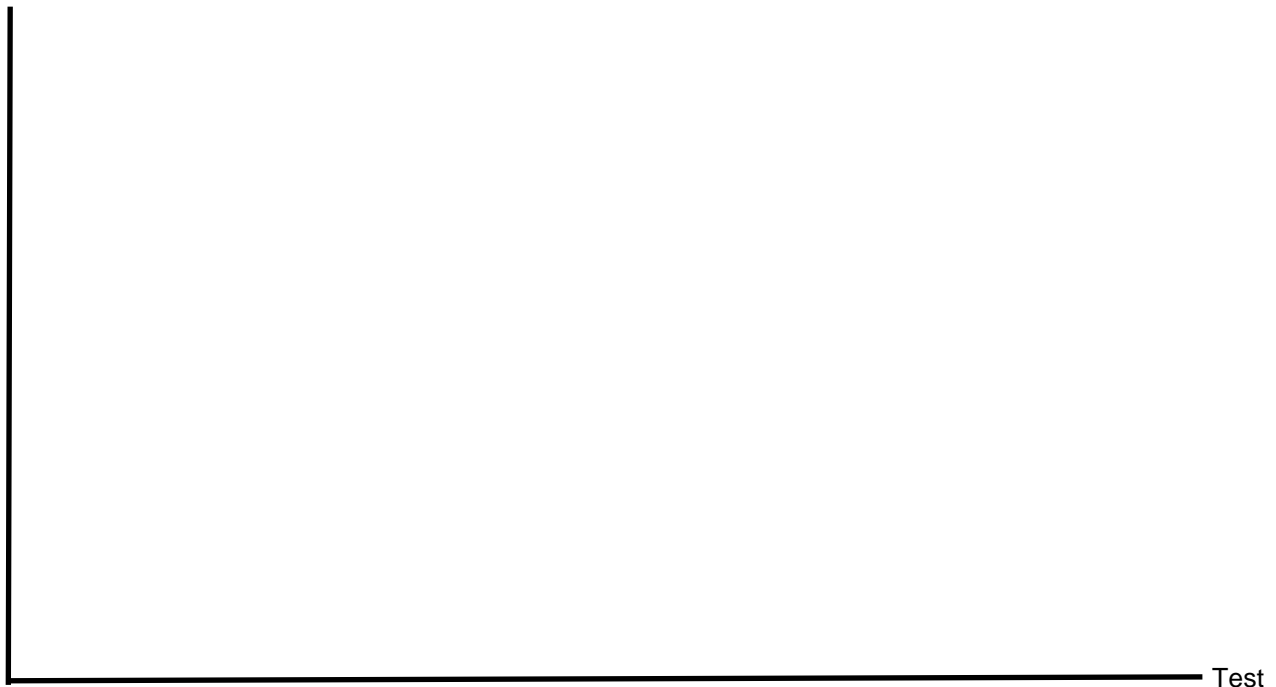
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Once we have done the fitness tests, answer the following questions with the help of your fitness assessment sheet:

- Which of your basic physical skills are more developed?
- Which are in worse conditions?
- Which is the arithmetic mean of your marks? Justify your actual fitness level.

Now, draw a graphic in which you represent your fitness tests marks. Also draw a line representing the arithmetic mean of your marks (in a different colour from the other line).

Marks



4.- HEART RATE (HR) or BEATINGS PER MINUTE (b.p.m.).

4.1.- WHAT IS IT?

"It is the number of times that our heart beats a minute".

4.2.- HOW DO WE CALCULATE THE HEART RATE?

Firstly, we have to know the best places in our body to locate our beatings. These are:

The carotid artery (La arteria carótida)	The radial artery (La arteria radial)
	

To feel the beatings, press gently the artery with the heart and index fingers. Once you feel the beatings, you have to count them for a specific period of time (E.g.: 6 seconds), and multiply them by a specific number (by 10, if you have counted your beatings for 6 seconds). Doing this, you will know your beatings in 60 seconds, this is, in 1 minute.

Time you have to count your beatings	Multiply by
6 seconds	× 10
10 seconds	× 6
15 seconds	× 4

There is a gadget (**aparato**) called pulsometer watch that counts your beatings automatically and with precision. It is usually used by athletes and people with a heart disease.



*** ALTHOUGH EACH PERSON AND HEART IS DIFFERENT, DO NOT FORGET THAT THE CALCULATION OF THE HEART RATE IS BASIC TO KNOW THE INTENSITY OF THE EFFORT MADE: LISTEN TO YOUR HEART!**

5.- ATHLETICS

5.1.- DEFINITION:

"Athletics is an individual sport (with the exception of relays -relevos-) in which each athlete tries to improve their time or distance while trying to win their opponents".

Athletics includes, in its disciplines, three basic human movements: running, jumping and throwing.



5.2.- DISCIPLINES AND EVENTS:

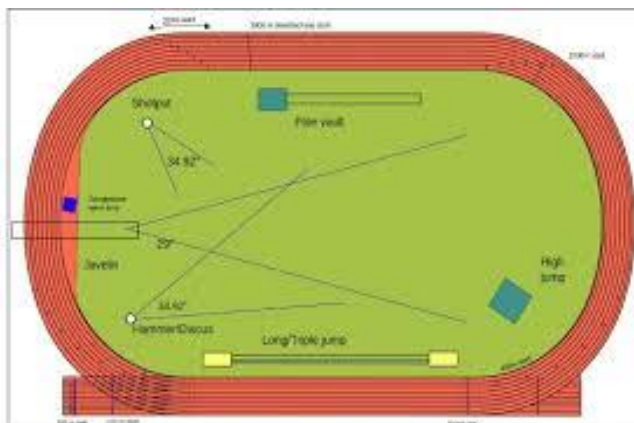
DISCIPLINES		EVENTS
RUNNING DISCIPLINES CARRERAS		- 100 m.; 200 m.; 400m.; 800 m.; 1500m.; 3000m.; 5000 m.; 10000 m.
		- Hurdles (<u>vallas</u>): 110 m., 100 m., 400 m. / Steeplechase (<u>obstáculos</u>): 3500 m.
		- Relays (<u>relevos</u>) 4 x 100 m.; 4 x 400 m.
		- Marathon (42 Km. and 195 m.) and half marathon.
JUMPING DISCIPLINES SALTOS		- Long jump.
		- Triple jump.
		- High jump.
		- Pole vault (<u>salto con pértiga</u>).
THROWING DISCIPLINES LANZAMIENTOS		- Shot put (<u>lanzamiento de peso</u>).
		- Javelin throw.
		- Discus throw.
		- Hammer throw (<u>lanzamiento de martillo</u>).
COMBINED EVENTS	DECATHLON (Men) DECATLÓN	100 m., 400 m. and 1500 m.; 110 m. hurdles; long, high and pole jump; shot put, javelin and discus throw.
	HEPTATHLON (Women) HEPTATLÓN	200 m. and 800 m.; 100 m. hurdles; high and long jump; shot put and javelin throw.
WALKING RACE MARCHA ATLÉTICA		20 km. and 50 km.


 You only have to know the disciplines that exist, not the events.

5.3.- THE ATHLETICS STADIUM (also called "Track and field stadium").

The ATHLETICS STADIUM can be **outdoor** or **indoor**. Both have two different parts: the **athletics track** (**pista de atletismo**), where the races are run, and the **inside field or area** (**campo o área interior**), where the throwing and jumping events are performed.

In the OUTDOOR STADIUMS, the track for the athletic races is, in its innermost part, **400 meters long**. This means that, the farther I run from this inner part, the longer I am going to run in each lap. This outdoor track has, at least, **eight lanes** (**calles**), and each lane is **1.22 meters wide**.



Outdoor stadium

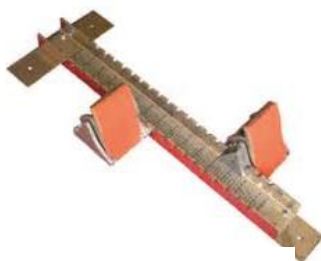


Indoor stadium

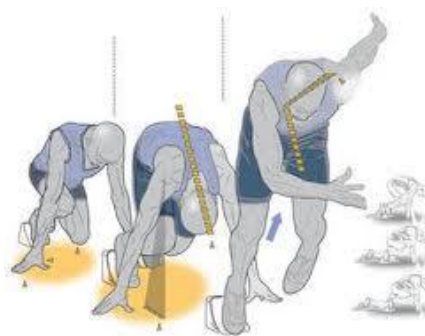
On the contrary, in the INDOOR STADIUMS, the track for the athletic races is only **200 meters long** and has about **four to eight lanes** of approximately **1 meter wide**.

5.4.- THE CROUCH OR BLOCK START (LA SALIDA BAJA O DE TACOS).

This is the way the athletes start in short distance races (up to 400 m.). To do this type of start the athletes put their feet on the **starting blocks** (**tacos de salida**). These blocks allow the athletes to apply force and gain momentum (**tomar impulse**) for the race.



Starting blocks



On your marks!



Set!

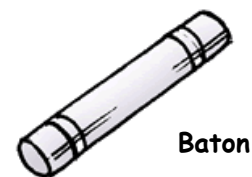


Go!

5.5. - THE RELAY RACE.

The RELAY RACE is the **only athletics event that is done in teams**. Each team has **4 runners**.

In the relay race each runner has to run a pre-set distance (**distancia predeterminada**) carrying a **baton (testigo)** before passing it to the next runner. The team whose fourth runner crosses the finish line first, wins.



Baton

The two standard relays are the **4x100 meter relay**, in which each runner has to run 100 metres before passing the baton to the next runner, and the **4x400 meter relay**, in which each runner has to run 400 metres.

There are two zones in the relay race: the **exchange zone** and the **acceleration zone**.

The **exchange zones** are 20 metres long and are always preceded by a 10-meter acceleration zone. The receiver begins running in the acceleration zone, but the baton can only be passed within the exchange zone.

In the relay, runners do not switch hands (**cambiar de mano**) when carrying the baton. Therefore, if the first runner holds the baton with the right hand, the second runner will receive the baton with the left hand, the third will receive and carry the baton in the right hand and the final runner will hold it with the left hand.

2nd runner.

- Runs the first straight (**recta**).
- Runs in the outside part of the lane.
- Holds the baton with the left hand.

3rd runner.

- Runs the second curve.
- Runs in the inside part of the lane.
- Holds the baton with the right hand.

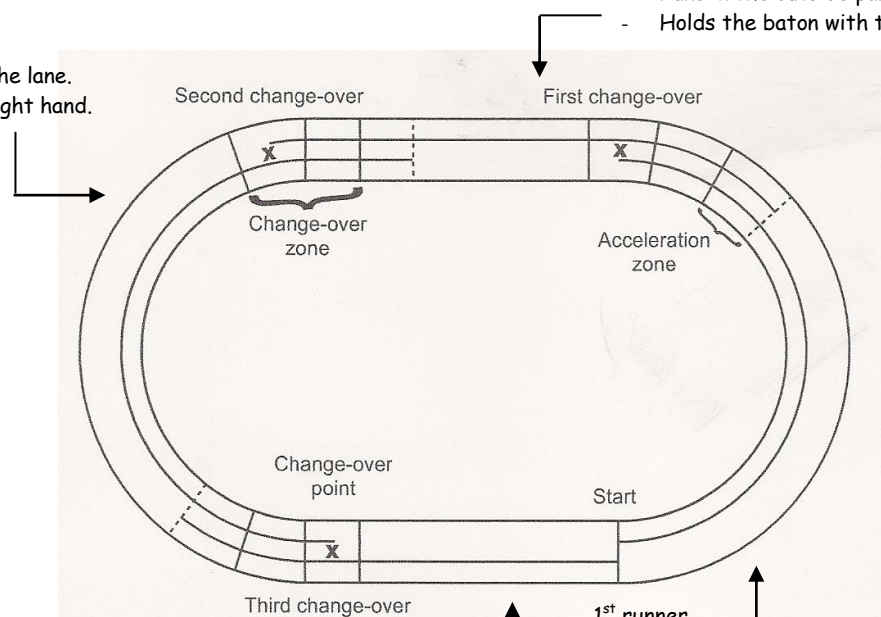


Figure 2.6 The take-over zones for a 4 x 100m relay

4th runner.

- Runs the second straight.
- Runs in the outside part of the lane.
- Holds the baton with the left hand.

1st runner.

- Runs the first curve.
- Runs in the inside part of the lane.
- Holds the baton with the right hand.

6.- POPULAR AND TRADITIONAL GAMES.

It is important to clarify some terms in order to understand what I am talking about:

- **GAMES:** We practise them to have some fun. Normally, they have simple rules and materials, and almost none of them have become sports.
- **POPULAR:** It comes from the Latin word "populus". It means that they are practised by the people.
- **TRADITIONAL:** They have been transmitted between generations, from fathers to sons, being part of the towns' culture.



Toronto children getting fun with the hoop in 1920.



Women and children playing the bowls game in the street.



Aragonese popular and traditional games.

Unfortunately, THESE GAMES ARE FALLING INTO OBLIVION (**caer en el olvido**). On the one hand, because technology has occupied their place: children prefer to stay at home surfing internet or playing with the computer instead of playing in the street. On the other hand, because the cities are not the safe places they used to be anymore. So much traffic makes playing these games dangerous.

Nowadays, we can only find these games either in little towns, where local people still play them, or at special events, such as during the cities' local holidays.

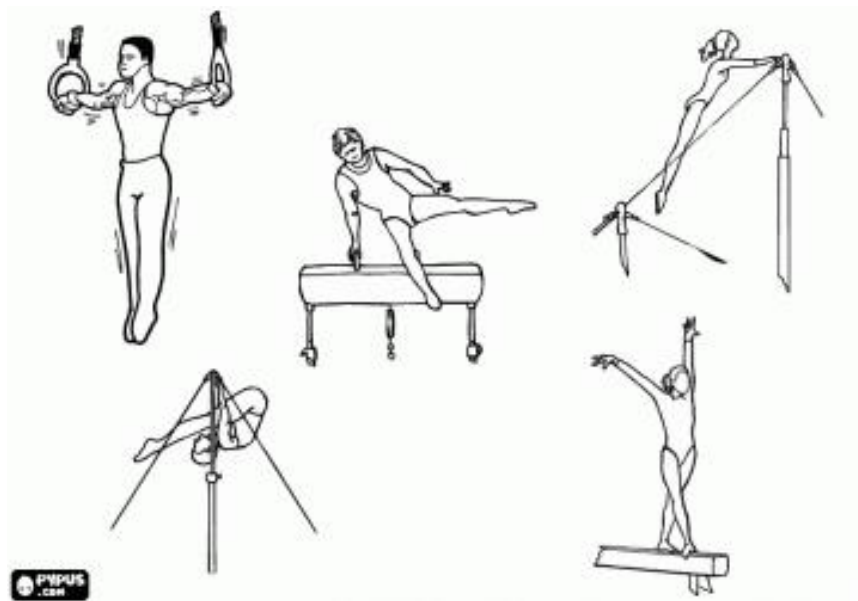
From the physical education subject, we teach you some of these popular and traditional games in order to remind you of their existence.



Have you ever asked your grandparents which games they used to play when they were your age?

7.- GYMNASTICS SKILLS.

Gymnastics skills are a set (**grupo**) of skills belonging to a gymnastics discipline called ARTISTIC GYMNASTICS. I am referring to turns (**giros**), somersaults (**volteretas**), jumps, balances (**equilibrios**)...



ARTISTIC GYMNASTICS is a sport that not only needs the development of some basic physical skills as strength, flexibility and speed, but also of other skills called, MOTOR SKILLS (**capacidades motrices**).

MOTOR SKILLS are those that give quality to movements, particularly, precision and fluency (**fluidez**). Inside this group of skills we find, among others, coordination, balance and rhythm.

- Coordination is the body's skill to make movements fluently. To be coordinated is just the opposite of being clumsy (**torpe**).
- Balance is the motor skill that allows us to stay in one position or to be under control while moving.
- Rhythm is the motor skill that allows us to match (**hacer coincidir**) our movements to determined beats (**tiempos**).

BALANCE and **COORDINATION** are the motor skills that we are going to improve the most in our gymnastics classes, while **RHYTHM** is basically going to be worked in the traditional dances' classes.



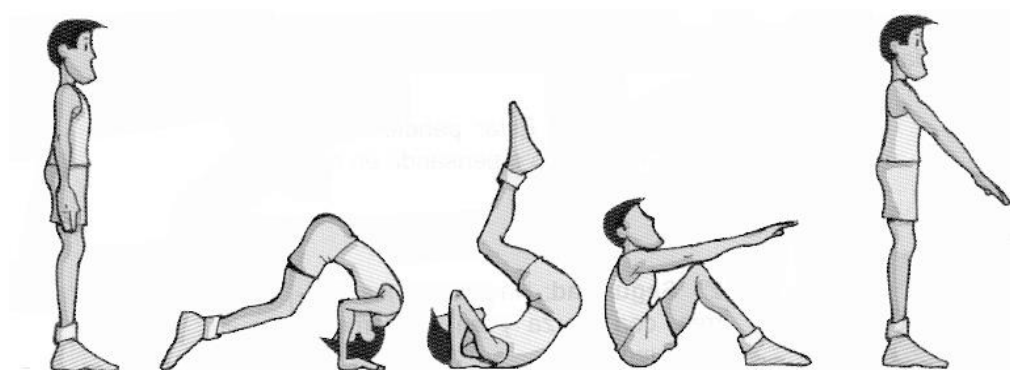
7.1.- FORWARD SOMERSAULT OR ROLL (VOLTERETA ADELANTE).

VERBAL DESCRIPTION:

- From the standing up position in front of the mat (**colchoneta**), you bend your knees and you place your hands on the mat, in front of you, on either side of your feet.
- From this position, you round your back and you put your head down (your chin goes to your chest).
- Lean (**inclinarse**) forward as you push off (**impulsar**) with your legs. Your hips come up over your head as your hands stay on the ground.

- Making sure the top of your head does not touch the ground, roll forward keeping your legs bent with your heels close to your bottom.
- You must finish the somersault landing on your feet and with your arms extended in front of you. Use your momentum (**impulso**) to stand up.

GRAPHIC DESCRIPTION:



MAIN ACTIONS:

- Round your back.
- Put your head down.
- Roll forward with your heels close to your bottom.

FREQUENT MISTAKES:

- Extending your head.
- Rolling forward without rounding your back.
- Separating your feet and/or extending your legs.
- Turning to one side.
- Placing your hands incorrectly.

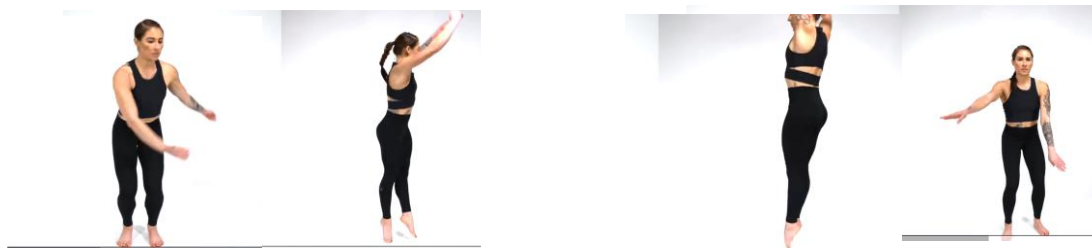
7.2.- 360 DEGREE TURN (GIRO DE 360°).

VERBAL AND GRAPHIC DESCRIPTION:

- You begin with your feet separated the same distance as your hip's width (this allows you to jump easily), and your arms extended forward and to the side, depending on the side of the turn:
 - o LEFT TURN: the left arm must be forward and the right one has to be out towards that side.
 - o RIGHT TURN: the right arm must be forward and the left one has to be out towards that side.



- At the same moment you jump, you take your outside arm to the opposite side (your left arm to the right, if you are turning right, or your right arm to the left, if you are turning left).
- While turning, try to keep your legs together and your body tight (**tenso**) and straight (**recto**).
- After turning completely, land with a soft bend of your knees, trying to maintain as much balance as possible.

**MAIN ACTIONS:**

- Jump high enough to complete the turn.
- Use your outside arm (taking it to the side of the turn) to produce a bigger twisting momentum (**impulso de giro**).
- In order to keep your balance, land with your knees slightly bent.

FREQUENT MISTAKES:

- You do not jump high enough. Because of this, you don't have enough time to do the full turn.
- You make unnecessary movements while you are in the air.

7.3. - VAULTING BOX INSIDE JUMP (SALTO INTERIOR DE PLINTO).**VERBAL DESCRIPTION:**

- Standing up a few steps away from the vaulting box (**plinto**), start the approaching race (**carrera de aproximación**). → **Approaching race**.
- Once you are close to the vaulting box, jump with one foot and land with both feet at the same time in front of the vaulting box. → **One-foot jump**.
- At that moment, place your hands on the vaulting box (they must be separated, more or less, the same distance as your shoulder's width) and jump with both feet raising both knees together. During the flight, try to keep your trunk as straight as possible. → **Both-feet jump**.
- Once you are in the air, over the vaulting box, extend your knees forward in order to pass it. → **Flight**.
- Land with your knees slightly bent. Doing this you are going to maintain a better balance. → **Landing**.

JUMP PHASES: Approaching race + one-foot jump + both-feet jump + flight + landing.

MAIN ACTIONS:

- Jump high enough to pass your feet over the vaulting box.
- Your hands must be all the time in contact with the vaulting box: from the moment you jump with both feet until the moment the feet pass over (**superan**) the vaulting box.
- Raise your knees together.
- Extend your knees in order to pass over the vaulting box.
- During the flight, keep your trunk as straight as possible; if not, you might fall forwards.

FREQUENT MISTAKES:

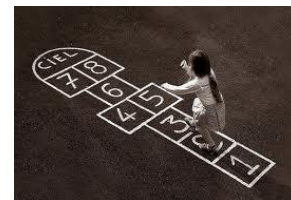
- Separating your knees.
- Taking your hands off the vaulting box.
- Bending your trunk forward during the flight.

8.- DIFFERENCE BETWEEN GAME AND SPORT.

GAME. It is a free activity in which you follow some rules, previously established or improvised, but always accepted by all the players. In a game you always find the feelings of tension, joy and fun.



SPORT. It is a much more organized (sport associations, training timetables, competition calendar...) and professional (coaches and players that earn money thanks to sport) physical activity. The regulations (reglamentos) are totally defined and competitiveness (competitividad) is much more present than in the game.



There is a huge number of games, but only some of them become sports.



8.1.- PROCESS OF BECOMING A SPORT. Three things must happen for a game to become a sport:

- ☒ It must be practised by many people and in many places.
- ☒ There must be an agreement about its regulation, so the game is played the same way everywhere.
- ☒ In order to control the rules and competitions, an association (federación) must be set up (creada).

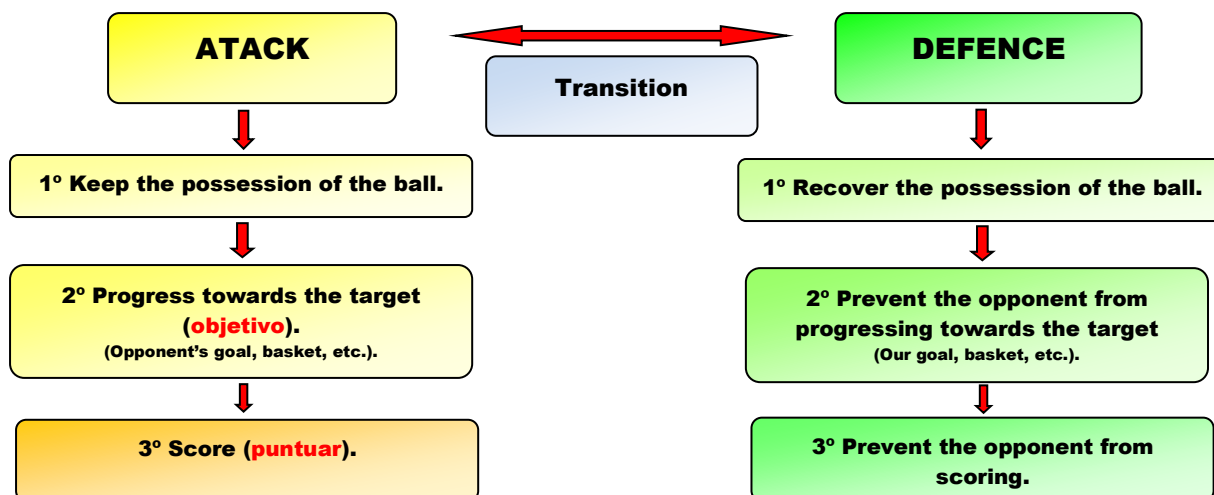
Therefore, everybody can create a game, but making this game become a sport is something much more complicated. E.g.: Datchball is nowadays becoming a sport.

GAMES	SPORTS
<ul style="list-style-type: none"> - Cops and robbers. - The chain. - Foxes, vipers and hens, etc. 	<ul style="list-style-type: none"> - Basketball. - Athletics. - Swimming, etc.

8.2.- SPORTS CATEGORIES. An easy way of listing (clasificar) sports is according to the number of members of the team when competing. This way, we distinguish between team and individual sports.

TEAM SPORTS (2 or more partners)	INDIVIDUAL sports (without partners)
<ul style="list-style-type: none"> - Basketball. - Indoor football. - Rugby. - Volleyball. - Doubles in tennis, etc. 	<ul style="list-style-type: none"> - Artistic gymnastics. - Judo. - Rhythmic gymnastics*. - Athletics*. - Singles in badminton, etc. <p><small>* (With the exception of relays or teams events).</small></p>

8.3.- TEAM SPORTS' GAME PHASES.



9.- HANDBALL.

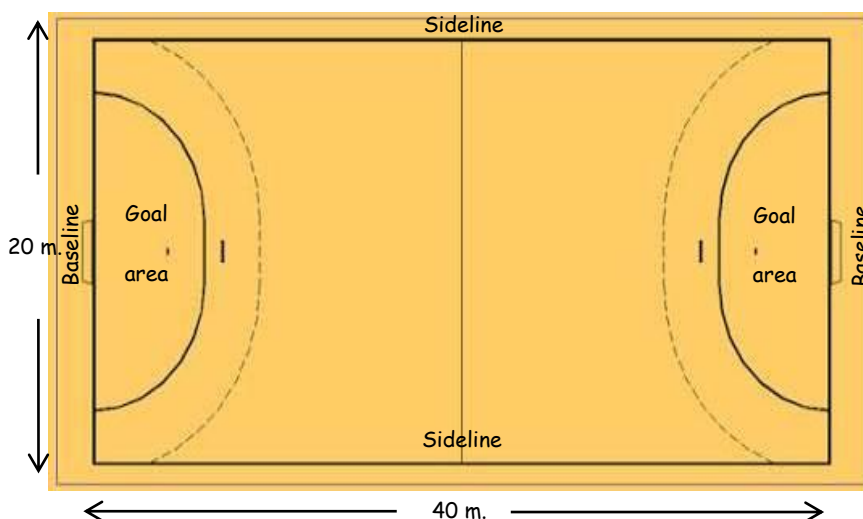
9.1.- INTRODUCCIÓN.

HANDBALL is a team sport of two teams of seven players. The objective is to score more goals than the opposing team by throwing the ball into the other team's goal. The ball can only be played with your hands and in order to go forward with the ball, you can only do so by passes or bouncing (**botando**) the ball.

9.2.- BASIC REGULATION.

+ THE COURT.

- It is a 40 metres long and 20 metres wide rectangle, divided into two equal halves.
- The two long sides are called SIDELINES (**líneas de banda**), while the two wide sides are called BASELINES (**líneas de portería**).
- In each half a side there is a GOAL AREA (**área de portería**), in which only the goalkeeper (**portero**) can be. No other player can enter and play the ball inside this area.



+ NUMBER OF PLAYERS.

- There are 7 players in each team (6 field players -**jugadores de campo**- and 1 goalkeeper -**portero**-).
- You can do unlimited substitutions.
- The referee (**árbitro**) can expel (expulsar) a player for 2 minutes if they have committed a quite serious fault. This type of punishment is called 2-minute suspension, and during this time the team plays with one player less (5 field players + 1 goalkeeper).

+ MATCH DURATION.

- The match consists of two 30-minute halves with a 10-minute half-time.

+ SCORE.

- The team scores when the ball totally enters the goal. To score it is compulsory to throw the ball from outside the goal area or, if you are inside the area, you must be in the air when throwing the ball.

+ THE GOALKEEPER.

- They can stop the ball with any part of the body.
- They are allowed to leave the area and play as another field player.

+ WAY OF PLAYING THE BALL.

- It is possible to GO FORWARD in three ways:

1. PASSING the ball between the players.

2. BOUNCING the ball, but once the player grabs (**coger**) it, they cannot bounce it anymore. If they do so, they are committing a fault called DOUBLE DRIBBLE (**dobles**).

3. TAKING 3 STEPS without bouncing the ball. After these three steps the player can bounce the ball if they have not bounced it before. If they have done so, they have to pass it or throw it to the goal. If the player takes more than three steps with the ball in their hands, they will be committing a fault called WALKING (**pasos**).

- It is not allowed to play the ball with their feet.

+ WHEN THE BALL GOES OUT OF THE BOUNDARIES (**límites**) OF THE COURT.

- If the ball leaves the court through the sideline, the throw-in (**saque**) must be done by one of the players of the team that has not touched the ball before going out.

The throw-in must be done from the place the ball has left the court, stepping on the sideline with one foot and being the defender, at least, 3 metre distance away from the player that is doing the throw-in.

- If the ball leaves the court through the baseline, and the goalkeeper has been the last one to touch the ball, the goalkeeper does the throw-in from the goalkeeper area.

- Finally, if the ball leaves the court through the baseline, and one of the defenders has been the last one to touch the ball, one of the attackers does the throw-in.

In this case the throw-in must be done from the corner (where the sideline and baseline join).

+ WAY OF DEFENDING.

- It is forbidden to stop the opposing players by holding them, hitting them or pulling their throwing arm back. The only way to avoid the opponent's forward move is by putting the body in front of them.

10. - BASKETBALL.

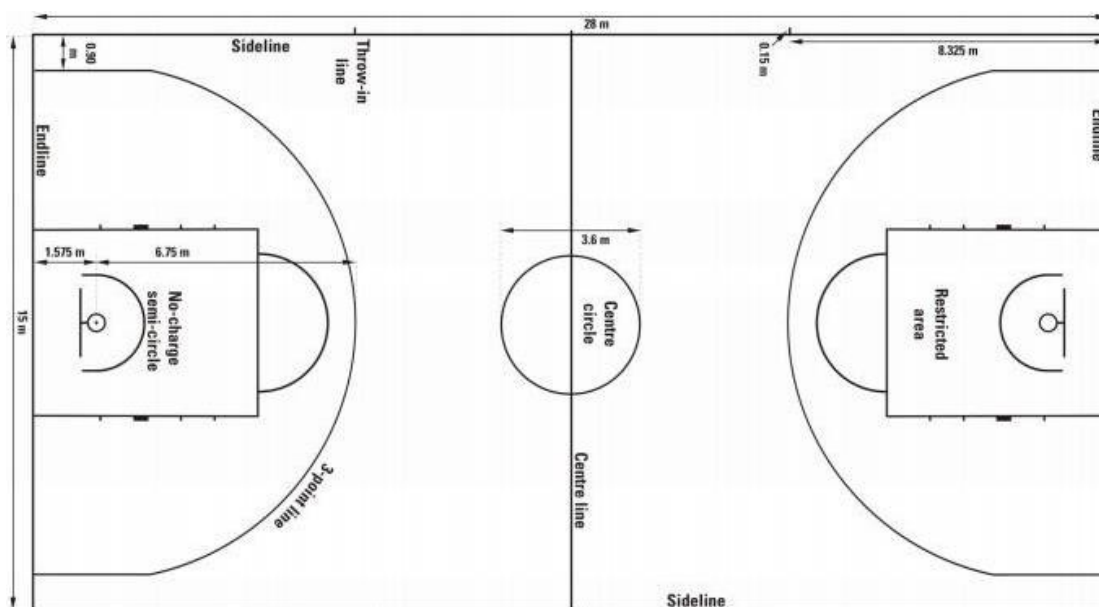
10.1. - INTRODUCTION.

BASKETBALL is a team sport of two teams of five players. The objective is to score more than the opposing team by throwing the ball into the other team's hoop (aro). The ball can only be played with the hands and, to go forward with the ball, you can only do so by passes or bouncing the ball.

10.2. - BASIC REGULATION.

+ THE COURT.

- It is a 28-metre long and 15-metre wide rectangle, divided into two equal halves.
- The two long sides are called **SIDELINES** (*línea de banda*), while the two wide sides are called **BASELINES** (*línea de fondo*).
- The **THREE POINTS LINE** is 6.75 metres away from the basket (*canasta*).
- The **FREE THROWS LINE** (*línea de tiros libres*) is 5.80 metres away from the baseline (about 4.50 metres away from the hoop).



+ NUMBER OF PLAYERS.

- There are 5 players in each team.
- You can do unlimited substitutions.

+ MATCH DURATION:

- The match consists of four 10-minute periods with 2-minute break (*pausa*) between the first and the second periods, and between the third and the fourth periods, and a 10-minute break between the second and the third periods (half-time).
- If there is a tie (*empate*), they must play as many 5-extra periods as necessary until one team wins.

+ SCORING OPTIONS.

- 1 point if you score a free throw (*tiro libre*).
- 2 points if you score a field shot (*tiro de campo*).
- 3 points if you score throwing the ball beyond the three points line.

+ THROW IN (saque):

Basically, a throw-in is done when the ball goes out of the boundaries (límites) of the court (pista), after a foul -falta- (as long as the foul is not done while the player is throwing or doing a layup -bandeja-), after a held ball (lucha entre dos), and after a field goal (canasta de campo).

1. When the ball goes out of the boundaries (límites) of the court, the throw-in must be done from behind the line the ball has crossed and by one of the players of the team that has not touched the ball before going out.

2. After a foul, the throw-in must be done from behind the nearest line by one of the players of the team that has received the foul.

3. After a held ball, the throw-in must be done from behind the nearest line by the team that has the right to do it (possession arrow -flecha de posesión-).

4. Finally, after a field goal, the throw-in must be done from behind the baseline by one of the players of the team that has received the basket.



+ JUMP BALL.

- The jump ball (salto entre dos) is a method of starting the game. The referee (árbitro) throws the ball up between two opponents who try to tap (palmea) it towards a teammate.

+ PERSONAL FOUL.

- One player commits a personal foul (falta personal) when they make an illegal physical contact with another player on the court using any part of their body to impede their movement. If you commit 5 personal fouls you are disqualified from playing the match.



+ VIOLATIONS.

- Travelling (pasos).

- It occurs when a player takes more than two steps without dribbling (botar).

- Double dribble (dobles).

- It occurs when a player dribbles with two hands simultaneously. A double dribble can also occur when a player dribbles once more after having dribbled and picked up (coger) the ball before.

- Back court (campo atrás).

- If you cross the midline (línea de medio campo) with the ball, you cannot go back again.

11.- TABLE TENNIS.

11.1.- BASIC RULES.

- A match finishes when one player wins three games (juegos) of 11 points leading (llevando ventaja) each game, at least, by two points. So, if the score (resultado) reaches (llega) 10-10, the game won't finish until one player leads by two points (12-10, 13-11, 14-12...).
- Before the match starts, the umpire (árbitro) makes a draw (sorteo) to decide who starts serving and the side of the table in which each player is going to start playing. The player that wins the draw can choose between:
 - Serve first.
 - Return first.
 - Or the side of the table.

Depending on what the player has chosen, the other player will choose between the other options. *E.g.: If the player that has won the draw has chosen to start playing in one of the sides of the table, the other player can choose between serving or returning.*

- Once the game finishes the players exchange (intercambian) their positions on the table and the player that has not started serving in the previous game, does it now.
- During the game, each player serves (saca) two consecutive times.
- The serve must always be done from behind the baseline (línea de fondo) of the table (the player cannot touch the ball in front of this line), and it is free, which means that the player can serve to any place of the opposite side of the table (the serve doesn't have to be done diagonally).
- If the ball touches the net (red) during the serve and passes to the other side of the table, the serve must be done again.
- If the ball does not reach the other side of the table during the serve, the opponent scores (puntuá).
- It is compulsory (obligatorio) to play the ball after its first bounce (bote) on the table. It is not allowed to play the ball before it bounces or after its second bounce.
- In case the score is 10-10, instead of serving 2 times, each player serves once until one of them wins the game.